

It is believed that the word Kenya originates from the Kikuyu, Embu and Kamba names for Mount Kenya: Kirinyaga, Kirunyaa and Kiinyaa.



Kenya's Great Rift Valley was formed 20-25 million years ago when the Earth's crust split.

Habari

Modern Art

La Caravane

This vibrant image is part of British-Moroccan artist Hassan Hajjaj's series *La Caravane*, which showcases his colourful fusion of contemporary cultures through new and celebrated works. His characters pose before creative patterns set in a frame of his own construction. The collection is on display at Somerset House in London until 7 January.

~ @hassanhajjaj_larache



Located more than 600 miles from the ocean, Zambia is completely landlocked.



Nairobi

Built by the Portuguese in 1482, Ghana's Elmina Castle is the oldest castle in Sub-Saharan Africa.



Food Ye, Noodle Lovers!

Noodle lovers now have a place to eat great noodles, and watch the noodle master make handmade noodles. Silk Noodles recently opened in Remax Shopping Village, a stone's throw from Yaya Center. With only half-a-dozen tables, Silk Noodles gets full pretty quickly. The patrons are mostly of Chinese descent, with a sprinkling of locals. All their noodles are handmade. All of them. And it takes time to knead and twirl and pull and twist and produce over 100 strands of noodles for your meal. It's noodle heaven for those who have been looking for a place for a piece of China in Kenya.

~ yaya-centre.com

Food and music The Steak Out

It's on a very leafy quiet street in Lavington called Manyani East Road. It's one of those massive houses that's been converted into a restaurant. The grounds are green and expansive. There are trees. The silence is perfect. (Except for the hundreds of birds.) They specialise in steak, which goes down well with their Jazz Night every Thursday, at which Imani Jazz Band plays. If you're looking for a quiet evening of food, jazz and drinks, maybe The Steak Out is the place for you.

~ steakout.co.ke



New food

Mexicans Are In Town

Fondas, in Mexican, are eateries where Mexicans gather to enjoy rich food done by the warmth of their traditions. The quintessential Mexican *fonda* arose from the cozy homes and dining rooms of women who would whip up three-course meals for anyone who had an appetite. It was an expression of community and sharing, and love for authentic Mexican food served from clay plates and plastic doilies. And with a smile. Someone lifted that concept and brought it to Nairobi's Rosslyn Riviera Mall in Gigiri in the form of Fonda, the new Mexican restaurant. The menu is as ambitious and creative as only Mexicans in Nairobi can be. Their meals are authentic, and the ambience, despite being in a shopping centre, is cozy enough for couples to enjoy. Try out their margaritas; they're probably the best you'll have outside Mexico.

~ fonda.nbo.com



Nairobi page text: Jackson Biko

“If everyone helps to hold up the sky, then one person does not become tired”

– Askhari Johnson Hodar –
Professor and author

Zanzibar City's most significant historical site is the ancient Stone Town.



What's On

The Rwenzori Mountains in Uganda and the Democratic Republic of the Congo, have seven of Africa's ten highest peaks.

Creativity Design Indaba Festival

The annual Design Indaba Festival features creative industries from Africa and around the world. In addition to hosting a flagship conference on global creativity, the festival includes live performances, exhibitions, film screenings, workshops and a curated music line-up. The event will take place from 21-24 February at the Artscape Theatre Centre in Cape Town.

~ designindaba.com



Tournament African Nations Championship

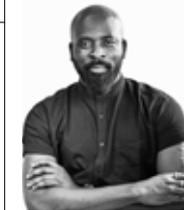
The African Nations Championship, organised by the Confederation of African Football, is back for a fifth time. The monthlong sports event will exclusively feature national championship players. Qualifying countries include Cameroon, Nigeria and Uganda. The championship will take place in Morocco from 12 January to 4 February.

Habari text: Eva de Vries



Q&A

Olubunmi Adeyemi



The Nigerian designer and entrepreneur Olubunmi Adeyemi is the founder of lifestyle and homeware brand *Afrominima*. Inspired by Nordic and Japanese minimalist design, his product line features wooden spoons, platters, spice bowls and mortar and pestle sets. Msafiri spoke to him about his unique brand.

Why minimalism?

