

# msafiri

ENRICHING LIFE'S JOURNEYS

AUGUST-SEPTEMBER 2023 | ISSUE 180

## SUDAN

A TRAGIC TALE AND A SIGN OF HOPE  
FOR THE **NORTHERN WHITE RHINO**

### DISCOVER WEST AFRICA

READ OUR CITY GUIDES  
TO ACCRA AND DAKAR

### FAST-TRACK SNACKS

TASTY STREET FOOD TO TRY  
ON OUR GLOBAL NETWORK

### BUSINESS SUPER-FLYER

MEET CEO VUMILE MSWELI

### WORLD CUP AMBITION

Q&A WITH GHANA'S  
CHRIS HUGHTON



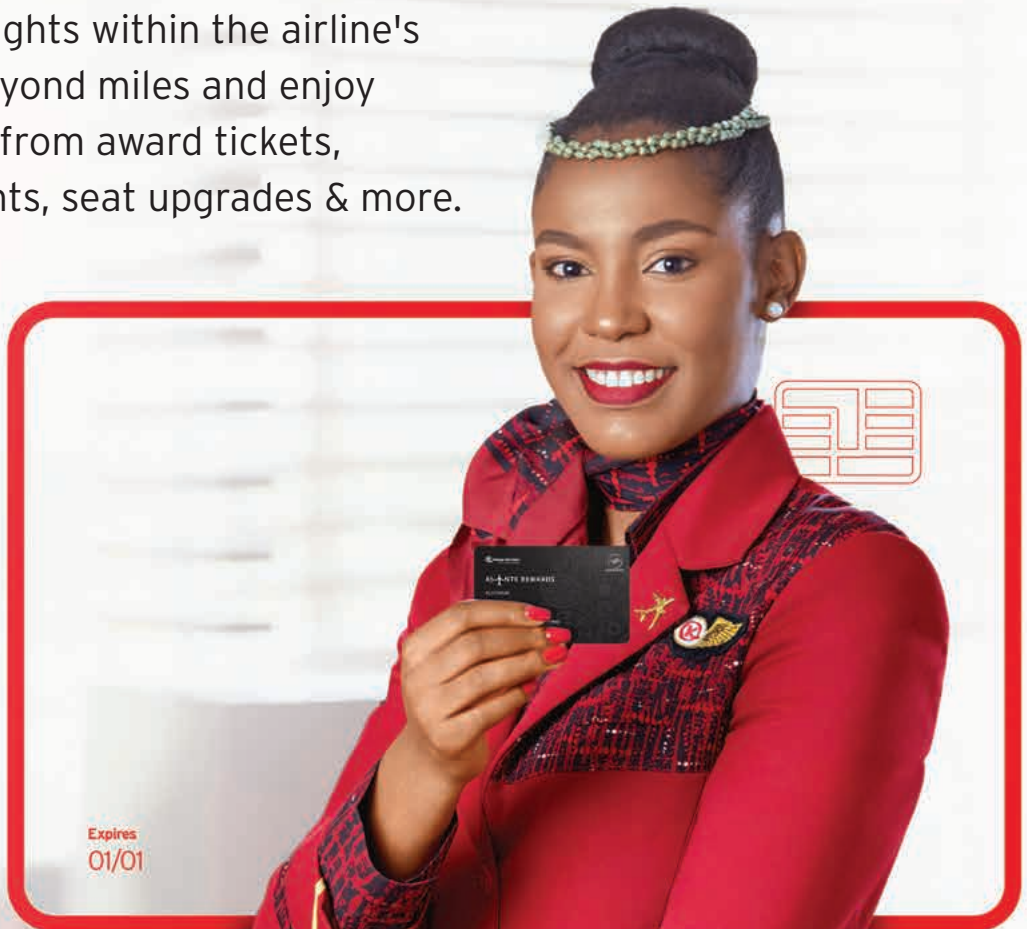
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# Karibu



On the cover:  
Sudan by  
Ami Vitale

**msafiri**

**ENRICHING LIFE'S JOURNEYS**  
MSAFIRI IS THE OFFICIAL MAGAZINE OF  
KENYA AIRWAYS – THE PRIDE OF AFRICA

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Find out more about the new **Asante Rewards programme** on pages 2 and 59

## DEAR READER

At Kenya Airways we understand that customer loyalty is not instant, it is a journey. It cannot be bought or forced. Customers become loyal based on how you make them feel, and what value you add to their lives.

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Asante Rewards is a unique African product created from years of research, customer feedback and best practices from across the globe. It is our way of making flying more rewarding for our customers. The loyalty programme is also critical in helping us take the next steps in KQ's transformation.

We invite you to join us on this journey by visiting [asante.kenya-airways.com](http://asante.kenya-airways.com) to sign up. As always, please share with us your feedback and any areas of improvement as we grow Asante Rewards to be the leading loyalty programme in Africa.

The purpose of Kenya Airways goes beyond just flying, but revolves around the impact we make in the lives of our guests, staff, the community around us and the entire ecosystem we operate in. So, let's work together to envision a better future and the opportunities it brings.

Thank you for flying 'The Pride of Africa'.

*Allan*

**ALLAN KILAVUKA** CHIEF EXECUTIVE OFFICER, KENYA AIRWAYS



**PS:** Did you know there's also a digital issue of *msafiri* which can be read anytime, anywhere? To ensure you receive every issue, direct to your inbox, join our mailing list at [www.msafirimag.com](http://www.msafirimag.com). The magazine is complimentary. So, feel free to share it with your friends and family, and on social media.

**World Travel Awards 2022**



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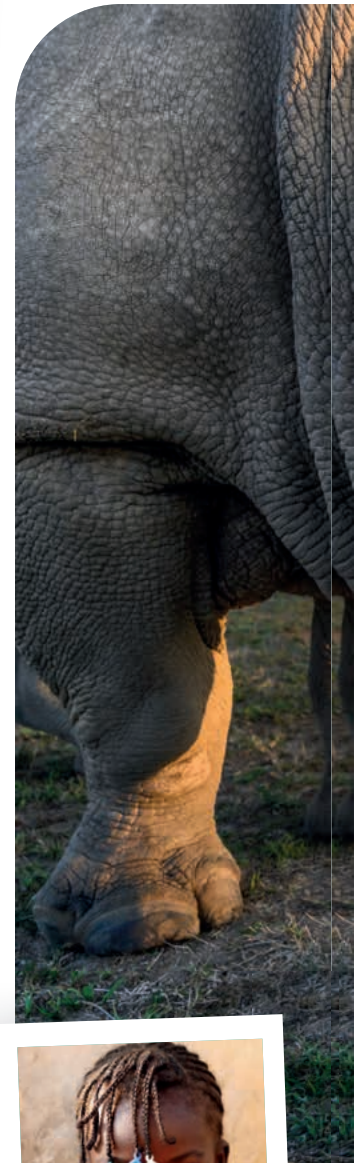
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WHERE TO GO IN...

# AUGUST & SEPTEMBER

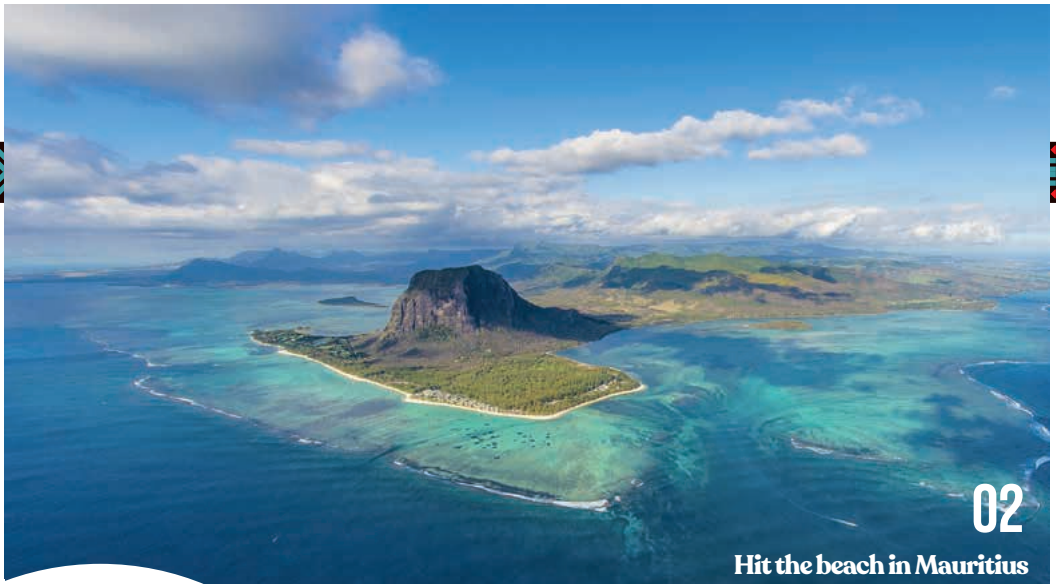
Looking for inspiration for your next adventure? Here are four great ideas for unforgettable trips on our global network...



## 01

### See the sights in New York

With summer temperatures dipping, September is an ideal time for a city break in the Big Apple. Hire a bike to pedal through Central Park or across the Brooklyn Bridge. Hop on a ferry to cruise past the Statue of Liberty, then head to one of the city's rooftop bars for a drink and amazing views of Manhattan.



02

### Hit the beach in Mauritius

August and September see the risk of hurricanes increase in the Caribbean, so beach-lovers should head instead for the Indian Ocean where it's sunny, dry and pleasantly warm in Mauritius – and the sea's an inviting 23°C, perfect for swimming, snorkelling and watersports.

03

### Go wild for whales in South Africa

Now in its 32nd year, the Hermanus Whale Festival (29 September–1 October 2023) celebrates the return of southern right whales to the coastal waters of Hermanus – easily accessible from Cape Town. As well as a spectacular street parade, local artisan markets, delicious food and educational displays about the marine environment, you'll be able to experience some of the world's best land-based whale watching.



04

### Love London without the crowds

School summer holidays are over in September, making it a quieter, less busy time to visit London. It's also an ideal month to catch some early autumn colour in the capital's beautiful parks. Plus, there's a month-long celebration of London's river planned during the Totally Thames festival.





## HOLIDAY PLANNING

## FIRST-TIME FLYERS

Maiden flight with the kids? Don't stress, we've got some top tips on how to make the experience as relaxed and enjoyable as possible...

**f**luttering butterflies. Kaleidoscopes of goliath birdwing butterflies fluttering in a Dad bod. That's how fathers who are flying for the first time with children feel. I got you, fellas. First, to quell those butterflies, preparation is of the essence, whether you're taking a short- or long-haul flight. Ensure you have everything you need, from baby essentials and healthy snacks to books, games and maybe a familiar pillow or soft toy to soothe your young one during the flight.

Prepare your children emotionally. You don't need a degree in counselling psychology to do this, but a PhD in calmness. Reassure your children that everything will be all right. Otherwise, they will pick up on your stress.

Navigating airports can be confusing and hectic, even for frequent flyers. If you are unsure of anything, just ask. Don't get lost trying to look like a know-it-all Dad to your kids.

Make the flying experience one for the books. It's not just about arriving at your destination, but also, while you're at it, making memories. Because it is the first time for your kids, you want those memories to be great. Otherwise, they may end up hating flying. Allow your children to take pictures and videos to share with their friends.

In air travel, there's a saying that 'etiquette is the mother of bon voyage' (okay, I made that up, but you get the drift). The last thing you want to do, though, is annoy other passengers. Make your child understand little things like armrest boundaries, which have been known to cause airborne

wars. Plus, no kicking the back seat of the passenger in front. And no sticking their curious faces in others' phone spaces. Remember, the more you tell young kids not to press the attendant call button, the more they will do it.

When you're flying with children, be prepared for bladders that can turn on like sprinklers immediately the seatbelt lights come on. To be on the safe side, ensure your children use the bathroom before you board – and before you begin your final descent.

Many children who are first-time flyers suffer from airplane ear, caused by changes in air pressure. To help your child's ears pop, get them to swallow, yawn and – as long as they don't stick it on someone's else's seat – chew gum.

**MAKE YOUR CHILD UNDERSTAND SUCH LITTLE THINGS AS ARMREST BOUNDARIES, WHICH HAVE BEEN KNOWN TO CAUSE AIRBORNE WARS**

If you have a child who is suffering from motion sickness, don't self-prescribe. Consult a doctor, who will offer appropriate medications like antihistamines. You can also try natural relaxants, such as lavender oil or camomile tea. Encourage your child to drink water little and often (to prevent dehydration) and avoid eating anything that's too acidic or spicy. Speaking of meals, please help your child peel off the foil lid on their inflight meal to prevent catapulting food across the cabin.

Finally, your cabin crew are there to make your flight as enjoyable as possible – whether you're flying with or without children. Nothing is too much trouble for them, so don't be afraid to ask.



**IF YOU HAVE ANY CONCERNS ABOUT FLYING WITH CHILDREN, CONTACT US. YOUR FLIGHT SHOULD BE WORRY-FREE AND WE'RE HERE TO HELP.**





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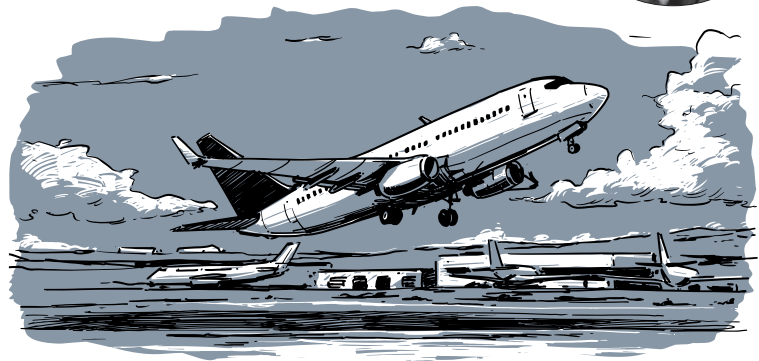
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SO YOU WANT TO BE A...

# PILOT

It is one of those careers every bright child dreams of. But what does it take to earn your wings? We learn from KQ captain Anne Wambui Mokua, who once thought being a pilot was the sole preserve of people of means



## 01 Why aviation?

It has been inaccessible for many and we must inspire the younger generation to know it can be done. Besides, a pilot is part of a team that makes it possible for the plane to fly, including a dispatcher, fueller, engineer and turnaround coordinator. Aviation is a fast-paced environment, challenging but fulfilling as you work with different people each day and travel to different destinations.

## 02 Where to train?

In Kenya there are plenty of facilities at Wilson Airport. In addition, you can get a list of qualified training facilities from the Kenya Civil Aviation Authority's (KCAA's) website. Personally, I joined the 43rd Air School, South Africa, in 2004. I qualified with a Commercial Pilot Licence in 2006. In Kenya, one has to convert a foreign licence to a Kenyan one. This means more exams and flights to satisfy KCAA regulations.

## 03 What are your 'off-air' indulgences?

Playing soccer with my son, crochet and watching Formula 1.



## 04 What should I study?

Mathematics and physics for flight. Navigation is geography, while biology comes in the human factors that affect crew in aviation. One must be proficient in English, the language of aviation. Research the best information, since aviation is an expensive venture. Other skills include general aptitude for flight, being adaptable to a changing environment, and handling challenging tasks professionally. Be sure to keep abreast with laws that govern flight.

## 05 What was your inspiration?

I had no role models to look up to for the 'can do' spirit. However, a trip to the airport got me mesmerised by the crew and airport operations. One of my university courses entailed corporate restructuring and featured Kenya Airways, which had turned itself around to profitability. I knew I had to work for Kenya Airways.

## 06

### What do you fly?

The Boeing 737 NG. Before that I flew the Embraer. I flew the classic B737-300 early in my career, an amazing jet considering the transition from a twin-engine propeller aircraft. The technology has improved over the years with reliable GPS navigation and improved airport facilities. The easiest to fly were the B777 and the Embraer because they have fly-by-wire technology. In the 737, I can 'feel' the flying – the joke within the crew is that you get biceps just from flying the aircraft as you actually put in physical effort to manoeuvre the aircraft using the flight controls.



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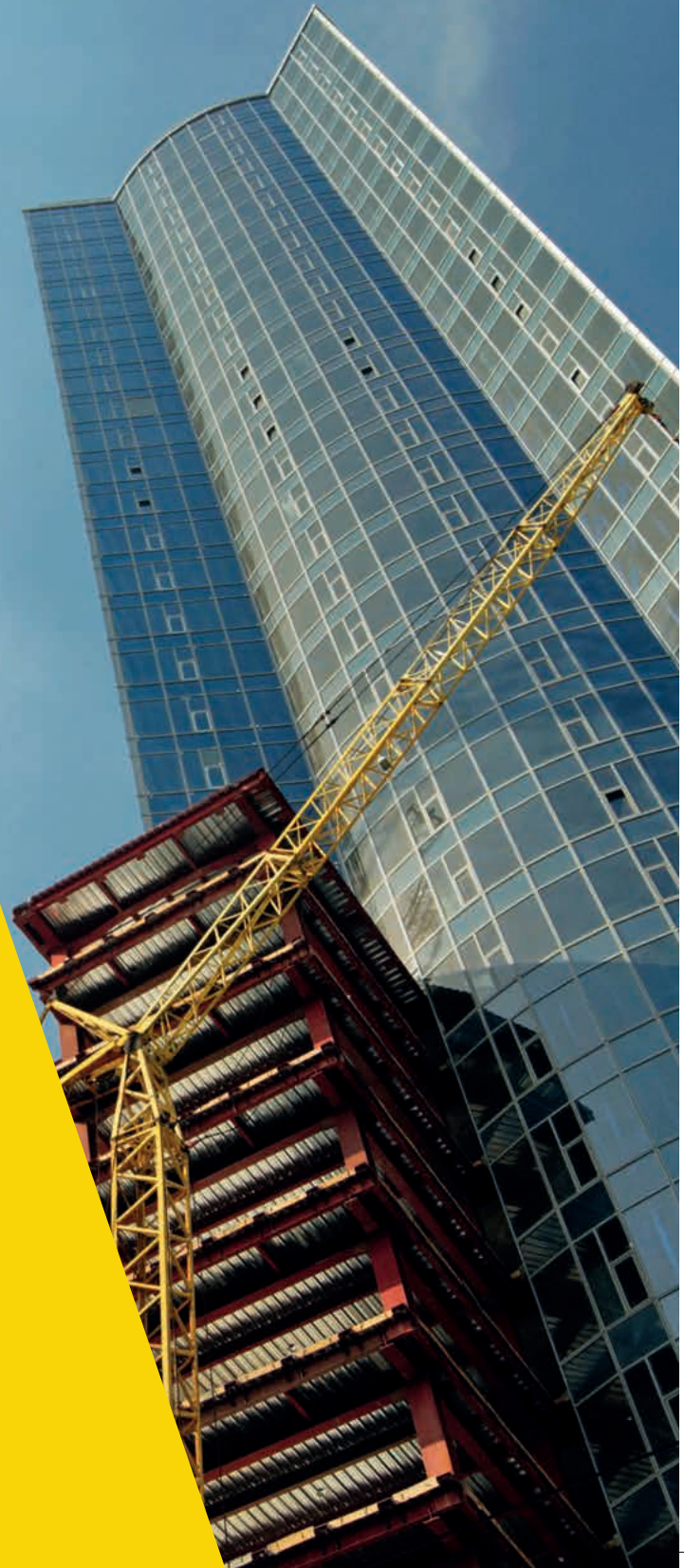
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## NOTES TO MY FUTURE BETTER SELF

# 3 THINGS ABOUT EXERCISE I WISH I KNEW EARLIER

If you do not create time for your wellness, you will be forced to create time for your illness. Check out Dr Lutawo Ouma's top tips...

### 01

#### IT IS NOT JUST ABOUT LOSING WEIGHT

Apart from aiding in weight loss, regular exercise strengthens the muscles, bones, joints, heart and lungs, enabling them to function more efficiently and prevent associated diseases. Exercise also improves libido, sexual performance and fertility. It prevents (and helps control) type 2 diabetes and metabolic syndrome by simultaneously increasing the body's sensitivity to insulin and helping insulin work more efficiently. Habitual exercise improves the body's anti-inflammatory and defence activity. It can also help prevent breast and colorectal cancers.

