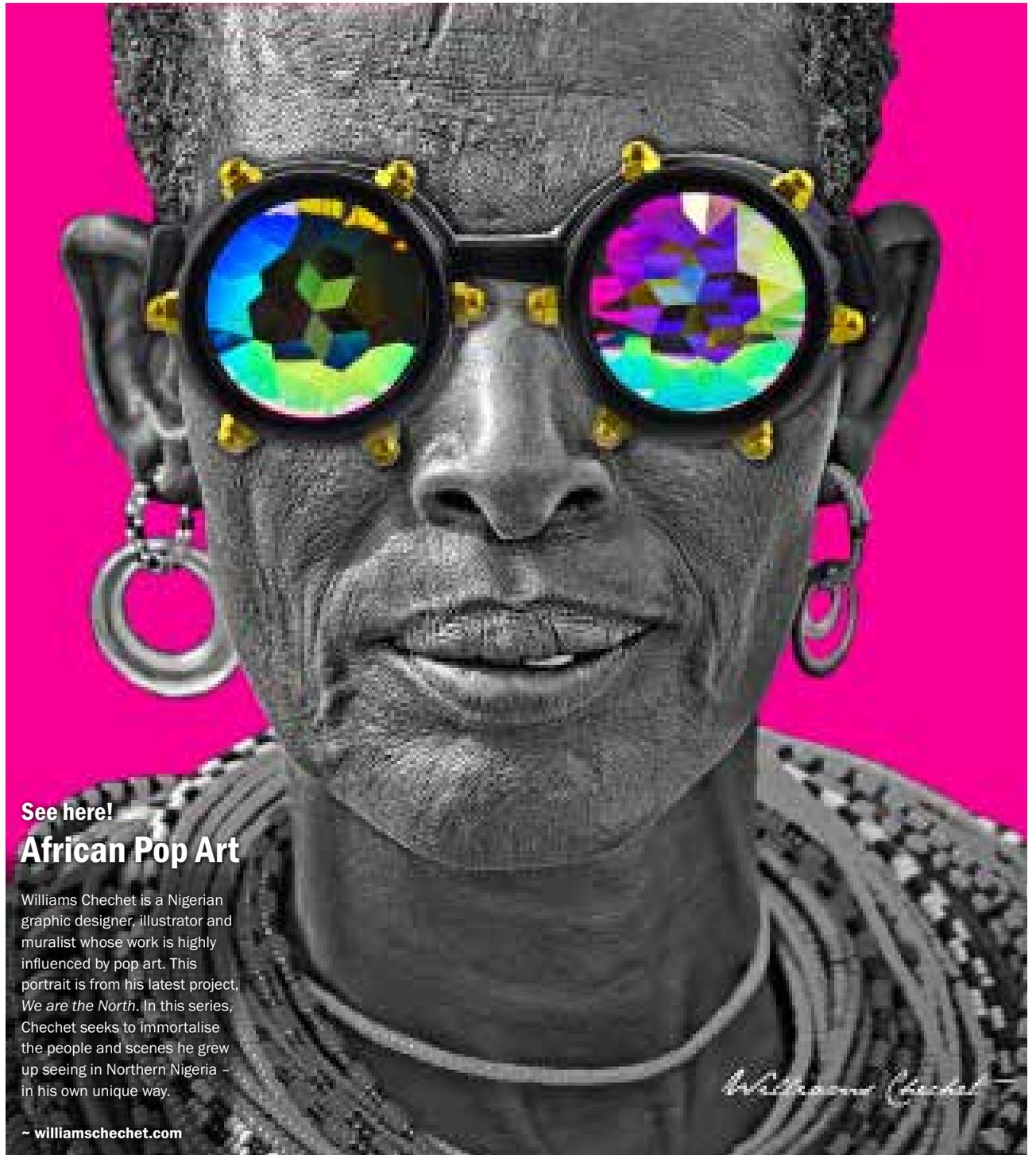


Kenya is home to 23 National Parks. That is more than any other country in Africa!



Kruger National Park in South Africa is one of the most popular national parks in the world.

