

11

percent of the world's birds can be spotted in Uganda, making it a number one destination for bird-watching.



Africa is growing as a major cultural hub, hosting more and more music festivals every year. Malawi's Lake of Stars is one of the biggest.

# Habari



## Street art The Elephant on the Wall

The internationally acclaimed African street artist Faith47 has created this five-storey mural of a charging elephant on a wall in Johannesburg. Faith47 is known for her dramatic street art, often depicting animals or nature on dilapidated buildings to bring them back to life visually. But she also has a studio practice, and has exhibited her art in New York, London, Milan and Johannesburg.  
~ faith47.com

There are an estimated 840,000 Maasai people, one of the most famous African tribes, in Kenya and 380,000 in Tanzania.



# Nairobi

Africa's highest building is about to arise in Nairobi. The new Pinnacle Tower will be 300 m high and will boast a 5-star hotel and serviced apartments.



## Lazy Sundays Sankara Hotel's Brunch

Sit on the balcony where the air is fresh and the sun is warm. The sparkling wine is limitless. The buffet is one long line with starters and salads and meats and soups, and desserts. There is a magnificent band that provides a tune for this feast. There isn't much to do on a Sunday, but even if there were this should be one of them.

~ Sankara Hotel, Westlands



## Treat yourself Posh Palace Hair Studio and Spa

Nairobi loves shiny new things. Nairobi also loves to be pampered; manicure, spa, haircut, scrub, the whole shebang. And Nairobi seems to gather here; a place not only to be pampered, but also to be seen being pampered. It really does live up to the name Posh Palace.

~ Sifa Towers, Lenana Road

## Talking tables

# J's Bar and Kitchen

The waiters have hats, but not just any hats; they have fedoras. Some have cocked theirs to one side, others sit theirs on the middle of their crowns. The ambience is rustic and debonaire when it's early evening, but when dusk falls and the night wears on it changes to disco-cool. The bar fills up, the music – house, reggae, pop, rock – gets louder, and the patrons' laughter louder still. Saturday nights are as riotous as Friday nights and it goes on like that until the fat lady sings. Order lamb or their burgers. Order anything, really, you won't go wrong. You can also go back for their Brunch on Sundays the next day, and then don't be surprised how the ambience seems very demure, because J's knows what it was up to the previous night.

~ Muthangari Drive, Westlands



Text: Jackson Bikio

# “If you want to go fast, go alone. If you want to go far, go together”

– African proverb –

Kenyan athlete Mary Keitany has set a new women's record by running the 2017 London Marathon in 2:17:01.



# What's On

Trying to avoid Nairobi's heavy traffic? Uber is now launching a helicopter service.

## Music scene Nyege Nyege Festival

“The feeling of an uncontrollable urge to move, shake and dance” – that is how the people behind Uganda's Nyege Nyege Festival translate the Swahili word it has been named after. Located on the shores of the River Nile and surrounded by lush tropical forest, this festival offers a melting pot of music genres that mix traditional African rhythms and modern electronics.

~ 1-3 September in Jinja, Uganda. [nyegenyege.com](http://nyegenyege.com)



## Emerging talent 100% Design

The five-day 100% Design event is a high-end, curated modern showcase of the most inspirational designs and designers from Africa and beyond. From unique furniture, fabrics and lighting to amazing hotel designs and minimalistic offices with a great eye for detail. 100% Design takes place from 9 – 13 August in the Gallagher Convention Centre in Johannesburg, South Africa.

~ [100percentdesign.co.za](http://100percentdesign.co.za)



Text: Eva de Vries

## Q&A

# Extravagant

*The self-taught Kenyan commercial photographer Osborne Macharia is famous for his extravagant photography and beautiful characters. Msafiri chats with him about his work.*

**What do you want to achieve with your art?**

I want to spread love, culture, identity and positive messages – through my images – that show a different side to what Africa is known for. In the future I hope to shoot for heavyweight global brands incorporating my style and vision.