As the world gets more and more complicated, many people are interested in making things simpler. More designers are going back to the basics: aesthetics and functionality. Minimalism is the future.

Why did you introduce this trend to the African market?

I want to reconnect us to our culture and our African identity, but in a more modern and innovative way. This “lifestyle movement”, as people like to call it, can be found around the world, but my designs feature a uniquely African perspective.

What product has been the most popular so far and why?

The Omorogun, a functional turning stick in cool contemporary colours, has been very popular in Nigeria. People use it to cook traditional African dishes. I've also sold many outside Nigeria, and even a few on the international market.

What advice do you have for young, aspiring entrepreneurs?

Three things: find your wonder, believe in your wonder and protect your wonder.

Flagship stores opening soon. Orders can be placed via Instagram: @afrominima.

Botswana has the largest elephant population in Africa.



Nigeria has over 1,800 species of butterflies.

Arts & Culture



Running Eco-Friendly Marathon

The Seychelles Eco-friendly Marathon is an annual event that is set against the backdrop of an incredible landscape: white beaches, swaying palm trees and coral reef. Beseiged by sublime natural beauty, it's the perfect location for an athletic getaway. The 11th edition will be held on Sunday, 25 February in Beau Vallon, Seychelles.

~ seychelles.travel

Festival Festima Masks

Hundreds of traditional masks made of leaves, straw, wood and textiles, from many countries will come to life at the largest international art and mask festival, which will take place in Dédougou, Burkina Faso, from 24 February to 3 March 2018.

~ festima.org



“Design is power”

– *Obunmi Adeyemi* –
Founder of *Afrominima*



Music

East African Wave

East African Wave is the creative collective of DJs and producers behind the #NuNairobi movement in urban Nairobi. The five-member crew – Ukweli, Nu Fvnk, Jinku, Hiribae and Muroe – transcends genres with unique styles, and they're all making their own waves in the music industry.

Together, they craft original compositions loosely linked by hazy melodies, rumbling bass and beats from across the globe. As a collective, East African Wave performs live electronic acts with MIDI controllers, bass, keyboards and vocals. Thanks to their fresh, cross-cutting sound, they've become highly sought-after for musical collaborations and events in the region.

East African Wave has performed at major African festivals such as Nyege Nyege in Uganda and the Kilifi New Year event in Kenya. Every Wednesday, they release a track on Soundcloud using the hashtag #WaveyWednesday.

~ eastafricanwave.com

Competition

TransCape Mountain Bike Race

The TransCape is an iconic seven-day mountain bike journey covering 614 km divided over seven challenging stages. Two hundred and seventy intrepid adventurers will cycle from the picturesque Garden Route town of Knysna to beautiful Franschoek in the Cape Winelands from 4-10 February.

~ transcapemb.co.za



Tanzania is home to one of the most expensive hardwood trees in the world: the Mpingo, also known as the African Blackwood.



People

Located far off the beaten track, the Maluti Mountains form tiny Lesotho's largest national park.

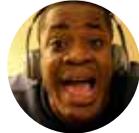
African YouTube Stars

Africa's digital boom has given rise to several African YouTube personalities, many of whom are gaining astonishing popularity across the continent. Here are five African YouTube channels that are worth a visit.



Kangai Mwiti, Kenya
An award-winning makeup artist and digital strategist, Mwiti has a YouTube channel with more than 100,000 followers. From the best lip-glosses to how to create smokey eyes, she offers countless beauty and make-up tutorials.

~ YouTube: [Kangai Mwiti](#)



Tolulope Ogunmefun, Nigeria
Ogunmefun started his YouTube channel after a video with his university friends went viral. Soon he started producing a variety of web content, which eventually earned him a BAFTA award. Nowadays he is a force to be reckoned with in the African YouTube space, with more than 170,000 followers.

~ YouTube: [DntJealousMe](#)



Sibiu Mpanza, South Africa
A rising YouTube star and a sharp wit, Mpanza uses humour and his own experiences while discussing issues that affect his generation. He started three years ago without any broadcasting experience, and today he has more than 7,000 followers.

~ YouTube: [Sibiu MpanzaSA](#)



Lorissa Akua, Ghana
Host of "The Only Way is Ghana", a web series tracing her migration journey from London to Ghana, Akua provides advice to over 7,500 followers and highlights Ghana's culture, attractions and beautiful scenery.

