

API USA • Kenya Travel Guidelines

Introduction

Agape Project International USA exists for the purpose of supporting the Kenya pastors and their goals of reaching people for Jesus Christ and meeting the humanitarian needs of the people of Kenya.

This travel guideline is just that – a guide to help answer many of your questions. It is NOT the source for answers to all your questions. Nor will it always be accurate depending upon your circumstances, but we will modify it when appropriate to make it as valuable as possible.

Ministry Opportunities

Each person who joins API USA on a mission trip is an ambassador for Jesus Christ. You will be a testimony in word and deed. Let the love you have for Jesus show through in everything you say or do. You will have opportunities to share your faith and to pray for others. Depending upon your background, you may be asked to preach in one of the API pastors' churches. This is a great honor, be prepared to be blessed and bless others through the interpretation of God's Holy Word.

API USA Team Responsibilities

A trip leader and usually an associate leader will be assigned to each trip. They will assist with travel arrangements, lodging, ground transportation, communications and money exchange. They and the Kenya pastoral team will provide guidance for all planned and unplanned activities.

Pre-Trip Communications

For groups or individuals from southern California or the Tacoma/Seattle area, a pre-trip orientation will be arranged. The trip leader will respond by email or phone to questions not covered in these guidelines or pre-trip orientations.

American Passport

If your American passport expires in less than 9 months, you should have it renewed. Most airlines flying to Kenya will not let you board with a passport with less than 6 months before expiration.

Kenya Visa

A visa is required to visit Kenya from the U.S. unless you are 16 years old or younger. We suggest purchasing your visa through Customs at the Nairobi airport. You may also obtain your visa from the Kenyan Consulate in Los Angeles through their website: <http://www.kenyaconsulatela.com>. A single-visit visa costs \$50. **If you purchase the visa at the airport in Kenya, the \$50 bill must be year 2000 or newer with no blemishes or tears** – credit cards or Kenyan shillings are not accepted.

Pre-Trip Immunizations

Local "Travel Medical Clinics" provide counseling and immunizations for modest fees. Please check with your insurance provider to see what, if any, immunizations may be covered. You should consult the Centers for Disease Control & Prevention (CDC) website for the most up-to-date information at: <http://wwwnc.cdc.gov/travel/destinations/kenya.aspx>.

Medical Support

It is important that you check with your medical insurance provider before leaving the U.S. to determine their procedures for covered care in case of an emergency. Bring copies of your insurance cards with the U.S. and overseas toll-free phone numbers. **If you have an existing medical condition, bring any pertinent records or summaries that would make treatment or diagnosis easier.**

There is adequate medical care in Kenya in most major cities but it may not be timely in rural areas. Kenyan physicians may not be very familiar with the degenerative diseases that plague most

westerners. There are pharmacies but the quality of some medications may be suspect. **Bring an adequate supply of any prescription medications in the original bottle with the prescription label intact.**

Personal Safety

API USA believes Kenya to be a safe place to travel if you follow a few simple guidelines. We prefer to travel in groups when using public transport, minimize nighttime travel or walking by yourself in the evening or at night. You should avoid displaying large amounts of U.S. dollars or Kenyan shillings. Be careful to lock hotel rooms at all times. Use the hotel's safe for valuable personal items. Always carry your cell phone and your American passport. Do not visit a town or community where a known conflict is brewing or currently exists. Do not visit a slum area by yourself – they are often controlled by gangs who might steal from you and cause you bodily harm in the process.

Emergency Phone Numbers

A list of important API Cell Phone Numbers with calling instructions will be emailed to you prior to your mission trip. It should be left with spouses, relatives or a personal friend.

Language

Most Kenyans speak at least three languages – their tribal language, Swahili and English, in that order. English is the language of government and most businesses. Street signs and printed forms are in English. School children are taught English as their second language in elementary and secondary school. In most Agape churches, the sermon is delivered in English and then translated phrase-by-phrase into Swahili or their native tongue. See the Appendix for common Swahili words and phrases.

Communication to U.S.

