

Kwita Izina is the gorilla-naming ceremony that takes place in Rwanda every year.



Kenya's most popular dish, *ugali*, has different names throughout the continent, such as *nshima* in Malawi and Zambia, *pap* in South Africa and *sadza* in Zimbabwe.

Habari

Person pastiche Girma Berta

This image is part of the incredible "Moving Shadows" series made by the young award-winning Ethiopian artist Girma Berta (1990). He thoughtfully fuses street photography with fine art and graphic design. Juxtaposing vibrantly coloured backgrounds, he creates solitary figures on the streets of his hometown Addis Ababa.

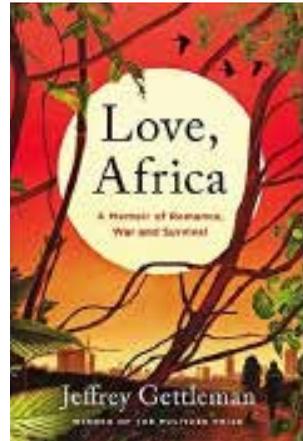
Instagram: @gboxcreative



Internet speed in Kenya is, at 13.7 megabits per second, among the fastest in the world.

Nairobi

Following the Nollywood trend in Nigeria, African cinema is developing rapidly in other countries as well. In Uganda, there's Wakaliwood, located in the Wakaliga slum in the capital city of Kampala.



Book
Hail the Gettleman

What stories would the *New York Times*' Bureau Chief for East Africa for the past 11 years tell about Africa? Well, Pulitzer Prize-winner Jeffrey Gettleman has a new book out entitled *Love, Africa*, a beautiful memoir of love, life, grit and some staggering truths from his time on the continent. It's energetic and full of spirit. A great read.

~ jeffreygettleman.com/the-book

Scenic soiree
An Absolut Lounge!

The Absolut Vodka & Chivas Whisky Launch Bar at the Ole Sereni Hotel overlooks Nairobi National Park. This means you might see a lion as you sit there drinking a cocktail after sundown. Not many bars offer this view. The night is pure magic; breezy and illuminated with the sparkling blue sheen of the swimming pool. Don't spill your drink.

~ ole-sereni.com



Jewellery

Patrick Mavros on Pangolins

About 35 years ago – while he was still a soldier – Patrick Mavros carved earrings for his wife. She wore them to a hair salon, attracting the hairdresser's attention. Thus, an African luxury brand was born and has since expanded with stores in London, Mauritius, Nairobi and Harare. An intrepid jeweller, Mavros creates anything from silver crocodile paperknives to the ZoZo Heart Charm Bracelet. The brand recently partnered with Lisa Hywood of Tikki Hywood Trust, which strives to bring awareness to the plight of pangolins (the most trafficked mammal). Featuring 25 pieces – such as rings, cuffs and buckles in sterling silver and rose gold – the collection was designed by Patrick Mavros Jr. Part of the proceeds go to the pangolin-conservation effort.

~ patrickmavros.com



Nairobi page text: Jackson Bilko

“Creativity and knowledge are two faces of the same coin”

– Nawal El Saadawi, Egyptian Writer –



What's On

With US\$12.2 billion in capital, Forbes-rated Nigerian billionaire Aliko Dangote is the richest man in Africa. He owns the Dangote Group, which has interests in cement, flour, sugar and salt.

Recycling
The Flip-Flop Expedition

In collaboration with *dhow* (boat) builders on Lamu Island, the flipflop project is currently building a *dhow* made of five million plastic bags and 200,000 flip-flops (ocean salvage). The initiative aims to raise global awareness about plastic waste in our environment and its effect on our planet. The team expects to sail 5,250 km from Lamu to Cape Town in 2018.

~ theflipflop.com



Photography
Everyday Africa

This photo book features the best images from the popular Instagram account: @everydayafrica. With inspiring depictions of African life, such as kids playing on the beach and a man selling baguettes, the book combats clichés of a poor, war-torn continent. kehrerverlag.com



“The use of flowers on her head represents the mental state of supreme knowledge.”

Oye Diran, Nigerian-born visual artist. Instagram: @oye_diran



Habari text: Eva de Vries

“An intelligent enemy is better than a stupid friend”

– Senegalese proverb –



Q&A

African Design

African design is rapidly conquering the world. Even the Swedish retail giant IKEA enlisted a group of African creatives to design its already historic new collection. Msafiri chats with Christian Benimana, the Rwandan architect, designer and director of the African Design Centre.