Habari



See here!

African Pop Art

Williams Chechet is a Nigerian graphic designer, illustrator and muralist whose work is highly influenced by pop art. This portrait is from his latest project, *We are the North*. In this series, Chechet seeks to immortalise the people and scenes he grew up seeing in Northern Nigeria – in his own unique way.

~ williamschechet.com

Williams Chechet

It takes 22 days to travel the 4,371 km Congo River by boat.



Nairobi

Kenyans love beer. The country sells about 700,000 hectoliters of Tusker beer per year.



Top class Humidor Bar

You'll want to sit at this bar in the glitzy Radisson Blu. Maybe even cut a cigar in their cigar lounge. Some may prefer to kick back with a glass of wine at the Al Fresco Pool Bar and Grill that overlooks a stunning view of Nairobi's skyline. Humidor is a classy place with a decor featuring sharp angles that point to what you need to feel whole in a bar: comfort, celebration and joy.

~ Radisson Blue Hotel Upper Hill



Fitness Smart Gyms

Sweaty guys. Sweaty girls. Spinning bikes, the usual machines, and thankfully many treadmills. Few pains compete with waiting for a treadmill. The changing rooms are spotless. The machines are modern. You use a barcode to enter the gym. They also have an app for classes. And the price is surprisingly affordable for the quality.

~ Junction Mall,
smartgyms.co.ke

“Art has the power to heal, inspire and bring people together”

– Williams Chechet –
Nigerian artist

Style Suits All Types

Le' Kasri, the Kenyan brand that tailors bespoke suits, decked out three men (from different generations) in the latest collection: 'Linda Ufalme' ('protect the kingdom'). They were served whisky while they answered a series of questions about life, clothes, fatherhood, work, travel, sex, African politics, the Internet and Swaziland's reed dance. Their opinions of the world were as diverse as their suits and mixers. You can find the Le' Kasri shop in Meru South Building, 4th floor Suite 28. More info on the interviews via: lekasri.com.



Text: Jackson Biko

Healthy news: there are no malaria-carrying mosquitos in the Seychelles.



Arts & Culture

The cornmeal dish Ugali is eaten across Africa, under different names. In Uganda, it's *posho* and in Ghana, it's *tuozafi*.

Events National Arts Festival

For 11 days every year, Grahamstown in South Africa sees its population double as people flock to the city for a feast of arts, crafts, cabaret, theatre and music. Halls are transformed into theatres, parks and sport fields become flea markets, and every bed in the city, it seems, is booked. This year's National Arts Festival takes place from 29 June to 9 July.

~ nationalartsfestival.co.za



Gallery scene Nafasi Art Space

Located in downtown Dar es Salaam, Tanzania, Nafasi Art Space is a gallery and multi-disciplinary creative hub where artists come together to create, learn, exhibit and perform. With more than 60 member artists and 32 studios, Nafasi Art Space hosts workshops and regularly organises film screenings, exhibits and concerts for the public.

~ nafasiartspace.org

Text: Eva de Vries



Q&A

Plastic Fantastic

Sandra Suubi is a popular singer in her home country, Uganda, where she also works as an eco artist. She tells Msafiri all about it.

What does an eco artist do?

I draw attention to the pollution and use of garbage in our society. I reuse different materials, such as plastic bottles, and turn them into interesting and eye-catching sculptural artworks.

What do you want to achieve with your art?

I hope that my eco art contributes to a discussion about how materials such as plastic are hazardous to our environment. Usually, my audience is shocked to realise how much plastic we are throwing away.

How do you combine singing and creating eco art?

Even though it seems like an odd combination, my songs and my artwork serve the same purpose; my goal is to engage the youth in my country through my work. I want to tell them that they have whatever they need within and around them to make their dreams come true.

~ sandrasuubi.com



Love to explore your holiday destination by foot? Cars are not allowed on the Lamu Archipelago along the Kenyan coast.



What's On

The Great Rift Valley, a ridge system running from Lebanon to Mozambique, was formed 35 million years ago.

