

4th

At 226,917 sq m,
Madagascar is the
fourth-largest island
on the planet.



The famous Churches of Lalibela
in Ethiopia were chiselled out of
volcanic rock.

Habari

Art Expression Reclaimed

Born in the Democratic Republic of the Congo in 1991, Eddy Kamuanga Ilunga uses his work to explore the powerful – yet often contradictory – shifts in identity that have taken place in Central Africa since the days of colonialism. Ilunga sees art as an opportunity for people to reclaim a vibrant intellectual community, and no longer be bystanders in the course of history.

~@eddy.kamuanga



Covered by dense rainforest, Mount Nimba is located on the borders of Guinea, Liberia and Côte d'Ivoire.



Nairobi

The Sahara is the biggest desert in the world. It's larger than the continental US.



Car wash and food Geco Café

During the day, this place is a drive-in carwash. Once their cars are clean, car owners sit behind newspapers at the rustic café, which is unique because it illustrates how little you need to create an amazing space. If you just want a beer or a cocktail, there's a bar here too. The continental food is wonderful, and Fridays feature a band whose members are so close you can touch their instruments, giving the whole evening a family feel. It's like someone's playing music in your living room.



Hiking Ngong Hills

Outdoor enthusiasts kill two birds with one stone here by exercising while enjoying nature. Most hikers start engaging the famed Ngong Hills from the northern side, which is almost 2,000 m above sea level. They pass through small villages, wind farms and small farms, before the hill starts rising. A good hike will end up on the southern section some five hours later. You might spot Kenyan elite runners zipping past like the wind. They often train on the Ngong Hills because the altitude and terrain.



“However far a stream flows, it never forgets its origin”

– African proverb –

Reggae and food K1 Klubhouse

If you're in town on a Thursday and you have a free evening, check out K1 Klubhouse on Ojijo Road, Parklands. You will experience the full force of a reggae night. It's a loud, jambo-ree-like evening (if that's your cup of tea) and the mood, which is happy and electric, will go on until early morning. It's an old establishment that started in the late 1990s and has stood the test of time for its entertainment supremacy. There's a new menu, which features a plethora of African cuisine served in calabashes or banana leaves.



Art The GoDown Arts Centre

Dating back to 2003, the GoDown Arts Centre was formerly a car-repair warehouse. Over time, it has blossomed with the work of local talent. Featuring art and performing arts, this establishment provides workshops, exhibitions and open cultural nights. The GoDown is currently being modernised.

~ thegodownartscentre.com

Nairobi page text: Jackson Biko



What's On

Lake Malawi has more fish species than any other freshwater system on Earth.

During the Scramble for Africa, only Ethiopia and Liberia avoided colonisation by foreign powers.



Q&A

Anne Kiwia

“Every queen deserves a crown” is the tagline of the Dar es Salaam-based sustainable fashion label, Anne Kiwia. Msafiri chats with the Tanzanian-Romanian designer behind these quirky headbands.

Tell us about your headbands.

Each headband is different, just like the women who wear them. Our aim was to create a brand that all women can identify with, regardless of age, background and ethnicity. In this way, we unite women worldwide.

How is your product sustainable?

We upcycle. There are so many fabrics that end up in Tanzania, so we hunt for precious jewels awaiting to discover their hidden beauty and be given a new life.

Where does your love for fashion come from?

It was my Romanian grandmother who planted the seed. When I was three years old, she taught me how to sew. I kept returning to fashion and design throughout my childhood and after.

What is your dream?

To see the women we employ, and also the queens who wear our headbands, grow in confidence and acquire access to new opportunities.

~ annekiwia.com

Habari text: Eva de Vries

Festival Street-Art Paradise

Now in its ninth year, the Chale Wote Street Art Festival in Accra, Ghana's capital, brings thousands of people together for a week of festivities. Featuring street art, skate shows, music and dance, it's a loud and proud platform for cultural exchange. From 14 to 25 August.

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



Shopping Zero Waste

New brand, Seedling Kenya, creates beautiful natural lamps and candle holders using zero-waste-production processes. Sustainable materials include pulp, fibre and seeds from Baobab-tree pods. Excess materials go into the creation of vitamin-filled Baobab powder, jam, paper and oil.

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



Marathon Cycling Adventure

Arguably Africa's ultimate mountain bike adventure, the Tour de Tuli – 23 to 28 July – tumbles through Botswana, South Africa and Zimbabwe. In addition to a ride-encuded adrenaline rush, the route offers majestic scenery and imposing wildlife. Contestants will enjoy four days of cycling and five nights sleeping under the stars.

~ tourdetuli.com

The Kenyan board game, Kumiliki, is similar to Monopoly, a popular board game that originated in the US.



Column

The Nile River, which is the longest river in the world, has a total length of 6,650 km.



