

FREE TO TAKE HOME

 **Kenya Airways**  
The Pride of Africa

# msafiri

ENRICHING LIFE'S JOURNEYS

APRIL-MAY 2025 | ISSUE 190

## FEELING GOOD!

FITNESS, SKINCARE  
& GREAT FOOD

## STYLE CONSCIOUS

SUSTAINABILITY IN  
AFRICAN FASHION

## BUILDING BETTER

AFRICAN ARCHITECTS  
DESIGNING RESPONSIBLY

# PROTECTING OUR MARINE HERITAGE

*Conservation in the Seychelles*





# Say Yes to Island Luxury



Fly from Nairobi to Seychelles  
5x weekly

UP TO  
**15%**  
DISCOUNT

Use promo code:  
**FIRMSEZ**



[www.kenya-airways.com](http://www.kenya-airways.com)



@KenyaAirways



KQ mobile

**K** Kenya Airways SKYTEAM  
*The Pride of Africa*





**On the cover:**  
A green turtle  
feeds on sea grass  
in the Seychelles.  
Photo courtesy  
of Four Seasons  
Seychelles

# msafiri

## ENRICHING LIFE'S JOURNEYS

**MSAFIRI IS THE OFFICIAL MAGAZINE OF  
KENYA AIRWAYS – THE PRIDE OF AFRICA**

*msafiri* is available in print on all KQ flights. It is also published in digital format and can be read directly on [www.msafirimag.com](http://www.msafirimag.com) or via our app. Simply search for 'msafiri magazine' on your usual App Store (for iOS, Android or Kindle). It is also available at [www.pocketmags.com](http://www.pocketmags.com) and [www.zinio.com](http://www.zinio.com). *msafiri* is published by Gecko Publishing for Kenya Airways.



Tel: +254 (0)20 642 2000,  
Email: [msafiri@kenya-airways.com](mailto:msafiri@kenya-airways.com)  
[www.kenya-airways.com](http://www.kenya-airways.com)

Head of Communications: Henry Okatch  
External Communications Manager: Vivienne Namadoa Atieno

**Advertising:** Ascent Group  
Tel: +254 (0)11 000 2001  
Email: [msafiri@ascentgroup.co.ke](mailto:msafiri@ascentgroup.co.ke)  
Projects coordinator: Caroline Wairimu, [caroline.wairimu@ascentgroup.co.ke](mailto:caroline.wairimu@ascentgroup.co.ke)



For all editorial matters, please email  
[msafiri@geckomags.com](mailto:msafiri@geckomags.com)

**Contributors:** Harriet Akinyi, Tom Bailey, Jada Diella, Mark Jacobs, Sarah Kingdom, Fiona McIntosh, Peter Muiruri, Lutawo Ouma, Karen Overton, Paul Udoto and Josaya Wasonga

**PLEASE NOTE:**  
Information on events and opening times in this issue is susceptible to change. Readers are advised to contact outlets to check availability before planning visits or booking travel.



© Gecko Publishing Ltd and individual contributors. No part of the contents may be reproduced or stored in a retrievable system without prior written permission from the publishers. All advertisements and non-commissioned text are taken in good faith. While every care is taken to ensure accuracy in preparing the magazine, the publisher and Kenya Airways assume no responsibility in effects risen therefrom. The opinions expressed in this publication are not necessarily those of the editor or any other organisation associated with this publication. No liability can be accepted for any inaccuracies or omissions. Material is submitted at the sender's risk and the publishers and Kenya Airways cannot accept responsibility for accidental loss or damage.

ISSN: 0251-0340 (print), 2046-1836 (digital)

# karibu

## DEAR READER

Kenya Airways continues to achieve key milestones, reinforcing our commitment to growth, efficiency and customer satisfaction. Our fleet has expanded with the addition of a 170-seat Boeing 737-800, bringing our total to 35 aircraft. We are in discussions to further expand our fleet, ensuring top-tier service for our customers.

KQ Cargo has been named Highly Acclaimed African Air Cargo Airline of the Year at the Air Cargo Africa Conference 2025, a testament to our leadership in cargo operations from Nairobi's JKIA.

We have strengthened our global connectivity by extending our codeshare agreement with Air India, offering seamless travel across Africa and Asia, and from 2 July we will launch a new Nairobi-London Gatwick route, providing a convenient alternative for travellers to the UK.

Our Fly Kenya initiative is driving greater adoption of national carrier-supported official travel, ensuring sustainability and efficiency in government service delivery. Meanwhile, our landmark partnership with London Metropolitan University will revolutionise aviation education, providing our employees with industry-leading training.

We are also proud to renew our partnership as the official airline for the Magical Kenya Open 2025, further promoting sports tourism. Additionally, our collaboration with Standard Chartered Bank will enhance customer experience through exclusive travel benefits.

At KQ, we remain dedicated to innovation and excellence. Thank you for flying The Pride of Africa and trusting your travel plans with us.

*Allan*

**ALLAN KILAVUKA** GROUP MANAGING DIRECTOR AND 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).**

## WORLD TRAVEL AWARDS 2024

Kenya Airways won Africa's Leading Airline, Africa's Leading Airline – Business Class, Africa's Leading Airline Brand and Africa's Leading Inflight Magazine for *msafiri* at the 2024 World Travel Awards.



Free to  
**TAKE  
HOME**





# MADE TO MEASURE

## TAILORED

### Shopfitting Solutions for your business

We create customized  
shopfittings that enhance  
functionality, attract customers,  
and reflect brand identity.



cohesive and engaging shopping experience that resonates with your audience. We understand that first impressions matter, and our innovative designs help your business stand out in a competitive market. Experience the transformative magic of Ashut's Shopfitting solutions today and elevate your retail space to new heights, driving success and customer loyalty!



At Ashut, we take pride in our bespoke shopfittings that maximize every inch of your retail space. Our expertly crafted designs enhance functionality while maintaining an elegant style, creating visually stunning environments that captivate customers and encourage repeat visits. Each solution is tailored to align perfectly with your brand identity, ensuring a







**MADE TO  
MEASURE**

# TAILORED WAREHOUSE SOLUTIONS

Ashut Engineers offer personalized warehouse solutions designed to fit your unique storage and business needs. Our services include a range of options such as racking systems, shelving, optimization tools, and mezzanine floors, all tailored to enhance your operational efficiency and maximize your space utilization.

## Visit Our Showrooms:



Nyahera Road, Off Lunga Lungu



Binaa Complex, Opposite Hillcrest School, Karen

## Contact Us:

0106 000 007 | 0715 416 844

[enquiries@ashut.com](mailto:enquiries@ashut.com)





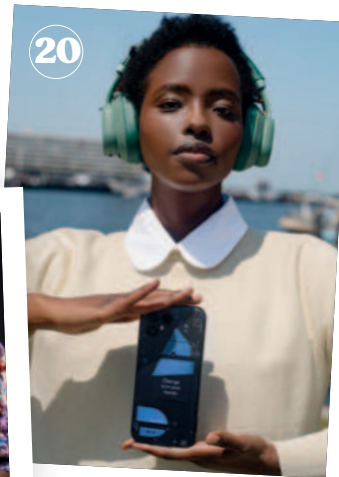
# CONTENTS

ISSUE 190 | APRIL - MAY 2025

16



20



In this issue of *msafiri* we're shining the spotlight on wellbeing and sustainability, two things close to our heart here at Kenya Airways

## 8 EARTH MATTERS

How a Kenyan safari can be good for you and the environment

## 10 TRAILBLAZERS

Three entrepreneurs helping people through wellbeing projects

## 12 TALK OF THE TOWN

Josaya Wasonga on getting fit in Nairobi

## 14 FEELING GOOD

Our new wellbeing columnist Jada Diella talks skincare

## 16 KENYAN PEOPLE

Meet Jackson Muchina, 'The Bike Guy'

## 17 REGULAR FLYER

Mark Jacobs from SEED Madagascar

## 18 LIFE

Mental health matters

## 20 GADGETS

Tech made from recycled materials

## 22 INTERVIEW

Lucy Chepchumba from the Good Kenyan Foundation

14



24



## FEATURES

### 24 COME ON IN!

South Africa's best cold-water dips and forest-bathing spots

### 28 STYLE WITH CONSCIENCE

The rise of sustainable fashion on African catwalks

### 34 MARATHON MAN

Russ Cook, the man who ran the length of Africa

### 40 THE SILENT TREATMENT

Are electric vehicles the future when it comes to African safaris?

### 54 REEF RELIEF

Turtle conservation and coral restoration in the Seychelles

### 60 BUILDING BETTER

Sustainable structures designed by Francis Kéré and Eric David Loki



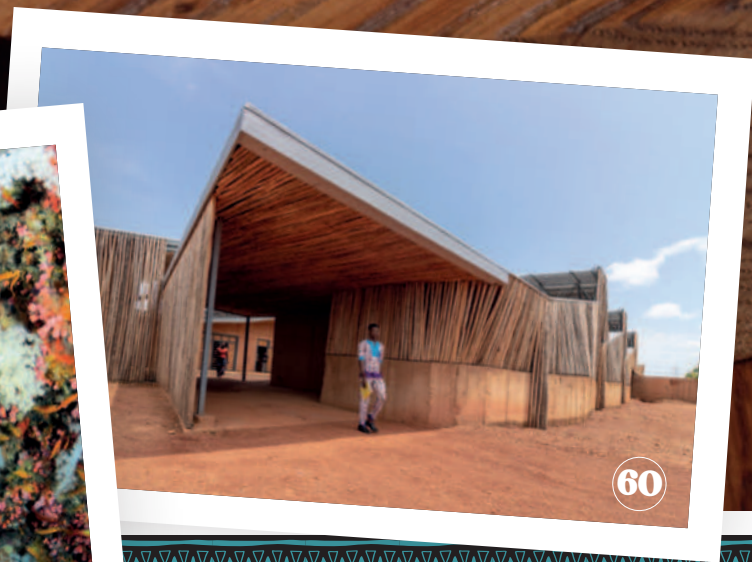


**KUSAFIRI** **67**  
 Route map,  
 destination guides,  
 fleet information, healthy  
 travel, behind-the-  
 scenes insight and  
 news from Kenya  
 Airways



# 46 COOKING UP A STORM

Get a flavour of the three West African chefs shaking up the dining scene in London with their healthy and innovative cuisine



JOHN CAREY

## NATURAL GOODNESS

## SAFARI SO GOOD FOR YOU

Discovering the healing power of nature safaris

**B**eyond the allure of the Big Five and the annual wildebeest migration lies a profound truth: Kenya is not just a destination for adventure but also a sanctuary for wellness and healing. Kenya offers unparalleled opportunities for rejuvenation, mindfulness and connection with nature. From coastal retreats to eco-lodges, the country is a prime location for holistic healing.

## NATURE'S THERAPY

In today's fast-paced world, the restorative power of nature has never been more vital. Kenya's national parks and conservancies provide a refuge for those seeking to reconnect with themselves. Time spent in nature reduces stress, enhances mental clarity and builds emotional resilience. Kenya's vast savannahs, lush forests and serene coastline offer the perfect backdrop for healing, one breathtaking view at a time.

## WELLNESS ACTIVITIES

Kenya's safari experiences transcend traditional game drives, incorporating wellness-focused activities that nourish the body and soul:

- **Walking Safaris:** Explore the wilderness on foot in areas like Laikipia and Lewa Conservancy, where guided walks bring visitors closer to nature.
- **Bush Yoga and Meditation:** Camps such as Angama Mara and Segera Retreat offer yoga and meditation sessions amidst stunning landscapes, enhanced by the natural symphony of birdsong and rustling leaves.
- **Stargazing:** Unpolluted skies in Tsavo and Samburu create awe-inspiring settings for stargazing, sparking introspection and wonder.
- **Spa and Aromatherapy:** Luxury resorts such as Giraffe Manor and Hemingways Nairobi feature spa treatments using Kenyan herbs and essential oils for relaxation and rejuvenation.

## TRADITIONAL HEALING PRACTICES:

- **Loita Hills:** Learn about the Maasai's rich knowledge of medicinal plants and healing rituals during guided tours.
- **Pokot and Samburu Regions:** Experience authentic traditional healing ceremonies featuring chants, dances, and herbal remedies.

## GETTING INVOLVED

Kenya's commitment to conservation enriches the wellness experience, fostering a sense of purpose. Visitors can participate in conservation activities such as tree planting and wildlife translocation, leaving with a sense of fulfilment. Engaging with local communities deepens cultural appreciation and empathy, showcasing how sustainable tourism uplifts lives and protects ecosystems.

## KENYAN LODGES INTEGRATING WELLNESS &amp; CONSERVATION:

## STAY WELL

**Giraffe Manor (Nairobi):** Renowned for its iconic breakfasts with giraffes, the manor provides a serene connection with nature. **Cottar's 1920s Camp (Maasai Mara):** The Wellness Tent here offers massages, facials, and reflexology. **Sanctuary Olonana (Maasai Mara):** Enjoy forest-bathing, riverside meditation, and spa treatments using natural products. **Oi Lentille Lodge (Laikipia County):** This lodge features yoga, spa treatments, and nature walks while supporting the local Maasai community.

## HEALING DESTINATIONS

Kenya's protected areas offer unique wellness experiences



FOTOBIN / SHUTTERSTOCK.COM



## MAASAI MARA NATIONAL RESERVE

The Mara's vast horizons and abundant wildlife foster mindfulness. Enjoy sundowners by the Mara River or hot-air balloon rides at sunrise for moments of peace.



## AMBOSELI NATIONAL PARK

With Mount Kilimanjaro as a backdrop, Amboseli inspires reflection and resilience. Its quiet charm and open spaces create a calming atmosphere.



## CHYULU HILLS NATIONAL PARK

Offers guided treks and horseback rides through pristine landscapes.