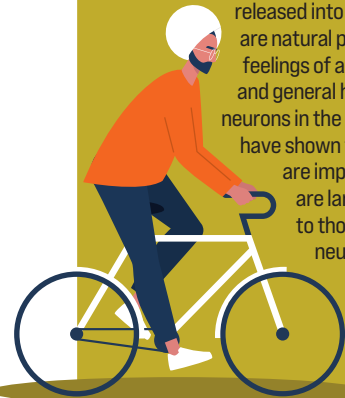
### Kwanza kwa saburi, kwisha kwa sururi

START WITH PATIENCE, END WITH PLEASURE (SWAHILI PROVERB)

### 02

#### EXERCISE IS YOUR BRAIN'S SUPERFUEL

Feeling foggy, anxious or clumsy lately? Did you know that a single 15- to 30-minute workout can uplift your mood, help you focus better and increase your reaction time? If this is only an immediate benefit of exercise, imagine how much more you can gain from a regular moderate exercise regime! When you exercise, mood-boosting neurotransmitters including serotonin, dopamine and norepinephrine are released into your brain. These, together with endorphins, which are natural pain relievers and happy hormones, result in reduced feelings of anxiety or depression. Exercise improves the function and general health of the synapses (connections) between the neurons in the brain, resulting in better cognitive function. Studies have shown that the pre-frontal cortex and hippocampus (which are important in alertness, thinking and formation of memory) are larger in volume in people who exercise, compared to those who do not. This is because exercise promotes neurogenesis, the generation of new brain cells. Worry not: six to twelve months of regular moderate exercise will get you in the former group. Regular exercise can also protect against neurodegenerative illnesses, including dementia and Parkinson's disease.



### 03

#### START WHERE YOU ARE, WITH WHAT YOU HAVE

No gym membership? No exercise equipment at home?

No field nearby to jog in? There is no excuse not to exercise. Simply focus on moderate physical activities that increase your heart rate and activate your sweat glands. You could take a brisk walk or jog, try skipping, climb the stairs, ride a bike, dance or swim. If you can access a gym or trainer, then do so. Just be sure to enjoy it. Aerobics, Zumba and dance classes hit the fun notes for me. Once you make exercise a habit, you will begin reaping its benefits. It is like making deposits to your health bank. The more you save, the greater the interest. With a minimum exercise duration of 30 minutes per session, for at least three days a week, you will give body and brain an extra boost by not only helping you keep fit and prevent disease, but also improving your memory and mood.





## BOARDING SCHOOL IN NAIROBI, KENYA

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## LEADERSHIP AWARD

## AMAZING GRACE

**Grace Leonard Waithaka**, general manager for Elewana Collection's spectacular Elsa's Kopje camp in Kenya, recently received the Extraordinary Leadership Award at the We Are in Africa Travel ceremony in Cape Town. The award honours individuals who have excelled in growing Africa's reputation as a high-end travel destination and shaping the continent's future for the better. Although being a woman is irrelevant, the fact that Grace received the award serves as a great inspiration to many girls and working mothers. She spoke to us about what the award meant to her.

**Q TELL US ABOUT YOURSELF**

I am the general manager for Elewana Collection's Elsa's Kopje located in Meru National Park. I spent the first 10 years of my career in telecommunications before shifting to hospitality 14 years ago. I am known for being a detail-oriented and well-organised team player. I rarely miss deadlines; I am a good communicator and talented storyteller, and I can juggle multiple tasks at once. In my performance reviews, my immediate supervisor always notes that he appreciates my professionalism, warmth and enthusiasm for the job.



**WE NEED TO ENSURE WOMEN ARE INVOLVED IN CONSERVATION, PEACE-BUILDING, CONFLICT PREVENTION AND MITIGATION. WE ALSO NEED TO NARROW GENDER GAPS IN EDUCATION, TRAINING AND EMPLOYMENT**

Left: One of the dreamy cottages at Elsa's Kopje in Meru National Park

Opposite: Elsa's Kopje is sculpted into Mughwango Hill, above the site of George Adamson's original camp

**Q AS A FEMALE KENYAN RUNNING A LUXURY SAFARI LODGE, YOU ARE ONE OF A RARE BREED. WHAT SKILLS AND TALENTS SET YOU APART FROM THE REST OF THE COMPETITORS FOR THE AWARD?**

I believe my competitors are skilled, smart and talented. Deep down, I believe the Extraordinary Leadership Award bears out the fact that I am an active and committed conservationist and also a mother working away from home for a long duration of time. Working mothers the world over will understand and relate to the juggling game we play. However, few of us can comprehend the additional pressure of a job that takes you away from home for months on end. Therefore, school-going African girls who love hospitality and conservation are part of this award.

**Q YOUR JOURNEY MUST HAVE BEEN PHENOMENAL. WHERE DID IT ALL START?**

Growing up in the small town of Maralal in Samburu County humbled me. My fondest memory is walking to school (approximately 2km away) each day with my friends and classmates. Maralal was then a small tourist town.

The late Wilfred Thesiger (one of the last 'great explorers') lived there, as well as the late Tony Fitzjohn – one of George Adamson's personal assistants. Human and animal conflict was an issue, with buffalo and elephant raiding farm crops. Most of my classmates were put through school with support from conservation companies, as well as donations from the tourists who visited the area.

A lot of tourists came, the majority with driver-guides. One day during the annual Camel Derby, hosted by Yare Safaris, I saw ladies guiding the guests, plus one who was in charge of the activities that involved the camels. I was in shock! It was the first time I'd seen ladies in such positions. When I went home, I couldn't stop asking my mum about the ladies' roles and whether it would be possible for me to take on such a role. It was game-changing. Being exposed to those female guides, as well as witnessing the work of Kenyan environmentalist Wangari Maathai – the first African woman to win the Nobel Peace Prize – shifted my beliefs.

**Q GENDER EQUALITY REMAINS A BIG CHALLENGE IN EAST AFRICA. HOW CAN THIS BE ADDRESSED?** There is a lack of safe



spaces for women and girls to live free from gender-based violence, as well as a lack of participation of women in decision- and policy-making at all levels. We need to ensure women are involved in conservation, peace-building, conflict prevention and mitigation. We also need to narrow gender gaps in education, training and employment, and improve access to credit facilities and market opportunities.

There are practical issues too. It is difficult to have a family – a husband and children – and still work in bush lodges. For us to balance this, we have to trust a third party to take care of the children. Fortunately, Elewana is one of the most supportive companies. But we need to educate communities so that women working in hospitality and conservation can be focused and take care of their families while remaining committed to their spouses.

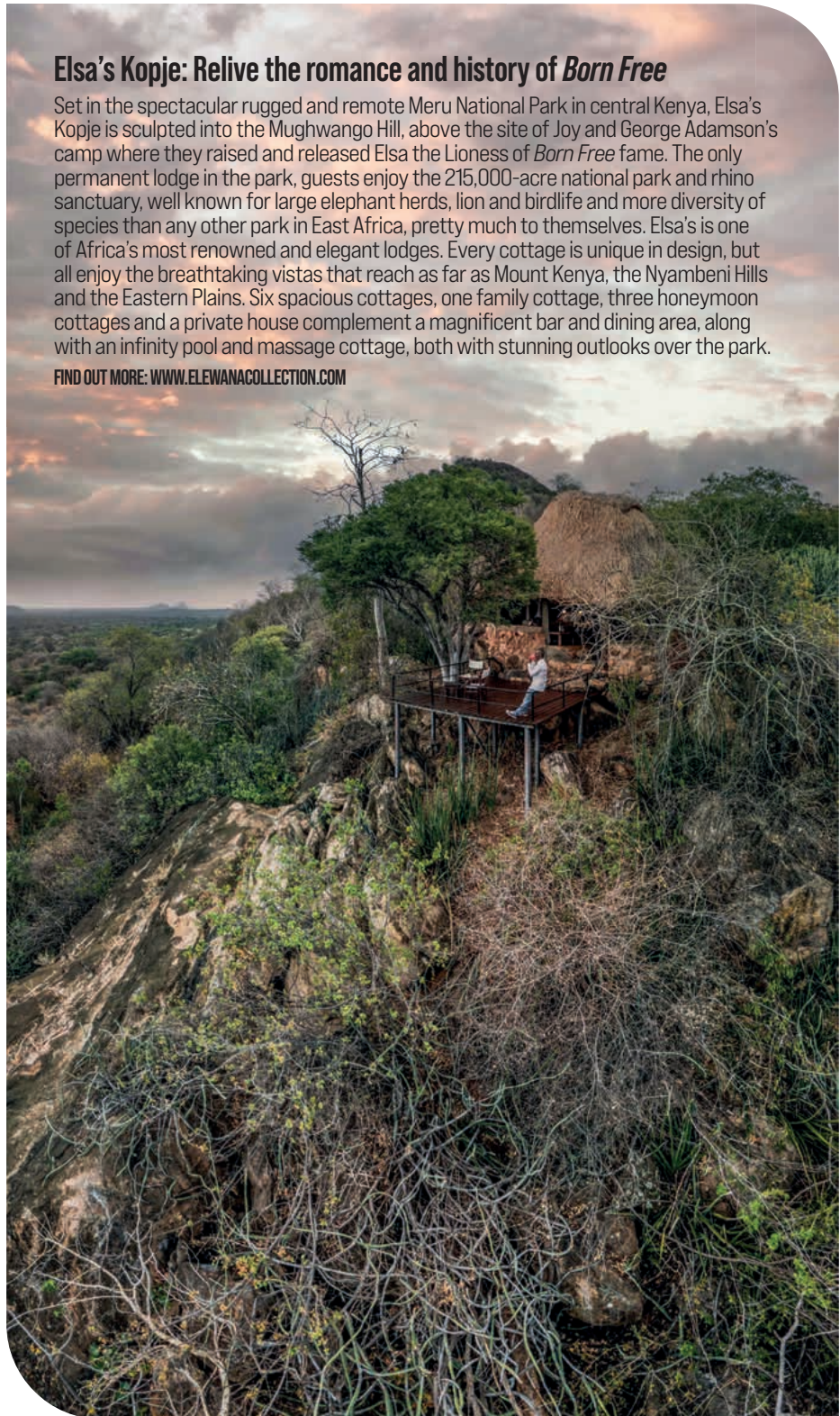
**Q WHAT ADVICE WOULD YOU OFFER UPCOMING PROFESSIONALS?** Accept that you won't be perfect. Recognise your limitations. Create a schedule. Communicate clearly. Instill accountability. Check in with yourself.

**Q WHAT DO YOU KNOW NOW THAT YOU WISH YOU KNEW 10 YEARS AGO?** Your attitude is an attribute of your mindset. New priorities, new lifestyles, new challenges can be scary, but the best part about change is that you will grow, you will learn, you will be challenged, you will be forced to make very hard decisions on your own, but in the end, everything will grow closer to achieving your full potential. Don't be afraid to fail. You learn from your mistakes. Relationships. Relationships. Relationships. Find a mentor. Set your goals high and don't stop until you get there. Then, set some more and raise the bar.

## Elsa's Kopje: Relive the romance and history of *Born Free*

Set in the spectacular rugged and remote Meru National Park in central Kenya, Elsa's Kopje is sculpted into the Mughwango Hill, above the site of Joy and George Adamson's camp where they raised and released Elsa the Lioness of *Born Free* fame. The only permanent lodge in the park, guests enjoy the 215,000-acre national park and rhino sanctuary, well known for large elephant herds, lion and birdlife and more diversity of species than any other park in East Africa, pretty much to themselves. Elsa's is one of Africa's most renowned and elegant lodges. Every cottage is unique in design, but all enjoy the breathtaking vistas that reach as far as Mount Kenya, the Nyambeni Hills and the Eastern Plains. Six spacious cottages, one family cottage, three honeymoon cottages and a private house complement a magnificent bar and dining area, along with an infinity pool and massage cottage, both with stunning outlooks over the park.

FIND OUT MORE: [WWW.ELEWANACOLLECTION.COM](http://WWW.ELEWANACOLLECTION.COM)





TACKLING CONFLICT

## PEACE OFFERING

With World Peace Day falling on 21 September, we celebrate three Africans who have helped peace to flourish

## DEKHA IBRAHIM ABDI (1964-2011) ►

was a Kenyan peace activist. During the 1990s, she started a peace initiative with women from conflicting clans in Wajir, where she lived. She recognised that peace is easier to achieve when everyone is respected – lessons that she taught when engaged in other conflicts. During her lifetime, grounded in her faith as a Muslim, she led many peace-building initiatives in several countries including Cambodia, Jordan, Ethiopia, Somalia, Kenya, the Netherlands, Zimbabwe, the UK and Uganda. In 2005, she was named Kenyan Peace Builder of the Year. In 2007, she received the Right Livelihood Award, often referred to as the Alternative Nobel Prize.

BORIS PROESSLER/DPA PICTURE ALLIANCE ARCHIVE/ALAMY



**“A peace process is not about the mathematics of numbers and percentages in relation to who is in majority or minority. It is about plurality, diversity, participation and ownership of all affected by the conflict and who live in the context hence nothing less than full participation and ownership.”**

DEKHA IBRAHIM ABDI, RIGHT LIVELIHOOD AWARD SPEECH

◀ **EMMANUEL JAL** is a South Sudanese-Canadian activist, actor and artist. During the conflict in South Sudan he was a child soldier until the age of 11. While living as a refugee in Kenya, he nurtured his interest in music. In his autobiography *War Child: A Child Soldier's Story*, Jal wrote about the gradual process of forgiveness that helped him move forward. He uses his worldwide platform in leading peace initiatives through his music, supporting education for refugees, and speaking out about injustice. In 2012, he launched We Want Peace, a movement dedicated to spreading the message of peace and freedom through education and the arts.

**“The biggest gift I ever gave was to forgive those who harmed me, those who destroyed my home. When I did that, the whole world opened up. I was able to gather strengths, and I was able to do what I'm doing now.”**

EMMANUEL JAL

NIGEL JAMES/ALAMY

## LEYMAH GBOWEE ▼

is a Liberian peace activist who, through the organisation Women of Liberation Mass Action for Peace, led women in agitating for an end to the civil war in Liberia in 2003. She also mobilised Liberians to vote for Ellen Johnson Sirleaf ensuring a peaceful election in 2005. In 2011, Gbowee, along with compatriot Johnson Sirleaf and Tawakkol Karman from Yemen, were jointly awarded the Nobel Prize for Peace. Gbowee remains active in peace-building and education through her organisation Gbowee Peace Foundation Africa.

**“Be bold. Step out. And never walk on tiptoes, because anyone who walks on tiptoes can never leave footprints for people to walk in.”**

LEYMAH GBOWEE,  
MIGHTY BE OUR POWERS:  
HOW SISTERHOOD,  
PRAYER AND SEX CHANGED  
A NATION AT WAR



NURPHOTO SRL/ALAMY





## RECOMMENDED READS

## WOMEN WORDSMITHS

In this issue's round-up of must-read books, we turn the spotlight on notable women writers



## Transcendent Kingdom

YAA GYASI

The Ghanaian writer's second novel is a whirlwind whose narrative revolves around a scientist called Gifty and the tragedy that strikes her family and forever changes their lives. Gifty's parents, referred to as the Chin Chin Man and Nana, migrate to the US from Kumasi and there they try to raise their two children, Gifty and her brother Buzz, a sports prodigy. The story is told through the eyes of Gifty, and she describes the ways

the family's dreams of a perfect American life unravel: the long hours her mother works; the racism the two children face at school; the way her father – tired of coping with the difficulties of America – leaves the family and returns to Ghana. The Chin Chin Man's departure is the first of the heartbreaks the family face, with each of them dealing with the departure in different ways. Nana makes expensive long-distance calls to try to convince him to come back; Gifty retreats into herself; Buzz adopts a steady indolence, and acts as though his father does not exist. Years later, with Gifty now a scientist, she reflects on her family and wonders how their lives would have been different had her father not left, or had Buzz not developed an opioid addiction and committed suicide in his adolescence. Through searing prose, Gyasi eviscerates the idea of the American dream, and describes how the traumas a person faces can cause them to unravel years later.

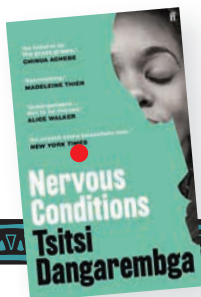


BEST READ!

## NERVOUS CONDITIONS

TSITSI DANGAREMBGA

Often considered one of African literature's finest novels, this book was the first to be published by a black Zimbabwean woman in English. It revolves around Tambu and the events that mark her life: her brother's death, her family's poverty, and her schooling, which is a chance to lift herself from the difficulties of her childhood. In clear, delectable prose, Dangarembga weaves a powerful narrative around gender, colonialism and the nervous conditions of life.



## BEST OF THE REST

## GRAY LATITUDES

MICHELLE ANGWENYI

Angwenyi is perhaps the most gifted stylist of a new generation of writers coming out of Kenya, and in this poetry chapbook we see the full breadth of her talent. In one poem, she writes, "Nairobi comes and goes/I had the word for it yesterday/and the

need that follows/ to remember that feeling."

This poem is an exemplar of what the rest of *Gray Latitudes* is like – a mixture of prose and free verse that mourns

the melancholy of past times, and wonders at the uncertainties of the future. Through this book, we are enchanted by Angwenyi's exquisite craftwork.



## LONGTHROAT MEMOIRS

YEMISI ARIBISALA

Aribisala's first book is actually two books in one: it is a cookery book filled with recipes and instructions on how to make Nigerian dishes, but it is also an exploration of Nigerian culture and the

ways in which influences from various parts of the country have shaped the Nigerian

kitchen. In the book, Aribisala presents to us snail recipes, rice recipes and – more than anything else – soup recipes. "The Nigerian soup is a living, breathing, evolving thing," she writes.



## KINTU

JENNIFER NANSUBUGA MAKUMBI

Winner of the 2013 Kwana? Manuscript Project, Makumbi's debut novel is a fictionalised retelling of the story of Kintu Kidda, the Ppookino (or provincial governor) of the Buganda Kingdom, who journeys across a treacherous

swamp to pay homage to the new Kabaka. However, along the way, he commits

an action that curses his descendants. Makumbi flits through Kintu's journey and the present-day Kintu clan and, in so doing, attempts to tell the story of Uganda. Other novels would come, but *Kintu* remains a sign of Makumbi's enduring talent.





LET'S TALK BUSINESS

# SHARP YOUNG MINDS

In this issue, we profile three African businesses that embrace the vibrancy of youths on the continent

**Tonyi Senayah**

• HORSEMAN SHOES, GHANA

Horseman Shoes, the footwear company Senayah founded in 2010 (at the age of just 26), counts a former Ghanaian president as a key customer. In 2022, the award-winning entrepreneur (a sociology graduate with no background in shoemaking) rebranded the company with the vision of making it one of Africa's largest leather product manufacturers.

"I bought a pair of shoes made by a local craftsman. My friends were amazed at the quality and beauty," says Senayah. "They started placing orders through me. It dawned on me that it didn't matter to young Ghanaians where their shoes came from, provided they were of good quality and affordable."

Despite their skills, the craftsmen were restricted to corner workshops, hoping passers-by would buy their shoes. Senayah decided to create a viable business utilising their skills. Inspired by a desire to create employment opportunities for young people who had learned the trade, he now works with 20 craftsmen.



**Galebowe Mahlatsi & Wandile Zondo**

• THESIS LIFESTYLE, SOUTH AFRICA

The South African township of Soweto is full of young creatives plying their trade. Among them are creative director Galebowe Mahlatsi and business manager Wandile Zondo, partners in Thesis Lifestyle – a company they formed in their early 20s that manufactures streetwear, including T-shirts, caps, jackets and dungarees. Their products include the ubiquitous bucket hat called iSpottie, which has changed the face of Soweto and brought community pride to the masses. The company has also established itself in retail, events management and social outreach. But why choose Soweto as their hub?

"This is where the owners come from," states Galebowe. "But it also serves as an inspiration to other people and businesses, that you can change the face of townships and help build a community through passion."

The brand's evolution encompasses the vibrancy of youth culture in South Africa and stands by the mantra, "With all that we do, we believe in the power of 'Defining Yourself' and collaborating with others."