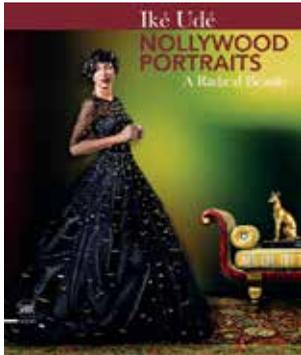


Photo book Nollywood Portraits

Nigeria's Nollywood is a prolific film industry, releasing almost 2,000 titles each year. Who are its stars? Meet them in photo book *Nollywood Portraits: A Radical Beauty*, where artist Iké Udé captures over 60 talents, from big names to fresh faces.

~ nollywoodportraits.com

Business Strategy & Innovation Conference

Now in its second year, the 2017 Business Strategy & Innovation Conference in Accra will feature more than 50 business experts who will expose and challenge old approaches to developing industry and trade in Africa, and explore new strategies for growth.

~ westcapestrategy.com



Philanthropy Moving the Goalposts



Disadvantaged girls from the rural areas of Kilifi and Kwale County, along the Kenyan coast, tend to drop out of school early, face unwanted pregnancies and are at high risk of contracting HIV/AIDS, which traps them in poverty. "Women and girls are like workhorses in these areas. They look for firewood, go to the river to fetch water, cook, clean the house, everything," says Rachel Muthoga, Executive Director of Moving the Goalposts (a community-based organisation). "It has not been easy to convince communities to allow the girls to play football."

But that is exactly what Muthoga's organisation does, as a way to 'bring girls together and teach them about life skills' – such as leadership, confidence and assertiveness. Girls play football (in and out of school) and participate in tournaments. The group aims to tackle gender inequality in sport, improve girls' health and fitness, and – after training – teach the girls about reproductive health. Moving the Goalposts reports that since it was founded in 2001, it has helped some 5,000 girls around Kilifi.

~ mtgk.org

Sport Kilifi Gold Triathlon

The Kilifi Gold Triathlon, on the Kenyan shores of the Indian Ocean, is fun-in-the-sun for everyone. Participants must complete a 750 m swim in Kilifi Creek, followed by 20 km of off-road cycling, culminating in a 5 km run. The event raises funds for charities like the Pambazuko Disability Initiative for disabled kids. The next event takes place on 30 September.

~ kilifigoldtriathlon.org



**“I loved
you so hard that
I softened”**

– *Upile Chisala* –
Malawian poet

The national dish of Burundi is beef brochettes (kebabs) and grilled plantains.



People

Jackson Biko is a well known writer and blogger in Kenya. ~ bikoZulu.co.ke

Rolex laureates

Problem Solvers



“Women die because they live outside the reach of modern medicine”

Aggrey Otieno (Kenya, 1978) 2012 Laureate, Science & Health
Knowing that a single slum in Nairobi saw more than 200 babies die every year due to lack of obstetric medical care, Aggrey Otieno decided to build a telemedicine centre with a 24-hour doctor on call and a van for safe transport to a local hospital. He also created a programme to train locals about maternal and newborn health issues, to prevent problems from arising.

“We always do shows from a simple children’s perspective, but we still tackle serious issues”

Bruktawit Tigabu (Ethiopia, 1981) 2010 Young Laureate Science & Health
After growing up in a poor neighbourhood in Addis Ababa, Bruktawit Tigabu always felt that education in basic hygiene was seriously lacking. She created a puppet show to teach little kids about serious health issues like diarrhoea and HIV/AIDS. Now a film director, she has produced the 2D animated series, *Tibeb Girls*, to help teach adolescents about their changing bodies.



“I had to find a way to prevent others experiencing the same hunger”



Oscar Ekponimo suffered from hunger as a child when his father had a stroke and lost his job. That experience stuck with him, and as an adult he decided to use his software-developer skills to address childhood hunger. He created a cloud-based software application, Chowberry, to reduce food waste by helping to redistribute packaged food products to people in need.

Oscar Ekponimo (Nigeria, 1986) 2016 Young Laureate Applied Technology
Oscar Ekponimo suffered from hunger as a child when his father had a stroke and lost his job. That experience stuck with him, and as an adult he decided to use his software-developer skills to address childhood hunger. He created a cloud-based software application, Chowberry, to reduce food waste by helping to redistribute packaged food products to people in need.