## NAIROBI NATIONAL PARK

This unique urban sanctuary offers tranquility minutes from the bustling city, with game drives and picnics set against Nairobi's skyline



## HELL'S GATE NATIONAL PARK

Famous for its dramatic cliffs, Hell's Gate offers activities like rock climbing, cycling, and walking safaris, complemented by soothing hot springs in Olkaria





WORDS: PAUL UDOTO, @PAULUDOTO



Sun worship:  
Yoga at dawn, Elewana

**“Emboo is more than a safari – it’s the start of something legendary. Picture the lion’s roar at sunrise during your savannah run, farm-to-fork feasts from vertical gardens, and gliding silently in electric Land Rovers. It’s stories shared around the fire, Maasai songs filling the air, and a clear African sky reminding you of your place in the universe. Emboo is a journey through soil and soul.”**



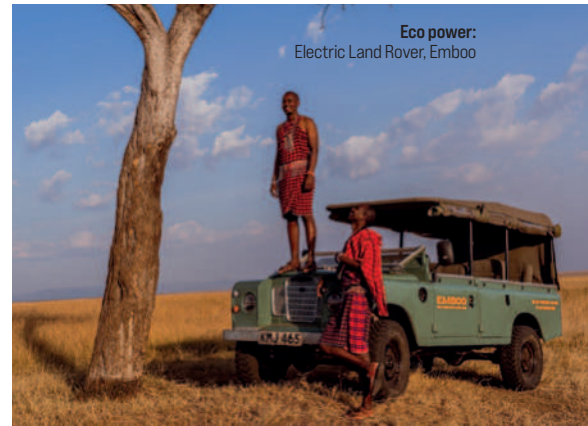
VALERY SUPER CEO OF EMBOO RIVER CAMP IN THE MAASAI MARA

**“At Elewana, we understand that the hurried pace of modern life has shifted the way we travel. As more discerning travellers seek sanctuary to reset both physically and mentally, we offer immersive safaris designed to centre the soul and rejuvenate the mind and body. We remain guided by the belief that true wellness is a holistic experience, woven into every detail of the stay – from wellness activities and outdoor treatments to healthy, locally sourced cuisine. In peaceful and inspiring wilderness settings, Elewana helps guests reconnect with nature, finding balance through restorative rituals and mindful activities that nourish body, mind and spirit.”**



ALINA HAQ DIRECTOR OF MARKETING AND COMMUNICATIONS, ELEWANA COLLECTION

Eco power:  
Electric Land Rover, Emboo



#### KARURA FOREST (NAIROBI)

This urban forest offers walking and cycling trails, picnic spots, and waterfalls, providing an easily accessible nature retreat.



#### LAKE BOGORIA HOT SPRINGS

Soak in the therapeutic geothermal waters believed to ease joint pain and improve circulation.



#### ABERDARE NATIONAL PARK

Misty forests, waterfalls, and tree-top lodges like The Ark offer a cool, immersive retreat.



#### LAKE MAGADI

Known for its soda-rich waters and mud, Lake Magadi offers a unique opportunity to indulge in natural skin therapy.



#### LAKE NAKURU NATIONAL PARK

This serene birdwatcher's haven, with its famous flamingos, provides quiet spots for relaxation and reflection.



#### OLKARIA GEOTHERMAL SPA

Located within Hell's Gate National Park, Olkaria features hot pools filled with therapeutic waters. The spa's geothermal steam baths are perfect for relaxation and detoxification.



#### COASTAL WELLNESS RETREATS

Diani Beach, Watamu, Malindi, and Lamu Island among others, offer serene wellness retreats featuring yoga, meditation, spa treatments and organic dining.





## LET'S TALK POSITIVITY

## GOOD VIBES

Meet three entrepreneurs helping people through innovative wellbeing projects in Africa

**Isabelle Lydia Masozera**  
 MASOZERA AFRICA, RWANDA | MASOZERA.COM

Following her divorce, Isabelle Masozera desperately searched for resources to help her navigate through the emotional and mental toll. She only found glaring gaps.

"Health resources were scarce and therapy services expensive. The stigma surrounding divorce only deepened the isolation," she says.

Isabelle envisioned a space where African women could find healing and empowerment, share their stories, and break free from cycles that held them back. Her passion for creating safe and empathetic spaces was reignited when a mental health expert spoke to her about grief, pain and the importance of collective healing. "Pain is personal," she was told.

Masozera Africa, a holistic, digital and physical community was founded in 2020 in honour of her late father, Fred Masozera, who was a staunch advocate for gender equality and women's rights. Initially, it focused on working-class women who needed mental health support, but feared seeking it due to privacy concerns and professional reputations.

Today, Masozera Africa provides articles, podcasts and videos on mental health, lifestyle, motherhood, trauma, career development and community building through online platforms, support groups and events. It is an ecosystem that goes beyond mental health support. "We offer sexual wellness workshops, financial literacy programs and a range of resources to help women thrive. My promise to myself during my darkest moments was to create something meaningful for African women," says Isabelle.

**Roy Timbiti**  
 FITNESS AND NUTRITION COACH, KENYA  
 ILLIMITABLE-FITNESS (TIKTOK)

Over 10 years ago, Roy Timbiti was stuck in a cycle of unhealthy habits that affected his self-confidence. He was bulky, at 98kg, an asthmatic and suffering from sinusitis.

"One evening in 2020, I had a conversation with myself on how badly I wanted that extra weight gone."

Within two months of intense training and lifestyle changes, Roy shed 20kg. His moods improved and he regained his self-confidence and mental clarity. Friends who saw the changes were intrigued. Roy turned their enquiries into a business idea.

For the last five years, he has helped many people get on the road to self-esteem through a fitness and wellness journey. "I challenge them to be the best versions of themselves," he says.

Roy also runs a modern male podcast and masculinity mentorship programme to "build a community of all-rounded, well-mannered, purposeful and masculine men". He hopes it will guide youngsters to become strong, compassionate men who embrace their masculinity in a society where men are emasculated.

**Carolyn Zeitler**  
 TRUST YOUR TRUTH, ZANZIBAR  
 WOMENWHOIMPACT.CO/TRUST-YOUR-TRUTH-RETREAT

Carolyn Zeitler is a citizen of the world. At the age of 20, she left Germany to spend a year in Australia where she bought a motorcycle and just started riding! "It was the ultimate freedom," she says.

Then, in 2006, she went to live in England and, a year later, Qatar, working with women to create equal opportunities through the How Women Work initiative. In 2016, she moved to Malta and worked online to coach entrepreneurs and ghost-write business books. Four years later, in Brazil, she worked on 'New Earth', a "sustainable and equitable way of living that combined ancient wisdom with modern technology".

May 2024 saw Carolyn launch Trust Your Truth in Zanzibar – an "immersive retreat for women who want to make an impact". The theme of the retreat means one must listen to intuition and follow what one knows to be true. "Build the life of your dreams, make a positive impact by the way you live and work."

Zanzibar has the ideal environment for a retreat with its lush nature, white sandy beaches and turquoise waters. "The slower pace of life helps people to relax as soon as they get to the island," says Carolyn, a dance therapist who uses movement as a form of expression.

"Only inner truth can really guide us because each of us is unique. Recognise that voice of inner truth and let it guide you," she says.





# The Seychelles Islands

[www.seychelles.com](http://www.seychelles.com)



## Own a property in NBO



## Up to 20% ROI

Fully managed one stop shop

✉ [asset@yourhost.io](mailto:asset@yourhost.io)

☎ +254 710 844 362





## MUSCLE MAN

## CITY WORKOUT

How to keep fit in Nairobi, even if it means shifting bricks or jerry cans of water...

Last year, South African Nkululeko Dlamini, aka The King of Squats, visited Kenya. The fitness trainer is known for his vigorous aerobics workouts, which can cause weak knee sockets to pop out... and (so I'm reliably informed), flat butts to pop up.

When Nkululeko came calling, even certified couch potatoes emptied their bank accounts to endure his intense sessions. This was due to a couple of reasons. Firstly, if you want to sell a fad to Kenyans, do your homework. In Nkululeko's case, the exercises also gave ladies a BBL-esque shape. I guess it's (ahem) 'more pain, more posterior'. And secondly, in our good-old code two-five-four, it's not just about keeping fit, but more importantly about keeping up with the Joneses. Armed with a smartphone plus 10 itchy fingers, minus zero shame, everyone and their house-help is a content creator.

## BUILDING MUSCLE

From the way the Green City in the Sun almost came to a standstill when Nkululeko visited, you would think we're starved of gyms and fitness gurus. But nothing could be further from the truth. Nairobi has a gazillion gyms; from posh ones in upmarket areas to makeshift types in various neighbourhoods.

Full confession: I'm an irregular (okay, mostly a January joiner)

**IF YOU SEE A BUFF NAIROBIAN BOUNCER WHOSE BODY IS LOPSIDED, PLEASE CUT THAT GUY SOME SLACK. IT'S PROBABLY BECAUSE HE'S BEEN SWEATING (UNEQUAL) BRICKS IN A MAKESHIFT GYM**

at my estate's makeshift gym. We use bricks as weights, with an iron bar driven through the middle of them. The thing is, these weights are guesstimates. It's not an exact science. This means one must do an even number of sets, religiously rotating the weights for balance's sake – otherwise your body structure may become lopsided.

Dear tourists: if you see a buff Nairobi bouncer whose body is lopsided, or it seems like he ditched leg day, please cut that guy some slack. It's probably because he's been sweating (unequal) bricks in a makeshift gym.

When you're in the capital city and you're looking for the best place to run long and hard in fresh air, Karura Forest and Nairobi Arboretum are your safe bets. I've been to both places several times. What's good was that I didn't have to deal with

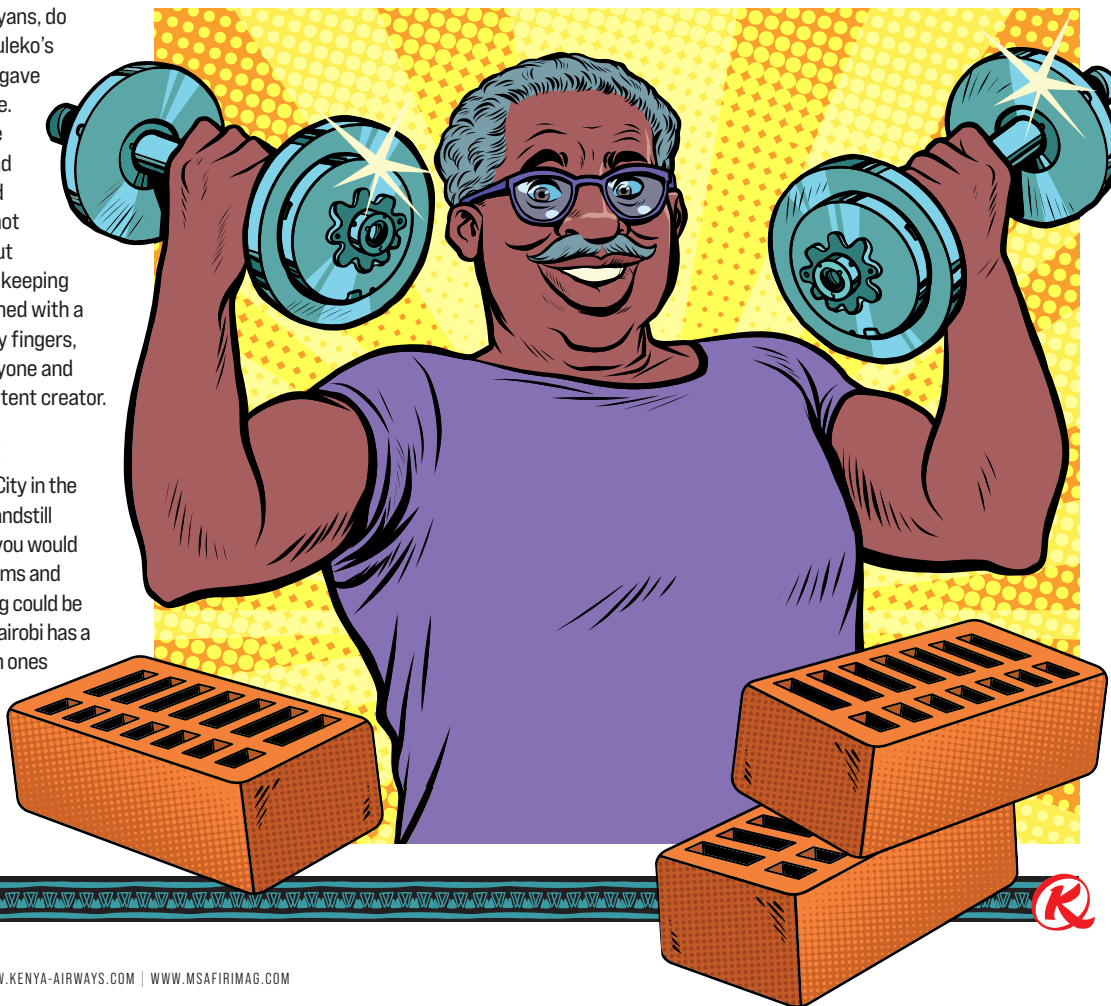
traffic gridlocks, matatu crews or boda boda riders.

## DROP BY DROP

When I'm not at my local gym, I make do with whatever situation has been thrown at me. Due to water rationing in the capital city, I fetch this precious commodity at a nearby water selling point, about 50m away. I make three trips every morning, with two 20-litre jerry cans per trip.

By the time I'm done, I feel like I've done a full body workout. For free. What's more, I don't even need to break the bank to keep fit. Talk about having a cheat code!

In Nairobi, when it comes to fitness, necessity is the mother of invention. From clocking 10,000 steps (on real or make-believe treadmills) on our balconies, to using the stairs of our apartments to burn calories, you make it work by any means necessary.





## Looking to buy a car?



### Sean Garstin Motors

Consult the professionals with your new and pre-owned requirements.  
Importers of quality used vehicles from Japan the UK and Thailand.

**Tel: 0715 002 323**

Sean Cell +254 722 513 143

Josphat Cell +254 722 301 494

Simon Cell +254 722 725 580

[www.seangarstinmotors.com](http://www.seangarstinmotors.com)

James Gichuru Road, Lavinton, Email: [sean@seangarstinmotors.com](mailto:sean@seangarstinmotors.com)



# msafiri

ENRICHING LIFE'S JOURNEYS

## 3 WAYS TO NEVER MISS AN ISSUE!

### 1. ON BOARD

You'll find a copy in your seat pocket on every flight. Take it home and share with friends.

### 2. SUBSCRIBE

Head to [msafirimag.com](http://msafirimag.com) and join our mailing list to receive each issue direct to your inbox

### 3. ON OUR APP

Take *msafiri* with you everywhere you go; available on both iOS and Android.

IT'S  
COMPLETELY  
FREE!

## SKINCARE

# HOW TO BE COMFORTABLE IN YOUR OWN SKIN

From KQ cabin crew to dermal and holistic therapist, our new wellbeing columnist, Jada Diella, has top tips for caring for your skin when flying

In my early 20s, I was happily globetrotting as a certified flight attendant, living my dream life. My skin glowed with youthfulness, a far cry from the acne-ridden teenager with a dented confidence. But nothing prepared me for the sleep disruption and the haphazard time zones, not to mention having to adapt to different climates in KQ's wide range of destinations. I would unashamedly munch on beef steak at 3am while passengers slept. I drank too much coffee and energy drinks. And I strayed from my regular skincare routine, spending money on skincare products that promised a heavenly glow, but rarely delivered. Sounds familiar? Well, I've since discovered that the two major culprits that destabilised my skin's wellbeing were dehydration and ultraviolet rays.