**Nai Ramadhani**

• NAI STORE, TANZANIA

When Nai Ramadhani lost her father to a road accident almost eight years ago, she was disillusioned. She cut short her studies and chose to assist her mother in taking care of the family by selling women's accessories. In 2018, aged only 18, Nai opened an online beauty business. In 2022, she opened Nai Store, specialising in female clothing and a wide range of beauty accessories.

"Before he died, my father feared that I would fall into bad company. I remember telling him that despite my limited education, I was determined to succeed in business. I wish he was here to see the results," says Nai. "If you can work, don't spend all your time playing on social media. Nobody owes you a living. Own your life and be self-sufficient."





## SURVIVAL OF SMEs PEGGED ON INSURANCE PROTECTION

Making insurance cover affordable and accessible to all businesses

It is difficult to sustainably run a business in a volatile environment.

This is especially the case for most small and medium enterprises (SMEs). These business operations are majorly owned by sole proprietors and may not have adequate reserves to withstand material disruption from economic shocks and other eventualities such as death or illness of the owner. By taking up relevant insurance covers, SMEs in Kenya can improve resilience and continuity of their business.

SMEs are a key contributor to the economy, not just in Kenya but globally. The World Bank estimates that 90 per cent of businesses globally<sup>1</sup> are SMEs. In Africa, they account for 80-90 per cent of businesses, according to the International Finance Corporation. In Kenya, the sector accounts for 24% of GDP and 93% of the economy's entire labour force, according to the Ministry of Investments, Trade and Industry in 2020. It thus makes economic and social sense to sustainably boost growth of SMEs, especially now when the country is facing acute unemployment.

This is, however, not the case since many SMEs shut down within the first few years after inception. The situation is exacerbated by economic shocks that may undermine the macro-economic environment in which they operate. For instance, according to the Kenya National Bureau of Statistics Medium and Small Enterprise Covid-19 Survey of 2020, about 20% of SMEs closed permanently due to economic hardship after the Covid-19 outbreak. Most of these entities had not taken protection against business interruption. They also did not have any other form of risk management to withstand or recover from such an event. Having insurance cover would have made them more resilient by transferring unpredictable risk to the insurers. The safety net created by insurance allows owners to focus on core business with assurance of continuity no matter the changes in the business environment.

Other benefits include increased confidence by key stakeholders such as clients, financiers, regulators and business partners. Insurance policies, such as business interruption coverage,



WORDS:  
DR HILLARY  
MAINA  
WACHINGA

GROUP MANAGING  
DIRECTOR, KENYA  
REINSURANCE  
CORPORATION LTD

<sup>1</sup>World Bank SME Finance: Development news, research, data | World Bank. (n.d.). World Bank. [www.worldbank.org/en/topic/smefinance](http://www.worldbank.org/en/topic/smefinance)

provide vital support during times of crisis. In the face of disruptions such as fire, theft, or supply chain issues, insurance can compensate for lost or reduced income, sustain operations and ensure timely recovery.

### COST SOLUTION

While insurance is important, some start-ups may not be able to afford it. Insurance is still perceived as a luxury due to the high cost of cover. As a result, the country has a low insurance penetration, at 2.4 per cent. To reduce the protection gap, Kenya started offering microinsurance in the early 2000s and approved microinsurance regulations in 2020. Insurance is now affordable and accessible to masses via various distribution channels, such as through mobile phones. Owners of SMEs can now take insurance protection on their own lives and their businesses, covering loss of life and reduced or loss of income from such eventualities as ailments, political violence, disruption of supply chain, cyber-attacks and reputational risks.

Kenya Reinsurance Corporation is keen on significantly contributing to Kenya's economic resilience by offering sustainable solutions to direct underwriters. Besides mainstream solutions, the Corporation now offers microinsurance. This is through collaboration with one of the leading local insurance firms to offer protection on a short-term basis.

The Corporation is also at advanced stages of finalizing uptake of micro-life risks. This is also being done through partnership with local life assurance companies, making the product accessible and affordable to local SMEs. In addition, the Corporation has enhanced its capacity of specialised risks.

As the risk profile of SMEs change, insurance solution providers and relevant stakeholders should collaborate to innovate effective solutions that are affordable and accessible to ordinary businesses.

**CARRY-ON GADGETS**

# TECH IT TO THE SKIES

From eco-friendly hand luggage to noise-cancelling headphones, we've found 10 carry-on essentials to make your next trip hassle-free



**LENOVO YOGA 9I (GEN 8)**

A reliable 2-in-1 laptop for travellers known for its lightweight design, the 2023 Yoga 9i boasts powerful performance, a long battery life and a gorgeous 14-inch 2.8K resolution OLED display. It's perfect for working on the go, and fits comfortably on fold-down tray tables. Available now in either Storm Grey or Oatmeal colour schemes. **US\$1399 • LENOVO.COM**



**BELLROY TRAVEL WALLET**

Stay organised with this plush leather bi-fold travel wallet. It's full of dedicated compartments for your passport, cash, 10 cards and a Micro Pen. The slim design keeps everything neatly organised and there's a hidden compartment for hiding large bills, emergency contacts and secret documents. **US\$99 • BELLROY.COM**



**ANKER 737 POWER BANK**

This ingenious little 'stick' will ensure uninterrupted power during long flights and layovers. The compact and high-capacity power bank supports Two-Way Charging and has a high-capacity 24,000mAh battery that should juice up an iPhone 13 almost five times over. You can run a laptop and a phone off it at the same time. **US\$159 • ANKER.COM**



**TRTL PILLOW PLUS**

The Trtl (pronounced turtle) – billed as a 'next-generation travel pillow' – weighs less than an apple and packs away to the size of a tablet. Cleverly engineered to look like a scarf when worn, it wraps around your neck, letting you sleep comfortably for hours in an upright position. The next best thing to upgrading to first class. **US\$99 • AMAZON.COM**



**URBANISTA MIAMI**

Immerse yourself in pure sound with the Urbanista Miami noise-cancelling headphones. These affordable wireless headphones deliver exceptional audio quality, ultra-strong bass and a long-lasting 50-hour battery life. The addition of Bluetooth 5.0 means you can switch seamlessly between your iOS and Android devices. Just slip them on after boarding to block out all the hustle and bustle. **US\$149.95 • AMAZON.COM**

REVIEWS BY TOM BAILEY



### HYDRO FLASK 400Z BOTTLE

Based in the US state of Oregon, the folks at Hydro Flask make some of the finest stainless steel water bottles on the planet. This adventure-proof model features an insulated design that keeps drinks cold for up to 24 hours (or hot for up to 12 hours), as well as a wide mouth that allows for easy filling and cleaning. US\$38 • [HYDROFLASK.COM](http://HYDROFLASK.COM)



### MATADOR FREERAIN24 2.0

This 22-litre backpack weighs just 190g and folds down to a little mesh pouch. Unlike many of its rivals, it is 100% weatherproof. It's built to last, too, with military-grade ripstop nylon and an alpine-style harness that should come in handy if you ever decide to climb something higher than the steps to the plane. US\$99 • [MATADORUP.COM](http://MATADORUP.COM)



### SAMSONITE MAGNUM ECO

Elevate your travel game with the eco-friendly Samsonite Magnum Eco Carry-On. With its sleek design, smooth wheels and smart compartments, it's the perfect companion for your next adventure. Fun fact: 483 yoghurt pots and 14 water bottles are used to make the shell of each case! US\$200 • [SAMSONITE.COM](http://SAMSONITE.COM)



### LANEIGE LIP SLEEPING MASK

This wildly popular Korean-inspired lip mask is sure to keep your lips moisturised during your next long-haul flight. Its rich formula – packed with Berry Fruit Complex, Vitamin C and coconut oil – is designed to provide the kind of intense moisture that will leave your lips looking soft and visibly smooth as you disembark. US\$20 • [LANEIGE.COM](http://LANEIGE.COM)

### PATAGONIA NANO PUFF

Looking for the ultimate pack-small jacket? Try the Patagonia Nano Puff, which offers excellent warmth in a lightweight and compressible design. Made with recycled materials and filled with 60g of ultra-compressible PrimaLoft Gold Insulation, it can be easily packed into its own pocket. Ideal for chilly arrivals or unpredictable weather. US\$229 • [PATAGONIA.COM](http://PATAGONIA.COM)



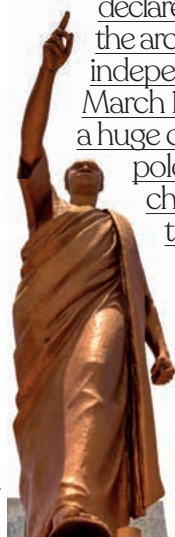
# WEST AFRICA

ANYONE WITH WANDERLUST WHO HASN'T YET VISITED WEST AFRICA SHOULD ADD TWO OF THE REGION'S MOST VIBRANT CITIES TO THEIR BUCKET LIST. KOJO BENTUM-WILLIAMS PRESENTS AUTHENTIC GUIDES TO ACCRA AND DAKAR, WITH ADVICE ON HOW TO EXPERIENCE THEM

## ACCRA, GHANA



Ghana's capital city has always been a destination to visit for those seeking a piece of colourful Africa. The city prides itself as the home of pan-Africanism. "Ghana, your beloved country, is free forever," declared Kwame Nkrumah, the architect of the country's independence movement, in March 1957 when he spoke to a huge crowd at Accra's old polo grounds. Leading the charge of African states to gain self-rule, Ghana became the first sub-Saharan country to gain independence.



**Left:** Statue of Kwame Nkrumah, Ghana's first prime minister and president  
**Right, top to bottom:** Nkrumah's magnificent mausoleum; Labadi Beach; and coconut seller



ROSN23/SHUTTERSTOCK.COM



### CHILL OUT: LABADI BEACH

Also known as La Pleasure Beach, Accra's best-known urban beach is fringed with coconut palms and is a great spot to relax next to the Atlantic and sample one of the many food stalls selling everything from burgers and fries to charcoal-grilled tilapia and spicy kebabs.



2604NSOFF/SHUTTERSTOCK.COM





## AT A GLANCE

★ **VITAL STATISTICS:** Accra was founded by the Ga people in the 1500s. Its name is derived from the word *nkran* meaning ants, in reference to the numerous anthills once seen in the surrounding countryside. Accra became the capital of Ghana in 1877 and is now the country's largest city, with a population of around 2.6 million. Around 50% of the population are Christian and 15% Muslim, while many people also follow indigenous religions.

★ **BEARINGS:** Greater Accra sprawls over an area of around 3245 sq km, although the city as a whole is pleasantly low-rise and laid-back. The city is at its busiest close to the oceanfront around the banking district and buzzing Makola Market. Cheap shared taxis and *tro-tros* (minibuses) provide the usual means of getting around.

★ **CLIMATE:** Southern Ghana experiences two distinct rainy seasons (Apr-Jun and Sep-Oct). Temperatures remain fairly constant year-round, with daytime averages in the upper 20s, or a few degrees cooler from Jul-Sep.

★ **SPEAK:** English is Ghana's official language, while numerous local languages including Ga, Ewe and Twi are also widely spoken.

★ **SEE:** Check out the impressive National Museum of Ghana, home to one of the best historical collections in West Africa. The huge and lively Makola Market and



260ANSOFF/SHUTTERSTOCK.COM

seafront Jamestown district are also worth exploring.

★ **EAT:** *Fufu* (fermented cassava), *kenkey* (maize-flour balls) and grasscutter (a kind of large rodent, also known as 'bush rat').

★ **DRINK:** Fermented palm wine (called *ntunkum* or *nsa*) and *akpeteshie*, a powerful local firewater.

★ **VISIT:** The colonial-era Aburi Botanical Gardens, 37km north of Accra, with fine forest views and a pleasantly cool climate.

★ **READ:** *All God's Children Need Travelling Shoes* (Virago). Leading US writer Maya Angelou's account of her two-year sojourn in newly independent Ghana. 📍

### Left:

The 28m-tall red and white lighthouse in Jamestown dates from the 1930s

### Above:

Bustling Makola Market is the city's busiest

### Below right:

A young girl at the fishing village of Jamestown

DIETMAR TEMPS/SHUTTERSTOCK.COM

**TOP TIP** Plan your trip to coincide with the annual Homowo Festival and you'll be in for a treat. Usually running from late April to early May, the festival is a harvest celebration marked by Ghana's Ga people and features spectacular parades.





Beadwork bracelets at Makola Market

260AYS0FF/SHUTTERSTOCK.COM

## HIGHLIGHTS

Accra has long been a gateway to Africa and is now a great draw for tourists. Its vibe and energy are unparalleled, and no visitor will ever forget the city's warm hospitality. One of the best ways to experience Accra's 'DNA', a walking tour will take you on a journey so steeped in history that you'll be forgiven for thinking you are centuries back in time.

The old part of town, Ga Mashie, features most of the capital's colonial buildings, including Brazil House, built in the 19th century by Brazilian immigrants who had returned to Ghana at the end of the transatlantic slave trade. The building welcomes visitors who are interested in learning about the cultural heritage of the Afro-Brazilian community in Ghana.

An historic landmark built in 1930, Jamestown Lighthouse overlooks the Atlantic Ocean and is a popular spot for tourists to take photos. It's still in use today and serves as a navigational aid for ships entering and leaving the port of Accra.

Located in the heart of Jamestown, Bukom Square is one of Accra's most popular public spaces and is renowned for its animated atmosphere, local culture and traditions – not to mention its reputation for producing some of Ghana's best-known boxing icons.

Although currently being renovated, Accra's famous Kwame Nkrumah Memorial Park is a must-see. The park houses the mortal remains of Ghana's founding president. Nearby is the Arts Center, an art market known for its open bargaining and negotiation rituals. It's a great place to try the



Cape Coast Castle is a UNESCO World Heritage Site

## DAY TRIP: CAPE COAST CASTLE

Haunting reminders of West Africa's grim history of slavery dot the coast of Ghana. First established by the Portuguese, the country's network of 40-odd 'slave castles' were repeatedly fought over by the various European powers, serving as strategic strongholds in which to store valuable commodities extracted from the interior of the Gold Coast – ivory and gold to begin with, followed, increasingly, by slaves. Best known is Cape Coast Castle. Founded by the Swedish Africa Company in 1653, the castle subsequently passed into Danish and then Dutch hands before ending up under the control of the British, who created the huge white edifice you see today. It's one of West Africa's finest colonial monuments, although what really lingers in the mind is the contrast between the spacious European apartments above and the suffocating dungeons below in which thousands of enslaved people were held before being shipped to America (not to mention the fifty or so pirates who were hanged here over the years).

city's signature coconut drink to quench your thirst. The Black Star Square is a parade ground during public holidays and the site of the statue of the unknown soldier. Opposite, you'll find the Black Star Gate, an iconic monument

inscribed with the national motto 'Freedom and Justice'.

Round off your walking tour at one of the many live music venues where you can dance to high-tempo Afrobeat and enjoy veteran and up-and-coming artists.

## CAPE COAST CASTLE FANTASY COFFIN WORKSHOPS

Aircraft, camera, crab, fish, beer bottle, microphone... whatever object you desire – whether it's representing your profession, a vice or a dream – the fantasy coffin craftsmen of Teshie can build an elaborate coffin for you. About 10 workshops can be found in this coastal community in southeast Accra. Each coffin is carved by hand, usually from local wawa wood, and can cost anything upwards of around US\$400, depending on the time taken. As well as fanciful coffins, funerals in Accra are accompanied by dancers and musicians and led by funeral criers ululating and careening to jama – the local Ga mixed with Pidgin English.







Twin minarets rise above the 1997 Mosque of Divinity



PIERRE LAGORDE/SHUTTERSTOCK.COM

## DAKAR, SENEGAL

A melting pot of African culture and art, as well as the epitome of French influence in West Africa, Dakar boasts fine architecture, thriving nightlife, adventure sports, gastronomic delights and hospitable people. It's the perfect place to plan an adventure in West Africa.

### SURF SPOTS & SANDY BEACHES

If you're into surfing, Dakar's beaches catch the Atlantic swell and offer conditions suitable for all levels. Beginners should practise getting their balance at beach breaks like Virage and Yoff, while more experienced wave-riders will find some of West Africa's best surf at the rocky reefs of Ouakam and Vivier. If you'd prefer simply to bask, unroll your towel on the golden sands of Plage de Yoff or discover smaller coves like Plage des Mamelles. A 400m pirogue ride, meanwhile, will take you to Ile d'Ngor.



NOVACZYK/SHUTTERSTOCK.COM

**Top:** Sombédioune is renowned for its colourful fishing boats and marketplace

**Above:** Measuring 52m in height, the African Renaissance Monument is the biggest statue in Africa and a magnet to tourists

### AT A GLANCE

★ **VITAL STATISTICS:** Dakar was founded in 1857 when the French built a fort at the site of what is now the Place de l'Indépendance. The city's name is derived from the Wolof word for the tamarind tree (*dakhar*). Greater Dakar covers around 550sq km and has a population of nearly four million.

★ **BEARINGS:** Almost entirely enclosed by the Atlantic, Dakar is located on the Cap-Vert peninsula and is Africa's westernmost city. Just 43km from the city centre, Blaise Diagne International Airport opened in 2017.

★ **CLIMATE:** Dakar's rainy season runs from Jul-Oct. Expect average highs of 31°C (Sep-Oct) and lows of 25-26°C (Jan-May).

★ **SPEAK:** Although French is the official language of Senegal, Wolof is widely spoken in Dakar, along with other local languages such as Joola, Mandinka, Pulaar and Serer.

★ **SEE:** Gaze down on the city from the Mamelles – two hills that offer views across the rooftops to the ocean beyond. One has a lighthouse that's been converted into a restaurant, while the other is adorned with Africa's tallest statue: the controversial 52m African Renaissance Monument.

★ **EAT:** *Thieboudienne* (fish and rice), *mafé* (a peanut-flavoured curry usually served with beef or chicken), and *caldou* (a fresh fish and vegetable stew).

★ **DRINK:** Try *attaya* (sweet mint tea), *bissap* (a cold drink made using the flower of Roselle hibiscus) and Gazelle, the local beer.

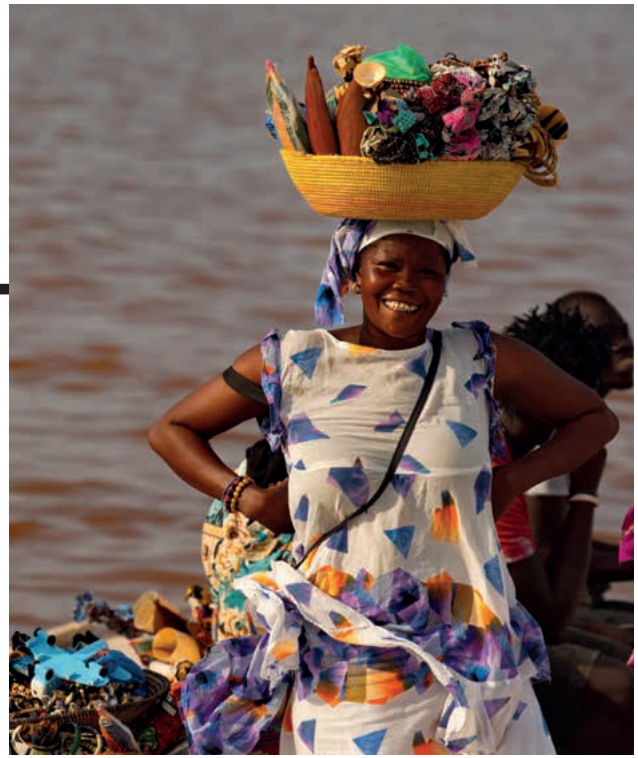
★ **VISIT:** Dakar is a hub for African art. Two of the best galleries are the IFAN Museum of African Arts and Galerie Arte, but if you want to see local artists at work, make your way to the Village des Arts. The Dakar Biennale, Africa's largest contemporary arts show, is held every two years during May. →

HIGHLIGHTS

Unveiled in 2010, the African Renaissance Monument, a bronze statue featuring a man carrying a child and holding his wife by the waist, cost US\$27 million and was mired in allegations of corruption during its construction. The 52m-tall structure is one of the most visited attractions in Dakar, with millions posing for pictures with the ocean beyond.

