

7th

Angola is Africa's seventh-largest country by land area.



Habari

The central island in the middle of Lake Turkana consists of three active volcanoes and is home to crocodiles and water turtles.

Afrofuturism Mind-Blowing Fantasy

The self-taught Kenyan photographer and visual artist Alloys Iteba loves to create powerful fantasy art with an afrofuturistic touch, from space shuttle war scenes to victorious couples amid their conquered enemies. His characters are dressed in beautifully designed costumes and are often covered in stunning body art.

~ Instagram: @chromezalloys



The benefits of travel are almost immediate. After a day or two, 89 percent of travellers experience significant drops in stress.

Nairobi

Maputo, the capital of Mozambique, was called Lourenço Marques before the country gained independence from Portugal in 1976.



Getty Images

Gourmet café Honey And Dough

This café is so new that at the time of writing this they had little or no reviews online. Their service is also new, swift and fring on all cylinders. The view from Delta Plaza, in Nairobi's Westlands, is wonderful, and is only rivalled by the décor, which has a pink personality. The menu is wide and includes healthy options such as gluten-free pancakes and raw ravioli. But you can also have burgers, fries, pastas and curries.

~ Facebook: @HoneyAndDoughKeGourmetCafe



Day trip Lake Nakuru National Park

Leave Nairobi by 7 a.m., and three hours later you'll be in the land of leopards at Lake Nakuru National Park, which is also home to flamingoes, rhinos, lions, zebras and small horned animals. There are vantage points on rocky escarpments overlooking the lake and the park, which are great for breaking bread and sipping wine.

~ kws.go.ke

Food and art The Collective

Where else can you dine while looking at a collection of eclectic African art? Nobody goes into the CBD to eat or drink, unless they work or live there. Now there's a reason for all: the opening of this new restaurant. The Collective Restaurant and Art Gallery is owned by a Senegalese lady who has a passion for food and gives West African cuisine an international twist.

~ thecollective.co.ke



Dairy farm Brown's

This farm is based in Limuru, on the outskirts of Nairobi. It produces 17 different types of cheese that have no colourings, coatings or additives. Brown's has been at it since 1979. If you go you will also enjoy the scenery, which consists of lush tea plantations.

~ brownscheese.com



Getty Images

"I dwell on issues that a lot of artists will choose not to address"

— Michael Soi —

Nairobi page text: Jackson Biko

The University of Sankoré in Timbuktu, Mali is one of the oldest universities in the world. It was founded in 989 AD.

What's On?

The 6,670-km-long Nile River is the longest river in the world. It meanders through Tanzania, Uganda, Sudan and Egypt, among others.

Shudu The First Digital Supermodel

With her slender silhouette, flawless skin and breathtaking beauty, Shudu, the model behind the page @shudu.gram, is being called one of the most beautiful models on Instagram. With her hyperrealistic features, it took a long time for followers to realize that Shudu wasn't real. In fact, she was created by fashion photographer Cameron-James Wilson as an art project. Shudu and other digital models are now being used in fashion campaigns, which is a practice that has sparked criticism in the modelling world.



Stage race Mountain-Biking Bonanza

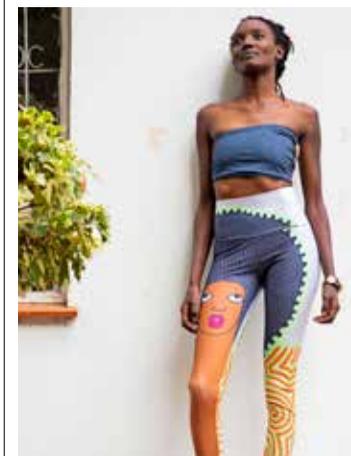
During this year's FNB Wines2Whales race, from 25 October to 3 November, mountain bikers from South Africa and beyond will experience the breathtaking terrain of South Africa's Overberg. The route includes a mix of farm roads and majestic mountain tracks, ending in the coastal town of Hermanus.

~ wines2whales.com

Clothing Eclectic Yoga Wear

Ready to show off your dancer's pose or downward dog in style? These bright new yoga leggings by controversial Kenyan artist Michael Soi are just what you need.

~ facebook.com/michaelsoistudio



Habari text: Eva de Vries



Getty Images

Marathon Run The City

The 16th edition of the Standard Chartered Nairobi Marathon will take running enthusiasts through the "green city in the sun". The internationally renowned event attracts more than 20,000 participants from all walks of life and different parts of the world, and raises funds for the local community.

~ nairobi-marathon.com

Beauty products Shea Butter Magic

This skincare brand from Ghana uses only the purest ingredients provided by Mother Nature. Products include shea butter and coconut oil. Oh yes, these products also look great on your shelf.

~ hamamat.com



Uganda's favourite fast food is the "rolex", which is an omelet rolled in a chapati.



Column

The islands of Mafia, Pemba and Zanzibar are favourite beach holiday destinations.