**How did you come up with the Extravagant Grannies series?**

After my project featuring old men with grey hair, I wanted to focus on women. So my idea of retro looking women disembarking classy aircraft was born.

~ [k63.studio](http://k63.studio)

**How did you learn the profession?**  
I didn't go to university for a full academic year because I failed a unit. That gave me a lot of time to do research and follow online photography tutorials. It's been all trial and error for me. What I like most about photography is that you can push the limits of your imagination.

The Nsalu Cave drawings in Northern Zambia are thought to be at least 20,000 years old, and show abstract patterns, lines and outlines.



Kenya is the leading destination for Ugandan tourists. Their favourite spot? Mombasa's south coast.

## Arts & Culture



Poetry

### Malawi Magic

“I am dripping melanin and honey, I am black without apology”. These are lines of poetry from Malawian storyteller, Upile Chisala. She has self-published two books of poems: *Soft Magic* (in 2015) and this year’s *Nectar*.

~ [upilechisala.com](http://upilechisala.com)

Art

### FNB Joburg Art Fair

The FNB Joburg Art Fair draws nearly 10,000 people for its major annual art and social event showcasing photography, paintings, sculptures and multimedia installations from across the country. The 10th anniversary of this famous art event is themed “Celebration” and is set for 8 – 10 September in the Sandton Convention Centre in Johannesburg.

~ [fnbjoburgartfair.co.za](http://fnbjoburgartfair.co.za)



Sport

### Horse Racing

Twice a month, local families, expats and tourists gather at the Ngong Racecourse on the outskirts of Nairobi for an exciting day out. Punters place bets on their favourite horses in the hope of taking home some extra cash. May the best horse win!

~ [jockeyclubofkenya.com](http://jockeyclubofkenya.com)

# “I belong deeply to myself”

– Warsan Shire, Somali poet –

Q&A

## Fitter than Fit

*Box jumps, kettlebell swings and burpees. The global CrossFit craze has finally hit Africa. CrossFit Kwetu in Nairobi is the only facility in East Africa offering this popular workout. Co-founder Nathan tells all.*

**What is CrossFit?**

It’s a fun and challenging way to train. We use whole-body movements from weightlifting, gymnastics and athletics that make our athletes super strong and fit.

**It seems difficult. Can beginners also start training?**

CrossFit is absolutely for everybody! We enjoy watching you progress. At CrossFit Kwetu, we support each other, whether you’re a beginner or an Olympic champion. It’s a pretty special atmosphere.

**Why do you personally like CrossFit?**

After a few workouts, I was totally hooked. I am fitter now at 41 than when I was in my 20s. That’s certainly due to CrossFit.

~ [crossfitkwetu.com](http://crossfitkwetu.com)



**Nairobi's top malls** include:  
Thika Road Mall, Yaya Centre,  
The Junction and Garden City.



## People

Every year, thousands of people travel to Kenya's Lamu Island to see jockeys race well-trained donkeys without saddles. The sport has been around for centuries.

### Comedy scene

#### Good for a Laugh



*"I didn't see it coming. I posted clips on YouTube and I kept posting until I got phone calls"*

**Anne Kansiime (Uganda)**  
Queen of African Comedy Anne Kansiime broke into stand-up with the YouTube series *Minibuzz Uganda*, in which she joked about Ugandans' public-transport experiences. These says she performs throughout the continent and beyond. In large cities like London and Kuala Lumpur, she entertains in large venues. Her popular YouTube clips bring laughter to 100,000 people worldwide.

@Kansiime256



**Daliso Chaponda (Malawi)**  
As a child, Daliso Chaponda dreamed of becoming a clergyman, but he soon discovered that the secular world was too funny to resist. Performing stand-up comedy is the closest he has come to the pulpit, and he has done it in Melbourne, Singapore, Edinburgh and Cape Town. Based in England, he travels to his hometown, Lilongwe, each year to host Presidents of Laughrica, a one-night-only stand-up comedy event that he launched in 2011.