The trip leader should always have a working cell phone for local calls and communication to the U.S. You may wish to have your personal cell phone unlocked for use in Kenya to easily facilitate calling family and friends at home on your particular time schedule. You can purchase a Kenyan SIMM card (with your own permanent Kenya number – way cool) and download pre-purchased phone credits. Phone credit exchange minutes give more talk time when you purchase them in larger quantities, i.e., 500 to 1,000 shillings. Team members typically call the U.S. around 6:00 a.m. and/or 6:00 p.m. daily or every other day.

Time Zone Differential

Kenya is 10 hours ahead of Pacific Standard Time (PST) during daylight savings time and 11 hours standard time. Example: San Diego, CA (9:30 p.m., Wednesday) – Nairobi (7:30 a.m., Thursday).

Communication within Kenya

Cell phone use in Kenya is quite common, even among low-income people. Except in very rural areas, the cell phone coverage is quite good in most of the areas API USA frequents. Since you are only charged when you generate the call, *flashing* or initiating a call and then quickly hanging up is used when you only have a few phone credits. The person receiving the call will then return the call using his/her own phone credits.

In-Country Donations

Kenya is a country that is poor with the majority of people living below the poverty level. You will meet and minister to people with overwhelming financial needs and will be asked repeatedly for money. The most common solicitations are from street children, but adults may approach you as well. You may give a small amount of money to the pastors and they will see the children are fed at a local eating-place.

To Kenyans, these needs may seem improbable to solve. But to Americans, the solution may seem to be a gift of a few dollars or perhaps even a hundred dollars. API USA is committed to the long-term development of relationships and the spiritual, social, educational and economic development of Kenyans. We believe that giving financial gifts, of any amount, without complete understanding of the

culture, and the personal situation of the requestor, is not the correct way to accomplish our mission. Giving without understanding has the following negative impacts:

1. Reinforces the idea that foreigners are a source of money, i.e., a meal ticket or a bank.
2. Distorts the local economy making it more difficult for Kenyans to afford basic goods and services.
3. Provides a false sense of accomplishment to the giver.

We encourage you to gather as much information as possible, seek spiritual solutions, and to present the need to the trip leader so that some action can be considered. Until you have an opportunity to discuss the request with your leader, your standard response must be a firm but gentle NO. It is always best to say NO, regardless of how much it may hurt. Americans will frequently say, "Let me think about it" either as way of saying NO or as a genuine means of giving themselves time to consider the request. Culturally, when a Kenyan hears "Let me think about it," it means YES and now you and API USA as a team will be obligated.

If you give money to one of API's pastors for their personal support and the community finds out or even suspects they received money from an American, they will ask the pastor for money and the pastor will be obliged to give it to them.

You may give a small donation in shillings to a church you attend. Occasionally, our Team will collectively give a donation to a church for Bibles, chairs, a roof or for a very specific need.

In-Country Money Use

Most trip expenses are typically covered as part of your trip cost. It is helpful to take \$250-\$400 for personal use during the trip which will be exchanged into Kenyan shillings. Expenditures might include food & drinks, *bota-bota* (bicycle) or *matatu* (mini-van) travel, clothing, souvenirs, cell phone credits, etc. Entry to national game parks is approximately \$85 and lunch at the park lodge is about \$35.

Money Exchange

The trip leader will ask if members of the Team want their U.S. dollars exchanged for Kenyan shillings. The exchange rate has been 75-100 Kenyan shillings to one U.S. dollar. All the U.S. dollars are pooled and the money is exchanged all at once.

The banks or exchange houses will not exchange bills less than \$50. They will not accept torn or marked bills or any bills older than 2000. The best exchange rates are for \$100 bills 2006 or newer. It is helpful to give your U.S. bank 1-2 days notice to find new bills.

You may also draw Kenyan shillings using your VISA ATM card drawn from a local bank. Note: MasterCard doesn't seem to be recognized consistently in Kenyan banks.

USA to Kenya Transportation

The flight from the United States to Nairobi can take from 22 to 36 hours depending upon the layover times, usually in London or Amsterdam. Plan how you can efficiently get through the many security checkpoints, i.e., metal objects, shoes, computer, liquids & gels, etc. Day trips into London or Amsterdam are sometimes possible during a layover but require staff guides, luggage storage and more security lines. If you have special food requirements, be sure to inform your carrier for all international flights.

