

95

There are **95 UNESCO World Heritage** properties in Africa. The Great Pyramid of Giza is one of the most famous structures among them.



The body can lose up to 1.5 litres of water during a 3-hour flight.

Habari

Art Mixed Media

Ivorian photographer and visual artist, Joana Choumali, is known for her conceptual portraits, documentaries and mixed-media work. This fascinating image is just one example of her unique use of colour and texture. Her work allows her to expand her conceptions of the world by exploring identity and challenging her own assumptions.

~ Instagram: [@joana_choumali](https://www.instagram.com/joana_choumali)



Pilots and copilots are required to eat different meals in case of food poisoning.



Nairobi

Madagascar is the fourth-largest island on Earth.



Nature trails Karura Forest

Maybe you're in the city for a while and you want to find a place to walk or run away from pavements and hooting vehicles. Here you'll find running trails, cycling trails and dog-on-a-leash trails. The trails run under canopies of indigenous trees, past caves and waterfalls. There are hundreds of species of birds and a number of mammals. There is silence except for the sound of runners' feet, a bicycle zipping past or someone giggling as their dog pulls them on a leash. And there is the River Cafe, if you want rest after.

~ kenyaforestservice.org

Café Lava Latte

For the longest time, there wasn't much happening in this small complex by the State House. Now it's a hole-in-the-wall café with great food. They feature local dishes, done with fresh ingredients, that are twisted playfully to match the personality of the café itself. The owners are young millennials whose enthusiasm to create a brand that matches their temperament comes through. You'll find lots of live music here on Sundays. Alcohol is also served.

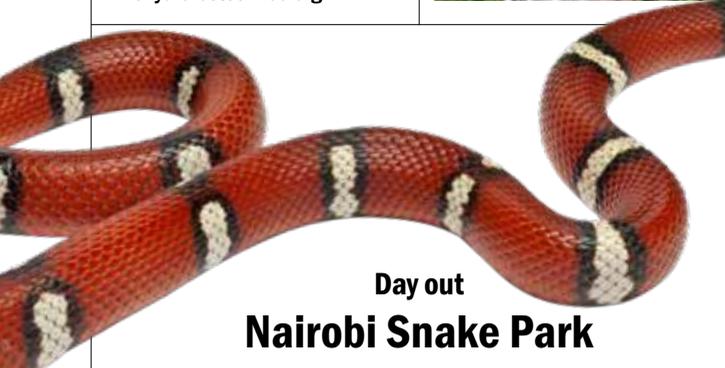
~ lavalatte.com



Beer and food Brew Bistro & Lounge

This place calls itself "a feast for the five senses" and it's appropriate. Part of the Big Five Breweries, the Brew Bistro & Lounge, in Piedmont Plaza (Ngong Road), provides fine dining at its finest in a striking setting. Here you can also taste the excellent range of craft beer, which the company makes locally.

~ thebigfivebreweries.com



Day out Nairobi Snake Park

This snake park was opened as a centre for snake study before it was transformed into a shelter for rescued reptiles and amphibians. It's also a place for researchers, conservationists and educators. Here you'll find Egyptian cobra, puff adders, Gaboon vipers, giant snails, baboon spiders, crayfish, freshwater prawns, amphibians, reptiles, birds and mammals.

~ nairobi-city.com

"No matter where you're from, your dreams are valid"

— Lupita Nyong'o —

Nairobi page text: Jackson Biko

The average outside temperature during a flight is -54°C.



What's On

Liberia was established on land acquired for freed US slaves in the 1820s.



Q&A

Sunny Dolat

The Nest Collective is a Nairobi-based multidisciplinary art group for film, music, fashion, visual arts and literature. Sunny Dolat is the cofounder.

What message do you want to spread?

Our work always reflects a root question, a "what if?" or a "why does?", that reimagines our pasts, presents and futures, but also our African identity and the intersections of that with feminism, race and sexuality.

The Nest Collective has created many different things. What are you most proud of?

