



TASTE OF KENYA DAY DAYTIME ACTIVITY

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 a 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 phenomenon, 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
- Transport
- African Adventures Coordinator

WHAT'S NOT INCLUDED?

- Drinks
- Tips for guides