

## TASTE OF KENYA DAY

### SUMMARY

For an all-round cultural experience that offers volunteers the chance to learn about Kenya, look no further than the Taste of Kenya Day.

Volunteers will get started with an introductory lesson in Swahili, much of East Africa's mother tongue, which will stand them in good stead for the remainder of their trip.

Trying and cooking local food is a great way to understand a new culture. Volunteers will take a traditional Kenyan cookery lesson, making chapatis - a famous local staple - and a stew or githerie (maize and beans) from scratch, before enjoying the dish for lunch.

Afterwards, volunteers will head six miles north of Nakuru to explore one of Kenya's most fascinating geographical phenomena, Menengai Crater. This 200,000-year-old shield volcano provides a fascinating insight into the geological formation of the Great Rift Valley and volunteers will learn how the volcano is now used for geothermal power generation.

### WHAT'S INCLUDED

- ✓ Swahili language lesson
- ✓ Traditional Kenyan cookery lesson
- ✓ Visit to Menengai Crater
- ✓ Visit to a craft market
- ✓ Surprise gift from African Adventures!
- ✓ Transport
- ✓ African Adventures Coordinator

### WHAT'S NOT INCLUDED

- ✗ Drinks
- ✗ Tips for guides

“New for 2018, this extra activity, our Taste of Kenya Day, is the perfect way to discover a little more of what Kenya has to offer. Kenya is a country of extraordinary diversity, so we have packed this optional extra with culture, cuisine, history and language, knowing that volunteers will come away knowing more about this beautiful corner of the world.”

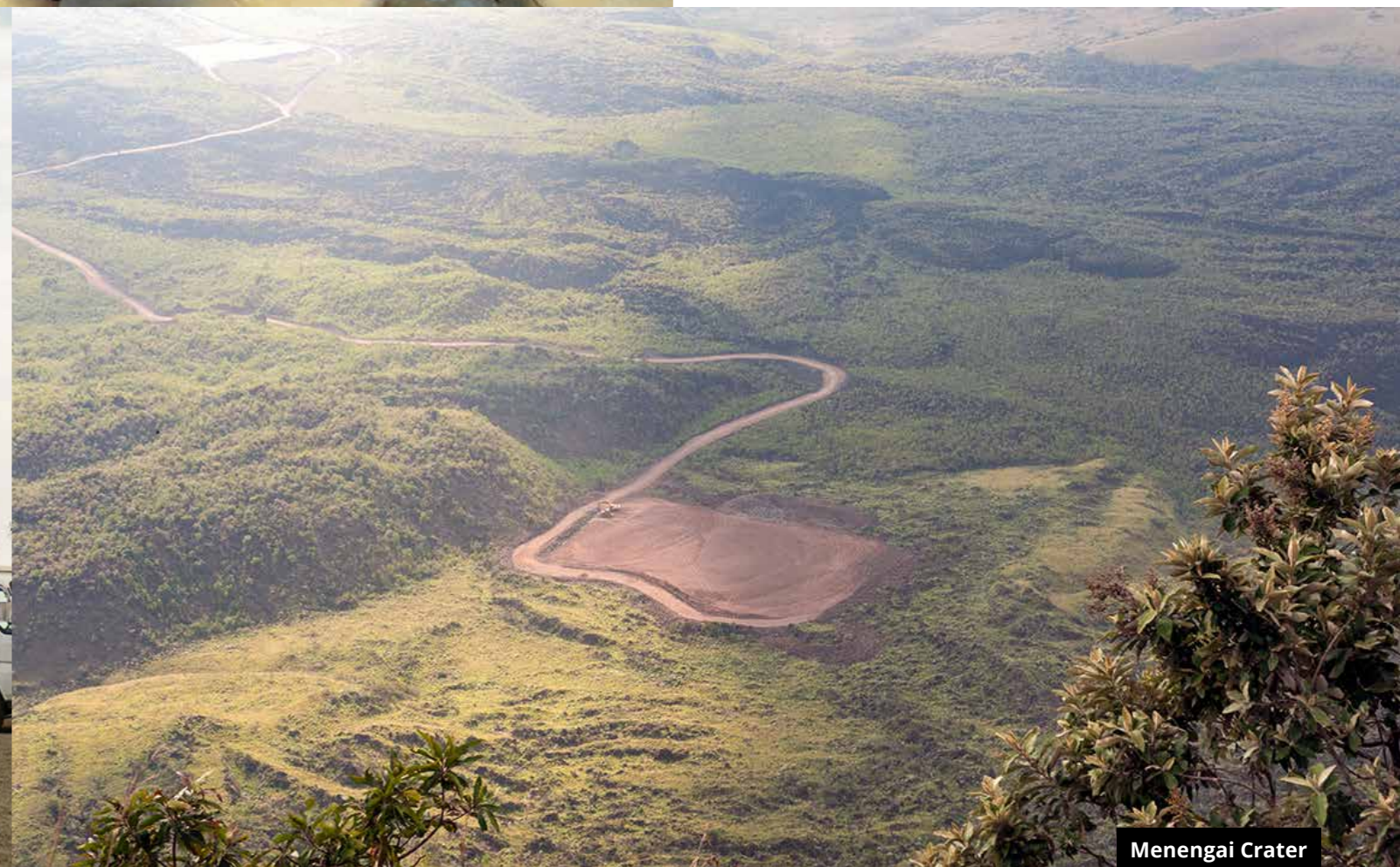
Dan Mew - Director, African Adventures



Traditional Kenyan cooking



Menengai Crater



Menengai Crater

### DID YOU KNOW?

Menengai Crater was formed over 200,000 years ago and is the second largest volcano caldera in Africa.

### ITINERARY

- 8:00am: Breakfast (included).
- 9:00am: Swahili language lesson.
- 11:00am: Start preparing and cooking delicious Kenyan chapatis with a traditional stew or githerie (maize and beans).
- 12:00pm: Lunch time (included).
- 1:00pm: Travel six miles north to Menengai Crater and explore the second largest volcano caldera in Africa!
- 4:00pm: Visit to Nakuru craft market including a small gift, courtesy of African Adventures.