~ YouTube: [The Only Way is Ghana](#)



Luyando Handi, Zambia
"Pure Estrogen" is all about hair and DIY beauty fixes. Handi's videos range from tying Bantu knots and weaving techniques to customising wigs and maintaining natural hair. With more than 69,000 followers and counting, it is sure to become one of Africa's most popular YouTube channels.

~ YouTube: [Pure Estrogen](#)



Jackson Biko

For Whom The Barbell Toils

I don't like gym instructors who act like big bullies. They're loud and bossy, they give instructions, and you never see them lifting a weight. Yet they demand that you do. They act like wealthy French heiresses. Like a headmaster's hatchet boys. I'm thinking, "What are you going to do if I don't do 12 reps? Make me kneel down with my hands in the air?"

"Biko, I didn't see you in the gym yesterday!" he bellows from across the room, for everybody to hear, because he just can't come to discuss it with me like two grown men. No, he has to shout.

Now girls are watching. Girls I have worked so hard to impress. Now they think I'm lazy and good for nothing; that I don't have the discipline to stay on a fitness plan. This must reflect on other aspects of my life. They most likely think that I'm a lousy lover who's unable to commit, and that I love Ramsay Bolton from *Game of Thrones*.

The point is that I've never liked being shouted at; not in front of women who I want to admire me, and most certainly not in the presence of farm animals. So I pretend to adjust the pedal of a stationary bike as the instructor waits for me to answer. If he cared to know me beyond the number of kgs I can bench-press, he would know that I'm a workingman, and that my life doesn't revolve around a barbell.

"We start with the treadmill, Biko. Give me 20 minutes at speed 10," he says, clapping his hands so loudly it sounds like thunder. "Let's go big guy!" (I'm not even big.)

As I take my time to saunter (like a rude boy) to the treadmill, a few girls smile at me reassuringly as if to say, "It's okay, we all know he's a prick. You're the man. I could have your baby if I wasn't on this stupid January diet."

I decided that my only New Year's resolution would be to get a new gym instructor. Someone who understands the life of a businessman. But I don't know how to fire my current instructor. I know two things for sure, though: he will be gone by Valentine's Day, and two, I will fire him by SMS because I'm a working man and I don't have the time to face him.

Illustration: Hannah Wieslander

French may be the official language of Burkina Faso, but many other languages are spoken, such as Mòoré, Fula and Dioula.



Gadgets

Rhinos in Mozambique are nearly extinct due to heavy poaching.

Health and fitness

Stay Healthy



Tech talk AYO Wearable

AYO comes in the form of an intelligent wearable that is worn like a pair of glasses. It's completely controlled by the AYO App with smart programs that help you sleep better, beat jet lag and have more energy!

Numerous clinical studies and 20 years of chronobiology research performed in leading institutions, including Harvard, Oxford and NASA, have shown that we can actively manage our biological clocks, sleep cycles and energy levels in order to obtain healthier, happier and more active lives. The key to this is the exposure to a special blue light with the right timing and intensity, which AYO now enables.

~ [goayo.com](#) US\$299



① KOR Nava

KOR Water searched high and low for a filtered bottle that was beautiful, easy to use and a pleasure to drink from, but they couldn't find one. So they decided to make their own. After 18 months of brainstorming, prototyping and obsessing over every detail, they found the answer. They call it KOR Nava.

~ [korwater.com](#) US\$22

② VYPER VG1

Used daily by the world's most elite athletes, the VYPER VG1 is a cutting-edge fitness and recovery device that uses pressure and vibration to improve the body's overall physical performance. With three speeds of high-intensity

vibration, the VYPER VG1 allows you to warm up, activate, and recover faster and more effectively than any other SMR tool.

~ [hyperice.com](#) US\$199

③ Beurer IFT 67 Thermometer

Six functions in one, the IFT 67 measures your temperature via your forehead, ears and other areas of the body in seconds. It integrates a high-temperature alarm, date and time, 10 memory spaces and switches off automatically. Displays the infrared measurements in centigrade and fahrenheit.

~ [Karibu](#) US\$69



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③

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