Jackson Biko

Thoughts on Liberation

We wrestled the country from the British and gained self-rule on the first day of this month in 1963. OK, we didn’t; the Mau Mau rebels and a bunch of other freedom fighters did. We just sort of got freedom and read about the struggle in the history books. It didn’t seem very romantic to be honest, this struggle. I wish we could romanticise and dramatise our history the way Hollywood movies do, so that children in primary school might find the struggle exotic and exciting enough to evoke a true sense of patriotism.

One possible script: an elite squad of dreadlocked Mau Mau fighters led by a lean leader who climbs trees, eats leaves, makes fire by rubbing sticks together, and plants a spear into a British colonialist’s neck. There would be a bunch of brave women left in the villages to feed the children as these men set off into the bush to fight. A Mau Mau fighter would kneel down and place his ear against his pregnant woman’s belly and whisper, “Kamau, I’m off to fight the white man, to fight for you. Keep mama safe.” His four-year-old son, clutching his mother’s leg would ask, “Who is white man, papa?” To which he would say glumly, eyes cast over the foggy forest canopy of Mount Kenya yonder, “A bad man with a ginger moustache, smoking a pipe fed with dry hate.”

There would be heroic scenes of our dreadlocked heroes, gathered around a roaring fire in the thick of a sinister forest, murmuring in the darkness. One man will say, “The basic tenet of black consciousness is that the black man rejects all value systems that seek to make him a foreigner in the country of his birth and reduce his basic human dignity.”

There is a distant hyena howl. A deep growl will then come from the knot of freedom fighters, “Black man, you are alone.” They would raid a camp at first light and torch buildings. The soundtrack would be a song of faraway drums and a man with Youssou N’Dour’s voice. Fade to black. A flag of Kenya. If I’d seen that in school, I’d consider dying for my country.

Hannah Wieslander (Illustration Jackson Biko), xxxxx

Tanzania is surrounded by three great lakes: Lake Victoria, Lake Tanganyika and Lake Malawi.



Gadgets

Africa is larger than China, the US, India, Mexico and most of Europe combined.



Inspired to buy? See our shopping magazine Karibu.

Tech talk Virtually Typing

It’s hard to imagine how it works, but this Nutech laser keyboard is as portable as a keyboard can get.

Pair this wireless device via Bluetooth with your laptop or mobile phone, and it will emit infrared light onto any flat surface to create a virtual keyboard. Sensors on the Nutech Business Exec Laser Keyboard detect the movement of your fingers across the illuminated grid and inform the device what you want to accomplish. Cool looking, extremely portable, and convenient for air travel – you will never need to worry about spilling coffee on your keys again.

~ nutechdesign.com

Travel gadgets

Portable Keyboards

①

MOTOSPEED Mini PC BK40 Ultra-thin Foldable Keyboard

This ultra-compact foldable keyboard with a Lithium battery will last for 40 hours after you have charged it for less than two hours. Thin and lightweight, it’s easy to fold up and carry around in a laptop bag or even a purse. Although it’s not so ‘gadgety’, you can use it on-the-go to write short texts, emails or long documents. Silica gel mats on the bottom help keep it in place. Available for iOS, Android and Windows devices. ~ motospeed.cc

③

Samsung Galaxy Tab S3 Keyboard Cover

A keyboard and a protective cover in one, this Samsung product clips right onto your tablet, making it easy to convert your device into a fully operational workstation. It also has a magnetic indent that is perfectly sized to hold your device in place. Find similar keyboard covers that are also compatible from IVSO and Omoton. ~ samsung.com

④



②

LogiLink flexible waterproof USB + PS keyboard

What fun to be able to roll up your keyboard. This silent silicone keyboard is as flexible as flexible gets, which is useful for storage and travel. Both waterproof and dustproof, it prevents damage and is highly durable. It’s also easy to clean: a sponge and some soapy water is all you need. ~ logilink.com



③