We're proud of all our babies for different reasons. Each of them has blessed us, taught us and challenged us to grow and learn in different technical and intellectual ways, while opening up new audiences, conversations and even relationships.

But is there one product that sticks out?

I have a soft spot for our fashion book, *Not African Enough*, which explores evolving aesthetics and thinking in Kenyan fashion.

What is your advice for aspiring (creative) entrepreneurs?

Be kind to yourself!

~ @sunnydolat, thisisthenest.com



Design

Functional Sculptures

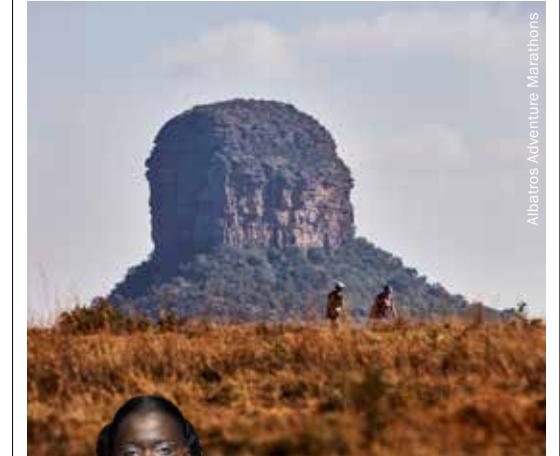
Lani Adeoye, the lady behind the brand, Studio-Lani, is a strong believer in the power of design to solve problems and empower communities. Blurring the lines between art and design, she creates unique functional sculptures that range from lamps to sidetables.

~ studio-lani.com

Marathon Running with Lions

This thrilling marathon route takes runners through the South African habitats of the Big Five: elephants, rhinos, buffalo, lions and leopards. There are no fences along the way, so let's just say that some runners might end up beating their personal bests!

~ 22 June, big-five-marathon.com



Albatros Adventure Marathons



Festival

Dancing in The Desert

Looking for something out of the ordinary? Head north and join this festival on the shores of breathtaking Lake Turkana. Visitors can expect amazing performances and cultural traditions from 14 ethnic communities, featuring costumes, art, dance and music.

~ 28-30 June, magickkenya.com



Fashion Wear African

This year's Dakar Fashion Week – the brainchild of Senegalese designer Adama N'diaye – will once again host around 30 talented African designers from several countries, such as Mozambique, Mali and Nigeria. The event aims to build upon the growing "wear African" trend.

~ 20-24 June, dakarfashionweek.com

Habari text: Eva de Vries

Nigeria's nickname is the Giant of Africa due to its size and the diversity of its people.



Column

South Africa is home to the longest continuous wine route in the world, which stretches from the Cape Winelands to the Klein Karoo.



Jackson Biko

Contemporary Poppins

Three weeks ago, an acquaintance sent me a WhatsApp message telling me that she “made the mistake” of taking an old issue of *Msafiri* home. Subsequently, her two daughters (aged 10 and 8) read one of my columns. They loved it so much that they begged her to procure more magazines. So, as a dutiful mother, she has been collecting back issues of *Msafiri* and taking them home to her daughters; and they devour them like ravenous literary critics before screaming, “More! More! We want more Biko!” (A bit of an exaggeration here on my part.) Then my acquaintance made another “mistake”: she told them that she knew me, so they started asking her all manner of questions about me. They enquired as to whether I’m as powerful in person as I sound on paper, if I have a

“Have they not studied as hard as they can and not worn their nighties inside out?”

proper beard, and if (indeed) I can make fire by rubbing two sticks together; you know, the usual questions children ask. They love words and they love to read, and she hopes that one day they will say that a small column in an inflight magazine set them on the path to becoming celebrated authors.