Tilene Market and the Musée Théodore Monod are just two of the art and culture hubs in the heart of Dakar displaying cultural artefacts, ranging from clothing to African drums and masks. Dakar’s Museum of Black

Civilizations has close to 14,000 square metres of floor space and capacity for 18,000 exhibits. Opened in December 2018, it is one of the largest museums in Africa. You’re greeted by a 22-ton, 18m-tall metallic tree called *The Saga of the Baobab*, by Haitian artist Edouard Duval-Carrié. Inside you will find important exhibits such as the 19th-century sword of Omar Saidou Tall, a Muslim spiritual leader who clashed with the French in the 1800s (the loaned artefact is due to be returned to Paris). Other items on display include Benin bronzes and Bambara masks from Mali.



**Above:** A market vendor smiles for the camera at Soumbédioune

**Right:** Founded in 1936, IFAN is one of the oldest art museums in West Africa, specialising in African modern art



Colourful houses line the waterfront on the old slave island of Ile de Gorée

ILE DE GORÉE

History hangs heavy over the tiny Ile de Gorée, one of several infamous ‘slave islands’ dotting the coast of West Africa. A short boat trip from downtown Dakar, it was first settled by the Portuguese way back in 1450, before falling under the control of the British, whose Fort d’Estrées broods over the island’s northermost tip. The island’s sandy lanes of pastel-painted, bougainvillea-swathed villas are idyllic, although evidence of Gorée’s darker past can be seen at the Maison des Esclaves (House of Slaves), an austere 18th-century building in which captives were held before being sent through the ‘Door of No Return’ onto transatlantic slave ships.




LAKE RETBA

Located 29km from Dakar, Lake Retba is more commonly known as Lac Rose – a reference to the shallow lake’s high salt content that gives the water a pink tint.




**Kenya Airways** offers direct flights between Accra and Dakar – the only carrier to provide this connection. The route is operated using a 145-seat Boeing 737-800 twice weekly from Nairobi to Accra and on to Dakar, with the return journey from Senegal to Kenya also stopping in Ghana’s capital. CHECK OUR WEBSITE [KENYA-AIRWAYS.COM](http://KENYA-AIRWAYS.COM) FOR THE LATEST DEALS







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# PITCH PERFECT

IN OUR EXCLUSIVE INTERVIEW WITH CHRIS HUGHTON, MANAGER OF GHANA'S NATIONAL TEAM, WE ASK IF THEY COULD GO ALL THE WAY AND BE THE FIRST AFRICAN SIDE TO WIN THE WORLD CUP. PLUS, WE PROFILE THE GHANAIAN PLAYERS EXCELLING IN THE PREMIER LEAGUE

WORDS: GERRY COX & DAN BENNETT

Having enjoyed a successful managerial career in England that saw him win promotion to the Premier League with Newcastle United and Brighton & Hove Albion, former Tottenham Hotspur defender Chris Hughton has now set his sights on guiding Ghana to become the first African country to win a World Cup after taking over as the nation's new head coach earlier this year. With a young, exciting crop of Ghanaian talent coming through, we sat down with Hughton to chat about his hopes for the Black Stars, the growth of African football, and his dreams of winning the World Cup...





This pic:  
Coach Chris Hughton of Ghana

MATCHDAY IMAGES LIMITED/ALAMY STOCK PHOTO

**Q** Hi Chris, thanks for speaking to us. Tell us about your affiliation with Ghana. I first came to Ghana when I was 16. I hadn't been to Ghana as a youngster, but I went when I was 16 and then I went a few times. It's not as if I had a lot of contact in Ghana over the years, but I was always conscious, obviously being the home of my father, of anything Ghanaian, and the national team doing well going into World Cups.

**Q** Before you were appointed head coach, your role was as technical advisor. Were you very hands on in that role?

Well, as technical advisor, obviously having been a head coach myself for some time, I was very, very conscious of what my role was in relation to the head coach. The role for me was about supporting the head coach (Otto Addo), supporting the technical team, being that liaison between the technical team, the head coach and the association.

**Q** Results were mixed for Ghana at the Qatar World Cup at the end of 2022, but it was close in the end. The game against South Korea was quite something.

Yes, we're a young squad as well. I think we were the youngest squad in the World Cup, so it shows there is potential. I think, overall, the experience was wonderful for the team, but it was tinged with some disappointment. What we were very pleased with was obviously taking it to the last game; it was still in our own hands. Having lost the first game to Portugal, what was important, of course, was the second game against South Korea and that was our best performance, even though they got close in the end when they put us under a lot of pressure. But I think probably the disappointment was we went into that last game against Uruguay with it in our own hands and we conceded poor goals at bad times and it was difficult to come back from that. We are a young side that will be better for that experience, but no doubt we're disappointed that we weren't able to perform in that last game.

**Q** You mention it was a good experience, and a lot of the players are playing in Europe, so that's good experience for them too, heading into Afcon and the next World Cup.

Yes, I think my role is to try and get the correct balance. If I look at the squad, it's predominantly players playing in Europe. Also, part of my remit is to make sure that I have a very good understanding of the local game here because

there is a lot of talent. That's why I'm spending as much time here, looking at the local league and local players, and to make sure that if there are players here that deserve an opportunity to be in the squad, then I am aware of them.

**Q** Players such as Tariq Lamptey and Antoine Semenyo could potentially play for England, but have chosen to play for Ghana – that must be a boost? Yes, it is. We've also got players who potentially could have played for Germany or could have played for France, but chose to play for Ghana. It's not only England.

**Q** Mohammed Kudus looks really impressive; is he a star for the future? I think he's one of those forward players that has a bit of flexibility in where he can play. He's still young, still developing as a player, but there's no doubt he's a prospect and he's one that has now played a few games for Ghana, and at the moment he's playing for a top club in Ajax.



MAJORITY WORLD CUP/ALAMY STOCK PHOTO

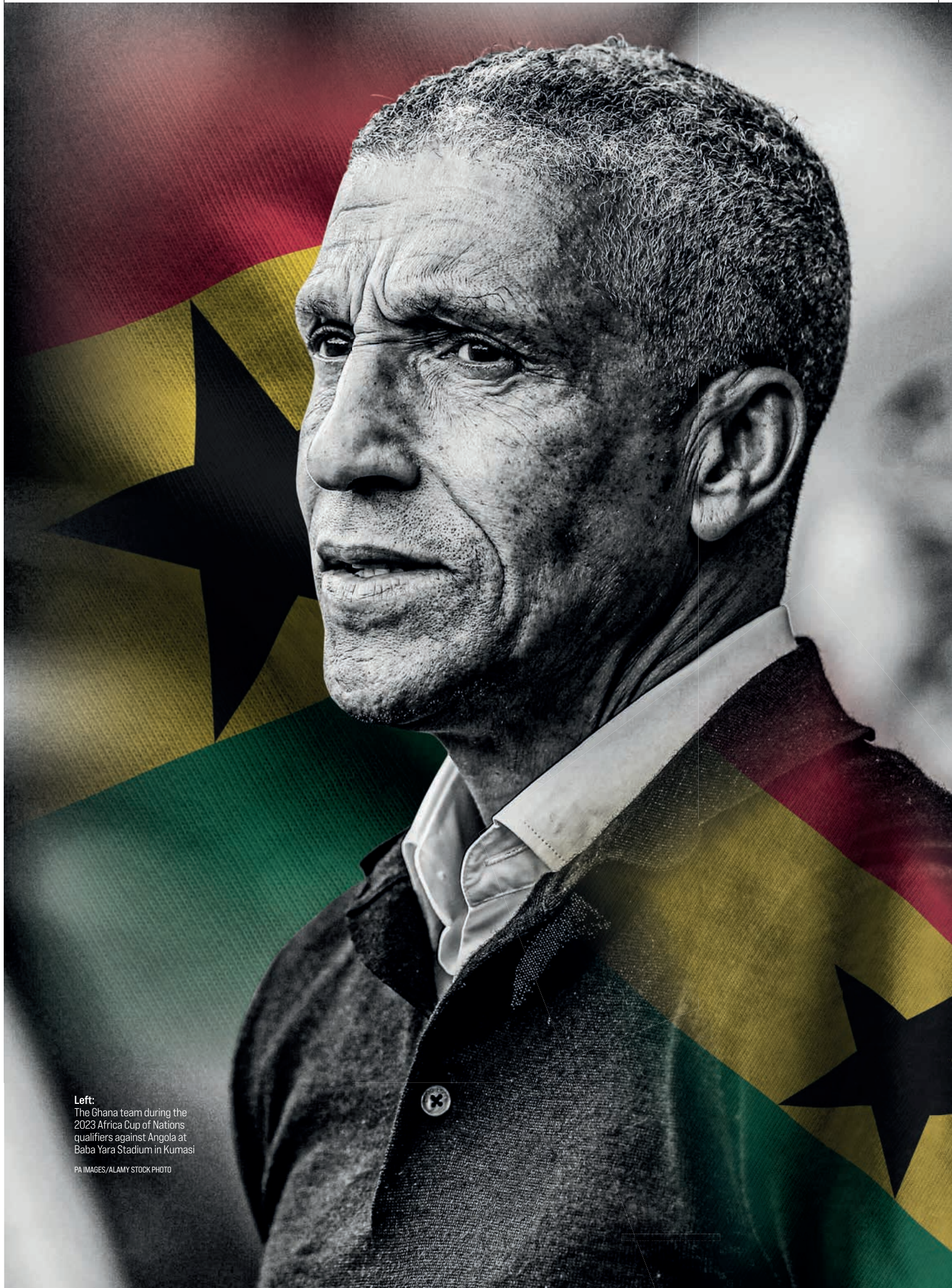
**I'M CONVINCED AN AFRICAN TEAM WILL WIN IT AT SOME STAGE AND I THINK CERTAINLY HAVING MORE AFRICAN TEAMS PARTICIPATE IN THE NEXT WORLD CUP IS A STEP IN THE RIGHT DIRECTION**

**Q** You've got a friendly against the United States (in October) – is getting around the world to play high-profile friendlies good for putting Ghana on the map?

Well, I think Ghana have been known for a while but there's huge competition in Africa. Some of the developing African countries have come a long way, so there is a higher level of competition and to be able to stay in amongst that top level of competition, you've got to play those higher profile games, the better level of games.

**Q** Sooner or later an African side will surely win the

**World Cup. Ghana went close in 2010 and Morocco went close in 2022. Is that the dream for Ghana to become the first African side to win the World Cup?** That would be the dream. I'm convinced an African team will win it at some stage. At the next World Cup, there will be more African teams. We've seen Morocco go close; we've seen Ghana go close. You look at the quality of Senegal in the last Africa Cup of Nations. I think now what you've got is more African players certainly at the bigger clubs throughout Europe. I think that makes the African teams stronger than they were before. I'm convinced at some stage it will happen, and I think certainly having more African teams participate in the next World Cup is a step in the right direction and it's the right decision. And I think the game would welcome it if an African team is able to win it. →



**Left:**  
The Ghana team during the  
2023 Africa Cup of Nations  
qualifiers against Angola at  
Baba Yara Stadium in Kumasi

PA IMAGES/ALAMY STOCK PHOTO

## GHANA'S PREMIER LEAGUE ALL-STARS

Since Nii Lamptey became the first Ghanaian to set foot in the Premier League back in 1994, more than 30 other Black Stars have gone on to shine in England's top division. A year after Lamptey's arrival, Tony Yeboah truly showed what Ghanaian footballers are capable of when he became the first player from the country to score in the Premier League, and netted one of its all-time great goals with his long-range volley against Liverpool. Fans of Premier League clubs have continued to fall in love with superstars representing Ghana on the international stage, among them Michael Essien, who is still regarded as one of Chelsea's best ever midfielders, and Jordan Ayew, who has since surpassed Yeboah's 24 goals to become the top-scoring Ghanaian of all time in the Premier League. With a population of less than half of the United Kingdom, it is a tribute to the footballing ability in the country that many have made the successful transition to English football.



UK SPORTS PICS LTD/ALAMY STOCK PHOTO

Left: Tariq Lamptey of Brighton & Hove Albion in action against Bournemouth

### TARIQ LAMPTHEY

The former Chelsea and now Brighton & Hove Albion man made his debut for Ghana against Brazil last September before going on to represent the Black Stars at the World Cup in Qatar, something he said was a "dream come true". Born in England to Ghanaian parents, he said: "Before the games you are thinking, I am actually playing in a World Cup here. You are so excited. It was a proud moment for the whole family." The talented defender endured a frustrating time last season as he battled against injuries after the World Cup. This season he will be expected to play a key part in Brighton's Europa League campaign.

### MOHAMMED SALISU

"It's a dream come true. From playing in the sun without boots, now I find myself playing in the Premier League, the best league in the world. I'm very proud and very happy for what I have achieved in my life," Salisu said of his journey to the Premier League. Despite suffering relegation with Southampton last season, the pacey defender has caught the eye with his often-heroic sliding challenges and blocks to deny opposition shots, and at 24 still very much has his best days ahead of him. "Sometimes when I remember, I just laugh. Sometimes I see my old friends and they remind me of all those things," he reflected on his start to life in football.

### ANDRÉ AYEWE

A true legend of Ghanaian football and from a family of rich football heritage. The Black Stars captain and record appearance holder returned to England in January with Nottingham Forest – helping them to secure a remarkable survival in the top flight.

The son of Ghana legend and three-time African Footballer of the Year Abedi Pele and brother of Ghana's top Premier League goal scorer Jordan, he announced himself in the Premier League with Swansea City before going on to join West Ham for a then club record fee of £20.5m. He reflected: "It was a special season. To play for my country in the World Cup and then the chance to come back to the best league in the world! For me, there is nothing better."

### DANIEL AMARTEY

"When I called the board from Ghana, I told them we had to be quick and act because I was sure he would become a Premier League player." So said Magnus Pehrsson, Amartey's former manager at Swedish side Djurgårdens IF. Pehrsson was right as the Ghanaian defender has enjoyed an incredible few years since he was snapped up by Leicester City soon after and went on to win the Premier League, FA Cup and Community Shield. He has also been a mainstay of the Black Stars defence.

### THOMAS PARTEY

The two-time Ghana Player of the Year played a crucial role in helping Arsenal to mount a title challenge for much of last season with his tough tackling and tremendous work rate, before a late collapse allowed Manchester City to capitalise. Formerly of Spanish giants Atletico Madrid, Partey credits the influence of several of his fellow Ghanaians with helping him to make it to the top. He said: "I grew up watching Essien, (Sulley) Muntari, the Ayew brothers. They made a big impact on Ghanaians. Essien was a fantastic midfielder, he fights for every ball and is a great legend. He's one of the best midfielders we have ever had in Africa. For me, he's my idol."



PA IMAGES/ALAMY STOCK PHOTO



## KAMALDEEN SULEMANA

Perhaps Ghana's next big hope of a superstar, the 21-year-old was another newcomer to the Premier League in January when he signed for Southampton from top division French side Rennes. He scored twice against Liverpool on the final day of last season, suggesting there is much more to come from this exciting youngster.

## ANTOINE SEMENYO

Semenyo is a relative newcomer to the Premier League having signed for AFC Bournemouth in January from Championship side Bristol City, where his attacking creativity caught the eye of many Premier League clubs including the Cherries. The 23-year-old netted his first top-flight goal in Bournemouth's 4-1 win over Leeds in April and will be hoping he can help the south-coast club to kick on next season.

## JEFFREY SCHLUPP

The 29-year-old's former Leicester City team-mate Andrej Kramarić once labelled him as the "most powerful player" that he has ever seen play football, something which, along with his incredible versatility and confidence playing a number of positions, has helped the Crystal Palace man to become Ghana's record holder for Premier League appearances. Born in Germany and raised in England, Schlupp chose to represent the country of his parents and has become a crucial player for this Palace side, playing in 34 of the 38 Premier League games last season and chipping in with three goals.

## JORDAN AYEW

Known for his quick feet and dazzling skills, André's younger brother ended last season as the most fouled player in the Premier League. That showed how desperate opponents are to stop him as he completed an impressive fifth season with London side Crystal Palace.

Like his father and brother, he has gone on to become a legend of Ghanaian football, approaching his brother's all-time appearance record for the country and surpassing Yeboah's Premier League goalscoring feat. His double in a 5-1 thrashing of Leeds United last season was crucial to securing another year of top flight football for the south London side. Ayew could have played for France after playing in Marseille as a youngster, but is glad he decided against it. He explained: "I was really close to joining the French national team, but in my mind, I knew I couldn't play for France. I went there when I was 14, but I still grew up in Ghana and all my friends and family are there. I'm proud to be a Ghanaian." 

**This pic:**  
Jordan Ayew of Crystal Palace celebrates scoring against Leeds United

**Left:**  
Arsenal's Thomas Partey battles for the ball with João Gomes of Wolves

MI NEWS & SPORT / ALAMY STOCK PHOTO



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# Thrills and spills

**Peter Muiruri** samples the thrill and spills that Tsitsikamma on South Africa's famous Garden Route has to offer



ALL PHOTOS COURTESY OF SOUTH AFRICA TOURISM



South Africa is called the **'Rainbow Nation'** for good reason. From its diverse and rich cultural heritage, to myriad ethnic groups, each with unique characteristics, and, of course, the vast and varied repertoire of travel experiences – the country has it all. The latter, in particular, is what brings the world to South Africa and South Africa to the world. On a visit to Africa's Travel Indaba, a tourism fair held annually in Durban, I took some time out to sample some of the adventurous delights that Tsitsikamma in the Eastern Cape has to offer...

## BUNGEE AT BLOUKRANS BRIDGE

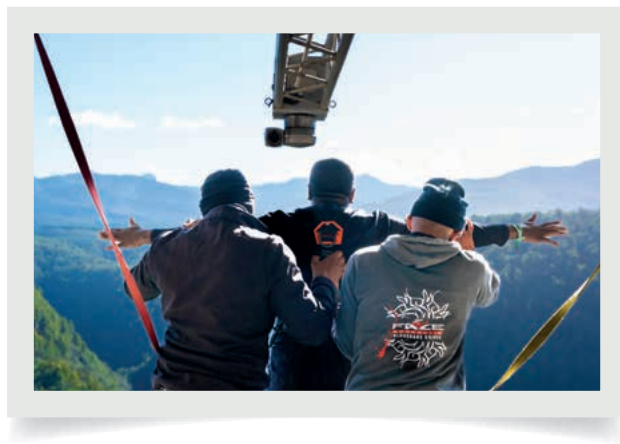
From Durban, we flew an hour south to Gqeberha (formally Port Elizabeth) and on to the Fynbos Golf & Country Estate.

The golf complex is set on a beautiful piece of Africa, where the waters of the Indian Ocean lap against the rocky edge of the estate on one side, while the Tsitsikamma Mountains provide a majestic backdrop on the other.

South African hospitality requires a guest to be well fed before any serious business, and the staff at Fynbos pulled out all stops to heed that call with a sumptuous meal, some legendary South African wine and a campfire to ward off the



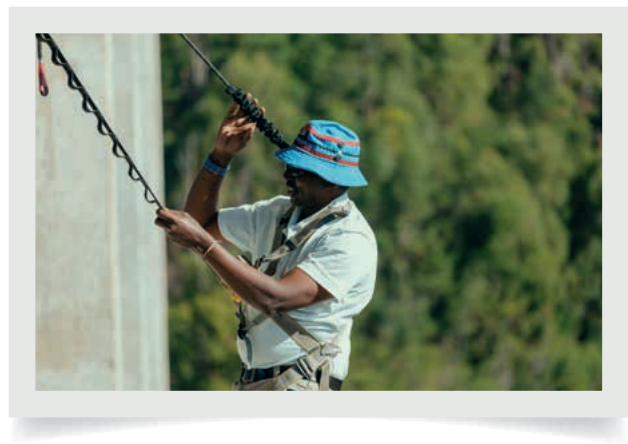
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cold (this was winter-time down south). All the while, my mind raced in anticipation at the events lined up for the next day.