**YOU COULD ALSO USE A HYDRATING FULL-FACE SHEET MASK – LEAVE ON FOR 15 TO 30 MINUTES. AWKWARD? MAYBE, BUT YOUR SKIN WILL THANK YOU**

## THE SKIN SABOTEURS

Cabin air is filtered and recirculated giving it a low humidity of between 10% and 20%. This causes dehydration, leading to skin appearing dull and feeling tight. Consumption of sugary, caffeinated and alcoholic drinks further aggravates moisture loss.

Exposure to ultraviolet rays, meanwhile, increases with ascent. UVA rays penetrate deep into the dermis, damaging collagen and elastin fibres, leading to the formation of wrinkles, pigmentation, uneven skin texture and broken capillaries. UVB rays affect the outer layer of your skin, fostering DNA mutation and photoaging.

It follows, then, that when you travel by air, your objective should be to hydrate, strengthen and protect your skin barrier. Here's how...

## PRE-FLIGHT SKINCARE

Ahead of departure, make sure your skin is well-prepped. Your glow should not stop where your neck ends. Cleanse and exfoliate your body to unclog pores, improve skin texture and enhance absorption of skincare products. If using a granular exfoliator, do so at least 48 hours before travel to avoid hypersensitivity.

Chemical exfoliators (AHAs and BHAs) are gentler and safer to use on the day of travel. They contain enzymes and acids such as glycolic acid which gently dissolve bonds between dead skin cells, allowing them to come off without abrasion.

While skin is still damp, apply a rich moisturiser to seal in moisture, followed by sunscreen SPF30 for day travel.



## IN-FLIGHT SKINCARE

Start by sanitising your hands by washing them thoroughly. Cleanse your face using pre-packed cotton pads soaked in micellar water. Hydrogel eye patches will de-puff and hydrate the delicate eye area. Leave for 15-30 minutes. You could also use a hydrating full-face sheet mask. Awkward? Maybe, but your skin will thank you. Apply a light moisturiser and sunscreen for day travel or a rich moisturiser at night.







## 7 steps to pre-flight facial care

### 01 DOUBLE-CLEANSE

Use an oil-based cleanser to dissolve oily impurities, followed by a gentle deep cleanser formulated for your skin type that does not deplete your skin's natural oils.

### 02 TONE

Apply a hydrating toner containing emollients such as

glycerin or hyaluronic acid for moisture retention.

### 03 SERUMS

Vitamin C serum is full of antioxidants to protect your skin from free radicals and boost the efficacy of your sunscreen. Hyaluronic acid serum acts as a humectant, drawing moisture to your skin. Pat these on your face

and neck. Allow 10 minutes for penetration to deeper skin layers.

### 04 EYE CARE

Skin around the eyes is thin and requires gentle handling. Using your ring finger, apply eye cream. Active ingredients to look out for include vitamin C, vitamin E, ferulic acid and peptides to protect against cell damage and firm up sagging skin.

### 05 MOISTURISER

Use a rich skin-type specific moisturiser.

### 06 SUN PROTECT

Apply sunscreen SPF30 and above. Re-apply every 2 hours.

### 07 LIP CARE

Protect your lips with a lip balm containing SPF15. Re-apply as needed.

## POST-FLIGHT SKINCARE

You now have access to your checked-in products. Resume your normal skincare routine and most importantly re-balance your skin's pH with an alcohol-free toner. Follow up with your serums, moisturisers and sunscreen. Steer clear of hotel products as they may contain fragrances and preservatives which may trigger inflammation.

### My top three tips

1

Drink plenty of water before, during and after your flight.

2

Avoid makeup to prevent clogged pores and irritation. If you must, keep it light by substituting foundation for tinted sunscreen, and lip stains for coloured lip balm.

3

Pack your in-flight facial products in travel-size containers to avoid confiscation.



## THE MAN WHO RECYCLES BICYCLES

## WHEELS OF FORTUNE

Meet Jackson Muchina, an entrepreneur from Nakuru known as 'The Bike Guy'

While Kenya's growing passion for bicycles may be some way distant to that of Beijing or Amsterdam, the recycling and reusing of bikes from the UK is bringing more than simply pedal-powered pleasure to locals in the bustling city of Nakuru – it's also providing a vital link for young and old, from urban centre to more remote rural outpost.

With only 7% of Kenyans owning a car, the country's newfound drive appears to be behind two-wheeled vehicles... notably, the humble bicycle.

And in Nakuru, approximately 100 miles north-west of Nairobi in Kenya's Great Rift Valley, one man in particular is steering local people, of all ages, towards new destinations. They call him, simply enough, 'The Bike Guy'.

## BUSINESS WHEELS IN MOTION

"It all started for me in primary school when my dad bought me a bicycle from the UK," says 40-year-old Jackson Muchina – also known as CJ, owner of CJ EX-UK Bicycles. "Someone approached

me and asked if they could buy it," explains CJ. "My father had paid 3000 Kenyan shillings, and I sold it for 6000. Well... that was the start for me! I bought another, and the same thing happened again. I made a pledge that if someone offered me more than I had paid for a bike, I'd sell it."

In adulthood, CJ stepped up his entrepreneurial enterprise. Identifying bikes in the UK, he began working with agricultural importers to request that bicycles were added to shipping containers arriving into Kenya. "At first it was 20, then 30, and so on," says CJ. "Pretty soon they told me I would need to get my own container as I was occupying all the space!"

These days, The Bike Guy is the biggest importer of second-hand UK bikes in Kenya and the east of Africa,

taking in up to 4,000 cycles each year.

"It is a business that's come from a hobby, which is great," says CJ. "Mostly though, it plays a very important role

in children and adults being able to get around, because in Africa, movement is not an easy thing. Bicycles here are not a luxury, they are a means of transport, with most children using them to get to school, as the distances can be great."

## THE BENEFITS OF BIKES

Cycling can help protect against serious diseases, including, stroke, heart attack, diabetes and obesity. Recent research in the UK even showed a reduction in the risk of cancer by 45%.

"It's also free," says CJ. The acronym stands for Carol Jackson, in tribute to his wife who provided the financial support to set up the business. "We have a full refurbish and repair shop so once you buy a bike you can come back to get it maintained whenever you need to."

The busy nature of Nakuru City – whose population increases by 50% each decade – means safety is paramount, but that extends to the rural, village areas, where roads are poorly maintained.

"At the end of the day, for anyone who goes out on a bicycle, anywhere, it starts with safety," says CJ. "Once you have that, riding a bike is one of the happiest things you can do!"

**Below:** Reconditioning bikes in CJ's workshop in Nakuru

**Bottom:** A huge range of models are available, from children's starter bikes to adult road bikes

**Bottom left:** It's not surprising that Jackson Muchina, or CJ, has become known as The Bike Guy





Find out more about SEED Madagascar at [madagascar.co.uk](http://madagascar.co.uk)

**FREQUENT KQ FLYER?**  
Tell us your story!  
EMAIL US AT [MSAFIRI@GECKOMAGS.COM](mailto:MSAFIRI@GECKOMAGS.COM)



**This pic:** A community member participating in palm planting

**Left:** Beandry Primary School under construction

**Far left:** Students at Lycee Pôle Upper Secondary School sitting on new desk-benches



## SEED MADAGASCAR

# MARK JACOBS

Meet **Mark Jacobs**, managing director of SEED Madagascar, a regular passenger on our flights between London and Antananarivo



### 01 TELL US ABOUT SEED MADAGASCAR

SEED Madagascar is a UK-based charity dedicated to sustainable development and environmental conservation in southeast Madagascar. This year, we celebrate 25 years of empowering local communities in education, health, livelihoods, and environmental preservation. I've seen how our projects – building schools, improving sanitation, protecting endangered species, and promoting sustainable farming – create lasting impact.

What sets SEED Madagascar apart is our grassroots approach. We work closely with local communities to foster long-term change, equipping them with skills and knowledge for self-sufficiency. Sustainability is central to everything we do,

from conserving Madagascar's unique biodiversity to tackling deforestation and climate change. Our majority Malagasy team collaborates with international staff to strengthen community and environmental resilience. Whether through volunteering, donations, or partnerships, anyone can support SEED Madagascar to create positive change. Learn more at [madagascar.co.uk](http://madagascar.co.uk).

### 02 WHY MADAGASCAR?

Madagascar is one of the most biodiverse places on Earth, home to species found nowhere else. Despite its natural wealth, over 75% of the population lives below the poverty line, facing challenges such as deforestation and limited access to education and healthcare. Supporting Madagascar preserves its ecosystems while empowering communities to build better futures.

### 03 WHAT NEW PROJECTS ARE YOU WORKING ON THIS YEAR?

This year, SEED Madagascar is building two rural schools, complete with classrooms, improved water supplies, sanitation, teachers' housing, and solar lighting. We're also helping fishermen develop sustainable incomes through lobster fishing, and communities to generate revenue through honey

harvesting and embroidery sales. Our commitment to vulnerable groups continues as we provide food and support to mothers struggling with rising costs and drought. On the environmental front, we're focusing on reforestation, biodiversity conservation, and studying critically endangered lemurs and geckos.

### 04 WHAT DOES SUSTAINABILITY MEAN TO YOU?

Sustainability is about meeting today's needs without compromising future generations. It's about fostering long-term balance in environmental conservation, social equity, and economic development. At SEED Madagascar, sustainability underpins our work, from constructing schools that serve generations to promoting livelihoods that respect the environment. It's about fostering coexistence between people and nature to ensure lasting impact.

### 05 NEVER TRAVEL WITHOUT?

A reusable water bottle and eco-friendly toiletries to reduce waste, especially in remote areas. A good power bank ensures connectivity even off the grid. And, of course, an open mind and a sense of adventure are vital for connecting with new communities and cultures.

*New Flights* **STARTING JULY 2025** | NAIROBI-LONDON GATWICK



## NOTES TO MY FUTURE BETTER SELF

## 3 THINGS ABOUT MENTAL HEALTH I WISH I KNEW EARLIER

Why you should guard your mental health like your life depends on it

Mental health is a state of wellbeing in which a person realises his or her abilities, can cope with life's normal stresses, can work productively and can contribute to his or her community. It is not just the absence of mental disorders.

### THERE IS NO HEALTH WITHOUT MENTAL HEALTH

Health is a state of complete physical, mental and social wellbeing. Often times, we label individuals as healthy purely on the basis of their physical health. However, there is no health without mental health. Mental, physical and social health are strongly linked. Studies have shown that mental health significantly impacts physical health, and vice versa. Sometimes, mental illnesses manifest physically. Stress and anxiety can lead to headaches, digestive problems and poor sleep. They also cause the body to release stress hormones such as cortisol, which can cause an increase in heart rate and blood pressure. Poor mental health can also contribute to unhealthy behaviour or coping mechanisms like substance abuse, over- or under-eating, and lack of energy to engage in physical activity. These, in turn, can lead to impaired physical health. Prolonged durations of stress can weaken the immune system and alter hormone levels, leading to susceptibility to infections, as well as an increased risk of developing cancer. People with mental issues are more likely to have preventable physical illnesses, such as hypertension and other cardiovascular diseases.



**AFICHAYE UGONJWA HAPONI.**  
ONE WHO HIDES SICKNESS WILL NOT BE CURED

(SWAHILI PROVERB)





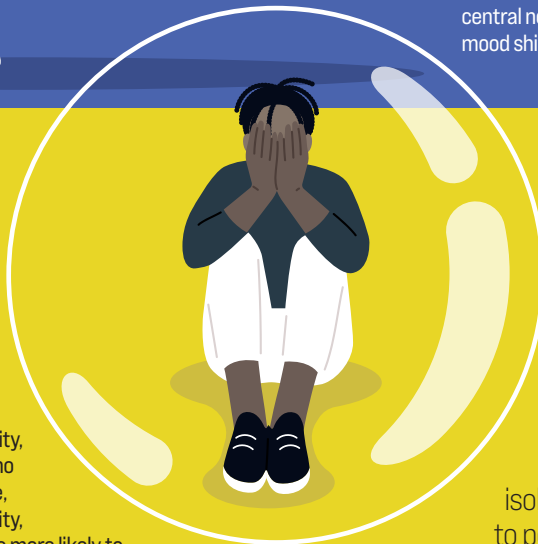


## THE BRAIN-GUT CONNECTION

Have you ever felt nauseous, a heartburn, or an urgent need to use the bathroom during or just before an exam, interview, presentation or other stressful situation? Turns out the brain and gut have an interesting intimate relationship. No wonder we feel 'butterflies in the stomach' during 'gut wrenching' conversations or situations, and sometimes we just 'go with our gut'. The brain and gut are like BFFs that gossip, whisper, send messages and even shout at each other. They communicate through signals via the enteric nervous system, aka the second brain, which comprises millions of nerve cells within the walls of the digestive system, from the oesophagus all the way to the rectum. Gut microbiota and their metabolites also influence the brain and mental health through the microbiota-gut-brain axis. It has for a long time been assumed that mental issues like anxiety and depression can lead to intestinal problems including stomach upsets, constipation and irritable bowel syndrome. Research has shown that an irritated intestinal system can signal the central nervous system as well, and may cause mood shifts or even contribute to mental illness.

## THE COMPLEXITY OF MENTAL HEALTH

Mental health is affected by a combination of social, biological and psychological factors. Some of these factors, such as genetics, and the family or culture you are born into, are determined even before we are born, hence beyond our control. However, it is upon us to take charge of those we have control over, for example our diet, friendships, relationships, physical activity, sleep hygiene and even addictions. People who have faced difficulties in life, such as violence, chronic medical conditions, disability, inequality, poverty, displacement and homelessness, are more likely to develop mental disorders. Approximately 1 in every 8 people globally has a mental disorder, which is characterised by a significant disturbance in an individual's behaviour, thinking or emotional regulation. The most common mental disorders are anxiety and depression. Others include post-traumatic stress disorder (PTSD), schizophrenia, bipolar disorder and neurodevelopmental disorders, such as attention deficit hyperactivity disorder (ADHD) and autism spectrum disorder. Sadly, the prevalence of mental disorders is on the rise worldwide – the more reason to always endeavour to be kind to those around us. You never know which battles someone is fighting.