Jackson Biko

Pulp Friction

I live vicariously through bad guys in films. According to my five-year-old son, Americans prefer to call them "baddies". Out of principle, I refuse to use the language of five-year-olds. Anyway, have you seen the film, *Inglourious Basterds*? It's directed by Quentin Tarantino, and it stars Brad Pitt who I like because he's Brad Pitt and he plays Lieutenant Aldo Raine who fights the Nazis. But, I also really love Colonel Hans Landa – the dark Nazi monster played by Christoph Waltz – because he comes with immense depth of character even though he directs it towards evil. Nonetheless, I like bad guys because they sit in bars alone and women wonder what they're thinking. Good guys are predictable: they always use coasters. Plus, you can always tell that all they want to do is save the world, which is predictable. So, I always root for the bad guys. And maybe because of this, I find that I exhaust all my aggression on screen through these people. The last time I threw a punch was in a Muay Thai class earlier this year, before my back gave way. The last time I shoved another man in the chest was 15 years ago on a basketball court. I've become soft.

Two weeks ago, on a cold morning, I was in a queue to get my boarding pass for a flight to Mombasa. Despite the early hour, I was in a good mood because that's the mood you should be in when you're going to the beach. I don't know which country you're from, but there's a fear in Kenya that if you don't stand very close to the person in front of you in a queue, you will develop a rash. So, people will stand so close that you can feel them breathe down your neck. I haven't experienced it in Europe, the US or the Middle East. But here, in my motherland, that's the norm. It's a national idiosyncrasy. It's what makes us stand apart from our neighbours (pardon the pun). It doesn't matter that we have a bigger economy, are probably better educated and more democratic, we still don't see fit to give the person ahead of us some personal space. And, this chap was no different. He was standing so close to me in that queue – not for a kidney transplant, but for a boarding pass! –

that I could feel his pulse and hear his stomach digesting food. And I was disgusted, eventually. First, however, I was surprised. And then I was confused, felt violated, and became reflective and wondered what would compel anybody to stand so close to someone without finding it odd. I wondered what kind of household he grew up in. He wasn't like those perverts you see on the Internet harassing people on public transport. This guy wasn't a pervert, he was just gloriously unaware of what personal space was. As I stood in that queue, he made my world

“He was just gloriously unaware of what personal space was”

smaller. I reminded myself that Nelson Mandela didn't stay in prison for decades for this to happen. That was all the motivation I needed. I turned to this guy and said, in a tone that actor Samuel L. Jackson uses in the film, *Pulp Fiction*, "Do you mind?" I noticed immediately that the man didn't have any eyebrows, which made the whole thing weirder.

"What?" he asked.

"Do you mind not standing so close?" I replied.

We stood there with our eyes locked to see who would blink first. After what seemed like an eternity, he slowly grunted and took a step backwards. Nelson Mandela would have been proud of my resolve. Quentin Tarantino would have put me and the man into a strange pawn shop in the backstreets of Los Angeles.

Illustration: Hannah Wieslander

Nollywood, the Nigerian film industry, is estimated to be the second-largest in the world after India's Bollywood.



Arts & Culture

Victoria, the capital of the Seychelles, is one of the smallest capitals in the world, and it's easy to explore the entire city on foot.

Books African Literature

With so many groundbreaking African books to choose from, where do you start? Here are five recommendations.



The Old Drift
This impressive novel by Zambian author Namwali Serpell follows three very different founding families across three generations, from Europe to the banks of the Zambezi River.



Bird Summons
In this beautiful book by Sudanese author Leila Aboulela, three Muslim women embark on a Scottish pilgrimage. The story combines religious themes and Celtic myths, confronting faith

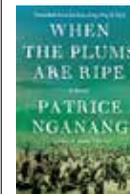
and femininity and offering a unique take on the road trip novel.



The Dragonfly Sea
Award-winning Kenyan writer Yvonne Adhiambo Owuor comes with this stunning coming-of-age novel about a young woman struggling to find her place in the world. It's a poignant exploration of fate, mortality and loss.



David Mogo, Godhunter
This powerful urban fantasy story, by Nigerian author Suyi Davies Okungbowa, is set in the Nigerian city of Lagos, where "godhunter" David Mogo has one task: to capture two of the most powerful gods in the city and deliver them to the wizard gangster Lukmon Ajala.



When The Plums Are Ripe
Cameroonian writer Patrice Nganang takes us back to the Second World War, recounting how Cameroon was forced into the conflict. The compelling story offers detailed insight into life in

Francophone Africa and the lasting impacts of colonialism.

Fashion week Nigerian Runway

One of the most important fashion events in Africa is Lagos Fashion Week, which will take place from 23 to 26 October. In addition to exciting runway shows, the event offers a talent-discovery programme, workshops, masterclasses and fabulous parties.

~ lagosfashionweek.ng



Designer: Deola Sagoe Image: Lagos Fashion Week



Festival Cape Rock 'n' Roll

Rocking the Daisies is Cape Town's largest outdoor gathering and one of the highlights of the festival calendar. Taking place from 4 to 6 October on the stunning Cloof Wine Estate, the festival hosts more than 25,000 people, and caters to every musical taste, from electronic beats to underground trailblazers.

~ rockingthedaisies.com

Leather goods Handmade with Passion

Dokmai Rwanda founder Bernadette Umunyana works with skilled local artisans and locally sourced materials. Dokmai produces beautiful, high-quality leather products, such as bags and wallets, often with a touch of Kitenge fabric.

~ dokmairwanda.com



Photo exhibition Passports

First appearing in 2010, LagosPhoto Festival – 25 October to 13 November – has established a community for contemporary photography that unites local and international artists. It takes place across the city and includes activities such as a summer school, exhibitions and talk shows. This year's edition delves into the constraints and prospects of passports.

~ lagosphotofestival.com