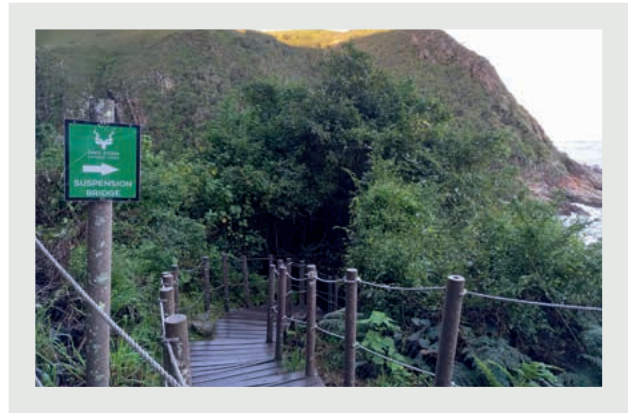
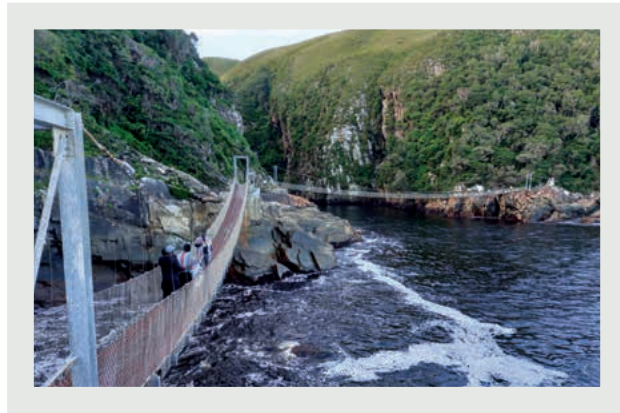
“What do you do the night before your date with destiny?” I teased my fellow travellers from across the continent after dinner. We reviewed the itinerary, again. “Who is going down?” There were few hints of apprehension about the highest free fall from a bridge in the world.

Bloukrans Bridge is not only Africa’s tallest such structure, at 216m, but also the site of the highest commercial bridge and natural bungee jump on the planet. Both good reasons to make anyone’s intestines churn.



**Opposite page, top:** Sandy Bay at Storm River Mouth **Opposite page, bottom, left to right:** The view from the top; Smiling faces at Giba Gorge **Above, top:** Jumping off Bloukrans Bridge; **Above, left to right:** The point of no return; Harness on and ready to go

At first light, we sped off to Face Adrenalin, the outfit that runs the bungee jump. We headed to a shelter where our collection of enthusiastic, or rather apprehensive, jumpers were harnessed on the wall nearby was the story of Mohr Keet, who, at the age of 96, holds the Word Record as the oldest person to bungee jump – a feat he undertook here – served as a morale booster to the team. ➔



Like lambs to the slaughter, we got to the platform as music blared from nearby speakers. Here, more safety features were added as the full-body harness was combined with a separate ankle connection to the bungee cord. The point of no return. Hopping in tiny steps, the ‘victims’ looked like prisoners as they stared into the wide expanse below. Then, a small nudge by two attendants and gravity did the rest.

The screams. Wind rushing through the hair. The ground fast approaching. To tell the story of the longest four seconds in one’s life is bliss. Soon, it is all over, with a photo and a certificate as tokens of remembrance.

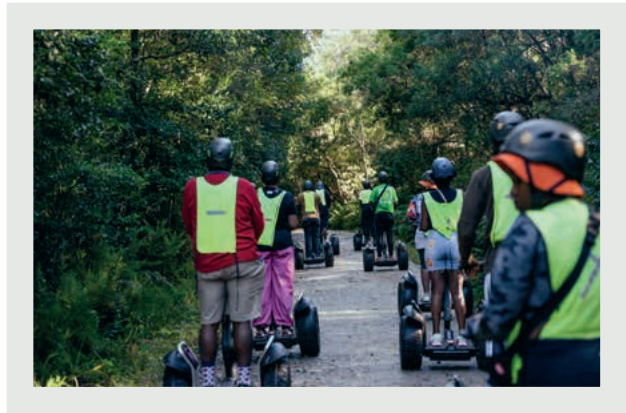
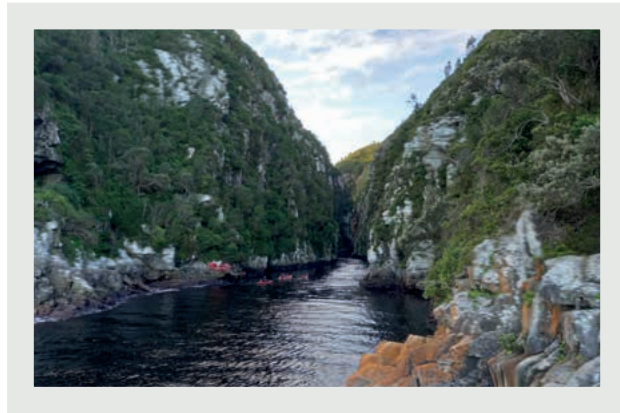
**ABOVE AND BELOW AT STORMS RIVER MOUTH**

From the bridge, we allowed the adrenalin rush to subside

with a 40-minute moderate hike to the picturesque suspension bridge that takes you over to the Storms River Mouth Cave, where evidence of the first indigenous hunters can be found and which is now a Khoisan Heritage Site. The suspension bridge offers magnificent views within the first marine national park in Africa, one of the largest single Marine Protected Areas in the world. The more adventurous can try out their kayaking skills on the river, hemmed in by sheer rock faces.

Storms River forms part of the scenic Garden Route National Park, which encompasses a marine reserve along 80km of coastline. Here, a temperate high forest combines with the verdant fynbos to create an unspoilt carpet-like floral sheet that rolls steeply to the rocky shores of the ocean. The region conserves 11 per cent of South Africa’s temperate rocky





shoreline and has been described as a “wonderland of inter-tidal life, reef and deep-sea fish”. It is not an exaggeration.

Based in the small Storms River Village, Tsitsikamma Segway Tours operates the cool sport of riding on a two-wheeled, self-balancing, battery-powered, personal transporter. After a clumsy start, and several bumps with other riders, I soon got the hang of it. Lean forward to accelerate, stand straight to pause or stop and lean backwards to reverse. Simple? That depends, as I have a scar on my knee to prove my fleeting inattention. Still, a Segway ride inside the local indigenous forest past giant, 700-year-old *Outeniqua* yellowwoods was well worth it.

Later that afternoon, we headed to the forest again, this time for an aerial view with Canopy Tours. Ziplining from one

**Opposite, top, left to right:** The picturesque suspension bridge at Storms River Mouth; The walkway to the bridge **Opposite, bottom:** Overlooking Bloukrans Bridge **Above, left to right:** Storms River Gorge; Segway into the forest **Below:** Ziplining through the canopy

platform to another along a steel cable suspended up to 30m above the forest floor.

The zipline canopy tour sees you fly above the forest floor along 10 slides – the longest of which is a mammoth 91m – allowing you to listen to the birdsong, feel the leaves and take in the serene atmosphere. This exhilarating thrill ride places you in the treetops among the abundant birdlife, including the Knysna loerie and the elusive Narina trogon; you might also be lucky to spot a vervet monkey or two. ➔



WORDS: PETER MUIRURI

# Durban Delights

Durban is without a doubt the entertainment capital of KwaZulu-Natal (KZN). Here are seven experiences to reel you in...



Above: Great sounds at Max's Lifestyle  
 Left: Hanging out at Max's  
 Below, left: Oceans Mall  
 Below: Dining at the Pencil club



## BY DAY

### THE GOLDEN MILE

Durban's popular beachfront actually stretches 6km, from Moses Mabhida Stadium in the north to the uShaka Marine World with its impressive shipwreck-themed aquarium to the south. A perfect setting for an early morning jog or workout, the Golden Mile consists of a paved thoroughfare, interspersed with old lighthouses and plush gardens, complete with Italian-looking columns and water features.

### RIDING THE WAVES

The warm waters of the Indian Ocean create high, puffy waves – the perfect conditions for surfers and water-adventure lovers. Walk along any of the jetties and watch as hordes of people take the plunge. But also take the time to look behind you and take in the beauty of the city against this backdrop of crashing waves.

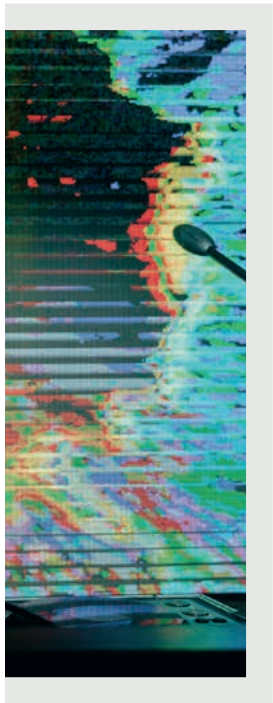
### OCEANS MALL

Is shopping your thing? Then the newly built Oceans Mall just outside of Durban in Umhlanga is the ideal spot to spend your money and enjoy some of South Africa's finest dining experiences. From global fashion, to beauty brands and modern eateries, the mall stands among the finest in the world.

### GIBA GORGE

Tucked behind a lush valley alongside the N3 freeway and a 30-minute drive from Durban, Giba Gorge is the place to be for outdoor enthusiasts. It is one of the most romantic places within KZN. Where else can you take a hike and, after 30 minutes, stumble upon a deejay on the decks plying his trade next to graffiti inscribed on an abandoned piece of architecture? Now you know.

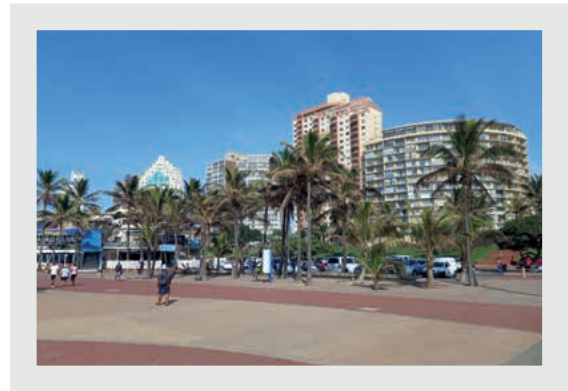




**Left:**  
Durban skyline  
from the ocean

**Below left:**  
Deejaying in the  
Giba Gorge

**Below:**  
Strolling on The  
Golden Mile



### Did you know ?

In 2015, Durban was officially recognized as one of the New7Wonders Cities

# BY NIGHT

## FLORIDA ROAD

Do you want some street vibe? Then Florida Road is the place to be. It has some of the trendiest entertainment joints for the free-spirited night owl and a global cuisine to suit all palates. AuthentiQ Bar and LUPA Osteria, an Italian restaurant, are good places to start. Arrive early to take in the sights and sounds of this famous street and its historic buildings.

## MAX'S LIFESTYLE

Entrepreneur Max Mqadi originally opened Max's Lifestyle, in Umlazi township, as a *shisa nyama* – roast meat – joint. From these small shack beginnings, Max's Lifestyle now attracts both local and international tourists to dine at one of the best restaurants in the region.

## PENCIL CLUB

Located in the highest point of Durban, the members-only Pencil Club is the meeting point for those looking to indulge in the fine things in life. Within the hallowed walls you'll find a library, cigar lounge, beauty and fitness areas, while two restaurants and three bars will fulfil your culinary needs. ☺

# remembering SUDAN

It is five years since Sudan, the last male northern white rhino on earth, died of old age. Ami Vitale, photographer, filmmaker and Global Ambassador for Ol Pejeta Conservancy in Kenya, reflects on our bond with these extraordinary animals and how new technology offers hope to save them →

ALL PHOTOS BY AMI VITALE

*By 2008, the entire wild northern white rhino population had been decimated by*



The bonds between Zacharia Mutai and the northern white rhinos he cares for are profound. Zacharia grew up only a mile away from Ol Pejeta Conservancy and, as a child, had the dream to work with wildlife. Today, he is the head rhino keeper and spends more than 10 months a year with the last two northern white rhinos. "I'm the voice of these voiceless animals. They don't speak, but I speak out on their behalf," says Zacharia.

*poachers and there were only eight known to be alive — all living in zoos*

**S**udan was the last male northern white rhinoceros on earth. He became a global celebrity, representing an entire subspecies that was about to become functionally extinct. This extinction wasn't because the rhinos failed in evolution. It was because they could not survive us, mankind.

Wild rhino populations had been reduced from hundreds of thousands a century ago to just 19,000 by the 1980s due to hunting. By 2008, the entire wild northern white rhino population had been decimated by poachers and there were only eight of these gentle, hulking creatures known to be alive – and they were all living in zoos.

In December 2009, a bold plan was put in place to airlift four of these rhinos from Dvůr Králové Zoo in the Czech Republic to Africa – a desperate, last-ditch effort to save an entire species. The animals were loaded into crates and flown to Ol Pejeta Conservancy in Kenya – an arduous 24-hour, 6500km journey. The hope was that the Kenyan air, water and food, not to mention room to roam, might stimulate them to breed – and the offspring would then be used to repopulate Africa.

But the rhinos never successfully bred, and in March 2018, Sudan had to be euthanised because of his old age. In his final moments, he was surrounded by all the people who loved and protected him. Their quiet sobs could not be muffled against a backdrop of an eerie stillness. I think back often on this moment and it is the silence that I remember most – a haunting silence that seemed to foreshadow what a world without wildlife would be like.

Sudan's daughter, Najin, and granddaughter, Fatu, are now the last two remaining northern white rhinos. They remind us that the world is still beautiful in spite of all that is breaking our hearts.


Remarkably, hope is not lost. A team of scientists spanning five continents has turned to innovative reproduction techniques and cutting-edge stem cell technology in an attempt to save the subspecies. Thanks to the groundbreaking work of the BioRescue Project, there are now 24 northern white rhino embryos that are ready to be transferred into surrogate southern white rhino females in the near future. They plan to use frozen cell cultures from northern white rhinos, including Sudan, to create stem cells, which



LAST YEAR, KENYA AIRWAYS REVEALED NEW LIVERY DEPICTING NAJIN AND FATU, THE LAST TWO NORTHERN WHITE RHINOS IN THE WORLD, ON OUR 787 DREAMLINER AIRCRAFT

could become egg and sperm and unite to create an embryo. This scientific knowledge will not only change the fate of the northern white rhino, it will have profound implications for the other species of rhino that are also critically endangered – as well as more than 16,000 other endangered species.

How did we arrive at the point where such desperate measures are necessary? It's astonishing that a demand for rhino horn, based entirely on misinformation, has caused the wholesale slaughter of a species. At the same time, it is encouraging that a disparate group of people have come together in an attempt to save something unique and precious, something that, if not saved, will be gone forever.

What happens next is in all of our hands. What's going to save us all is to get beyond our routine ways of thinking. Wonder is what allows us to reimagine our future together. Wonder allows us to believe that we can fundamentally change the course we are currently on. Our fate is linked to the fate of animals. Without rhinos and other wildlife, we suffer more than a loss of ecosystem health. We suffer a loss of imagination, a loss of wonder, a loss of beautiful possibilities. 

## HOW YOU CAN HELP

Learn more about how you can support this effort by following @BioRescue\_project, @olpejeta and @SafariParkDvurKralove. Scan the QR code to watch the award-winning film *Remembering Sudan*.





This pic: "Each species on this planet plays its own role," says Zacharia Mutai. "And if one species is missing, the ecosystem is no longer balanced."  
Left: In December 2009, the last four breeding age northern white rhinos were airlifted from Dvůr Králové Zoo in the Czech Republic  
Below: Zacharia Mutai says goodbye to Sudan, moments before he died

*In his final moments, he was surrounded by all the people who loved and protected him. Their quiet sobs could not be muffled against a backdrop of an eerie stillness*



# FOOD *To go!*

What are the tastiest street foods to try in destinations on our global network? We sample everything from bagels with lox in New York to bhel puri in Mumbai and bunny chow in South Africa

WORDS: GAVIN THOMAS



## Mumbai BHEL PURI

Mumbai is one of the world's greatest street food destinations with a bewildering array of local dishes to try, but for the quintessential taste of the city's unique flavours order up a helping of the city's famous 'beach snack', *bhel puri*, featuring an eclectic but addictive combination of puffed rice, sev (crunchy fried noodles), onions and chutneys, often with a distinctive tamarind-flavoured twist. **Where?** Jacky Bhel Puri on Gulmohar Road, Juhu, has a fanatical following among both locals and visiting Bollywood stars. **How much?** US\$1-2



THE CAPTURED CREATIONS / SHUTTERSTOCK.COM

## New York

### BAGEL WITH LOX AND CREAM CHEESE

Encapsulating the history of New York's immigrant communities, the much-loved bagel with lox (cured salmon) was created by the city's Jewish community in the early 20th century as a simple and nutritious kosher staple that could be prepared without any kind of cooking (this at a time when many homes lacked electricity or gas). The classic version features a sliced bagel filled with a fine sliver of lox plus cream cheese, a slice of red onion and a spoonful of capers – a delicious piece of US history in a bun.

**Where?** The legendary Russ & Daughters (179 E Houston Street, [russanddaughters.com](http://russanddaughters.com)), serving bagels to the faithful since 1907.

**How much?** US\$7–17 ➔



DANIEL M. SILVA / SHUTTERSTOCK.COM



### Ghana KYINKYINGA

Kebabs in various forms are a staple of the West African street food scene, rustled up by vendors on roadside grills from Dakar to Douala. The classic Ghanaian *kyinkyinga* (or *chichinga*) is a good example, featuring grilled beef, chicken or goat cooked in a distinctive *suya* marinade made from crunchy ground peanuts infused with ginger, garlic and chilli. Pick up a fistful of skewers for a chargrilled flavour of West African street food at its finest.

**Where?** Kyinkyinga Republic in Accra (at 7 Zaire Avenue). **How much?** US\$0.5–1

SABENA JANE BLACKBIRD/ALAMY STOCK PHOTO







## Nigeria AKARA ◀

Originally from Nigeria's Yorubaland, these moreish little bean fritters are now popular across West Africa and have even spread to the Caribbean and Brazil. They're usually made from ground and spiced black-eyed peas and eaten with a hot tomato and onion sauce, although meat, savoury and even seafood versions are also (less commonly) available. Traditionally eaten for breakfast, but unfailingly good at any time of day. **Where?** In Lagos, The Akara in Lekki (19 Bisola Durosinmi Etti Drive) dishes up a wide range of *akara* in flavours ranging from beef to spicy fish. **How much?** US\$0.5–3



**Urojo... described as a soup, a porridge or a stew – although none of these labels really does it justice**

## Dubai SHAWARMA ▼

A super-popular Middle Eastern street food snack, *shawarma* is another spit-roasted dish featuring fine cuts of succulent meat (chicken, beef or lamb) wrapped up tight in a tube of flatbread. Fillings – anything from green chillis and pickles through to chips – are wedged into the wraps, which are then doused in sauces ranging from garlic to tahini. Order one for a snack, while two pretty much makes a meal. **Where?** Just east of the Gold Souk on Sikkad Al Khail Road, Ashwaq Cafeteria serves up juicy *shawarma* and makes a super-convenient pitstop while exploring the central souks. **How much?** US\$1–2 ↻

## Zanzibar UROJO ▲

A classic dish from Africa's legendary spice island, *urojo* (aka 'Zanzibar Mix') is one of the continent's most enjoyable culinary mash-ups, variously described as a soup, a porridge or a stew – although none of these labels really does it justice. No two versions are quite the same, but the basics comprise a tangy mango-flavoured broth that is then loaded up with an eclectic array of ingredients starting with cubes of boiled potato and continuing with add-ons that might include fried cassava chips, miniature bhajis, red onion slices and maybe a boiled egg. **Where?** Any of the various *urojo* vendors in the vibrant Darajani food market. **How much?** US\$2–4



Paris CRÊPE ▼

One of France's most popular gastronomic exports, it's impossible not to love the versatile crêpe, a tasty pancake that can be served either sweet or savoury, with fillings ranging from maple syrup or whipped cream through to more substantial versions featuring cheese, egg, ham or chicken (savory crêpes are technically known as *galettes* and made with buckwheat flour, although the difference is often lost in translation). An essential taste of France's romantic capital. **Where?** The refreshingly untouristy Rue Mouffetard is Paris's crêpe central, with a string of excellent stands and restaurants (such as Au P'tit Grec) for tasty take-outs. **How much?** US\$5-8



SUZANNE PORTER/ALAMY STOCK PHOTO



SUNSHINE SEEDS/SHUTTERSTOCK.COM

Mauritius

DHOLL PURI ▼

The island's unofficial national dish, *dhol puri* is the local take on the classic Indian paratha – a savoury flatbread stuffed with spicy ground yellow split peas, fried on a *tawa* (griddle) and served with accompaniments that might include a spoonful of spicy bean curry, a dash of *rougaille* (Creole tomato sauce) or assorted pickles. Traditionally sold in pairs wrapped in paper from street vendors across the island. **Where?** Dewa & Sons at Rue L'Homme in the capital Port Louis is widely regarded as serving Mauritius's best *dhol puri*. **How much?** US\$0.50-1

Kenya

NYAMA CHOMA ▲

A Kenyan classic, served everywhere from streetside stalls to upmarket restaurants, *nyama choma* (Kiswahili for 'roasted meat') is naked carnivore cuisine, with big hunks of bone-in meat roasted to perfection on smoky grills. Goat is the traditional meat of choice, thanks to its feisty flavour and slightly chewy texture, although you'll find anything and everything from chicken to crocodile. Traditionally eaten with accompaniments such as chillis, kachumbari salad, ugali or greasy chips – and of course a couple of beers. **Where?** Nairobi's Kenyatta Market has a string of good *nyama choma* joints. **How much?** From around US\$5

South Africa

BUNNY CHOW ▶

The ultimate convenience curry, bunny chow was created in the 1940s by Indian labourers needing a quick bite during brief work breaks – and as a way of keeping food warm through the day (the 'bunny' allegedly comes from the *baniyas* caste, who first served a restaurant version of the dish). Now one of South Africa's most famous street foods, a bunny comprises a hunk of white loaf with the middle scooped out and the hole filled with curry (usually meat or beans, although funkier fillings can also be found), generally eaten with the fingers while mopping up the curry with bits of the sauce-soaked bread 'box'. **Where?** Durban is the home of bunny chow – try Capsicum Restaurant at 1299 Umgeni Road. **How much?** US\$2-4



TRAVELIB/ALAMY STOCK PHOTO

Traditionally sold in pairs wrapped in paper from street vendors





## Kenya/Tanzania

### MANDAZI

A local version (aka *mahamri*) of the classic African 'doughnut' that can be found across the continent (including West Africa, where they're known as 'puff puff' or *botrot*), these sweet samosas are a sugary delight, delicately flavoured with infusions of coconut milk and cardamom. Perfect for a breakfast snack with coffee or chai.