## IT'S NEVER TOO EARLY TO PREVENT MENTAL ILLNESS, OR TOO LATE TO IMPROVE YOUR MENTAL HEALTH

Take charge of your mental health by eating well, exercising, and sorting out any physical or social issues. Connect and socialise. Social isolation and loneliness contribute to poor mental and physical health. Create healthy boundaries. Practice altruism; it releases endorphins, improves mood, reduces anxiety and boosts self-esteem. Finally, take the stigma away from mental health; talk to someone you trust and seek professional help when you feel mentally off.

## GREEN GADGETS

## TRASH TO TECH

Today's most innovative tech brands are crafting high-quality gadgets from recycled materials. Welcome to the eco revolution...

### ECOFLOW DELTA 2 MAX POWER STATION ▶

This compact powerhouse is the perfect solution for travellers seeking reliable, portable energy. The body of the unit is made with recycled aluminium, while its internal components are designed to minimise environmental harm. With a 2,016Wh capacity and the ability to charge up to six devices simultaneously, it's an eco-friendly solution for staying powered up on long journeys or outdoor adventures. **\$1099 • ECOFLOW.COM**



### SOLGAARD CARRY-ON CLOSET ▶

For every product sold, Solgaard cleans up nearly 3kg of ocean-bound plastic from coastal communities. The company's bespoke processing plant in Bali means each case is made with up to 60% recycled polycarbonate (the maximum amount that is possible to use without compromising the strength and durability of the shell). With a sleek design, built-in battery charger and a clever pop-out wardrobe, this carry-on strikes a great compromise between sustainability and the demands of modern travel. **\$345 • SOLGAARD.CO**



### MAJORITY TRU BIO EARBUDS

Eco-friendly audio is set to be a big trend in 2025. UK-based firm Majority is at the forefront of tech innovation thanks to its biodegradable earbuds, made from compostable plant-based plastics to reduce plastic waste. The eco-friendly design has other benefits: the buds are super-light at 4.5g each. Unlike the Apple AirPods, they're not touch sensitive – but given the affordable price tag, that seems reasonable. **\$45 • MAJORITY.CO.UK**



### FAIRPHONE 5 ▶

Have you ever thought about what's inside your phone? Megapixels aside, it's powered by 'conflict materials' (gold, minerals, etc.). Fairphone aims to be the first truly ethical phone maker, sourcing its materials from artisanal and small-scale mines. The company's latest model – the Fairphone 5 – takes sustainability to the next level with its modular design and extensive use of recycled materials, including e-waste and plastic. Featuring a 6.3-inch OLED display, 5G capabilities, and a 50MP camera, this device proves that eco-conscious choices don't have to sacrifice performance. It's even designed to be easily repaired by users, meaning it stays in use longer, further reducing waste. **\$749 • FAIRPHONE.COM**







### HOUSE OF MARLEY REVOLUTION

This vinyl turntable puts a sustainable spin on sound, blending classic design with eco-friendly materials. Made from sustainable bamboo, natural cork and REWIND fabric (30% reclaimed organic cotton, 30% reclaimed hemp and 40% recycled polyethylene), it promises to reduce your environmental footprint without compromising on high-fidelity sound. Standout features include an Audio-Technica stylus, anti-skate arm and Bluetooth connectivity, meaning it can be paired with most wireless speakers. **\$169 • HOUSEOFMARLEY.COM**



### TRIWA OCEAN PLASTIC TIMER

TRIWA – an acronym for Transforming the Industry of Watches – is the brainchild of four Swedish friends. The idea? To wean us off traditional, wrist-worn status symbols from the likes of Rolex and give birth to a new era of eco watches. This sleek, 1970s-inspired design features a case made from recycled ocean plastic (waterproof to 10 ATM) and a reliable Japanese quartz movement. The nylon strap is also made from ocean plastic. **\$185 • TRIWA.COM**

### ACER ASPIRE VERO 16 ▶

Arguably the most eco-friendly laptop in the world right now, Acer's Aspire Vero 16 is made from more than 70% "post-consumer recycled plastic" and uses an easy-to-fix design to ensure that repairing is an option before replacing. What's more, the chassis is made from a carbon-busting bio material that incorporates recycled oyster shells. With its 16-inch display, Intel Core i7 processor, 1TB solid state memory and long battery life, it's the ideal Windows laptop for eco-conscious travellers. **FROM \$799 • ACER.COM**



### MARICLARO WEEKENDER ▼

Mariclaro founder Sven trawls junkyards looking for vintage planes, trains. Turning trash into treasure, he recycles their upholstered interiors into eye-catching bags, wallets and passport holders. The weekender bag pictured here, for example, is made from the interior of a 1969 Lamborghini Espada. There's plenty of options to choose from, including a wallet made from a 1987 Porsche 928, a laptop bag crafted from a Boeing 737 Max and a handbag made from an aeroplane's lifejacket. If you fancy commissioning him, he can recycle almost any old material from his workshop in Canada. **FROM \$75 • MARICLARO.CA**



## GOOD KENYAN FOUNDATION

## BRIGHT FUTURES

Meet Lucy Chepchumba from the Good Kenyan Foundation, which Kenya Airways has recently partnered with to support their work in empowering Kenya's youth

### Q WHAT IS THE AIM OF THE GOOD KENYAN FOUNDATION?

Our mission is to propel Kenya's youth toward sustainable futures by championing and fostering their abilities through skills development, structured mentorship and sustainable livelihood activities.

### Q TELL US ABOUT SOME OF YOUR SUCCESS STORIES

At Good Kenyan, success is seeing young people gain skills, networks and confidence to shape their future. Esther, who had been out of school for five years, secured a university scholarship and is now working for an international company as a Graduate Associate. Maureen built a thriving business out of her basic entrepreneurship class, and Vinick turned her art into income, even

**As a proudly Kenyan company, Kenya Airways can play a vital role in shaping the next generation by offering mentorship opportunities, employee engagement and strategic partnerships to support our mission**

Below, left to right: Joshua, Christabel, Zipporah and Maureen working on their joint coding project



launching a studio. Beyond careers, we count self-agency and decision-making as success. We have impacted 500 lives, with 70% making successful transitions.

### HOW DO YOUNG PEOPLE BENEFIT FROM YOUR INITIATIVES?

At Good Kenyan, young people gain essential skills in basic ICT, entrepreneurship, life skills, and crafting. Each participant is matched with a dedicated professional mentor for a year, receives career guidance, and accesses a network of opportunities. We offer business incubation for aspiring entrepreneurs, scholarships for those joining college or university, and a career advice and reference centre to support their journey.

### Q HOW DOES THE FOUR-MONTH PROGRAM WORK?

We identify school leavers through high schools and community networks, then interview and select those ready to grow. For three months, they come in daily to learn through facilitators, case studies, and hands-on training in a structured 12-week curriculum covering Basic ICT and digital skills, entrepreneurship and financial literacy, life skills and leadership, and creative and crafting skills. In month two, each young person is matched with a mentor who supports them monthly for up to a year as an accountability partner for their goals.

Once they graduate, we help them transition into one of three pathways: further education (supporting those who qualify with scholarships), employment and apprenticeships (preparing them for entry-level jobs and linking them to opportunities in our network) and business incubation (helping micro-businesses grow by refining their ideas, preparing them to pitch for funding, and connecting them to markets).

### Q WHAT IS YOUR GOAL FOR THE NEXT FEW YEARS?

In the next few years, Good Kenyan aims to equip 3,000 youths with skills, mentorship,

### THREE WAYS TO SUPPORT THE GOOD KENYAN FOUNDATION

**01** Become a Good Kenyan Champion – share our story within your networks and help connect us to opportunities.

**02** Mentor or Volunteer – Join us in guiding young people toward sustainable careers through mentorship and skills training.

**03** Invest in the Mission – Support as an individual or institutional partner. Contribute via M-Pesa Till No: 9202479 or via card/paypal [https://www.paypal.com/donate/?hosted\\_button\\_id=FR2MTHBFC7AS](https://www.paypal.com/donate/?hosted_button_id=FR2MTHBFC7AS) and be part of transforming lives.

and support for sustainable futures. We plan to establish a recycling unit that transforms waste paper and fabrics into packaging, creating jobs and income for the youth we serve. Additionally, we will forge partnerships to expand our impact in Kwale County and launch the Good Kenyan Youth Leaders Fellowship to nurture the next generation of changemakers.

**Q HOW ARE YOU WORKING WITH KENYA AIRWAYS TO ACHIEVE THIS?** Partnering with Kenya Airways will propel Good Kenyan's vision to new heights – amplifying our message, expanding our reach, and connecting us with partners who believe in investing in Kenya's youth. As a proudly Kenyan company, Kenya Airways can play a vital role in shaping the next generation by offering mentorship opportunities, employee engagement and strategic partnerships to support our mission. Together, we can create lasting impact, proving that when Kenyan institutions invest in their own, the entire nation rises.





**Above, left to right:**  
Bevin, Marion and Grace from Cohort 17 strategising on how to outplay their rivals – learning teamwork, life skills and having fun through play!



**Above, left to right:**  
Inadis, Caren and Faith practicing their plotting skills in their box-making class

**Right:**  
Cohort 10: Frankline and friends enjoying their break between classes



FIND OUT MORE [GOODKENYAN.ORG](http://GOODKENYAN.ORG)





**SOUTH AFRICA**

FOREST BATHING OR COLD-WATER  
SWIMMING? TAKE YOUR PICK FROM  
TWO OF THE LATEST WELLBEING  
ACTIVITIES TO GRIP SOUTH AFRICA

# NATURAL HEALING





WORDS: **FIONA MCINTOSH**  
PHOTOS: **SHAEN ADEY**

## COLD-WATER SWIMMING

Cold-water immersion has been proven to enhance wellbeing, so it's no surprise that wild swimming has become something of a global phenomenon. Whatever the weather, or your mood, immersing yourself in cold water will make you feel alive. With its spectacular coastline, South Africa offers numerous opportunities for taking the plunge. Here are four top spots in the Cape.

### OUDEKRAAL

If you'd like to get your fix in the ocean, head to the shallow, sheltered waters of Oudekraal.

At first sight, the golden boulders, white-sand beach and clear, natural lagoon could be mistaken for the Seychelles... until you step into the chilly Atlantic waters! Part of a marine sanctuary, Oudekraal boasts reefs and kelp forests brimming with fish and crustaceans, while the stunning views of Lion's Head and Table Mountain are as much of a tonic as the healing waters.



### CAMPS BAY TIDAL POOL

With Lion's Head and the Twelve Apostles as a dramatic backdrop, this is one of the largest and most scenic tidal pools in the country. Easily accessible, it has a diverse following of swimmers doing lengths, and a large and welcoming community of 'bobbers'. Surrounded by granite boulders, with a sandy beach and myriad seabirds, this is a great location for nature lovers. Lifeguards, spotlessly-clean changing rooms and numerous nearby cafés, bars and restaurants add to its appeal.



### DALEBROOK POOL

Nestled between St James and arty Kalk Bay, this is one of the most popular pools on the Cape Peninsula, particularly at sunrise. Shallow and calm at low tide, it's transformed at high tide when huge swells crash over the sea wall. Sandstone boulders and stone benches, a fabulous café/deli across the road and visits from the 'Hot Hut' mobile sauna complete the package. Dolphins and whales are often sighted out to sea here. Keep your eyes peeled! ➡



### ST JAMES TIDAL POOL

With its much-photographed, colourful Victorian-style bathing huts, this sheltered pool on the Muizenberg–St James coastal path has stunning views over False Bay. Lit up in the evenings, with 24-hour security, a vibey café/restaurant and slightly warmer waters than on the Atlantic seaboard, it's an ideal choice for families.

## HOW MUCH IS ENOUGH?

THE RECOMMENDED DURATION OF COLD-WATER IMMERSION TYPICALLY RANGES FROM 10 TO 20 MINUTES, DEPENDING ON THE WATER TEMPERATURE AND INDIVIDUAL TOLERANCE. START SLOWLY: WITH PRACTICE YOU'LL RELAX AND DEVELOP A TOLERANCE, BUT IT'S CRUCIAL TO LISTEN TO YOUR BODY. EXIT THE WATER IF YOU EXPERIENCE EXTREME DISCOMFORT OR NUMBNESS.

## FOREST BATHING

Studies show that the Japanese practice of *shinrin-yoku* (forest bathing) helps to reduce stress, lower blood pressure and heart rate and improve immunity. But it's also about being out in nature, communing with plants rather than buildings.

The key is to immerse yourself, leave distractions like phones behind, and move slowly through the natural environment practising mindfulness and engaging your senses:

- **Observe the colours, play of light and behaviour of forest inhabitants**
- **Listen to rustling leaves, the patter of falling fruit, and the calls of birds and animals**
- **Inhale the scents of trees, flowers and damp earth**
- **Touch the bark and leaves, lichens and soil**
- **Forage for fruits and edible**

**plants (if they are familiar to you, and you know they are safe to eat)**

With a range of forest types, including the Afromontane and milkwood forests of the Western and Eastern Cape, the hardwoods, baobabs and cycad forests of Limpopo, the acacias of Mpumalanga's lowlands, KwaZulu-Natal's mist-belt forest, fever trees and 900-year-old fig tree forest, South Africa has plenty of forest bathing opportunities. Here are some of the most rewarding spots...





### **KNYSNA-TSITSIKAMMA, GARDEN ROUTE**

Extending from Mossel Bay in the Western Cape to Port Elizabeth in the Eastern Cape, the largest forest complex in the country stretches from the mountains to the ocean. Criss-crossed by trails, this is a majestic but accessible wilderness. Marvel at ancient yellowwoods, sit in a ferny dell listening to frogs and watch sunbirds and butterflies flit around exquisite fynbos.



### **MAGOEBAKLOOF, LIMPOPO**

The cool, moist Magoebaskloof Forest is renowned for its rich variety of indigenous species, including prized hardwoods, as well as its diverse wildlife – this is one of South Africa's top birding destinations. The grove of giant redwoods, introduced from North America in the late 19th century, is particularly alluring.