Because mothers can be manipulative and crafty, she now uses me as a disciplinary tool. If they don’t make their beds, she tells them, “Imagine what would happen if Biko walked in here unexpectedly and found your beds untidy like this.” So they make their beds. Or, if they don’t want to wrap up warmly before leaving the house, she asks them, “When your nose starts running and Biko comes visiting, will you converse with a messy nose?” So they wear warm clothes. I love it. It’s great for my ego. One day they asked if I might one day write about them in the magazine for “important people who fly in the aircraft to read”? And she said that if they behave – and make their beds, clear the table and do their homework – she would ask me. They also asked if they would become famous if I wrote about them. I wonder. I hope so.

What good is an airline magazine if it can’t make a couple of dutiful girls famous? What’s the point of printing it if these girls can’t keep this copy forever, and one day remember how it felt to have their names read at 40,000 feet? What kind of humans would we be if we denied these girls this opportunity? Have they not made their beds, eaten their vegetables and brushed their teeth? Have they not studied as hard as they can and not worn their nighties inside out? Have they not been good girls? Have they not done everything their mum asked of them and more? They have. They absolutely have.

So, Neema Mosiara and Nina Midega: if you’re reading this know that everybody in the aircraft has read about you. You made them smile. You warmed their hearts. You made them think of their children back home and the children they have in their hearts. And you know what smiles do? Smiles make the world a better place. I hope that you’re smiling as you read this.

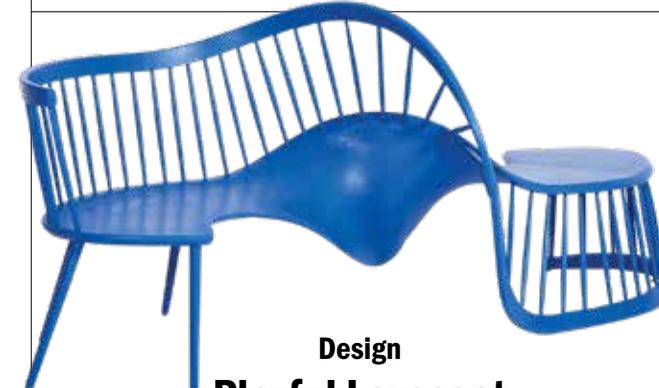
Illustration: Hannah Wieslander

In Kenya, hunting any protected animal is a crime.



Arts & Culture

The world’s largest frog, the goliath frog, lives in Cameroon and Equatorial Guinea, and can grow up to 32 cm in length.



Design
Playful Loveseat

The winner of this year’s design contest, organised by Design Indaba, is the “Interdependence Bench II”: a love seat with a twist, literally. The playful furniture piece, by design duo Phillip Hollander and Stephen Wilson, can now proudly call itself the most beautiful object in South Africa.

~ designindaba.com



Mountain bike race
1Zambia MTB

Riders participating in this unique, three-day mountain bike race compete in teams of two and use GPS devices to navigate over 250 km of scenic terrain. The course takes the participants through rolling hills, ancient forests and alongside crystal-clear streams, all the way to the finish line at the mighty Zambezi River. This year’s race will be held from 31 May to 2 June.



Tastings
Delicious Spirits

Located in Kigali, Rwanda, the Land of a Thousand Hills, this craft distillery produces five different triple-distilled spirits. It also has a nice restaurant.

~ 1000hills.com

~ 1zambiamtb.com

Hotel
360° Beauty

Located on Kenya’s serene Watamu Beach and built high among the treetops, the Watamu Treehouse is an architectural delight. Guests can expect 360-degree views over the Kenyan coastline and surrounding lush forests. This beautiful hotel offers relaxing activities, such as spa treatments, massages and yoga classes. Those looking for adventure can explore the area by kayak, paddle board or dhow. Oh, and the food is amazing!

~ treehouse.co.ke



Fabric
The Brighter The Better

Stemming from her love for textiles, Cape Town-based founder Tracy Rushmere wanted to create traditional African fabrics with a more urban feel. The result is a bold, exuberant collection of fabrics and products, such as caps and cushions with catchy names, including “Jacki so Blue” and “Hooray for The President”.

~ shineshine.co.za