**Where?** K Tea Shop, Chagga Street, Dar es Salaam. **How much?** US\$0.5 ↪



JEN WATSON/SHUTTERSTOCK.COM

South Africa

▶ WALKIE TALKIE

This one isn't for the faint hearted, but true extreme-food aficionados shouldn't miss sampling the walkie talkie, an enduringly popular South African roadside snack consisting of chicken feet and heads (hence the name) boiled and then deep-fried in their entirety. Suck the deliciously moist and succulent meat straight off the bone – just be careful not to stab yourself in the eye with a claw while eating.

**Where?** Street corner food stalls in Jo'burg, Cape Town and other major cities. **How much?** US\$0.5–1.5



MORGAN TRIMBLE/ALAMY STOCK PHOTO



London DONER KEBAB ▲

It's 20-odd years now since the Indian chicken tikka masala was declared Britain's unofficial national dish, but when it comes to street food it's another import – the Turkish-style doner kebab – that has established itself as the nation's favourite food-to-go, comprising layers of lamb or chicken slowly roasted on a revolving spit, then finely sliced and served in pitta bread with chillis and salad. Served from cafes and (in the evenings) vans across the capital. **Where?** On a mission to rescue the UK doner from its reputation as late-night food for people who've had a few too many beers, the German Doner Kebab chain ([germandonerkebab.com](http://germandonerkebab.com)) serves quality meals using the reliable ingredients at a string of locations across the capital. **How much?** US\$6–10



LOOP IMAGES LTD/ALAMY STOCK PHOTO

Guangzhou RICE NOODLE ROLLS ▼

A kind of Chinese ravioli, this famous dish (*cheung fun* in Cantonese – look for 肠粉 on signs and menus) is a particular speciality of Guangzhou. Finely milled rice flour is used to make big pancake-like sheets that are then stuffed with various fillings (traditionally beef, pork or shrimp) and chopped into bite-size pieces, steamed briefly with lettuce and then served with a dash of soy sauce. A delicious, distinctively slippery but slightly chewy taste of traditional Cantonese cooking.

**Where?** Any of the stalls or small restaurants along Xinhua Road, one of Guangzhou's busiest street food destinations. **How much?** US\$3–4




## Amsterdam

### HARING

If you were wondering what Dutch-style sashimi might taste like, try a serving of Amsterdam's famous *haring* (herring). The fish looks raw but is actually salted, doused in a vinegary brine and frozen for at least 24 hours, which significantly improves its flavour.

*Haring* is traditionally eaten by throwing your head back and lowering the whole fish into your mouth, although nowadays it's more usually served cut into bite-sized pieces with diced onion and pickles and eaten with a toothpick, or sometimes (a lot less authentic) popped into a bun. A bit of an acquired taste, but essential eating for true food explorers.

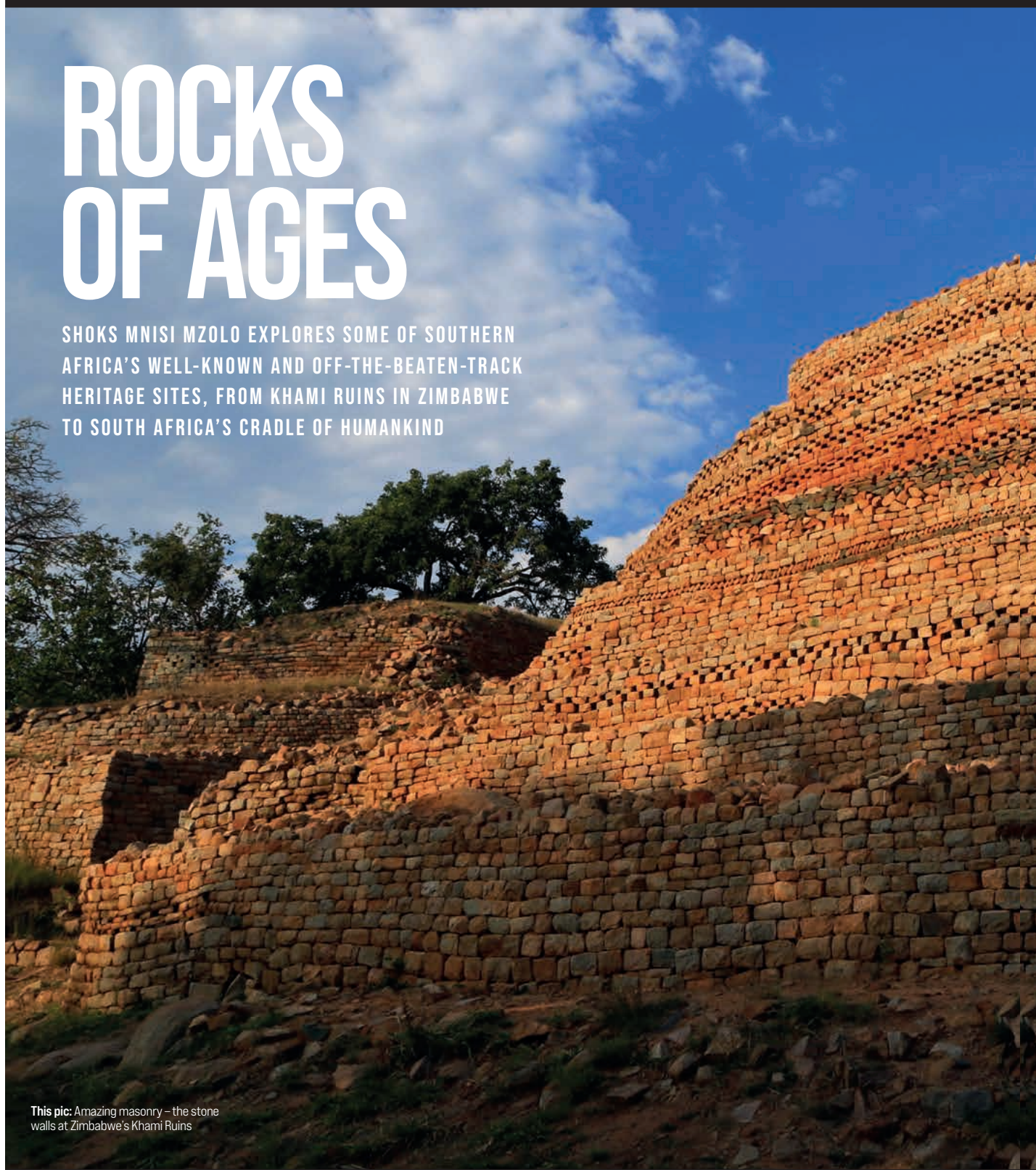
**Where?** The waterfront Stubbe's Haring, on Haarlemmerstraat near Centraal Station.

**How much?** US\$4–5 



# ROCKS OF AGES

SHOKS MNISI MZOLO EXPLORES SOME OF SOUTHERN AFRICA'S WELL-KNOWN AND OFF-THE-BEATEN-TRACK HERITAGE SITES, FROM KHAMI RUINS IN ZIMBABWE TO SOUTH AFRICA'S CRADLE OF HUMANKIND



This pic: Amazing masonry – the stone walls at Zimbabwe's Khami Ruins



I've long had a desire to explore southern Africa's heritage sites – and western Zimbabwe's Khami Ruins, a short drive from Bulawayo, was at the top of my bucket list. Leaving Bulawayo, where avenues are framed by the beautiful purple blooms of jacaranda trees each spring, cityscape transforms to single-storey residential areas. Rocks and boulders appear as if to underscore Zimbabwe's eponym: *Dzimba dza Mambwe* – Shona for 'House(s) of Stones'. Centuries ago, these plains – stretching to modern-day South Africa and west to Botswana – were home to stone cities and settlements, a tribute to exceptional masonry.

Verdant flatlands soon define the landscape. Trucks, cyclists and pedestrians become scarce. Pristine lushness beckons the Khami monument. The air is clean. Long gone are the cries of Baba Harare and Lucky Dube back in central Bulawayo. Birdsong and the chirping of crickets dominate the soundscape.

Khami's construction coincided with the end of big cousin Great Zimbabwe – some 280km to the east, as the crow flies. Tour guide Talent Hove tells me that Zimbabwe alone is home to five other designated centuries-old sites like this, including Naletale. Out of those, only two – Khami and Great Zimbabwe – have been declared by UNESCO as World Heritage Sites (both of them in 1986). Neighbouring Botswana and South Africa also have similar structures, while Kenya is home to the stone-wall settlement of Thimlich Ohinga, accorded World Heritage Site status in





*Khami's construction coincided with the end of big cousin Great Zimbabwe... some 280km to the east,*

Covering 108 hectares, Khami Ruins National Monument memorialises the country's second-largest ancient city state and a long-forgotten civilisation. The site is low on visitors – apart from shepherd-less cattle that routinely gain access, following the 'disappearance' of Khami's perimeter fence.

The drystone walls form structures such as the royal residence on the elevated hill complex. Then there is the kidney-shaped passage ruin, a stone's throw from the monolith structure. Climbing a winding staircase to the ruins of the palace reveals sweeping views. The section that used to be the palace, the highest point at Khami, is now home to a cairn. Hundreds of metres down the valley a river flows north towards the Zambezi. Several varieties of tree claim their place on this proverbial staircase to the past.

Built in the mid-1400s as the capital of the Torwa State,

**Above and right:**

Khami was the capital of the Torwa dynasty, which arose following the collapse of the Great Zimbabwe Kingdom between 1450 and 1650. Its complex series of drystone walled structures includes narrow passageways and galleries – all created to high standards of workmanship





Khami peaked in the following century, only to become a has-been in the 1640s after a conflict by its ruling elites triggered splits and migrations.

Excavations have uncovered Chinese porcelain and other relics that point to trade routes that linked Khami – potentially via Mapungubwe on the Limpopo, coastal Kilwa Kisiwani, or both – to as far afield as Asia. Khami was an export hub for copper,

*as the crow flies*



gold, ivory, salt and other valuable commodities.

“Traders from Mwenemutapa, the Middle East, China, and the Portuguese came to the region,” says Hove, citing farming, iron smelting and mining among other key economic activities. He explains that Khami was home to highly skilled masons who fashioned bricks, as well as smiths who forged a range of items from hoes to needles. The meticulous nature of the stone walls is testament to their craft.

Centuries later came Ian Smith, the last prime minister of white-controlled Rhodesia. Smith promoted the colonial narrative to falsify the origins of Khami, and the civilisation that gave birth to it, by attempting to delete it from history. In particular, books on that era were banned, while tourist promotional material simply ascribed those medieval cities to non-Africans.

Khami’s “historical importance lies in its position at the watershed between the history of Great Zimbabwe and the later Zimbabwe period”, reflects UNESCO’s website, adding that it was one of the country’s few sites that survived plunder by treasure hunters in the early 1900s shortly after Zimbabwe became a British colony. “[Its] undisturbed stratigraphy is scientifically important in providing a much clearer insight [into history].”

# 7 MORE HERITAGE SITES TO EXPLORE IN SOUTHERN AFRICA

Right:  
Great Zimbabwe’s  
canyon-like passgeways



## 01 SOUTH AFRICA THE CRADLE OF HUMANKIND

Heading northwest, an hour’s drive from the concrete jungle called Jo’burg, you’re hit with a throwback of epic proportions: a heritage site that was already thousands of millennia in the making when the Julian calendar registered AD 1. The destination is the Cradle of Humankind, one of the world’s most important palaeoanthropological sites. Leaning on the Maropeng centre’s world-class exhibitions (including life-sized replicas of skeletons), the guides deserve kudos for making the journey in time both understandable and interesting. The tour is incomplete without a visit to the caves, once home to the likes of Mrs Ples, Little Foot and other early hominids.

### HOW TO GET THERE

KQ has regular flights to Johannesburg, from where it’s around 100km to Maropeng and the Cradle of Humankind.

## 02 ZIMBABWE GREAT ZIMBABWE NATIONAL MONUMENT

The worn-out A9 road from Bulawayo to Great Zimbabwe, near Masvingo, takes almost five long hours of careful navigation. The destination is a slice of ancient history – an 800ha stone city built in medieval times. Seeing this wonderland instantly sparks a childlike eureka emotion! The scale is stupefying, the architecture wondrous and the stone walls exceptional. That the city was teeming with skilled masons, blacksmiths and other artisans a millennium ago points to timeless sophistication. As one of southern Africa’s oldest known symbols of civilisation, the astonishing Great Zimbabwe is among the region’s foremost heritage sites.

### HOW TO GET THERE

KQ flies to Harare – a 300km drive from Great Zimbabwe.



**03 SOUTH AFRICA**  
ROBBEN ISLAND MUSEUM

The site describes itself as the unique symbol of “the triumph of the human spirit over adversity, suffering and injustice”. Apt! The introduction of apartheid worsened centuries-old injustices, condemning a deluge of freedom fighters to Robben Island. It is an important snapshot of the psychological torture exacted on the people of Namibia and South Africa under apartheid, a crime against humanity. Some of the guides were fellow inmates with Nelson Mandela, Robert Sobukwe and Toivo ya Toivo. Amid ethnic bullying that persists elsewhere in the world, it is tempting to suggest that everyone should make a pilgrimage to Robben Island if only to safeguard the future from human-made injustices.

**HOW TO GET THERE**

KQ has regular flights from Nairobi to Cape Town. Ferries operate from the V&A Waterfront to Robben Island.

Below: Many of the guides at Robben Island are former inmates



KATHRYN SULLIVAN/SHUTTERSTOCK.COM

**04 ZAMBIA/ZIMBABWE**  
MOSI-OA-TUNYA VICTORIA FALLS

The water from the Zambezi River roars as it plunges 100m and crashes against basalt crags. You can't help but surrender to the spell of the mythic and aesthetic scene: the world's greatest sheet of falling water, and reverberating thunder. Travelling to one of Africa's most visited world heritage sites is like sampling history, geography, economics and more, but all at once. Little wonder that the falls could be the single biggest source of tourists, and forex, for Zambia and Zimbabwe. The spectacle is awe-inspiring! So enchanted were the people of Chief Sebetsoane oa Mongoane that they christened the falls Mosi-oa-Tunya ('Smoke that Thunders' in Sesotho). The smoke thunders on. Again and again.

**HOW TO GET THERE**

KQ has regular flights from Nairobi to Livingstone (Zambia) and the town of Victoria Falls (Zimbabwe) – both in close proximity to the falls.



**05 LESOTHO**  
THABA BOSIU

Focus has switched to this site as Lesotho inches towards its 200th anniversary. Thaba Bosiu is the birthplace of Basotho, a nation founded by King Moshoeshoe I – one of southern Africa's finest leaders. Having walked from the trouble-hit east for nine days, scything through treacherous terrain and losing their kindred, Moshoeshoe's people arrived here one night in July 1824, hence the name Thaba Bosiu (Sesotho for 'Mountain at Night'). The first few decades saw the site suffering several attacks from marauding colonial forces and belligerent neighbours, but the Basotho humbled each aggressor.

**HOW TO GET THERE**

KQ has regular flights from Nairobi to Johannesburg. From there fly to Bloemfontein, Bram Fischer International Airport, then hire a car to cover around 200km to Thaba Bosiu.

**06 ZAMBIA**  
DAG HAMMARSKJÖLD  
MEMORIAL NATIONAL MONUMENT

Ndola was yanked to global prominence literally overnight in September 1961 when the Albertina plane crashed. A museum memorialises the tragedy that killed a 16-person UN team, headed by Secretary-General Dag Hammarskjöld. They had travelled to Zambia to meet Moïse Tshombe, a Belgian-backed secessionist who had fled the then-balkanised DRC. Months earlier Patrice Lumumba had been assassinated. Six decades on, the crash remains a mystery; poignant and still.

**HOW TO GET THERE**

KQ has regular flights from Nairobi to Ndola via Lusaka. Ndola's new airport, named after Simon Kapwepwe, is walking distance from the monument's museum.

Above: Thaba Bosiu is a natural sandstone fortress rising nearly 120m above the surrounding plains

**07 BOTSWANA**  
SEROWE VILLAGE

Serowe was founded in 1902 by King Khama III who, along with neighbouring monarchs, melded Botswana. The village is home to three of the country's ex-presidents, and teacher-journalist-novelist Bessie Head, a southern African literary giant, settled here after fleeing apartheid in South Africa. Thataganyana Hill and

Khama's home, now a museum, are must-sees for anyone keen on delving into the story of the country's march from disparate tribes into a nation.

**HOW TO GET THERE**

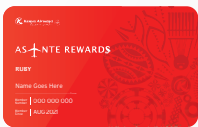
KQ has regular flights from Nairobi to Gaborone. Hire a car in Gaborone to cover about 300km to Serowe. 🚗

# ASANTE REWARDS

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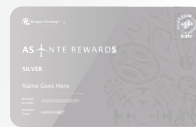
### Membership tiers



## Ruby

#### The benefits of a Ruby member:

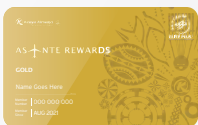
- Save up to EUR 10 on your first extra piece of checked baggage.
- Get 10% off seats (except for standard seats).



## Silver

#### The benefits of a Silver member:

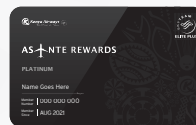
- Choose your standard seat free of charge before checking in or get 25% off other seats.
- Bring 1 extra piece of checked baggage on flights with Kenya Airways or some of our partner airlines.
- Get access to priority lines at check-in, baggage drop-off and boarding.



## Gold

#### The benefits of a Gold member:

- Choose your standard seat free of charge while booking or get 50% off other seats.
- Bring 1 extra piece of checked baggage on flights with Kenya Airways or some of our partner airlines.
- Get access to our lounges and bring 1 guest with you.
- Get SkyPriority and enjoy access to priority lines at check-in, baggage drop-off, and boarding.