Jackson Biko

Nuclear Drop Out

I'm lying on my couch with the duvet pulled up to my whiskers. It's midday and I'm thinking about Russian men. I'm watching *Chernobyl*, the new TV miniseries about the 1986 explosion in Pripjat, Soviet Union (now Ukraine), which destroyed a nuclear power plant and threatened the livelihoods of everyone on Earth. It's grim and overcast, just the way I like my TV. The Russian men in the story are brave and heroic, and some ("comrades", they call themselves) volunteer to die to save "the motherland". As they carry out their duties, I'm battling something more catastrophic: man flu, for which there's no known cure and I will surely die if I'm left unattended. I've taken two days off work to mope around the house, dragging my duvet on every expedition I partake of: I hike to the kitchen to rummage through the fridge; trudge to the toilet to pee loudly; and scale the balcony to elicit the sympathy of neighbours as I cough wretchedly with watery eyes. I'm loaded with multivitamins, antihistamines and painkillers. While I was staggering – and occasionally leaning on the walls – earlier, I convinced myself that I'm one of the few survivors of a global contagion.

I'm terribly annoying when I'm green around the gills. Terribly annoying. At least that's what I'm told. But I'm happy to learn that I'm not alone, that most men from my neck of woods are pretty much the same. Our womenfolk have always rolled their eyes at us when we're down with the man flu. They say that we've become "babies" again: we're whiny, needy, inconsolable, we sulk a lot and we don't want to be left alone, lest – God forbid – our temperature rises to 38 degrees and we have a seizure or something. When they go to work, they say that they have two children at home (referring to you and your son). They will also try and bring up labour pains to diminish your untold suffering, saying, "You think having a headache and a runny nose is suffering? You should try giving birth!" It's frustrating because every time you become undeniably sick, the big "labour" conversation has to be brought up.

And so, as I lie on my couch with my curtains shut tight and with tissues strewn all over the carpet, I'm wondering how Russian men handle man flu. In all my years of watching TV shows and movies about Russia, I've never seen a Russian man blow his nose. I've never even seen a Russian man retrieve a handkerchief from his pocket. Do they sell antihistamines in "the motherland"? Do Russian men get sick? In the films, they're always doing manly things, such as diving into freezing water, fighting off marauding bears, cleaning a rifle, peering at

“I convinced myself that I’m one of the few survivors of a global contagion”

a snow-filled landscape, lighting a cigarette in a blizzard or grimacing with disdain in an American's face while mumbling, "Ice cream for the kid, flowers for the woman." I'm yet to see a Russian man carry a baby; unless he's a fireman, with a cigarette dangling from his lips.

I can't imagine a Russian man under a duvet wearing socks and sniffing. They're always stoic and they go down fighting. I think that because Russia is such a severe environment, man flu simply cannot survive there; and that's how they were able to stop a local catastrophe from becoming a global disaster in 1986: no Russian man has ever been weakened by man flu (we still don't know what the long-term effects are). I can't even get to the pharmacy down the road for eucalyptus-infused lozenges even though my life depends on it.

Illustration: Hannah Wieslander

Lake Kariba, in Zambia, is the largest man-made reservoir in the world by volume. It's used for commercial fishing operations and to supply hydropower to Zambia and Zimbabwe.



Arts & Culture



Design Thoughtful Gems

Dear Rae founder Karin Matthee and her team create fanciful pieces of jewellery at their Cape Town studio. With alluring names, such as "Ode to The Ocean" and "Fancy Pants", her collections feature everything from earrings to necklaces and custom-designed pieces fresh from the workshop.

~ dearrae.co.za



History Royal Tribute

Plans to visit eSwatini? Consider travelling during the extraordinary Umhlanga Reed Dance, a traditional ceremony where up to 40,000 maidens gather to celebrate the Queen Mother. This tribute goes back centuries. You can experience the ceremony for yourself from 27 August to 3 September.

~ swazi.travel



Festival Gorilla Naming Ceremony

During Rwanda's Kwita Izina ceremony, newborn baby gorillas are given their own names. The event aims to bring local and international attention to the importance of protecting mountain gorillas and their habitats in northern Rwanda's Volcanoes National Park. This year's ceremony will take place on 2 September.

~ rdw.rw/kwitizina

Food Sweet Tooth

Mon Choco, an artisan chocolatier in Côte d'Ivoire, produces raw chocolate made from organic cacao beans and brown sugar. By employing inventive methods, such as crushing beans using a bicycle, Mon Choco has coconscious down to a tee.

~ monchoco.site



Architecture Majestic Bird

The Bosjes Chapel is located on a vineyard two hours from Cape Town by car. Surrounded by mountains, this breathtaking sanctuary is inspired by these words from the *Bible*: "We find protection under the shadow of your wings". The chapel is designed to resemble a majestic bird.

~ steynstudio.com/projects/chapel