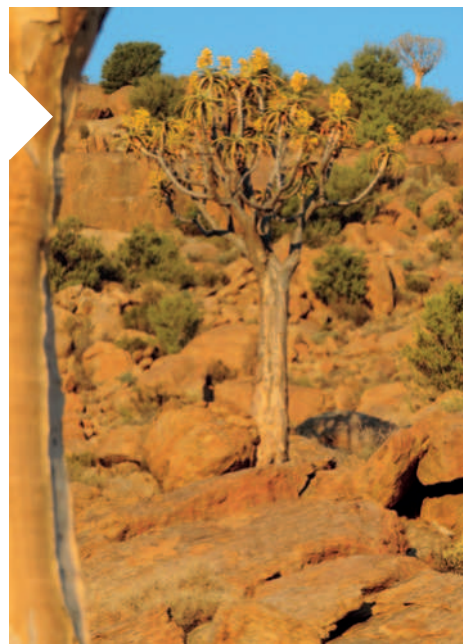


### **HOGSBACK, EASTERN CAPE**

A magical place said to have inspired South-African-born JRR Tolkien when he wrote *The Lord of the Rings*, the lush forests of Hogsback are enchanting and full of historical interest. Sit quietly and enjoy the tinkling streams, samango monkeys foraging in the forest canopy, the squawking of endangered Cape parrots or the flash of red as a Knysna lourie takes flight.

### **QUIVER TREE FOREST, NAMAQUALAND, NORTHERN CAPE**

Although best known for its eye-catching spring flower display, Namaqualand's striking quiver trees are icons of this harsh, arid landscape. Visit in the golden hours of dawn or dusk to best appreciate the rugged beauty of these hardy succulents. 🌵







KARSH A RWANDESE



KARSH A RWANDESE



EVA WAMBUTU



BONE DESIGNS

# SUSTAINABLE STYLE



EVA WAMBUTU



MAURICE NIYIGENA  
BONE DESIGNS



EVA WAMBUTU



WORDS: HARRIET JAMES



MERKEBA



EVA WAMUTU



KARSH A RWANDESE

## Meet four African designers embracing the challenge of making fashion more environmentally conscious

Sustainable fashion is slowly gaining momentum as both consumers and industry leaders are becoming increasingly aware of the environmental and social challenges posed by fast fashion. The Textile and Apparel industry (T&A) is the third-largest manufacturing sector in the world, employing over 300 million people across its entire value chain. But the industry emits approximately 10% of global carbon emissions, which is more than all international flights and maritime shipping combined.



AFRO WEMA



MERKEBA



EVA WAMUTU



## What is sustainable fashion?

The design, production and consumption of clothing in a manner that reduces environmental impact and upholds ethical standards. This includes using eco-friendly materials, minimising waste, ensuring fair labour practices and promoting the durability of garments through repairs and upcycling, or reducing consumption.

**S**ustainable fashion is making an impact on fashion events across Africa, shifting the focus toward environmentally-conscious practices and promoting a more ethical approach within the fashion industry. Many African fashion events are including sustainability themes, with panels, workshops and discussions aimed at educating designers and audiences about the environmental impact of fashion and offering solutions for more eco-conscious choices. Fashion events are increasingly showcasing designers who use organic fabrics, upcycled materials and sustainable production techniques. This is transforming the narrative on African fashion, illustrating its ability to not only innovate but also be responsible to the environment.

The recent edition of the Nairobi Fashion Week is just one example of an event taking on the theme of the regenerative fashion renaissance: restoring culture and nature aimed at exploring how designers, brands and consumers can play an active role in creating a circular fashion economy that nourishes both people and the planet. The Swahili Fashion week is another event that showcases eco-conscious designers. Other events showcasing sustainability include fashion weeks in South Africa and Dakar.

African designers are now embracing sustainable fashion, blending traditional practices (with techniques such as natural dying, bead work or even handwoven fabrics handed down through generations) with modern innovation. Most designers are now focusing on creating collections that utilise recycled materials, upcycled clothing or organic fabrics to have minimal environmental impact.

"I also work with organic fabrics such as **denim, linen, cotton and raw silk** to produce collections that align with sustainable fashion principles"

## SPOTLIGHT ON

### EVA WAMBUTU



**K**enyan fashion designer Eva Wambutu's journey into fashion was inspired by her cousin, a fine artist. At the age of 18, she began sketching clothing and went on to find her niche in fashion design, merging creativity with craftsmanship. To Eva, sustainability in fashion is all about creating responsibly, minimising waste, repurposing materials and producing garments that have longevity.

"It goes beyond environmental impact to include ethical production, skill-building and innovative approaches that ensure fashion contributes to both cultural and economic growth," she says.

Eva showcases sustainability in her work in the design process through repurposing of waste fabric using techniques like cording, appliqué, bleaching and sanding to create new textiles.

"These fabrication methods are developed and taught within the workshop, ensuring continuous innovation," says Eva. "I also work with organic fabrics such as denim, linen, cotton and raw silk to produce collections that align with sustainable fashion principles."

She adds that, while sustainability presents an opportunity for designers, it also has its own fair share of challenges.

"Upcycling and resourcefulness have long been part of the industry due to necessity, but access to sustainable materials remains limited," says Eva.

"However, sustainability is not just about conservation – it is also a driver for economic growth and innovation. By adopting greener practices, designers can reshape the industry while creating opportunities for a more sustainable future."







"It goes beyond environmental impact to include **ethical production, skill-building, and innovative approaches** that ensure fashion contributes to both cultural and economic growth"



BONE DESIGNS



BONE DESIGNS

## SPOTLIGHT ON

### SIKOTI MBAITJONGUE

**S**ikoti M baitjongue, a fashion entrepreneur and the founder of Sokolata, is another designer making waves in sustainable fashion on the continent. She has been passionate about fashion and textiles from a young age, but entered the industry in 2013 as a brand manager for a French lingerie brand in Germany. Later, she became a fashion buyer for women's and children's wear at the French department store Galeries Lafayette in Berlin. At the end of 2021, while embarking on a journey through West and Central Africa exploring traditional African textiles and deepening her connection to the continent

through its rich heritage, she was drawn to its vibrant creative scene.

"On the one hand, I was truly inspired by the incredible brands I discovered," says Sikoti. "However, I also felt a sense of frustration seeing the widespread use of imported fabrics – mainly from Western countries and Asia – in many local designs. This realisation led me to create Sokolata, a sustainable brand that offers comfortable, minimalist styles while showcasing Africa's natural fabrics."

As a former fashion buyer, she experienced first-hand the negative environmental, social and cultural impacts of fashion and decided to build a brand that not only celebrates African

craftsmanship but also respects the planet and the people who bring the fashion creations to life.

"We approach sustainability in several ways: by sourcing local, organic and eco-friendly materials from the continent, working with local artisans to promote fair ethical production, and minimising waste throughout our supply chain," says Sikoti. "For us, sustainability is not just a trend, it's a responsibility. Africa is rich in resources and talent, yet it has contributed relatively little to the industry's environmental impact. That's why I desire to change that narrative by proving that quality, sustainability and authenticity can go hand in hand."

Sustainability is interpreted in her designs by using carefully selected sustainable materials, such as organic cotton from Senegal, raw cotton from Benin and traditionally handwoven textiles from across Africa using plant dyes, to minimise the environmental footprint.

"Our pieces are crafted in Dakar," says Sikoti "Each design not only tells a story but also supports local artisans and preserves cultural heritage. We deeply respect and value our team and partners, ensuring fair compensation for everyone and fostering mutually beneficial relationship."

"We also embrace a 'slow fashion' approach – creating timeless, high-quality pieces that resist trends and encourage longevity.

Rather than mass and cyclical production, we focus on limited editions and permanent collections, reducing waste and ensuring ethical working conditions." ➔





SPOTLIGHT ON

MAURICE NIYIGENA

**M**aurice Niyigena, the creative director of Bone Designs, is a Rwandan fashion designer who follows the sustainable way. This path is important to him as he believes that designers wield immense cultural and economic influence, and must evolve to reflect responsibility towards people and the planet.

“Sustainability ensures the industry addresses climate change, reduces waste, and supports fair labour practices. It’s about creating a future where beauty

and ethics coexist, benefiting all stakeholders,” says Maurice.

He showcases sustainability in his designs too, creating garments that tell stories while honouring the environment and the communities that inspire them.

“My designs are inspired by storytelling – connecting the past with the present while envisioning a hopeful future. I focus on using recycled or repurposed materials, incorporating hand-painting techniques, and collaborating with artisans to create timeless, meaningful pieces. Sustainability is embedded in every stage of my creative process.”

“Sustainability ensures the industry addresses climate change, reduces waste, and supports fair labour practices”



“My designs are inspired by storytelling – connecting the past with the present while envisioning a hopeful future”





## SPOTLIGHT ON

### TATIANA TEIXEIRA

In 2021 Tatiana Teixeira, a biologist with a passion for multidisciplinary solutions, began her fashion house, Afro Wema, which was born from her passion for sustainability, community empowerment and African heritage. The inspiration came while she was volunteering in Kibera, observing locals with immense artistic talent but lacking a platform to express them.

"I wanted to merge sustainability with cultural storytelling, giving artisans a global platform while promoting ethical fashion," says Tatiana.

Sustainability is at the core of everything she does.

"Our designs incorporate upcycled denim from Kibera, ethically sourced cotton from

Tosheka, and Kitege fabrics from different African regions, ensuring minimal waste and supporting local economies. Additionally, we work with artisans, providing fair wages and training opportunities to help uplift marginalised communities," she explains.

Tatiana believes that sustainability in African fashion is about reclaiming heritage, creating economic opportunities and innovating with purpose.

"The industry is moving towards a future where fashion is not just about aesthetics but about impact, storytelling and community empowerment. For me, sustainability is not just about using eco-friendly materials – it's about fostering long-term social and environmental impact. By integrating traditional craftsmanship with modern design, we celebrate African heritage while promoting conscious consumerism. Fashion has a powerful voice, and I believe it should be used to advocate for responsible production and ethical labour practices."

Tatiana is confident in the future of sustainability in fashion.

"There is a growing demand for locally made, ethical, and unique pieces that celebrate African craftsmanship. More designers are embracing circular economy models, incorporating upcycling, and reviving traditional textile production methods that are naturally sustainable. Additionally, I see more collaborations between African brands and global institutions, driving investment in sustainable production and education. Governments and private sectors are also beginning to recognise the potential of sustainable fashion as both an economic and environmental solution."



### UPCOMING FASHION EVENTS IN AFRICA

#### LAGOS FASHION WEEK

##### NIGERIA

October 2025

A significant platform for African designers, showcasing innovative collections and promoting sustainable fashion practices.

#### THE ABRYANZ STYLE AND FASHION AWARDS

##### UGANDA

12 December 2025

A celebration of the richness and innovation of African fashion, honouring outstanding achievements across the continent.

#### AFRICA SOURCING AND FASHION WEEK

##### ETHIOPIA

30 October–2 November 2025

Africa's premier trade fair for textiles, apparel and fashion accessories.

#### SWAHILI FASHION WEEK & AWARDS

##### TANZANIA

5–7 December, 2025  
Held in Dar es Salaam, this annual event provides a platform

for designers from Swahili-speaking countries and beyond, promoting African fashion and highlighting sustainable practices.

#### SOUTH AFRICAN FASHION WEEK (SAFW)

##### SOUTH AFRICA

26–28 September 2025

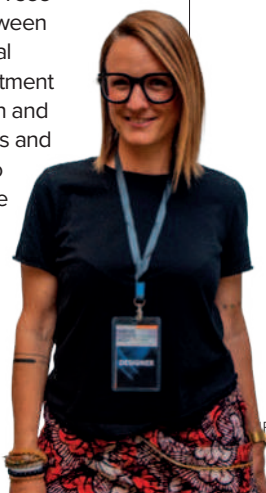
Held in Johannesburg, SAFW showcases the Autumn/Winter collections, featuring 40 designers and 13 shows over three days. The event aims to spotlight innovative designs and promote sustainable fashion practices.

#### DAKAR FASHION WEEK

##### SENEGAL

3–7 December 2025

This annual event in Dakar provides a platform for designers to showcase their innovative creations to a global audience. Established by Adama Ndiaye in 2002, it celebrates African creativity by blending fashion, culture and music. 🎵





# MARATHON MAN







To describe **Russ Cook** as a man on a mission is to cut a corner or two where the truth is concerned. The 27-year-old from Worthing, a town located 60 miles (96km) from London on England's south coast, has courted international recognition with a series of endurance challenges that push far beyond body and mind. Having already completed a marathon pulling along a car,

# RUSS COOK: I RAN THE LENGTH OF AFRICA

and been buried underground for seven days with only water to keep him alive, in April 2024 he completed his toughest task yet – running the entire length of Africa. It made his previous greatest feat – traversing a route from Asia to London, back in 2020 – seem like a training run. The Africa challenge began on 22 April 2023, at Cape Agulhas in South Africa; took in 16 countries and 10,190 miles (16,400km) of punishing African terrain before, some 14 months later, it delivered Cook onto the northernmost tip of Tunisia. In total, 360 marathons, 352 days, and just the one kidnapping incident! Yet while a desire to lay footprints across Africa has been fulfilled, for Cook, this is just the start of the adventure...



**Marathon adventure:**  
Russ Cook's epic trek saw him cover over 28 miles (45km) per day on African roads and trails



## Q WHY AFRICA?

I knew it hadn't been done before – no-one had ever run the entirety. Having been there a few years previously I was already in love with the place, but there was so much more I wanted to explore. There is a perception of Africa back in the UK that it is just one hot, expansive continent, yet there is so much depth and difference to it. Not only did I want to discover that again for myself, I also wanted others to see its beauty.

We planned for a good two years – route, timings, how we would tell the story, but also sponsorship, support and everything else needed for such a mammoth task. From South Africa we would go up through Namibia, Angola, Democratic Republic of the Congo, Republic of Congo, Cameroon, Nigeria, Benin, Togo and Ghana. Then into Ivory Coast, Guinea, Senegal, Mauritania, Algeria and, finally, Tunisia. I had hoped to do 360 marathons in 240 days – it turns out that was massively overambitious. In total we were away for 14 months.

## Q WHERE DID THIS DESIRE COME FROM?

When I'd previously been to Kenya, I visited the Iten training camp at the top of the Great Rift Valley. The area is renowned for producing some of the greatest ever long-distance runners, so witnessing all that was incredible.

Whilst there, I met an Italian guy who had been cycling around the world for six years and that was huge for me. He seemed so happy with what he had done, and suddenly I had a purpose and a goal to do something similarly special.

Soon afterwards I did the Asia to London run. I completed 71 marathons in 66 days through 11 countries – all alone, no press, no support. I just ran and ran during the day and camped up each night. I knew Africa needed to be a much bigger project if I was to complete it, but as soon as the idea was in my head, I knew I was doing it.