@dalisochaponda

*"We have so much talent, it's just a matter of time before people start to realise it"*



**Daniel Ndambuki (Kenya)**  
Starting out as a bottle cleaner in an a factory, Kenyan comedian Daniel Ndambuki has worked in the comedy industry since 1996 and now hosts a hit television series called *Churchill Show*. Earlier this year, an online article claimed that he had died after his car swerved out of

control. Turns out it was a joke. He's still laughing.

@MwalimChurchill



Jackson Biko

## Jacket Required

If you're reading this and you're from Duluth, Minnesota, or Oslo – or any of those cities where people don't smile because of the cold – welcome to our lovely "city in the sun", Nairobi. We shine all the time except in July when we hibernate. So, sorry to burst your African-experience bubble but it seems you have come at a bad time. Winter. I know, it's only 13°C and this might seem odd to you, but we are freezing out here as you can see from the miserable eyes peering out from scarves and hoodies. If it drops to 11°C you will hear it on the radio and it will be given a long column in the newspapers as news. "Man bites dog", that sort of thing.

"Global warming" we will moan solemnly in crowded coffee houses, looking gravely out of the misted-up windows. Our children will wear all their clothes, lumbering about like spacemen on the moon. We will visit the hospitals with runny noses. Pray that it doesn't rain on top of all this because we will know for sure that it's the end of the world – Armageddon – and we will clamber to get on the road home, all of us. Then we will not move, stuck in a traffic jam that can last long enough to conceive and raise a toddler (with teeth). That's just who we are in winter.

And so when we see you prancing about in shorts and a T-shirt; eating an ice cream; laughing and taking pictures; ducking into museums and saying, "What a wonderful and charming place with warm people," we think you have lost your marbles. Because if you find this freezer "wonderful" and, God forbid, "charming" in July, with "warm" people then we'd like to see the people you live with back home!

Still, we remain silently envious of your resilience to this cold. But we are not entirely surprised by it; we simply shake our heads and say, "Oh, *mzungus*." Nonetheless, please come back any other time and you will get the best of Nairobians and their charm.

Hannah Wieslander (Illustration Jackson Biko)

Sometimes called "The Kingdom of the Sky", Lesotho is the only country on Earth to lie completely above 1,000 m.



## Gadgets

Kiswahili, the lingua franca of 100 million people in Kenya, Tanzania and many parts of Southeast Africa, is now an official language of the East African community.

### Travel gadgets

## Time to Get Smart

①

#### High-tech classic

The Aviator smartwatch combines all the style of a classic analogue watch with today's functionality. With an in-dial LED screen, features include: incoming call alert, SMS, email, social media, calendar, pedometer, calorie counter and sleep monitor. Compatible with iOS and Android.  
~ Aviator US\$199

alerts, and answer calls with a twist of the bezel. Or use the Pay app to make purchases without your wallet. A world of functions in a rugged waterproof casing. Compatible with select Android devices.  
~ [samsung.com](http://samsung.com) US\$349.99

②

#### Minimalist & modern

Nuband Activ2 packs the latest fitness-tracking tech in a slender form, with a sports reminder to help track and achieve your daily and monthly fitness goals. Getting healthy just got easier.  
~ Nuband US\$89

③

#### Action man

The Samsung Gear S3 Frontier sets you free from your phone. Receive texts, emails and



### Series 2

#### Apple of Your Arm

*Apple's Series 2 smartwatch is faster and brighter than the last one. And, there's a sleek ceramic edition, for added design chic.*

The Series 2 carries on where the previous model left off, with multiple improvements, including speed, extra fitness features, built-in GPS, and double the screen brightness for better viewing on sunny days. Another big plus is the fact that it's waterproof (to 50 m), so you can swim or surf with it. Or try the new Breathe app, featuring exercises to reduce stress on those busy days. But with rumours of a possible Series 3 launch on the horizon, the question is: buy this one now, or stick it out and wait for the next one?

~ [apple.com](http://apple.com) US\$369

④



Inspired to buy? See our shopping magazine Karibu.

⑤



Inspired to buy? See our shopping magazine Karibu.

⑥