What are you most proud of?

I design buildings and products that create a long-lasting positive impact for a community, like the Maternity Waiting Village in Malawi, for example.

What does African design have to offer the world?

African design can teach the world how a blend of traditions and modern trends can solve challenging social problems, such as public health risks due to inadequate equipment and infrastructure.

What can people expect from the IKEA Africa collection?

Of course, our designs are a surprise! But they are a true representation of the diverse talent and opportunities on the African continent, blended into a world-class collection that showcases our aspirations for modern urban life.

The full collection will be available at Ikea in 2019.

~ adc.massdesigngroup.org/adc

Traversing dirt roads and rugged forest paths, the 227 km Congo-Nile Trail is one of the most adventurous cycling routes in Africa.



Arts & Culture

The Solar Ice Rink at Panari Hotel in Nairobi is the only ice-skating facility in East and Central Africa. The air temperature inside the hall is 12 °C.

Sport

Indoor Climbing

With more than 9,000 sq m of climbing walls, the Bluesky indoor rock climbing gym is one of the largest in Kenya. It also hosts birthday parties, team-building activities and after-school programmes.

~ blueskykenya.org



Movie

Black Panther

A few months ago, the trailer for the black-superhero movie *Black Panther* caused a flurry across the continent. The clip offers a glimpse into the fictional country of Wakanda, showing how Africa might have been had colonisation never occurred. The movie is expected to hit cinemas in early 2018, so eager viewers will have to wait a bit longer.



Mauritius Rum Festival

What better place to indulge yourself in the world of rum than on the breathtaking beaches of Mauritius? Following a successful debut last year, the rum festival returns. Master classes will be available for visitors who want to expand their rum knowledge and industry professionals who want to share with international rum experts. The event takes place 7-8 September at Le Suffren Hotel in Port Louis.

~ lesuffrenhotel.com



Jozi Film Festival Johannesburg, South Africa (21-24 September)
~ jozifilmfestival.co.za

Kenyan fitness guru Jane Mukami

“My fitness journey started the day I bent over to put on my shoes and felt a rip in my pants,” says Jane Mukami. Prior to that, she thought she could eat anything without consequence. “Eating healthy and doing physical exercise never crossed my mind because I just didn’t know anything about it,” she admits.

Determined to lose weight, she tried juicing, cleanses and various diets. “I realised that quick-fixes were not the answer and they proved ineffective,” she adds. Mukami consulted a body-building trainer and learned that proper nutrition and working out are the keys to success.

It’s been almost 10 years since the ripped-pants incident and Mukami is now famous in the fitness industry where she is known as “Fit Kenyan Girl”. She turned her healthy hobby into a successful business, offering advice, inspiration and personal training. She shares recipes and tips on her website for a happier and healthier life. “We all have to begin our journey by taking the very first step towards any personal goal. And I would like to serve as a guide in this process,” says Mukami.

~ janemukami.com



“You cannot enslave a mind that knows itself”

– Wangari Maathai –
Kenyan Environmental Activist (1940-2011)

More languages (529) are spoken in Nigeria than in any other country in Africa.

People

The five biggest companies in Africa are: Naspers, Steinhoff International, Sasol, MTN Group and FirstRand. They are all located in South Africa.

Business

Entrepreneurial Talent

While many young people in Africa struggle to find a job, many ambitious youngsters have worked hard to create their business. Forbes Africa recently released a list of 30 promising African entrepreneurs under 30. Here are five of our favourites.



Jean Bosco Nzeyimana (24), Rwanda
An environmentalist, this young Rwandan businessman is the founder of Habona Ltd, a company that offers sustainable services and energy fuels (in the form of biomass briquettes and biogas waste) at low cost.
Twitter: @nzibosco

Thato Kgathanye (24), South Africa
Thato Kgathanye was only 18 when she established Rethaka, a company that produces schoolbags equipped with solar-powered lights so children can study at night. She hopes to expand to 24 African countries.
Twitter: @thatothinker



Muktar Onifade (26), Nigeria
Muktar Onifade works as an engineer at General Motors in Detroit. When he's not working, he spends his precious free time developing VIZUVLGVDS, a fashion brand focused on contemporary African art.