## Q ALTHOUGH YOU HAD A SUPPORT TEAM WITH YOU, THOSE THOUSANDS OF MILES WERE STILL RUN WITH PREDOMINANTLY JUST YOUR OWN THOUGHTS FOR COMPANY, RIGHT?

There's definitely something in runners who like being alone in their thoughts; they are thinking, philosophical people, and often quite spiritual. I know I am, and I did feel at the mercy of God.

I have always internalised a lot of things. Running for me is the ultimate opportunity to find an outlet for all that stuff that goes on inside my head – the thoughts about where I am now, where I've been in the past, and where I want to go in future. Since I discovered running, it's been my release from being stuck in what was a life that I hated.

What is so different about these adventures is that you are sharing it with the people around you, and you're inspired by those people you met on the journey. To see faces of

**“Running for me is the ultimate opportunity to find an outlet for all that stuff that goes on inside my head – where I am now, where I've been in the past, and where I want to go in future”**

children, adults – a lot of them quite bewildered over why some pasty, ginger guy was running through their town or village – gave me a lovely sense of connection, even if I didn't have time to actually sit down and find out about their lives. It was a very long, but at the same time very fleeting way of seeing an incredible continent.

## Q WHILST SOAKING UP THE BEAUTY OF AFRICA ALONG THE WAY?

Yes, so much of it. Running back home it's typically the same streets and the same surroundings. Yet here I was transplanted into the most amazing land of jungle, deserts, sunsets and huge expanses of wildlife. Even running in the dark – as we had to when we made it to the very hot regions – was special because you were aware of this incredible land all around you... the birthplace of humanity, night skies that

went on forever, and a place soaked in tradition and heritage. It was special and I felt like Sir David Attenborough at times.

## Q FOR ALL THE GOOD, THERE WERE SOME SERIOUS HEALTH ISSUES ALONG THE WAY THOUGH?

Yes – blood and protein in my urine, endless sprains, aches, niggles. I also had food poisoning. What's more, because your body never actually recovers from the rigours of each day – there's simply no time to sleep and rest for as long as it would take – you are running on permanent depletion, and that leaves you much more open to viruses and infections. Worst, for me, was the soreness in my back I suffered for almost the whole second half of the journey. It still gets me today, sending nerve pains coming down my leg.

## Q DID YOU EVER CONTEMPLATE QUITTING?

No, never. Sure, when the pain was at its worst, I just wanted it to be over, but in reality I still had another four months to go, so it was a case of cracking on! You can never mentally prepare yourself for pain, but you can recognise the fact it will come. There were a few things where I just had to let my body heal for a bit, and I knew that if I did that, I would emerge out the other side and be okay, and that's pretty much what happened. The exhaustion was perpetual, but there's not much you can do about that.

## Q DID YOU FEEL YOU WERE PREPARED FOR THE ADMINISTRATIVE ISSUES AND THREATS YOU FACED ALONG THE WAY?

We knew there would be issues and they came right from the start. In South Africa we were nearly robbed, in Angola we were robbed – they took passports, cameras, phones, money; and on day 100 in the Democratic Republic of Congo, I ended up being kidnapped and taken deep into the jungle. It was a scary time and it took two days for us to negotiate a way out of there.

I think a lot of those things fall on both sides. To the local people in there is fear and suspicion from this strange man running through their villages ➡

IMAGES COURTESY OF HASAN MRAD, JARRED KARP SHUTTERSTOCK, JAMIE CARSON, MOHAMED HAMMI, HASAN MRAD, JARRED KARP



JARRED KARP (@JARRED\_KARP ON INSTAGRAM)



JARRED KARP (@JARRED\_KARP ON INSTAGRAM)

#### Left column:

**Top:** The final few yards of Russ's epic trip which took just two weeks short of a year to complete **Middle:** Greener surrounds in the earlier months of Project Africa  
**Bottom:** Russ runs with his supporters on the way to Tunisia's Cape Angela, the country's most northerly point

#### Right column:

**Top:** Sandstorms were common when running through Algeria's Sahara Desert, though at other times Russ encountered intense rainfall and even snow  
**Middle:** Saluting the Mediterranean Sea, a sight he had long dreamed of reaching: Around 40 miles from the end, the explorer runs through the Tunisian town of Bizerte  
**Bottom:** Power and pace: Russ pushes through another mile



and towns. I don't think we prepared the fullest in being able to explain who we were and what we were doing. That led us into a few scary situations, but apart from what happened in the Congo, I think the biggest fear wasn't for our safety, more that these confrontations were jeopardising the challenge – the whole point of why we were there.

In other instances, we just had to wing it. The visa problems we had getting into Algeria were only sorted when we were well into the challenge, and that was thanks to the incredible social media coverage that had built up, so there was never a guarantee that we'd make it all the way.

Also, the money we started with was never going to get us to the finish line. Thankfully new sponsors came on board as it progressed. Sometimes you just have to wing it!

## Q YOU MENTION THE SOCIAL MEDIA PRESENCE – THAT GREW EXPONENTIALLY DIDN'T IT?

Yes, I think when we left for Africa we had around 50,000 followers across all platforms, and this had swelled to well over a million by the end.

We definitely fed off the buzz and it gave us an extra spur to finish. We were doing it for ourselves, but it felt like we were doing it for all those people back home – people we didn't want to let down.

Combined with the knowledge and positivity we accumulated along the way, it meant that by the time we got into the final few months, there was going to be nothing that stopped us. Challenges that would have seemed monumental at the start were just brushed off. For example, when our truck broke down in the Sahara Desert 250km from the nearest road and couldn't immediately be fixed, we didn't panic. It seemed small fry.

## Q AND WHEN YOU FINALLY CROSSED THAT FINISH LINE AT RAS ANGELA...?

It was a mystical feeling. I never really doubted I'd get there, although for so many months it felt like an almost impossible distance away, and I guess there was a sense of disbelief that I'd

finally got through that piece of red tape. It's something I had dreamed about for so long, and yet when I got there it almost didn't feel real. It does now, though!

## Q HOW HAS RUNNING THE LENGTH OF AFRICA CHANGED YOU?

I have learned how to compromise not just with myself but with others too. The run has given me a perspective on the world, my relationship with girlfriend Emily, my family... everything really.

## Q WOULD YOU RECOMMEND A SIMILAR ADVENTURE TO ULTRARUNNERS AND DAREDEVILS?

Since I've got back it's been nice to hear how much I have inspired people, but please don't anyone do this! It was a mad idea and it nearly cost me my life and my sanity. I am thrilled to be the first person to have achieved running the length of Africa, but it is a place so incredible that it deserves to be seen properly, not through sweaty eyes and in crippling pain!

## RUSS'S ROUTE

Imagine running 19 million steps from South Africa to Tunisia...



## CALORIES ACROSS THE CONTINENT

### THE STARTLING NUMBERS BEHIND RUSS COOK'S EPIC RUN

An endurance athlete is nothing without a dedicated fuelling regimen, and for Russ Cook this meant an intake of 6,000 calories every 24 hours if the task of running, on average, 28 miles (45km) per day was to be possible.

Russ would begin each day with a protein shake, which would provide around 400 calories and 40g of protein. At about the half-way point of each run the crew would meet him so he could rest and refuel with another shake and some chocolate.

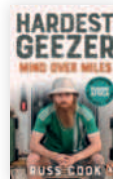
"You just don't have time to stop for food so protein shakes are the life-saver," he says. "They're also easier for your body to digest rather than dealing with solid food whilst running."

"Each shake would also provide 18g of healthy fats and 16g of carbs."

While there was a paucity of reliable food options along the long route, Russ would often consume African breads with honey, noodles, bananas, plantain and yoghurt, as well as relying on high-energy snacks during runs, such as peanuts and dried fruit.

Ever-depleting electrolyte levels were arrested by the use of sachets, which restored sugar and salt levels.

As for treats, Russ admits an evening pizza and beer would often feature; yet he saved the best till last, with his favourite drink, a strawberry daiquiri, awaiting him on the beach in Ras Angela in Tunisia, as he completed the last of his 19 million steps across Africa. 🏃‍♂️



*Hardest Geezer: Mind over Miles* by Russ Cook is published by Ebury Spotlight



## Kenya Airways invites you to the 37th IATA Ground Handling Conference.

Join us in Nairobi, Kenya, the vibrant heart of Africa and the Capital City, with a National Park from **May 13 - 15, 2025**, for this prestigious event.

In attendance will be ground-handling professionals from across the world, airline leaders, and industry experts exploring innovative solutions, engaging in discussions, and promoting collaboration in aviation.

Come discover and engage in innovative solutions, insightful discussions, network with industry experts, and promote collaboration in aviation.

Don't miss this opportunity to advance our industry and drive progress.

For registration and more information, visit <https://www.iata.org/en/events/all/iata-ground-handling-conference/>







**Power play:**  
Game viewing in an electric vehicle  
allows for a much quieter approach





# the silent treatment

**Jutta Lemcke heads into the Ngorongoro Crater in an electric vehicle, curious to see how it alters the wildlife-watching experience and, perhaps more importantly, whether steering away from fossil fuels could be a viable future for African safaris?**

**d**enis Lebouteux, founder of Tanganyika Expeditions, is a tinkerer — a kind of Gyro Gearloose (friend of Donald Duck) of the Serengeti — who has set his mind on conducting a safari tour through northern Tanzania using only electric vehicles (EVs). The biggest challenge to this is the 600m-deep Ngorongoro Crater. Going down shouldn't be a problem. But will the vehicles manage the steep climb out of the volcanic basin?

Our 20-year-old Toyota Land Cruiser, which Lebouteux has converted to electric, tilts downward and jolts along the steeply descending narrow track into the Crater — one of the greatest natural wonders of the world and home to some 25,000 large mammals. The excitement builds. It's a day that promises a double adventure: will there be spectacular wildlife encounters and, above all, will the batteries hold out? ➔

TANGANYIKA EXPEDITIONS





**Re-energising safaris:**  
Denis Lebouteux, founder of  
Tanganyika Expeditions, who is  
leading the use of EVs in Tanzania

JUTTA LEMCKE





**Above, 1:** Denis Lebouteux gets ready to charge one of Tanganyika Expeditions' 14 vehicles **2:** Using an electric vehicle enables guests to get closer to wildlife **3:** Wildebeest grazing in the Ngorongoro Crater **4:** Each of Lebouteux's 13 camps run primarily off solar power **5:** The onboard gauge allows the driver to monitor available power and range **6:** The bank of batteries needed to power one of the converted Land Cruisers **7:** There are no charging stations on the caldera floor – just 25,000 animals

As we head in, the EV Land Cruiser's battery indicator shows a level of 91 per cent and a remaining range of 182km. But what does that mean when the road out is so steep? One thing is certain: there is definitely no charging station in the Ngorongoro Crater.

Reaching the caldera floor, all concerns fade. The sun hangs high above the Crater rim, Lake Magadi glimmers like a polished opal and what looked like specks of dust from above reveal themselves as a gathering of giants, a herd of elephant ambling along a sandy path before disappearing into a dense forest of fever trees.

Lebouteux glances at the battery display with satisfaction: 78 per cent. Zebras parade along the lakeshore, and, in the distance, a pink hue catches the eye... flamingos.

When it comes to game viewing, the benefits of an electric vehicle are obvious. "We got very close to lions, elephants and hyenas on our drives because the vehicles are so quiet," says fellow traveller Carolina Saporiti. "The animals behave much more calmly and naturally. For me, it's obvious that they feel less disturbed compared to loud conventional vehicles." Indeed, especially skittish animals such as antelope merely glance up briefly as we approach. When a diesel vehicle arrives, however, the herd scatters.

But it's not just for wildlife sightings that EVs offer advantages. We also enjoy the tranquillity afforded by the lack

of engine noise and we immerse ourselves much more deeply in nature. I feel less like an intruder and more like a quiet observer. It's almost comparable to a walking safari — only more comfortable and less strenuous.

Our morning game drive is delightful; an almost meditative experience. Accompanied only by a soft hum, the vehicle rolls through the landscape. I can hear the rustling of leaves in the treetops and the multi-voiced birdsong welcoming the day. When the sun finally rises above the horizon and bathes the world in a rosy hue, nothing disrupts the serenity.

Those on a walking safari also benefit. During a sunrise hike in Grumeti Game Reserve (Serengeti) later in my tour, an EV silently follows behind carrying heavy equipment such as tripods or telephoto lenses. A conventional vehicle would no doubt disturb the idyllic setting and frighten the animals. Instead, we enjoy the quiet, observing a herd of impala frolicking exuberantly and a dazzle of zebra calmly glancing in our direction. Only one buffalo looks grumpy. "That's normal," says our guide. "We call these animals 'bankers', because they always stare at people as if they owe them money."

The advantages of electric Land Cruisers are clear, but their use requires sophisticated logistics. While diesel is readily available everywhere, charging points for electric cars are scarce. Public stations don't exist at all in Tanzania. To operate his electric fleet, Lebouteux has had to create the ➔



“

**The animals behave much more calmly  
and naturally. For me, it's obvious  
that they feel less disturbed compared  
to loud conventional vehicles**

”

**Power trip:**

The wall of the Ngorongoro  
Crater rises 600m, making it a  
power-hungry incline for an EV



JUTTA LEMCKE

infrastructure himself. He has equipped each of his 13 camps and lodges with photovoltaic systems and charging stations. Additionally, the properties are strategically located so that the vehicles can complete a circuit through northern Tanzania.

A full battery charge should last for 120–230km (depending on terrain), enough to reach the next lodge. Charging a completely drained battery takes fifteen hours, or four with a fast charger. While some lodges in Africa, such as in Botswana and South Africa, use electric vehicles for game drives, Lebouteux can handle the entire journey with EVs, including airport transfers.

He's convinced EVs are the future in Africa. "The electric Land Cruisers are quiet, so they don't disturb the animals and they produce no emissions," he says. "My cars run 85 per cent on solar energy. I only use generators in emergencies."

Sustainability and cost savings are key advantages, he adds: "I go green and put the money in my pocket." Not only does he save on fuel but also on maintenance costs. Regular services, along with oil and air filter changes every 5000km, are no longer needed.

His company now owns 14 EVs — all former diesel Land Cruisers retrofitted with electric drives by E-Motion, a company based in Arusha. The conversion kit, comprising batteries and an electric motor, costs around US\$20,000, while the retrofit costs US\$30,000. In comparison, a new Land Cruiser costs US\$100,000.

The range remains a limitation — for now. Until the next generation of high-performance batteries arrives, he must plan routes carefully to avoid running out of charge. If that happens, the only option is to send a replacement vehicle.