U.S. domestic flights generally allow 2 checked bags not to exceed 50 pounds. If your originating flight is non-stop to an international airport, the baggage allowance is 70 pounds each. Fees vary widely among different carriers. On-board luggage is usually one checked bag and one personal item. **Make sure you pack all toiletries and medications in your carry-on luggage.** If at all possible, use one bag for your personal items and one bag for items you are taking to give to the Kenyan people. The Kenyan bag can be a collapsible duffel or a thrift store bag that can be left behind. **You may also wish to pack**

extra clothes in all bags in case one or more bags get lost. Please verify with your airline all of their luggage requirements and limitations. Added luggage fees are not covered by API USA.

In-Country Transportation

Most ground transportation in Kenya is not comfortable for U.S. travelers. The roads are often filled with potholes, many with large craters. The roads are shared by large, markedly overweight trucks, buses, vans, cars, donkey carts, handcarts and pedestrians. There are few traffic signals and they are almost always ignored.

API USA staff and volunteers travel by private or rented vehicles as much as possible. However, there will be times when we walk, take *bota-botas*, a *matatu* or even a rented motorbike. If a private vehicle is not available, it can take 3-4 times longer to get to your destination. All travelers should be able to walk a mile with a 30 lb load.

Modern turboprops or jets may be available between major cities and Nairobi. The one-way cost in most cities we visit is usually around \$100. There is no discount for roundtrip airfares. You can check one bag and carry-on the usual one bag and one personal item.

Specific Trip Itineraries

API USA will publish a specific day-by-day itinerary for each trip. This is just a guideline that history tells us will be modified as required based upon weather, transportation, local needs, etc. The trip leader will conduct regular briefings to discuss changes. Note: an abundance of patience, flexibility and grace is always required when ministering in Kenya.

Trip Packing List

A detailed generic Trip Packing List is provided on the API USA website: www.agapekenya.org. It is not intended that you should need or take every item on the list. The packing list is in Excel format and can be downloaded and then modified and saved for your personal use.

Weather

Check the 5-day weather forecast in Nairobi from the Kenyan Embassy website before your trip or other online sites. Since Kenya lies on the equator and is mostly at altitude, the temperatures are consistently moderately warm all year. Temperatures in the daytime average 71-80 degrees F. and in the evening average 54-61 degrees F. The long rainy season can last from April to June. The short rainy season can last from October to December. Rain or hail can fall in such quantities you can hardly see the road if you are driving. Then 15-30 minutes later, it stops completely.

Food & Fluids

The Kenyan diet is very basic but nutritious, consisting mostly of *chai* (tea & milk), *ugali* (corn flour & water cooked to a consistency of porridge or a dough-like substance) and *sukuma wiki* (kale-like vegetable cooked with small amounts of tomatoes and onions). Sometimes you will be served meat that could be chicken, beef, fish, goat or rarely sheep. Your orientation will discuss what types of food you will encounter and how you should behave when eating with local families.

Many people bring nutritious snacks and breakfast foods from home like power bars, jerky, instant oatmeal, hot chocolate or coffee. Bottled water is available almost everywhere we travel.

Personal Health & Hygiene

You are responsible for your personal health and hygiene while in Kenya. The group will be provided safe, potable water wherever we stay. When you are traveling or eating in restaurants, you should request bottled water or sealed fruit drinks or soft drinks. Tap water may not be safe even in the best of hotels or inns. Do not eat raw foods that may have been rinsed in tap water, i.e., lettuce, tomatoes, fruit with edible skin, carrots, etc. Teeth should be brushed and rinsed using bottled water.

Bring a supply of hand sanitizers and baby wipes. Small bars of soap are more convenient unless you are staying in a single location. Bring a washcloth and towel that will dry quickly or at least overnight. A good choice is a small backpacking towel that can be found in camping stores like REI.

