

KENYA

# Taste of Kenya Day



For an all-around 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.

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 explore 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.



## 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