## Platinum

#### The benefits of a Platinum member:

- Choose any seat you want; they're all free of charge.
- Bring 1 extra piece of checked baggage on flights with Kenya Airways or some of our partner airlines.
- Get access to our lounges and bring 1 guest with you.
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# super flyer

As CEO of a pan-African company, leading career coach **Vumile Msweli** is an enthusiastic traveller! We interviewed her to find out what she loves about flying, what her favourite African destinations are and what top tips she has for fellow business travellers

## YOUR YOUNG SELF

**Looking back at yourself as a child, what clues were there to your future success?**

I think my family are a big clue as to how I would turn out. There was a great emphasis on staying curious and learning. I was raised by an interesting combination of entrepreneurship and education. I guess this is probably why now I find myself as both an entrepreneur and an eternal student.

**What words would you use to describe your personality as a child? And now?**

As a child I would say I was a book-worm, curious and enjoyed my own company. I always had my head stuck in a book, enjoyed learning and, as an only child, I was quite comfortable being on my own.

As an adult I would describe myself as child-like, optimistic and driven. Child-like because of my naïve faith, optimistic because I truly tend to see the silver

lining in most situations, and driven because I am consumed by an unadulterated ambition to be and do better.

**Was there an inspirational woman in your young life? Tell us about her.**

As clichéd as it sounds, my mother is one of the most inspirational women I know. Her name is Nokukhanya, which translates to 'mother of light', and she is the embodiment of light. My mother worked as a teacher creating scholarship opportunities, negotiating for a feeding scheme for her underprivileged students and pitching for computers. My mother is constantly extending herself to serve others and has never allowed me to dash my dreams. She pursued her post graduate studies in her late 40s and is still learning, even now, in her 60s.





## YOUR CAREER PATH

### Can you identify three key moments in your journey to success?

There are some pivotal moments which changed the trajectory of my career. The first was reporting to the CEO at the age of 24. Being an executive at a young age catapulted me up the corporate ladder and stretched me personally.

The second critical moment was stepping out and becoming a full-time entrepreneur. This decision forced me to face my fears and to bet on myself and my own vision. This was the culmination of passion, an inherent need to serve and a desire to build a legacy.

The third critical moment in my journey was the decision to pack my bags and start the business in another country. The rollercoaster of building Hesed Consulting outside of South Africa was intimidating and exhilarating. The pinnacle for this was in March this year when I was a recipient of one of Africa's Forty under 40 Africa Awards.

### What are you currently focused on? How are you developing your own future?

I am focused on growing the Hesed Africa Foundation. This is our non-profit organisation that brings coaching, support, access and training in the youth, women, entrepreneurship and education sectors. This is a very important part of our Corporate Social Investment and a project I am personally very passionate about.

### Tell us about your involvement in Brand South Africa.

I have the honour of being an ambassador for the Brand South Africa 'Play your Part' initiative. This initiative is nationwide and created to inspire, empower and celebrate active citizenship in South Africa. It aims to lift the spirit of our nation by inspiring all South Africans to contribute to positive change, become involved and start 'doing' in order to make South Africa a nation of people who care deeply for one another and the environment in which they live.

### Does everyone need a mentor (including yourself)?

There is a beautiful proverb in my mother tongue, isiZulu: "Indlela ibuzwa kwabapambili." This translates to: "The route can be asked of those who have forged ahead before you." It means that to get to where you desire to be, you must seek council. The advice of

others helps you to avoid obstacles and evade errors through the wisdom that comes with experience. This knowledge has made me an eternal student, always eager to learn from others.

### What motivates you to keep building on your success?

Maya Angelou stated poignantly in her *Our Grandmothers* poem that "I come as one, but stand as ten thousand". This reflects my desire to succeed. I am afforded opportunities that were illegal for my grandparents and parents to access during Apartheid South Africa. I owe it to those who came before me to seize them and run without growing weary towards success. This is a privilege that I never take for granted and one that always motivates me to keep striving for African excellence in service to them, myself and our clients.

### How has your business grown?

I am very proud of how much we have grown our footprint in Africa – we are in South Africa, Nigeria, Botswana, Rwanda and most recently Kenya.

**"Indlela  
ibuzwa  
kwabapambili"**

"The route  
can be asked  
of those who  
have forged  
ahead before  
you"

## YOUR ADVICE

### How can you spot a good career coach?

Credibility is key! A good career coach should have relevant experience and expertise in the

job market. Look for someone who understands the industry trends, job opportunities and challenges. They should be able to provide you with practical advice and strategies tailored to your context. They must have a solid track record of success. Have they helped others achieve their career goals? Do they have success stories or testimonials from previous clients? A good career coach will have a proven track record of helping individuals make significant progress in their careers.

### What are your top tips for accelerating your career?

Here are my tips for accelerating your career:

- **Set clear goals:**

Define your career aspirations and create a strategic roadmap to reach them. With a career coach by your side, you'll receive personalised guidance, expert advice and accountability to help you stay focused and motivated towards achieving your goals.





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**KENYA AIRWAYS'**  
**ASANTE REWARDS**  
**LOYALTY PROGRAMME.**  
*See pages 2 and 59  
for details*





• **Strategically navigate the job market:**

Stand out in today's competitive job market by mastering the art of self-presentation. A career coach can provide you with the tools and techniques to craft a compelling resumé, polish your interviewing skills and strategically network. Their expertise will give you a competitive edge, enabling you to seize exciting career opportunities with confidence.

• **Leverage the support of a career coach:**

Unlock unparalleled benefits by partnering with a career coach. They are your dedicated ally, providing unwavering support, guidance and motivation throughout your career journey. A career coach will be your trusted advisor, offering personalised insights, helping you make informed decisions, and holding you accountable to ensure you make consistent progress towards your goals.

**What is the best advice you can give women who are starting out in business?**

When it comes to starting a business I am a believer in the rule of three: It will take three times longer than you think. It will cost three times more than you budgeted. You will need to work three times harder. Accept this, revel in this and your resilience will bring you through.

**I am a believer in the rule of three:**

It will take three times longer than you think. It will cost three times more than you budgeted. You will need to work three times harder

**Favourite vacation destination?**

I crave different things from my vacation. If I want to feel centred and rooted then going to Durban, South Africa does it for me! Nothing beats my mother's cooking and being in the eternal sunshine of my hometown.

To completely disconnect and recharge I love being by the ocean – so Zanzibar, Tanzania is a must for me. The warm hospitality of East Africa leaves me feeling refreshed and ready to take on a new challenge. Sometimes when I just want to forget myself and get lost in a city and its history then Marrakech, Morocco is where I would want to go.

**Do you have to hit the ground running when you arrive at a destination? What are your tips for staying fresh and alert?**

Most of my travel is for business so I need to be able to hit the ground running. To avoid jet lag I try to get straight into the time zone of the country I land in. It might be dinnertime according to your biological clock, but breakfast in your destination – have breakfast and get into the swing of things in the country you find yourself. The sooner you can get to a shower and refresh the better, and make sure to book meetings on your arrival day as it forces you to get into the pace of the city you are in.

**YOUR TRAVELS**

**Where in the world has your work taken you?**

Where hasn't it taken me? I have been very fortunate to have been able to travel a lot because of my work. I have travelled to over 60 countries around the world. I have worked in some incredible places from Germany, the Democratic Republic of Congo, Singapore, Uganda, United Kingdom, Mozambique and Ghana to mention a few. Now that I run my own business we have a presence in South Africa, Nigeria, the United States of America, Rwanda, Botswana and Kenya.

**What is your favourite business destination in Africa?**

My favourite African business destination would have to be Lagos, Nigeria. The quick pace of doing business and the energy of the people is a mecca for entrepreneurs. I always come back feeling invigorated by the ambition and 'can do' attitude of Lagosians. It's a city that never sleeps, with deals to be done. It is the place I most enjoy doing business on the continent.

**Five things you always pack for a business trip?**

- **International plug converter**
- **Powerbank**
- **Airport lounge key** You never know who you might meet – and that meeting could well flourish into a great business deal.
- **My airpods** I wouldn't dream of not listening to a good podcast or music during a flight.
- **My journal** I love being able to reflect when travelling, so always take a notebook with me.

**Where do you dream of going next?**

Two destinations on my bucket list that I still want to visit are Japan and Fiji. The mix of futuristic technology and ancient alleyways fascinates me when I think of Japan; while Fiji's mystique of being almost untouched by man draws me. 🇯🇵

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BETC

No matter where you're heading in the world, SkyTeam member airlines offer you more convenient connections, more fast-track services than any other alliance thanks to SkyPriority, the broadest set of loyalty benefits at 970+ airports around the globe.

To learn more about how SkyTeam can make your travel smoother visit [skyteam.com](http://skyteam.com)



# kusafiri



ALL YOU NEED FOR A SAFE & ENJOYABLE JOURNEY WITH US



DIETMAR TEMPS/SHUTTERSTOCK.COM

## Guess where...

These masked dancers believe themselves possessed by the spirits of animals or their ancestors. Through dance they teach their audience moral and social values, while their ritual *Gule Wamkulu* dance is performed at harvest time, as well as at weddings and funerals. The gateway city to find them is named after a river that runs through it. But which KQ destination is it?

TURN TO PAGE 80 FOR THE ANSWER

## KQ contents

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# KQ LAUNCHES LOYALTY PROGRAMME

EARN REDEEMABLE POINTS WHEN YOU FLY WITH ASANTE REWARDS

On 15 June, Kenya Airways unveiled Africa's "most awaited loyalty programme", dubbed 'Asante Rewards'. The programme is an appreciation of customer loyalty and allows customers to gain greater value from their flying experience in the form of redeemable points, which can be earned from flights operated by KQ or any of its partners.

Asante Rewards members can redeem their points for benefits such as reward ticket flights, seat upgrades, extra baggage allowance, priority services, seat selections and many more.

Speaking at the launch, Kenya Airways' group managing director and CEO Allan Kilavuka said: "Asante Rewards is a unique African product created from years of research, customer feedback and best practices from across the globe. Kenya Airways is proud to introduce Africa's most awaited loyalty programme.

"For 46 years, millions of customers have chosen us. Our customers have trusted us as their airline of choice [and] have enabled us to win multiple awards and recognition as the Pride of Africa. It

is now time for Kenya Airways to say 'Asante' in a special way."

The introduction of Asante Rewards is in response to the need for a loyalty programme with the African market and dynamics in mind.

Julius Thairu, chief commercial and customer officer at KQ, said: "We are constantly aspiring to provide our valued flyers with unforgettable experiences and are always willing to walk that extra mile to ensure that travelling on Kenya Airways is more rewarding for our customers.

"Kenya Airways has pioneered the art of innovation in Africa's aviation space and the Asante Rewards loyalty programme is yet another product that aims to delight our customers."

Asante Rewards offers customers four tiers – Silver, Ruby, Gold and Platinum – that they can grow into as they accrue points. Each tier offers unique benefits and privileges to ensure members have a more rewarding experience.

All customers will receive 1000 points automatically on enrolment. More benefits will be rolled out in the coming months as KQ on-boards more partners.

**Photos:**

The Asante Rewards loyalty programme launch event included speeches, music and dancing as Kenya Airways celebrated the first such frequent-flyer initiative to centre on the African market



For more info: see pages 2 and 59 and visit <https://asante.kenya-airways.com>



## Flying green

### KQ IS FIRST AFRICAN AIRLINE TO USE SUSTAINABLE AVIATION FUEL

**A recent KQ B787-8** Dreamliner return flight between Nairobi and Amsterdam was the first by an African airline to use sustainable aviation fuel (SAF) for a long-haul commercial flight from Africa to Europe.

Several initiatives – covering light travel for guests, route planning, onboard meals and their packaging, and transportation of guests and crew – were also sustainably prepared.

Speaking prior to the flight, which was part of the SkyTeam Sustainable Flight Challenge, Alan Kilavuka, KQ's group MD and CEO, said such moments were testament to the airline's commitment to generating the most significant innovations to reduce aviation's impact on the environment.

"We are focusing on helping to decarbonise the aerospace through fleet types that have the least amount of carbon emission, reducing our fuel burn through routing,

managing our waste through recycling and deploying the use of solar and SAF as alternative energy," he said.

"The piloting of sustainable aviation fuel for the first time on a KQ long-haul commercial flight will generate valuable data and insights that can inform policy decisions, regulatory frameworks and industry best practices related to SAF."

He also noted that the success of the sustainable flight was not just about the airline, but the aviation ecosystem and everybody involved working together to drive sustainable approaches in the aviation industry.

"As part of the aviation industry, it is our duty to take proactive measures and actively contribute to finding sustainable solutions and adopting best practices," Kilavuka added.

From 2025, all aircraft departing from Europe will be required to incorporate a proportion of SAF.



Above: Capt. Hamdan Mohamed Khamis (L) and First Officer Mwangi Robert Nguare get set to go

# OPENING UP ASIA AND THE MIDDLE EAST

Kenya Airways has signed an interline partnership with Emirates, enabling passengers travelling from Nairobi and Mombasa to connect seamlessly through Dubai in the UAE to 23 destinations across West and South Asia, the Far East, the Indian Ocean and the Middle East, including Singapore, Tokyo, Bangkok, Ahmedabad, Beirut, Hong Kong, Jakarta and Seoul. As part of the deal, Emirates passengers can access KQ's network via its Nairobi hub.

Julius Thairu, KQ's chief commercial and customer

officer, said: "This partnership will provide the ideal gateway for our customers as we seek to increase our connectivity between Africa and the Middle East. Partnerships like these are key in aviation as they take advantage of mutual scale and efficiencies to provide customers with more seamless travel options."

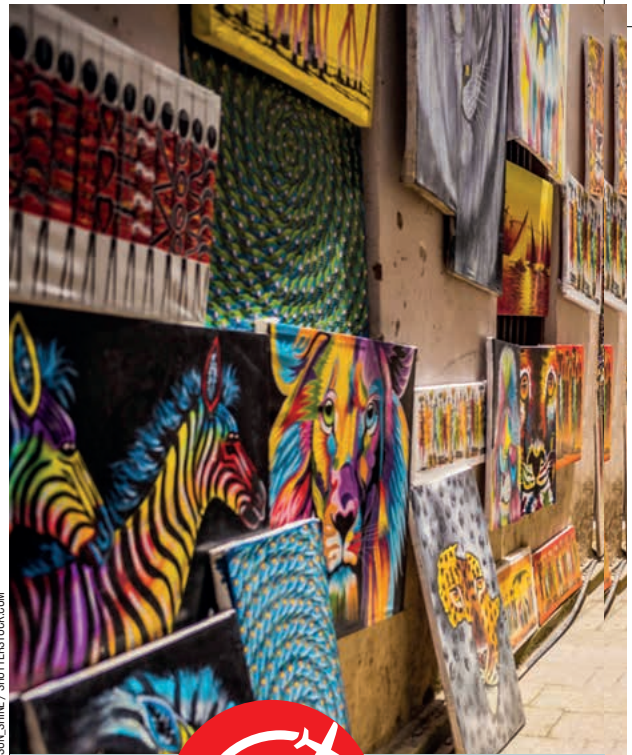
Kenya Airways recently launched direct flights – operating four times a week – between Mombasa and Dubai, in addition to its 10 weekly flights to the UAE from Nairobi.



Left: Jumeirah Beach in Dubai

## KQ WINS BEST AIRLINE STAFF IN AFRICA AWARD

Kenya Airways has triumphed at the prestigious Skytrax World Airline Awards, winning the Best Airline Staff in Africa 2023 trophy. KQ's chief people officer Tom Shivo said: "We are extremely excited and humbled to be recognised as having the best airline staff in Africa. We take great pride in our employees, who drive our competitive advantage. Our commitment to diversity, equity and inclusion is a cornerstone of our success, as it empowers our team to deliver on our brand promise of service with an African touch to our customers." The Skytrax awards are recognised as a global benchmark of airline excellence.



SUIK SHINE / SHUTTERSTOCK.COM



## FLIGHT NEWS

KQ has added the following flights to its weekly service:

### Mauritius

from daily to 10x weekly  
(additional flights: Thursday, Saturday and Sunday)

### Addis Ababa

from 8x to 9x weekly  
(additional flight: Wednesday)

### Paris

from daily to 9x weekly  
(additional flights: Friday and Sunday)

### Douala/Bangui

from 2x to 3x weekly  
(additional flight: Tuesday)

### Entebbe

from 25x to 26x weekly  
(additional flight: Friday)

### Comoros

from 5x to 8x weekly  
(additional flights: Wednesday, Friday and Sunday)

### Zanzibar

from 16x to 17x weekly  
(additional flight: Friday)

Meanwhile, KQ Cargo now flies a dedicated freighter twice a week to Bangui and daily to Johannesburg.



This pic:  
The streets of Stone Town, Zanzibar

## Facilitating flights for Hajj pilgrims

On 16 June, Kenya Airways, led by CEO Allan Kilavuka, flagged off the inaugural flight to Jeddah, Saudi Arabia, carrying Kenyan passengers embarking on the sacred Hajj pilgrimage. Speaking at the event, Kilavuka said: "Underlining our commitment to serving the needs of our customers, KQ is proud to announce that we will operate multiple flights on this route in the next seven days. This ensures that Kenyan pilgrims have convenient and reliable transportation options to reach their destination and partake in this year's Hajj."



Above: Kenya Airways CEO Allan Kilavuka helps flag off the airline's inaugural flight carrying pilgrims to Jeddah, Saudi Arabia

KQ HEALTH TEAM  
TOP TIPS

## HYDRATE, REVIVE, ENERGISE

WHEN IT COMES TO AIR TRAVEL, PAYING ATTENTION TO WHAT YOU DRINK CAN MAKE A BIG DIFFERENCE IN YOUR COMFORT LEVEL.



### TOP TIPS

- Carbonated drinks can cause bloating and discomfort due to changes in air pressure in-flight.
- Alcohol can cause dehydration and affect your body's adaptability to the changing environment.
- Caffeine beverages such as coffee, energy drinks and certain teas can contribute to dehydration and disrupt your sleep. Opt for decaffeinated options or soothing herbal teas.

### DRINK MORE WATER:

Hydrate with water before, during and after flights to avoid effects of dehydration and extreme jetlag. The Aerospace Medical Association recommends drinking **250ml of water per hour while flying.**



# RALLYING TO THE CAUSE

**KENYA AIRWAYS HAS EXTENDED ITS SPONSORSHIP OF THE WRC SAFARI RALLY, HELD IN NAIVASHA**

Kenya Airways was the official airline partner for this year's WRC Safari Rally, which took place in Kenya on 22-25 June. Competitors included Kenyans Hamza Anwar, McRae Kimathi and Jeremy Wahome, who receive support from the airline as part of the FIA Rally Stars initiative. Kimathi finished a creditable 18th in this year's race.

"It is humbling to be involved and witness part of the journey of the next generation of competitive rally drivers sprouting from Kenya," said group MD and CEO Allan





**"KENYA AIRWAYS HAS CONTRIBUTED OVER KSH100M (US\$710,000) TOWARDS THE FIA RALLY STARS PROGRAMME"**

Kilavuka. "Each one of these young rally drivers has gone through their own motorsports journey to be here, and now they are competing on a continental and global stage courtesy of the FIA Rally Stars with the support of the Pride of Africa. The result of their growth is evident in their performances."

To date, Kenya Airways has contributed over Ksh100m (US\$710,000) towards the FIA Rally Star programme, which helps the drivers, their support teams and officials to travel to rally competitions within Africa and Europe.



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PLANE SIGHT		No. OF PLANES	SEATS	SEAT PITCH	CRUISING SPEED	RANGE	MAX. TAKE-OFF WEIGHT
	Boeing 787 Dreamliner	7	Premier: 30 Economy: 204	Premier: 75" Economy: 32"	Mach 0.85 (1050kmh)	14,500km	227,930kg
	Boeing 737-800	8	Premier: 16 Economy: 129	Premier: 47" Economy: 32"	Mach 0.78 (963kmh)	5665km	79,015kg
	Boeing 737-700	2	Premier: 16 Economy: 100	Premier: 40" Economy: 32"	Mach 0.785 (969kmh)	6225km	70,080kg
	Embraer 190	15	Premier: 12 Economy: 84	Premier: 38" Economy: 31"	Mach 0.82 (1013kmh)	2935km	51,800kg
<b>cargo freighters</b>	Boeing 737-300F	2	N/A	N/A	Mach 0.745 (797kmh)	2200km	62,822kg
	Boeing 787 Dreamliner	2	N/A	N/A	Mach 0.85 (1050kmh)	14,500km	227,930kg





**Left:**  
The FIA Rally Stars (L-R) – Navigator Victor Okundi, McRae Kimathi, Jeremy Wahome, Hamza Anwar and navigator Mwangi Kioni

**Below left:**  
The star is the car – McRae Kimathi's rally vehicle

**Below:**  
McRae Kimathi and his navigator Mwangi Kioni with KQ staff during a meet and greet event outside Kenya Airways' hangars.