Wear clothing that makes potty visits easy. Bathrooms are often nothing more than a hole in a concrete or dirt floor. There are usually no hooks or shelves to hold anything. Make sure you can carry everything you need whether for a potty visit, brushing your teeth or a shower.

Mosquitoes are usually not a problem during the day. Wearing long-sleeved shirts, pants or dresses and some type of chemical protection is usually more than adequate in the early evening. At night, we almost always have mosquito nets to sleep under.

Clothing

Much of the areas we visit are near the equator but the extreme temperatures are muted because we are also at altitude – usually between 4000-6000 ft. We suggest wearing lightweight clothing in layers that can be changed depending upon the temperature. If you are sun-sensitive, wear a hat, long-sleeve clothing and long pants or dresses. **Women should dress very modestly.** Wear comfortable shoes that are multi-purpose. You may wish to bring thongs for indoor use and showering. A light windbreaker that can double as a raincoat should be carried in the evening or during inclement weather. **Make sure that any written or graphic material on t-shirts or other articles of clothing reflects your Christian beliefs.**

Bring an adequate supply of under garments for 5-7 days. Laundry service is usually available but not always convenient or timely depending upon your location.

Lodging

Lodging can be in hotels, private homes or in facilities such as orphanages, schools, churches or hospitals. Do not expect private accommodations for the duration of your trip. **Sleeping quarters will be segregated by gender or family groups. Sometimes you may be asked to sleep two persons to a bed.**

Electrical Power & Converters

The electric power in Kenya is 220-240 VAC @ 50 Hz. Many computers, phone & camera chargers, electric toothbrushes & shavers, hairdryers, etc., can be purchased in the U.S. to operate that both 220-240 VAC and 120 VAC. If the electrical device you bring to Kenya is 120 VAC, you will need to bring a converter (step-down transformer) offered in travel stores, REI and online at www.magellans.com. If your electrical device uses a lot of power (hair dryer or curling iron), your converter must be designed for high-watt loads. Wall sockets in Kenya require a United Kingdom style adaptor. It is best to have both grounded and non-grounded adapters.

Electrical power is not always available in Kenya and can be down for a couple of days or only available during half a day. This can be a problem if you use a CPAP or other lifesaving machine.

Kenya Customs

The majority of Kenyan people you will come into contact with will be the Christians you meet in church. They are quite modest and lead moral lives. That modesty and morality is reflected in their dress, speech, actions and demeanor. You will almost never see signs of outward affection among married or unmarried couples. However, same-sex handholding among men, women and young adults is common and acceptable. It is rare that you would ever hear a Kenyan pass gas. We should be respectful of their behavior and act accordingly.

It is common to see women breast-feeding their infants in public. This could be next to you while using public transportation, in church, while taking their blood pressure or having *chai* at a Kenyan home. It is also not usual for a woman to hold up her child to urinate in public. Very few babies wear diapers.

All API staff & volunteers should refrain from using alcohol or tobacco in any form while on an API mission trip, including flights from/to the United States & Kenya. All women on our trips should observe a no-cleavage rule for the same duration. These behaviors are not common in Kenya and do not exist among the pastors or their families.

If you encounter a situation that makes you uncomfortable, please ask your trip leader or one of the pastoral staff to explain the behavior or situation in light of Kenyan culture.

Church Services

Church services can begin early in the morning and continue way beyond noon. They are filled with singing, dancing and LOUD music, mostly keyboard and guitar. Bring earplugs if you are sensitive to loud sounds. **At a minimum, you should be prepared to give a greeting from the U.S. – you can talk about your personal walk with our Lord, your family, your impressions of Kenya and any effects the people or country have had on your life. Always bring your Bible.** Business casual for men is appropriate, long dresses for women. If you like, you can give a small offering in Kenyan shillings. Discreet photography is okay. You can record the music or the message if you like.

Be prepared for an experience that will bless your soul. Kenyans know how to worship our Lord. They are grateful that Jesus watches over them daily and they express that gratitude in song, dance and prayer. They are totally dependent upon Him.