Mwayi Kampesi (28), Malawi
This architect saved 70 percent of her monthly salary to start her own business. Three years later, she founded In-House Interiors, a studio for architecture, interior design and accessories. Her designs include unique objects like lamps and coffee tables made from recycled materials.

Eugene Mbugua (26), Kenya
Not even 30, this young entrepreneur has already established not one, but two successful companies. Young Rich Television produces popular television shows and My Yearbook Kenya creates yearbooks for schools and companies.
Twitter: @KipNoey



Jackson Biko

Poor-Trait Artists

I saw an abstract canvas painting in a friend's house and I loved it. It looked like an oceanic wave, but if you moved closer it changed to a sea of flattened maize plantation in a storm. He gave me the artist's number, this chap who used to be at the Kuona Trust Art Centre in Nairobi. A week later I met him at his "workshop" behind his house. He was bearded like Moses from the Old Testament (black Moses), wore an apron streaked with paint and held a cigarette between his lips. His old dog napped nearby in the shade. I identified a painting lying against a wall. He wanted US\$500 dollars for it. US\$500? Pssh!

I asked him if what he was smoking was a cigarette or weed. I said, "I'll pay US\$200 for it." (Always start negotiations below halfway. It's the African way.) We haggled. We came to a deadlock. He went inside his house and came back with a dog-eared school-fee structure for his daughter. He said, "I pay school fees with this paintbrush, brother." I replied, "Great. That makes the two of us, brother. I know how this works."

He folded his fees structure, tucked it away in his back pocket, took a drag of his cigarette and murmured, "You don't know how this works." I said, "Oh, I do. We're both artists." He laughed scornfully and plopped into a canvas chair like the one Spielberg would sit on. "You're not an artist, you're a writer," he declared. I didn't buy his painting on principle.

Later, I called my friend up and said, "How could you buy a painting from such a prick?" He replied, "What are you talking about? He's a great guy!" I countered, "He's anything but great, he's conceited and he thinks he's an artist and I'm not." "Oh boy," my friend mumbled. "So you didn't buy a painting from him?" "Hell no!" I said. "I'd rather buy 100 pumice stones than his paintings!" My friend laughed and concluded, "You artists are all emotional. Go back and buy the painting." I said, "Not if he was throwing in his old dog for free." Later that night I woke up and sent my friend an sms, "If you were to come back again to earth, would you come back as a writer or a painter?" He replied, "As an old dog. Goodnight."

Hannah Wieslander (Illustration Jackson Biko)

The Seychelles consists of 115 islands brimming with natural beauty.

Gadgets

The African beer market is constantly growing. Three Horses Beer from Madagascar, Tusker from Kenya and Castle from South Africa are among the most popular.



Innovation Solar Paper

A paper-thin, waterproof charging unit that you can attach to your backpack and reload with the sun.

Solar Paper is available in several versions, from 5-15 watts (the higher the wattage, the more panels). In bright sunlight, the five-watt charger can fully charge an iPhone 6 in about 2.5 hours, which is similar to a wall charger. For more powerful devices like tablets or cameras, or for faster charging, opt for a charger with a higher wattage.

Embedded magnets let you easily add or subtract Solar Paper's solar panels, so you can buy extra panels. In addition, an LCD amp metre shows how much current is flowing from the charger to your device at any time. It also shows how the panel performs under different weather conditions.

~ yolkstation.com US\$148-US\$426

Travel gadgets

Take Charge

1

Bitmore multitool

The Swiss Army knife of mobile-device cables. Select from four connectors: USB, micro-USB, Apple Lightning and a 4GB USB drive. Plug the USB connector into a USB socket and you're ready to charge/sync your device.
~ [Karibu](http://Karibu.com) US\$29

Wired Charging is an option too. QiStone+ is built with sharing in mind – charge one of the devices wirelessly, and another via the USB port at the same time.
~ fonesalesman.com US\$79.99

2

QiStone+ wireless

Just place your device on top of this unique charger, which has the look and feel of a stone, and it will begin charging instantly. With a 4000 mAh capacity, QiStone+ can keep your devices topped up all day long. Thanks to its USB port,

3

Enerplex Surfr™

An innovative phone case that will keep your iPhone 6/6S charged. Its 2,700 mAh battery is contained within a slim-yet-durable case. The Enerplex can be recharged in a wall outlet or by the integrated solar panel.
~ [Karibu](http://Karibu.com) US\$100

Inspired to buy? See our shopping magazine Karibu.



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