The drive out of Ngorongoro Crater is a challenge, regardless. Batteries drain so quickly on the uphill climb you can literally watch the power indicator ticking down. The path is so steep that even the animals leave the basin only in emergencies. Giraffes, with their awkward legs, cannot manage the incline at all — the reason for their absence in the caldera.

The EV performs well, however. As diesel-powered 4WDs rattle toward the Crater rim, the electric Land Cruiser glides quietly and smoothly. We reach the summit with 46 per cent charge and a range of 92km remaining — more than enough power to reach the next camp.

The drive in and out of the Crater shows the power of these vehicles. Driving them at a slower speed to conserve battery life may be a disadvantage on highways, but this is irrelevant during game drives.

The pioneering Lebouteux, though, continues to innovate. More powerful batteries are on order, which will enable the cars to travel up to 280km. In a few years, he expects the company's entire fleet will run on electricity. "Electric cars are perfect for safaris and will undoubtedly dominate in Africa," he says. 🚗



WEST AFRICAN CHEFS

# PASSION ON A PLATE

With no fewer than four Michelin stars between them, three West African chefs are cooking up a storm in London – and the city's food scene is all the better for it, says Karen Overton

**Top left:**  
Chishuru's Egusi dessert  
(HARRIET LANGFORD)

**Left:**  
Turbot and Egusi Miso at Ikoyi  
(JUSTIN DE SOUZA)

**Right:**  
Moi Moi, a traditional Nigerian meal made from beans, onions, peppers and spices  
(JOHN CAREY)





Are you craving the succulent smokiness of beef cooked over fire? Or richly spiced in a peanut-based marinade and served alongside the piquant tang of raw onions and tomatoes? Or how about the sweet, simple warmth of roasted plantains? You no longer need to go on a treasure hunt in England's capital city to discover such delights. West African food is now a fundamental aspect of London's glittering food scene. Leading the charge are chefs Aji Akokomi and Adejoké (Joké) Bakare, and chef/restaurateur duo Jeremy Chan and Iré Hassan-Okudale, who collectively boast four Michelin stars between them. All come from humble, traditional beginnings, and though their careers have led them in different culinary directions, the role of African flavours and culture is integral to their unique approaches to hospitality and cuisine.



**Starting July 2025 | new KQ flights | Nairobi-London Gatwick**





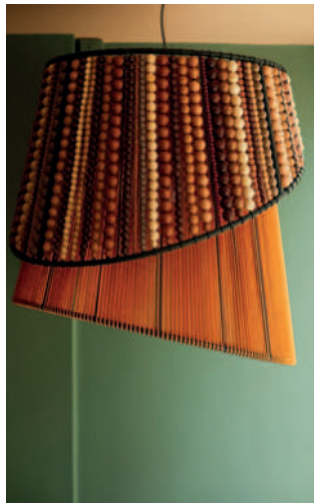
**ADEJOKÉ (JOKÉ) BAKARE** | CHISHURU

**"I'm not setting out to** create an authentic version of the food of my heritage," demurs Bakare, whose restaurant Chishuru is now a revered establishment in London's upmarket Fitzrovia. "Rather, I'm just trying to present a version of the dish in a London context: with the capital's presentation and professional cooking techniques. I describe myself as 'a Londoner by way of Nigeria' and I guess my food reflects that."

Bakare states there is no such thing as 'Nigerian cuisine' – a bold statement that appears curt at first tasting, yet is actually a complement to the country where she was born and raised.

"The truth is it's a huge expanse with many peoples and culinary traditions that go across borders. For example, some northern Nigerian dishes you are more likely to find in northern Ghana than southern Nigeria. My parents are Yoruba and Igbo people, and I grew up in an area populated predominantly by Hausa, so you will see elements of all those culinary traditions on our menu."

At Chishuru, we see smoked eel, sweet potato cream, yams, pepper relish and beetroot sit alongside rice, plantain, braised cabbage and beetroot foam in a menu that elevates even the humblest of ingredients to Michelin-star level.



**Top:**  
Baobab dessert

**Above left:**  
Chishuru blends colourful interior tones and textures

**Above right:**  
Okra Martini

**Below:**  
Egusi dessert



The downstairs banquet room at Chishuru

ALL PICS ON THIS PAGE: HARRIET LANGFORD



## AJI AKOKOMI | AKOKO

**Akokomi's flagship** restaurant Akoko, just three streets from Chishuru, seamlessly blends the most integral elements of his native cuisine alongside some of the finest produce Britain has to offer. Cuts of tender Hereford beef nestle against jollof rice, and goat is paired with Exmoor caviar in a rather unique take on surf and turf (a staple in British pubs whereby meat is served alongside seafood, usually shrimp).

However, it's not just about bringing the flavours of Africa to the mouths of hungry Londoners, it is about creating an authentic immersive experience. "At Akoko we have chefs explaining the cultural importance, ingredients and inspiration behind the dishes as they are served. Most of our recipes are collected from family members – aunts, parents, grandparents – and the stories are as important as the food," reveals Akokomi.

"For example, the second dish of the tasting menu sees us serve oysters, and we highlight the importance of them, particularly in Gambia, where the farming of oysters is performed by women alone. There is a huge preservation

effort for the shellfish, and they eat them for breakfast, for lunch, for dinner, then use the shell to make paint. It's such a beautiful story."

In 2024, Akoko received its prestigious Michelin accolade and was also ranked 23rd in the UK's Top 100 Restaurants list at the 2024 National Restaurant Awards.

That's an enormous achievement for any restaurateur, but Akokomi's journey is particularly interesting as it was only in 2017 that he decided to quit his job in IT in order to follow his dream.

The epicurious entrepreneur enrolled in Leith's Cookery School's 10-week Essential Cooking course in order to begin the journey into the hospitality industry. A year later, he embarked on a culinary expedition across West Africa, visiting Gambia, Senegal, Ghana and Nigeria to discover and study traditional cooking techniques.

In order to understand the food, Akokomi spent time with family in Ibadan, Nigeria, while working in his mother's bakery where he learned about Agege bread, a local staple.

"I went on to meet sustainable palm nut oil suppliers in Accra, and learn about the history of jollof rice in Dakar, which has inspired one of Akoko's signature dishes."

## Aji's healthy food tip

**Moi moi (or Moin moin)** is made with black-eyed beans, and is a mainstay on the menu at Akoko, using traditional West African ingredients and techniques. The beans are peeled and ground with a pestle and mortar to form a paste. They are then mixed with dried prawns, peppers and onions to make a savoury dough. Then you steam this (in banana leaf if you can find them!) to make a very healthy and delicious black-eyed bean cake. At Akoko, we serve them with grilled mackerel and vatapa sauce made from bread, coconut milk, ground peanuts and palm oil. Vatapa is a Brazilian dish which originated with West African slaves sent to Brazil. ➔



JOHN CAREY



JOHN CAREY

**Top to bottom:**  
Egusi; a selection of sweets;  
immaculate styling adds a  
special ambience at Akoko



JOHN CAREY





## WEST AFRICAN CHEFS

MAUREEN M. EVANS



### IRÉ HASSAN-ODUKALE | IKOYI

**For Iré Hassan-Odukale,** Restaurant Director at Ikoyi, the mission to serve Londoners (and those visiting the capital) haute-cuisine has taken an equally circuitous and fascinating path. Educated at the London School of Economics, he worked in the city, before switching codes completely to fulfil his culinary ambitions with childhood friend Jeremy Chan. Chan's father is Chinese, his mother Canadian, and it is that unique combination of heritage, as well as a precise approach to food, that has led to the stunning success of the two-Michelin-starred restaurant.

"We base everything around British micro-seasonality at Ikoyi. When you focus on the seasons you focus on the flavours developing within them, and with an ever-evolving menu even the subtlest changes show through – across slowly grown, flavoursome vegetables, sustainable line-caught fish, aged native beef and

spices originating from sub-Saharan West Africa."

The dedication is reflected in the price – at £350 a head for the tasting menu, it is styled as an extraordinary adventure for those with curious palates. Red mullet and sugar berry pumpkin combined with a scallop roe emulsion; Sorghum crepe and dark beer fondue; and ice cream of fresh, roasted and fermented ceps, with overripe plantain and uda pepper oil, are just some of the dishes that may feature.

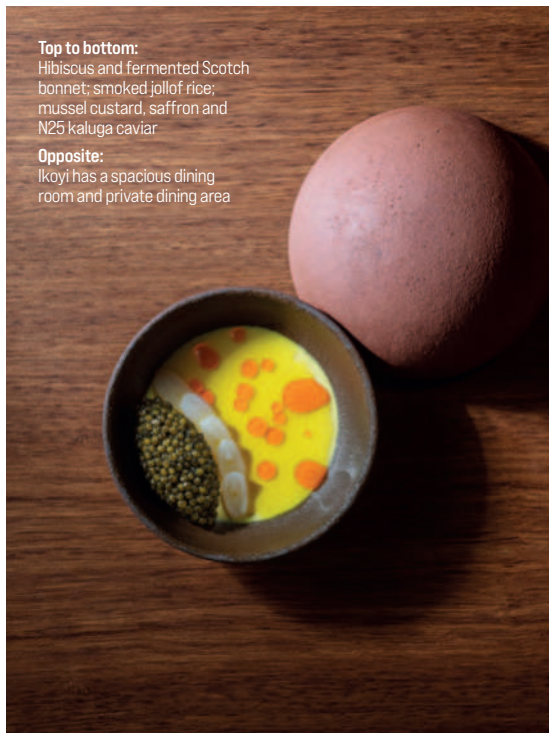
"We wanted to do something in London that other chefs weren't doing, with ingredients that weren't being used," says Hassan-Odukale. "Most people in the UK know black peppercorns, but there are a host of other peppercorns with different flavours – some are smoky while others are fruity, and now more kitchens are using them, but when we first opened in 2017 that wasn't the case."

IRINA BERSMA / 3




**Top to bottom:**  
Hibiscus and fermented Scotch bonnet; smoked jollof rice; mussel custard, saffron and N25 kaluga caviar

**Opposite:**  
Ikoyi has a spacious dining room and private dining area







## Iré Hassan-Odukale and the 'no-menu' format

"We always found a traditional menu quite restrictive in terms of what was in the kitchen.

"Instead of doing à la carte we decided on a tasting menu, initially it was because that gave us more control of how much people are spending. So, if we had 20 covers, we knew what our revenue would be. While that doesn't necessarily sound like something that would be discussed by a multiple Michelin-starred restaurant, my background is business; and unless you look after that aspect, you have no restaurant!

"What's interesting is the fact that conscious move evolved into a 'no-menu' format, which was served 'blind', effectively, and this got people excited about what was going to be presented to them. So now the menu changes all the time, sometimes during each serving – we can have two different tables eating different things entirely in case we run out of something. The no-menu format means there's no expectation, so we can literally be led by our suppliers and our producers, and what's in season, with an absolute focus on the very best and very freshest food available that day, that hour." ➔



## FOR STARTERS

Though the global food market is increasingly becoming more diverse in the UK, it is still not straightforward sourcing certain African treasures. Bakare notes: "I've found it impossible to get good plantain from normal restaurant suppliers, so I have boxes driven from Brixton Market twice a week. I head to East London to procure incredible spices, while suya spice – also known as yaji – which is a wonderful blend for grilled meats, I have made for me by someone I know in Nigeria."

In a strange twist of fate, Bakare, the UK's first black female Michelin-starred chef, began her culinary journey in the streets of Nigeria serving arguably one of the most famous combinations present in British food. "I ran a fish and chip cart while I was studying biological sciences at Kaduna, northern Nigeria," she laughs. "It was just something I did from time to time but it was very popular, especially with American and Asian students."

"Then, years later, after I moved to the UK, I sold pies and akara and puffpuff from a van outside my church in southeast London on Sunday mornings. After that, I ran a couple of supper clubs."

In 2019, the exuberant Bakare answered an advert in London's *Metro* newspaper for chefs who wanted to run a three-month pop-up restaurant in the capital's trendy Brixton neighbourhood. She was selected and in 2020 she presented her food with stunning results.

"The popup was only supposed to last three months, but Jay Rayner – famous food critic at *The Observer* newspaper – came in and gave us a rave review, and then Brixton Village asked me to make it permanent."

In April 2022 TimeOut named Chishuru London's best restaurant, and it quickly became apparent that they had outgrown the space. "We didn't even have our own bathrooms!" exclaims Bakare, so on closing Brixton in October 2022 and hosting a couple of popups to tide



**Above:**  
Plantain Mosa, served with beef tartare  
and sosu kaani, a Senegalese chilli sauce

JOHN CAREY

them over, the current central London site was finally opened in September 2023.

"Despite our success, London landlords were not very interested in having a West African restaurant in their premises. We were flatly refused sites we wanted, and for a while with our current site it looked like the deal would fall through and we would lose everything. Summer 2023 was very challenging indeed! The answer was persistence, and self-belief. I just refused to give up."

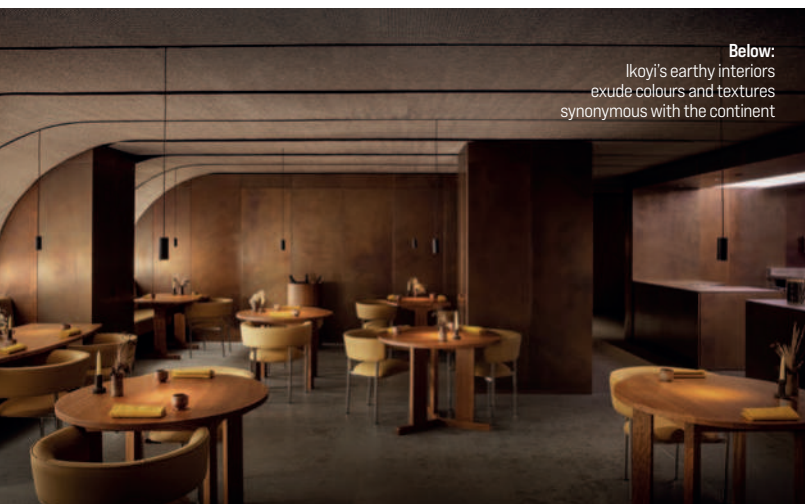
## FINE DINING

For Iré Hassan-Odukale at Ikoyi the choice to become a fine-dining establishment was one forced by fate, as he and Chan struggled to get people through the door with a price point that was in line with other mid-level dining experiences. "We were very casual when we opened, and our average spend was around £45, but it wasn't working. We had to change something, so the decision was made to move the experience into the upper bracket. This not only created a fine dining USP, but pushed excellence in every dish, every mouthful. That excited people and led to us getting investors."