Personal Journaling

All trip participants are encouraged to keep a personal journal and make daily entries. You may wish to take a small voice recorder to take notes during the day and to keep track of trip expenses. A small headlamp or flashlight is ideal for writing in your journal in the late hours of the night or the early hours of the morning or when there is no electrical power.

Reading Material

There is usually not much free time for reading except on the plane flights to/from Kenya and the waiting time in airports. However, your Bible is a must. Much of the secular reading many Americans read would be inappropriate for Kenyans. Be very selective if you leave any reading materials in Kenya.

Souvenirs & Gifts

There will be both planned and unplanned opportunities to purchase gifts or souvenirs. *Caveat emptor* is the watchword in Kenya. There are plenty of choices and bargains in art, clothing, animal carvings, pottery, jewelry, etc. There are even local dressmakers if you choose to have a dress or shirt made especially for you. Sometimes it is very helpful to have a local Kenyan bargain for gifts when you are not around to get a fair price. Remember, *Wazungu* (plural of *mzungu* – meaning white persons) are often seen as banks or cash cows.

Kenya Sightseeing

The purpose of our trips is ministry. But, we also recognize this may be someone's only opportunity to be in Kenya. There may be some downtime when sightseeing is planned or is available. Your specific trip itinerary will provide details about planned activities. **Unauthorized trips for personal pleasure are not allowed without prior approval from the trip leader.**

Resources

Google as much information as you like from various websites. That is part of the fun of planning a trip to Kenya. You can find everything from language and history books, travel & safari guides, travel accessories, etc. There is no end to the hours of enjoyment learning about Kenya, her culture and her people groups.

Appendix

English-Swahili for Common Words & Phrases

Greetings

Hello	jambo	jahm •bo
How are you?	habari?	ha• ba •ree
I am fine	nzuri	n• zoo •ree
goodbye	tutaonana	too•ta•oh• na •na
goodnight	lala salama	la •la sa• la •ma
please	tafadhali	ta•fa• dha •lee
thank you (very much)	asante (sana*)	a• san •tay (sa •na)
You're welcome	karibu	ka• ree •boo

*sana can be added to anything to indicate great or fantastic or to indicate the superlative as in **I am very fine!**

People

father	baba	ba •ba
mother	mama	ma •ma
son	mwana	mwa •na
daughter	binti	been •tee
brother	kaka	ka •ka
sister	dada	da •da
boy	mvulana	m•voo• la •na
girl	msichana	m•see• cha •na
child	mtoto	m• toh •toh
friend	rafiki	ra• fee •kee
white person	mazungu	mah• zoon •goo
old person	mzee	m• zay
mechanic, fixes things	fundi	foon •dee
teacher	mwalimu	mwa• lee •moo

Basic Conversation

yes	ndiyo	n• dee •yoh
no	napana	ha• pa •na
excuse me	samahani	sa•ma• ha •nee
sorry	pole	poh •lay
OK, sure	sawa	sa •wa
I understand	naelewa	na•ay• lay •wa
I don't understand	sielewi	see•ay• lay •wee
I don't know	sijui	see• joo •ee
just a moment	dakika moja	da• kee •ka moh •ja
Help!	saidia!	sa•ee• dee •a
Could you please help me?	saidia tafadhali?	sa•ee• dee •a ta•fa• dha •lee
What's your name?	jina lako ni nani, je?	jee •na la •koh nee na •nee jay
toilets, bathroom	choo	choh
Where are the toilets?	vyoo viko wapi?	vyoh vee •ko wa •pee
There isn't any toilet paper	hakuna karatasi ya choo	ha• koo •na ka•ra• ta •see ya choh
Do you speak English?	unasema Kiingereza?	oo•na• say •ma kee•een•gay• ray •za
I don't speak Swahili	sisemi Kiswahili	see• say •mee kee•swa• hee •lee
I'm looking for a hotel	natafuta hoteli	na•ta• foo •ta hoh• tay •lee
How much is a room?	chumba ni bei gani?	choom •ba nee bay ga •nee
Please bring the bill	lete bili	lay •tay bee •lee

mosquito net
flashlight
left (direction)
right (direction)