**i** [kenyaairways/](https://www.kenyaairways.com) **in** [linkedin.com/company/kenya-airways](https://www.linkedin.com/company/kenya-airways)

FUEL CAPACITY (LITRES)	THRUST PER ENGINE	WING SPAN	LENGTH	HEIGHT
126,903	69,800lb	60.1m	56.7m	16.9m
26,020	26,400lb	34.3m	39.5m	12.5m
26,020	26,400lb	34.3m	33.6m	12.5m
16,153	20,000lb	28.72m	36.24m	10.57m
20,124	22,000lb	28.9m	32.2m	11.1m
126,903	69,800lb	60.1m	56.7m	16.9m



## REACHING NEW HEIGHTS

A group of 57 adventurous KQ staff recently conquered Mt Kenya, summiting Lenana peak, the third highest on the mountain, at 4985m. The five-day trek was part of the airline's wellbeing and team-building initiative, aimed at promoting physical and mental health.

## Did you know?

### PILOTS EAT DIFFERENT MEALS

Having separate meals reduces the likelihood of both pilots falling ill simultaneously from potential food contamination. This precaution is vital for maintaining the aircraft's safety during flights.



network

# Kenya Airways routes

## DISTANCE FROM NAIROBI TO:

Abidjan	4600km	Kilimanjaro	234km
Accra	4194km	Kinshasa	2412km
Addis Ababa	1157km	Kisumu	280km
Amsterdam	6662km	Lagos	3835km
Antananarivo	2250km	Lilongwe	1422km
Bangui	2143km	Livingstone	2192km
Bujumbura	875km	London	6828km
Cape Town	4087km	Lubumbashi	1539km
Dakar	6205km	Lusaka	1808km
Dar es Salaam	665km	Mauritius	3093km
Douala	3084km	Mombasa	422km
Dubai	3548km	Monrovia	5321km
Dzaoudzi	1569km	Moroni	1344km
Entebbe	521km	Mumbai	4531km
Freetown	5668km	Nampula	1547km
Guangzhou	8684km	Ndola	1581km
Harare	1945km	New York	11,844km
Johannesburg	2900km	Paris	5368km
Juba	905km	Seychelles	2100km
Khartoum	1931km	Victoria Falls	2216km
Kigali	759km	Zanzibar	599km

SOURCE: AIRMILES.CALCULATOR.COM. DESTINATIONS AS AT JULY 2023

## The KQ top 5

We celebrate the tallest, smallest, fastest, slowest and more across the Kenya Airways network...

### This issue: Most expensive footballers

#### 1 USA: THIAGO ALMADA

The MLS isn't known for its mega transfer fees. Despite several high-profile players heading to the US, they have mostly arrived for free. Not least Lionel Messi who is set to join Inter Miami. His salary, though, is a different matter – a reported US\$54m per year. In 2022 Argentine attacking midfielder Thiago Almada joined Atlanta for US\$16m from Argentine side Vélez Sarsfield; Almada has since won the World Cup – the first MLS player to do so.

#### 2 ENGLAND: ENZO FERNANDEZ

The World Cup winning Argentine midfielder moved to Chelsea in January this year, with his former club Benfica pocketing a cool £106.8m (US\$137m) – a record outlay for the English Premier League.

#### 3 SOUTH AFRICA: MARCELO ALLENDE

Africa doesn't eat at the top table when it comes to transfer fees – Chile midfielder Marcelo Allende commanded

the continent's highest when he joined South Africa's Mamelodi Sundowns in 2022 for R51m (US\$2.7m) On the flipside, African players do. Ivory Coast winger Nicolas Pépé became Africa's most expensive player when Arsenal splurged £72m (US\$92m) to bring him to London from Lille.

#### 4 CHINA: OSCAR

In 2016 China started splashing the cash as it looked to attract stars to its Super League. Top of the pile was the £54m (US\$69m) Shanghai SIPG paid for Chelsea midfielder Oscar. The Brazilian helped the team to their first league title in 2018.

#### 5 FRANCE: NEYMAR

In 2017 Brazilian talisman Neymar swapped Barcelona for PSG in an eye-watering €222m (\$242m) deal, making him the most expensive footballer ever. Since when he has helped himself to 118 goals in 173 appearance and five Ligue 1 titles.



ASSOCIATED PRESS/ALAMY STOCK PHOTO

1



MARK PAN/ALAMY STOCK PHOTO

2



PAN AFRICA FOOTBALL/INSTAGRAM: PANAFRICAFOOTBALL

3



UK SPORTS PICS LTD/ALAMY STOCK PHOTO

4



A.TAQUALITY/SHUTTERSTOCK.COM

5

International routes

Domestic routes

Regional routes

## IN GRAND STYLE

FEEL AND LOOK GOOD WITH THESE LATEST OFFERINGS FROM OUR ON-BOARD COLLECTION



### HIS AND HERS WATCHES:

#### BOSS ALLURE WATCH

With an eye-catching design that recalls vintage driving watches, the Boss Allure is the choice for men who like their style to stand out. This timepiece, with date function, features a ghosted third sub-eye, tachymeter-print bezel and a reflector ring with minute-tracking for a sporty look and feel. It comes with a perforated leather strap to further enhance the vintage racing aesthetic. Water-resistant to 5 ATM. Two-year international warranty.



#### CAROLINA HERRERA GOOD GIRL

Eau de Parfum 50ml  
Reveal your good side through the luminous facet of tuberose and the best-quality sambac jasmine. Dare your bad side through addictive notes of roasted tonka beans and cocoa. It's so good to be bad!

**FRAGRANCE NOTES:** Floral



### HIS AND HERS FRAGRANCES:

#### CAROLINA HERRERA BAD BOY EXTREME

Eau de Parfum 50ml  
Bad Boy Extreme is a fiery evolution of the iconic Bad Boy scent that expresses the burning bond of brotherhood.

**FRAGRANCE NOTES:** Woody – Aromatic



### KENYA AIRWAYS EXCLUSIVE

#### BELLE & BEAU BLACK MESH MOMENTS WATCH SET

Make every moment count. This mesh watch with its minimalist design makes it perfect for everyday styling. Or choose to make a statement and pair it with the matching rose-gold bangle set with jetblack crystals – the perfect partner to this stunning watch. The watch strap is easily adjusted, so it will fit all sizes. This stylish ladies' gift set is sure to make an impact. Presented in a ready-to-give gift box. One-year international warranty.



NOTE: SOME PRODUCTS ARE ONLY AVAILABLE ON SELECTED AIRCRAFT TYPES



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**MARLAY PEARLS & BEADS NECKLACE AND BRACELET SET**

Introducing the epitome of elegance and ease – our Golden Beach set! With its classic pearl design paired with gold-plated details, this set adds sparkle to your everyday look.

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Necklace length: 40 + 5 cm;  
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This eco-friendly power bank is made from 100% recycled material and charges your iPhone, tablet or laptop via its Qi-compatible wireless and Magsafe function. The power bank also features USB-type C connection for wired charging. Don't leave home without it.



**\$45**

## KQ Cinema

Choose from a host of new on-board content – there’s some 80 movies, 55 TV programmes and 1000 music tracks for you to enjoy

### THE MENU

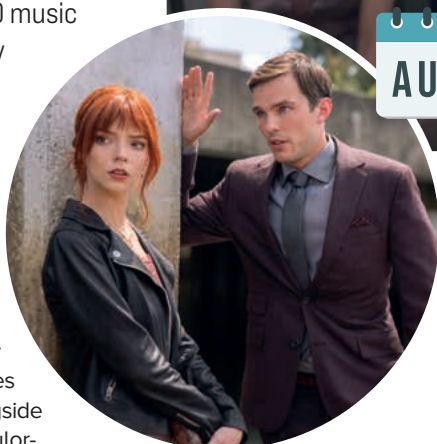
**COMEDY-HORROR**

Directed by Mark Mylod and written by Seth Reiss and Will Tracy, *The Menu* is a 2022 American comedy-horror film starring Ralph Fiennes as a celebrity chef, alongside Nicholas Hoult, Anya Taylor-Joy and Janet McTeer, who play diners attending Chef’s exclusive restaurant.

A group of wealthy gourmet lovers with demanding palates arrive for an evening at the exclusive culinary restaurant run by the famous chef Julian Slowik. Tyler (Hoult), an obsessive gastronome,

brings his uninterested plus-one Margot (Taylor-Joy). However, as the prosperous diners begin their meal, it becomes quite clear that fine dining is not the only thing that Chef Julian has on the menu.

Are you ready for Julian’s creative madness?



### EMPIRE OF LIGHT

**ROMANTIC-DRAMA**

Set in an English coastal town in the early 1980s, *Empire of Light* is a British romantic-drama about the power of human connection during turbulent times. Written and directed by Sam Mendes, it stars Olivia Colman, Colin Firth and Michael Ward.

Hilary (Colman) is a cinema manager struggling with her mental health and Stephen (Ward) is a new employee longing to escape the provincial town where he faces daily adversity.

Together, they find a sense of belonging through the healing power of cinema and community.



### MAGIC MIKE'S LAST DANCE

**COMEDY-DRAMA**

Directed by Steven Soderbergh, *Magic Mike's Last Dance* is a comedy-drama starring Channing Tatum, Salma Hayek and Ayub Khan-Din. Mike takes to the stage again, following a business deal that went bust, leaving him broke and taking bartender gigs in Florida. He heads to London with a wealthy socialite, who lures Mike with an offer he can't refuse. With everything on the line, will Mike realise her agenda?



TV Enjoy programmes, from comedy shows **B Positive** and **Fuller House** to **Planet Terra** documentaries and drama hits **Grey's Anatomy** and **All Rise**. If reality is more your thing, try **The World's Most Extraordinary Homes** or **First Dates**. For sport lovers, there's **The Greatest of All Time** or the **Polo Rider Cup 2022**.



SEPT

## AVATAR: THE WAY OF WATER

SCIENCE FICTION

Directed by James Cameron and written by Cameron, Rick Jaffa and Amanda Silver, *Avatar: The Way of Water* is an American epic science fiction film. Starring Sam Worthington as Jake Sully alongside Zoe Saldana as Neytiri.

Several years after the Na'vi repelled the RDA invasion, Jake Sully lives with his newfound family formed on the extrasolar moon Pandora. Once a familiar threat returns to finish what was previously started, Jake must work with Neytiri and the army of the Na'vi race to protect their home.

It's been 13 years since the release of the first *Avatar* film. Are you ready to return to Pandora?

## CHEVALIER

BIOGRAPHICAL-DRAMA

SEPT

*Chevalier* is a biographical-drama inspired by the incredible true story of composer Joseph Bologne, Chevalier de Saint-Georges. Starring Kelvin Harrison Jr, Samara Weaving and Lucy Boynton, *Chevalier* is written by Stefani Robinson and directed by Stephen Williams.

The illegitimate son of an African slave and a French plantation owner, Bologne (Harrison Jr) rises to improbable heights in French society as a celebrated violinist-composer and fencer, complete with an ill-fated love affair and a falling out with Marie Antoinette (Boynton) herself and her court.



## SIMULANT

SCIENCE FICTION

SEPT

Directed by April Mullen and written by Ryan Christopher Churchill, *Simulant* is a sci-fi murder mystery starring Robbie Amell, Jordana Brewster and Simu Liu. Set in the near future, a humanoid enlists a global hacker to remove all restrictions on his thoughts and capabilities, triggering an AI uprising and a government manhunt to eliminate the rise of the machine consciousness. Will the government stop them?

TV Enjoy our huge selection of TV programmes from comedy shows **Powerless**, **Living Biblically** and **Call Me Kat**, to drama hits **All American: Homecoming** and **Lucifer**. If reality and lifestyle is more your thing, catch up on **The World's Most Extraordinary Homes**, or follow Paris Hilton as she plans her own wedding in **Paris in Love**. **Nadiya's American Adventure** is great if you are interested in vibrant American cuisines. Or perhaps you are curious about designs that shaped our lives? If so, tune into **The Genius of Design**.

SEPT





## RELAX, REFRESH AND REFUEL IN SKYTEAM'S BRANDED LOUNGES

ENJOY HIGH-CLASS HOSPITALITY AT MORE THAN 750 SKYTEAM LOUNGES AROUND THE WORLD

If your schedule has you in the air as much as on the ground, it's good to know that a warm welcome awaits in SkyTeam's growing number of branded airport lounges. Available in Dubai, Istanbul, Santiago de Chile, São Paulo, Sydney and Vancouver, you'll find delicious meals, necessities like Wi-Fi, charging stations and showers – and a welcome retreat from the busy terminal.

### BEM VINDOS!

SkyTeam has partnered with Global Lounge Network to open our newest lounge in São Paulo, our second in South America. Step inside and you'll find an eye-catching central bar where you can enjoy a selection of wines, beers and spirits served by our bartender. If you're hungry, there is a self-service buffet, where you can also help yourself to teas, coffees and soft drinks, and an à la carte menu bursting with fresh local flavours that can be ordered from your phone.

Like all SkyTeam lounges, we've designed the space to be more sustainable. This includes using renewable, low-emission materials and installing smart technology to manage lighting and water saving devices in restrooms and showers.

The São Paulo lounge in Terminal 2 is open 24/7 and seats 180 guests. It is available for eligible Aeromexico and Air Europa customers.

### MORE SUSTAINABLE

In Vancouver, SkyTeam's lounge is a YVR Green Partner, working with Sea Island to reduce our

environmental footprint. And SkyTeam's Sydney lounge has been recently renovated with a focus on greater sustainability, such as reupholstering the seating with GREENGUARD-certified fabric and installing movement-sensor technology to manage lighting.

### FRESH TASTES

In all SkyTeam's lounges, you can enjoy a selection of hot and cold international dishes from the buffet. À la carte menus and live cooking stations are on offer in select locations and all dishes are created using locally sourced produce to help reduce food miles. If you're flying from Istanbul, make time to sample the delicious Turkish pide (flatbread) and Italian pizzas cooked to order by our in-house chef. In Santiago de Chile, delicious empanadas are on the menu, now accompanied by a selection of Chilean wines.

SkyTeam and its members offer a global network of 750+ airport lounges for Elite Plus and First and Business Class customers flying on international SkyTeam-operated flights or with same-day connections to/from a SkyTeam-operated flight.

SkyTeam is the 19-member airline alliance. Find out more about news, services and upcoming events on [skyteam.com](http://skyteam.com)



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- AEROMEXICO
- Air Europa
- AIRFRANCE
- CHINA AIRLINES
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- DELTA
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- SAUDIA
- TANDEM
- Vietnam Airlines
- virginatlantic
- XIAMENAIR

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### Guess where answer (from page 67): **Lilongwe, Malawi**

The Nayau dancers are a 'secret' society found in villages around Malawi. Their energetic dances involve intricate footwork and flinging dust into the air and each responds to specific drum beats or songs depending on their mask type or character. *Gule Wamkulu* means 'Great Dance in Chewa'. ➔ For more information about Lilongwe, go to [www.kenya-airways.com/en-ke/flights-to-lilongwe](http://www.kenya-airways.com/en-ke/flights-to-lilongwe)



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**CARGO**

## HANG OUT WITH MOUNTAIN GORILLAS

Cloaked in mist-covered forests on the edge of the Great Rift Valley, Uganda's Bwindi Impenetrable National Park protects an estimated 459 mountain gorillas – roughly half of the world's population. Several habituated groups can be tracked – a thrilling wildlife experience in which you'll trek through a verdant realm of ferns and lichen-clad trees to spend an hour in the company of these gentle great apes. Gorilla trekking is possible in Bwindi year round, but the best times to go are June to August and December to February when the forest trails are drier and less slippery.



Kenya Airways has daily flights to Entebbe. The main gorilla trekking trailhead, Buhoma, can be reached by road from here in around eight hours, or three if you're travelling from Queen Elizabeth National Park.



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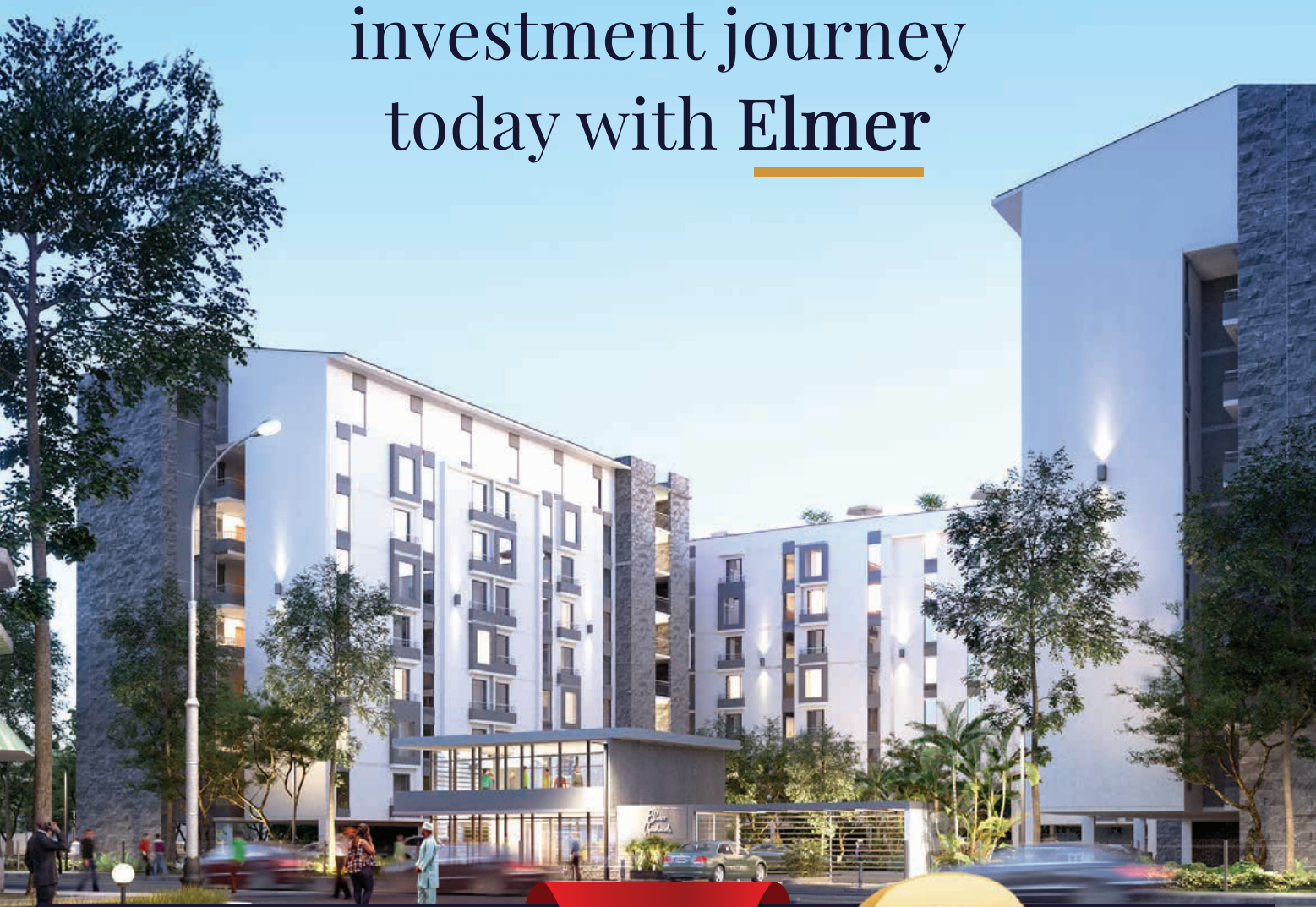
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