Church Words

God
Lord
Bless You!
Praise the Lord!
Christian
church
pray
prayer

Health

doctor
nurse
hospital
I'm sick
I need a doctor
It hurts here
abortion
anaemia
antibiotic
AIDS
aspirin
bandage
band-aid
blood
blood pressure
bronchitis
cancer
cold (illness)
cough
deaf
diabetes
diarrhea
disease
eye
fever
gauze
heart
headache
infection
injection
itch
kidney
laxative
malaria
measles
medicine
menstruation
migraine

chandarua
tochi
kushoto
kulia

Mungu
Bwana
Heri zote!
Bwana Asaferwe!
Mkristo
kanisa
sali
sala

daktari
mwuguzi
hospitali
mimi ni mgonjwa
nataka kuona daktari
naumwa hapa
kutoa
upungufu wa damu
kiuavijasumu
Ukimwi
aspirini
plasta
elasto
damu
shinikizo la damu
mkamba
kansa
ugonjwa
kikohozi
ziwi
kisukari
kuhara
maradhi
jicho
homa
shashi
moyo
umwa kichwa
ambukizo
dawa la sindano
mwasho
figo
dawa la kuendesha
malaria
surua
dawa
hedhi
kipandauso

chan•da•roo•a
toh•chee
koo•shoh•toh
koo•lee•a

Moon•goo
Bwa•na
hay•ree **zoh**•tay
Bwa•na Ah•sa•**fear**•way
M•**kree**•stoh
ka•**nee**•sa
sa•lee
sa•la

dak•**ta**•ree
mwoo•**goo**•zee
hoh•spee•**ta**•lee
mee•mee nee m•**gohn**•goh
na•**ta**•ka **koo**•na dak•**ta**•ree
na•**oo**•ma **ha**•pa
koo•**toh**•a **meem**•ba
oo•poon•**goo**•foo wa•**da**•moo
kee•oo•a•vee•ja•**soo**•moo
oo•**keem**•wee
a•spee•**ree**•nee
pla•sta
ay•**la**•stoh
da•moo
shee•nee•**kee**•zoh la **da**•moo
m•**kam**•ba
kan•sa
oo•**gon**•jwa
kee•kon•**hoh**•zee
zee•wee
kee•soo•**ka**•ree
koo•**ha**•ra
ma•**ra**•dhee
jee•cho
hoh•ma
sha•shee
moh•yoh
oom•wa **keech**•wa
am•boo•**kee**•zoh
da•wa la seen•**da**•noh
mwa•shoh
fee•goh
da•wa la koo•ayn•**day**•sha
ma•**la**•ree•a
soo•**roo**•a
da•wa
hay•dhee
kee•pan•da•**oo**•soh

mouth
nausea
poisonous
pregnant
prescription
quarantine
rash
safe sex
scalp
stomach
stroke
syringe
teeth
tongue
toothache
vaccination
vein
venereal disease
vomiting
worms

Food & Drink

butter
chicken
coffee
flat bread
sugar
salt
pepper
ketchup
rice
soup with meat
tea
collard, other greens
porridge
cornmeal (dough-like)
water
hot water
drinking water
milk
meat
fish
beef (cow)
fruit
vegetables
potato
garden
farm

Days

today
tomorrow
yesterday
now

mdomo
kichefuchefu
yenye sumu
mjamzito
agizo la daktari
karantini
upele
mapenzi salama
ngozi ya kichwa
tumbo
kiharusi
sindano
meno
ulimi
maumiva ya jino
chanjo
mshipa
ugonjwa wa zinaa
tapika
minyoo

siagi
kuku
kahawa
chapati
sukari
chumvi
pilipile
nyanya
wali
supu
chai
sukuma wiki
ugi
ugali
maji
maji ya moto
maji ya kunywa
maziwa
nyama
samaki
nyama ng'ombe
matunda
mboga
kiazi
bustani
shamba

leo
kesho
jana
sasa

m•**doh**•moh
kee•chay•foo•**chay**•foo
yay•nyay **soo**•moo
m•jam•**zee**•toh
a•**gee**•zoh la dak•**ta**•ree
ka•ran•**tee**•nee
oo•**pay**•lay
ma•**payn**•zee sa•**la**•ma
n•**goh**•zee ya **keech**•wa
toom•boh
kee•ha•**roo**•see
see•**da**•noh
may•noh
oo•**lee**•mee
ma•oo•**mee**•voo ya **jee**•noh
chan•joh
m•**shee**•pa
oo•**gohn**•jwa wa **zee**•na
ta•**pee**•ka
mee•nyoh

see•**a**•gee
koo•koo
ka•**ha**•wa
cha•**pa**•tee
soo•**ka**•ree
choom•vee
pee•lee•**pee**•lee
nya•nya
wa•lee
soo•poo
cha•ee
soo•**koo**•ma **wee**•kee
oo•gee
oo•**ga**•lee
ma•jee
ma•jee ya **moh**•toh
ma•jee ya kee•**nywa**
ma•**zee**•wa
nya•ma
sa•**ma**•kee
nya•ma ng•**ohm**•bay
ma•**toon**•da
m•**boh**•ga
kee•**a**•zee
boo•**sta**•nee
sham•ba

lay•oh
kay•shoh
ja•na
sa•sa

Later	baadaye	ba•a• da •yay
every day	kila siku	kee •la see •koo
morning	asubuhi	a•soo• boo •hee
afternoon	mchana	m• cha •na
evening	jioni	jee• oh •nee
tonight	leo usiku	lay •oh oo• see •koo
Sunday	Jumapili	joo•ma• pee •lee
Monday	Jumatatu	joo•ma• ta •too
Tuesday	Jumanne	joo•ma• n •nay
Wednesday	Jumatano	joo•ma• ta •noh
Thursday	Alhamisi	al•ha• mee •see
Friday	Ijumaa	ee• joo •ma
Saturday	Jumamosi	joo•ma• moh •see

Numbers

0	sifuri	see• foo •ree
1	moja	moh •ja
2	mbili	m• bee •lee
3	tatu	ta •too
4	nne	n •nay
5	tano	ta •noh
6	sita	see •ta
7	saba	sa •ba
8	nane	na •nay
9	tisa	tee •sa
10	kumi	koo •mee
11 (ten and one)	kumi na moja	koo •mee na moh •ja
12 (ten and two)	kumi na mbili	koo •mee na m• bee •lee
20	ishirini	ee•shee• ree •nee
21 (twenty and one)	ishirini na moja	ee•shee• ree •nee na moh •ja
30	thelathini	thay•la• thee •nee
40	arobaini	a•roh•ba• ee •nee
50	hamsini	ham• see •nee
60	sitini	see• tee •nee
70	sabini	sa• bee •nee
80	themanini	thay•ma• nee •nee
90	tisini	tee• see •nee
100	mia moja	mee •a moh •ja
200	mia mbili	mee •a m• bee •lee
1,000	elfu	ayl •foo
1000,000	laki	la •kee

Animals

animal
buffalo
camel
chettah
cow
crocodile
elephant
gazelle
giraffe
goat
hippopotamus
hyena
leopard
lion
monkey
ostrich
python
rhinoceros
sable antelope
spitting cobra
warthog
wildebeest
zebra

mnyama
mbogo / nyati
ngamia
duma / chita
ng'ombe
mamba
tembo / ndovu
swala / swara
twiga
mbuzi
kiboko
fisi
chui
simba
tumbili
mbuni
chatu
kifara
pala hala
swila
ngiri
nyumbu
punda milia

m•**nya**•ma
m•**boh**•goh / **nya**•tee
nga•**mee**•a
doo•ma / **chee**•tah
ng•**ohm**•bay
mam•ba
taym•bo n•**doh**•voo
swa•la / **swa**•ra
twee•ga
m•**boo**•zee
kee•**boh**•koh
fee•see
choo•ee
seem•baa
toom•**bee**•lee
m•**boo**•nee
cha•too
kee•**faa**•roo
pa•la **ha**•la
swee•la
n•**gee**•ree
nyoom•boo
poon•da mee•**lee**•a