Like Chishuru, Ikoyi also began in a smaller location – London's St James Market, where it won two Michelin stars, before progressing now to its current location on The Strand.

Interestingly, the situation has been a reverse for Aji Akokomi who launched his career in fine dining and then, and more recently opened his second restaurant Akara, underneath the arches in Borough Yards (a far trendier and urban locale). Bearing the name of the black-eyed bean fritter with roots in West Africa, which features on the concise menu, the restaurant champions traditional flavours of the expansive region in a stylish and relaxed setting, where diners are encouraged to share plates of food brought to the table.

"Receiving a Michelin star really opens the door to everyone," he says, "and even those who are less keen to



**Below:**  
Ikoyi's earthy interiors  
exude colours and textures  
synonymous with the continent

FINA BUESHA



try West African food are more willing to give it a go. Most importantly, perhaps, the endorsement has done a lot, not just for me, but for the West African food scene overall in Britain,” he says.

### STAR QUALITY

Striking the balance between authenticity, marketability and consumer expectations is a fine and precarious line for all in the hospitality industry, where margins are becoming ever tighter regardless of the quality or level of cuisine. For Bakare in particular, the fight to maintain a sense of identity once catapulted into that higher sphere is very real, and Chishuru states clearly on its website that it is ‘not a fine dining restaurant’.

“My ambition always was that Chishuru should feel homely and welcoming – so many of the traditions of fine dining run against that. Also, since winning our Michelin star, we’ve had a small number of customers coming in with strange expectations – that we shouldn’t play background music, or there should be a staff member topping up your wine and water constantly,” says Bakare.

“Michelin recognised some years ago that you can get great food in informal settings, and you don’t need to have linen tablecloths or a man in a golden grapes badge upselling you on wine to get a star; they emphasise that stars are only given in recognition of the quality and consistency of the food.”

### COOKING WITH MOTHER

In such a competitive market, it makes perfect sense that quality should be at the heart of such accolades. For all those mentioned, fostering that authentic atmosphere of West African culture, where food is an expression of love and people come together to share an experience, is an essential aspect of their business. The stuffiness and formality that perhaps may make a French restaurant feel genuine, does not apply to this cuisine, and it is right and proper that they don’t feel pressured to adhere to such formalities in order to garner prestige.

“We want to share the joys and deliciousness of the food and the impact it has across the globe thanks to the diaspora,” says Akokomi. “It’s important to introduce to those who aren’t of our heritage the customs and traditions, such as gathering around food at a party, whether it’s a birthday, a funeral or a wedding, it is integral. I come from a big family and I wanted to showcase my upbringing to the West.

“My memories as a child, are of helping in the kitchen my mother, who ran her own bakery, as I pounded yams with a pestle and mortar. So, when I wanted to start a business in the UK, I thought: what am I passionate about? And the answer was obvious... West African food.”




DANNY J. PEACE

### An Ikoyi favourite: drunken squid toast

JEREMY CHAN, HEAD CHEF, IKOYI

A delicious, ‘one bite’ appetiser – fermented rice with ‘drunken’ squid, topped with a single chanterelle or slice of black truffle.

One of my favourite dishes at Ikoyi is our drunken squid with fermented rice and squid ink toast. We make the toast by blending fermented rice with squid ink and steaming it. It’s then caramelised in squid butter. This is a very simple dish but one that has incredible flavour. I like it so much because it reminds me of a childhood dish of har gau prawn dumplings.” 



JUSTIN DE SOUZA



# **Turtles, coral and conservation:**

## **Protecting the stunning marine**

WORDS: SARAH KINGDOM



# wonders of the Seychelles islands ➔



WALDORF ASTORIA PLATTE ISLAND



The 115 islands of the Seychelles archipelago are scattered like emeralds across the Indian Ocean. This is a place synonymous with pristine beaches, azure waters and a thriving marine environment. But beneath the surface is a delicate biosphere that, like reefs all around the world, is under threat from climate change, habitat destruction and unsustainable human activity. Coral reefs are the lifeblood of Seychelles' marine ecosystem, providing food and shelter to countless species, including the sea turtles that nest on its remote beaches, all the while protecting the islands' stunning coastlines. Among the most crucial conservation efforts in the Seychelles are those dedicated to protecting sea turtles and coral reefs – two keystones of the ocean's biodiversity.

Coral reefs and sea turtles share an intrinsic link. Healthy reefs provide shelter and feeding grounds for turtles, which help maintain reef health by grazing on sponges and sea grass. Sadly, rising sea temperatures, ocean acidification and pollution have led to widespread coral bleaching events. Simultaneously, poaching, plastic waste and habitat destruction continue to impact sea turtle populations, particularly their nesting sites. The Seychelles, renowned for its commitment to environmental protection, has implemented numerous conservation measures to combat these issues, from community-driven initiatives to luxury resorts that are embracing sustainable tourism.

### SAVING THE RAINFORESTS OF THE SEAS

Coral is actually a soft-bodied animal called a polyp, living in a colony of genetically identical polyps; each one producing a hard skeleton, of calcium carbonate, giving the colony its rock-like appearance. To feed, the polyps extend tiny tentacles from their exoskeleton, capturing and consuming tiny plankton. Plankton aside, coral polyps rely on tiny algae called zooxanthellae, microscopic algae that live in the tissues of most reef-building corals, for about 90% of their energy. These algae photosynthesise, using sunlight to create food and also giving coral its vibrant colours. Coral reefs are one of the most productive ecosystems in existence – despite covering less than 1% of our oceans, they support around 25% of all marine life and provide income for over half a billion people.

While the Seychelles boasts some of the world's most spectacular coral reefs, these ecosystems have not been spared from the devastating effects of climate change. When stressed, corals lose their zooxanthellae algae, causing them to turn white – a process known as bleaching. Coral bleaching events in 1998 and 2016 saw widespread destruction, with reefs struggling to recover. To counteract these losses, dedicated marine conservation centres across the islands have pioneered coral restoration projects. The Marine Conservation Society Seychelles (MCSS) has been at the forefront, spearheading coral gardening and reef rehabilitation efforts. By growing coral fragments in underwater nurseries, before transplanting them back onto damaged reefs once they are mature enough, scientists are giving these ecosystems a second chance.

Likewise, the WiseOceans initiative at Four Seasons Resort Seychelles, on Mahé Island, is actively involved in coral propagation. The Petite Anse Reef Restoration Project, launched in 2015, is an ambitious effort to restore 10,000 square metres of degraded reef. The programme also includes various guest activities with the resident WiseOceans Marine Biologists and Educators, as well as community and employee education and engagement. Since its launch, over 5,000 corals have been grown and more than 3,500 guests have visited and got involved with the nursery.

### THE PLIGHT OF THE ANCIENT MARINER

While coral reefs battle the warming seas, another marine conservation success story is unfolding on the Seychelles' beaches. Sea turtles have survived in the world's oceans for over 100 million years, yet now face threats from coastal development, climate change and illegal poaching. Five of the world's seven sea turtle species are found in the Seychelles – with both the hawksbill turtle (*Eretmochelys imbricata*) and green turtle (*Chelonia mydas*) nesting here. These turtles follow ancient migratory routes, returning annually to lay their eggs in the soft sand, just as they've been doing for millions of years.

To nest, females leave the sea and choose an area on the beach to lay their eggs. Digging a pit in the sand with their flippers, they fill it with a clutch of eggs, cover the pit and return to the sea, leaving the eggs to hatch on their own. Female green turtles →



**Paradise found**  
Petite Anse beach on the island of La Digue epitomises the beauty of the Seychelles

FOUR SEASONS SEYCHELLES

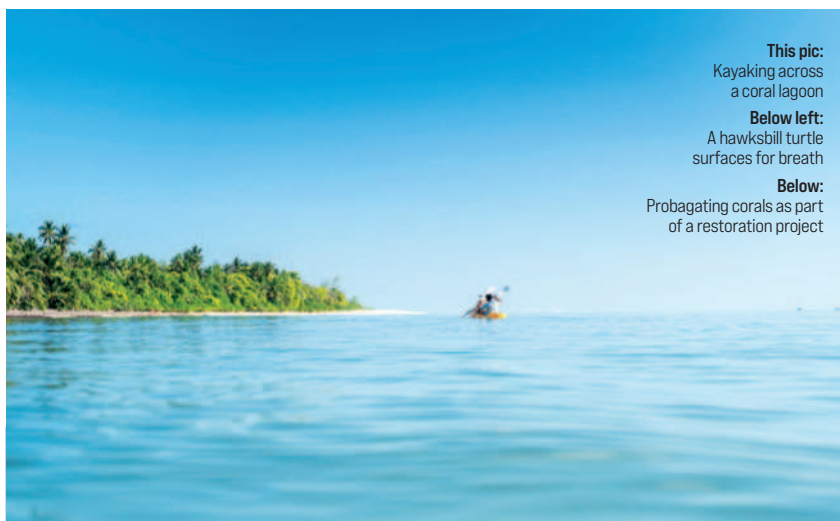




**Into the blue:**  
A diver studies the soft corals and sponges festooning an overhang on a reef in the Seychelles

FOUR SEASONS SEYCHELLES

**Coral reefs are one of the most productive ecosystems in existence – despite covering less than 1% of our oceans, they support around 25% of all marine life and provide income for over half a billion people**



**This pic:**  
Kayaking across a coral lagoon

**Below left:**  
A hawksbill turtle surfaces for breath

**Below:**  
Propagating corals as part of a restoration project

WALDOFF ASTORIA PLATTE ISLAND



WALDOFF ASTORIA PLATTE ISLAND

FOUR SEASONS SEYCHELLES





and hawksbill turtles both typically lay between 130 and 160 eggs per nest, and will create 3 to 5 nests in a season.

After around 60 days of incubation, the baby turtles begin to pip, or break out of their shells, using a small, temporary tooth, located on the front of their snout. Once out of the shell, the hatchlings make their way to the water, orientating themselves to the brightest horizon. Despite being surprisingly strong and fiercely determined, on average only 90% of the eggs will successfully hatch, and only 75% will survive their trek to the sea – the most dangerous time of a turtle hatchling's life is the journey from nest to sea, with many being taken out by predators like birds, crabs or lizards. Once reaching the water, the hatchlings begin what is called a 'swimming frenzy', which may last for several days, with the aim of getting far away from the dangerous shoreline. It's at this point that their 'lost years' begin, with the whereabouts of these turtles being unknown for as much as a decade. Experts say that only 1 out of 1,000 of these hatchlings will survive to adulthood.

At around thirty years of age, the now fully grown hatchlings will return to the very beaches on which they were born, to lay their own eggs; with some turtles swimming more than 2,600km to reach their breeding grounds. This ability to return to their birthplace is known as natal homing. Both males and females have this 'homing instinct', returning to their birthplace to mate.

**On average only 90% of the turtle eggs will successfully hatch, and only 75% will survive their trek to the sea – the most dangerous time of a turtle hatchling's life is the journey from nest to sea**

Conservation efforts in the Seychelles have taken significant steps to protect these endangered species. Across the archipelago, conservation programs monitor and safeguard nesting sites, ensuring that female turtles can lay their eggs undisturbed. The Seychelles Islands Foundation has been instrumental in these efforts, working to safeguard turtle habitats and nesting sites since the 1970s, and in 1994 the Seychelles government enacted strict laws to protect all turtle species. Green turtle numbers have shown significant increases, and hawksbill turtles, though still endangered, find

refuge on Seychelles' beaches.

A key example is at Waldorf Astoria Platte Island, a remote island south of Mahé that serves as a crucial nesting ground. Thanks to the island's strict conservation restrictions and natural isolation, it is a crucial nesting ground for hundreds of hawksbill turtles annually. With a dedicated marine conservation centre and a full-time marine biologist, efforts here focus on protecting nesting sites and monitoring turtle populations. The seagrass meadows surrounding Platte Island are among the best preserved in the Indian Ocean and are essential feeding grounds for both juvenile and adult turtles.



WALDORF ASTORIA PLATTE ISLAND

## PARADISE FOUND – AND PROTECTED

The Seychelles is often hailed as a leader in marine conservation, with large swathes of its waters designated as protected areas. Conservation isn't limited to scientists and marine biologists. Local communities play an integral role in protecting their aquatic heritage. Fishing regulations, including marine protected areas and seasonal bans, help ensure sustainable fish populations. Fishermen are encouraged to use eco-friendly methods, avoiding bycatch that could harm turtles and other oceanic species. Education and outreach programs are also pivotal. Schoolchildren participate in beach clean-ups, learn about biodiversity, and join conservation projects. By instilling environmental consciousness from a young age, the Seychelles is fostering a new generation of conservationists.

With tourism as the backbone of Seychelles' economy, striking a balance between economic growth and environmental preservation has been important. Many resorts and tour operators have embraced sustainable tourism, ensuring that their activities support conservation rather than harm delicate ecosystems. Waldorf Astoria Platte Island and Four Seasons Seychelles Resort are just two luxury properties which have incorporated conservation into their high-end offerings. On Platte Island, guests can witness turtle hatchlings making their first journey to the sea, while at Four Seasons, the Marine Discovery Programme allows guests to take part in conservation activities.

Marine conservation in the Seychelles is a testament to what can be achieved when science, community, tourism and passion come together. Coral reefs act as the ocean's rainforests, sustaining marine biodiversity and providing livelihoods for local communities through fishing and tourism. Similarly, sea turtles play a vital ecological role, helping to maintain healthy seagrass beds and reef ecosystems. Whether snorkelling over newly restored coral gardens or witnessing hatchlings take their first steps toward the sea, travellers to the Seychelles are not just spectators – they are part of a global movement to safeguard our oceans. They can also support marine conservation by choosing eco-friendly





**Close encounters:**  
An eagle ray glides  
through the shallows



**This pic:**  
Education project  
for children run  
by Four Seasons

**Below:**  
Aerial view of  
Platte Island

FOUR SEASONS SEYCHELLES

#### FURTHER INFORMATION:

[mahlatini.com](http://mahlatini.com) | [fourseasons.com/Seychelles](http://fourseasons.com/Seychelles) | [hilton.com/en/hotels/sezpiwa-waldorf-astoria-seychelles-platte-island](http://hilton.com/en/hotels/sezpiwa-waldorf-astoria-seychelles-platte-island) | [wiseoceans.com/marine-conservation/reef-restoration](http://wiseoceans.com/marine-conservation/reef-restoration)



**Marine meadows:**  
Green turtles feed  
on sea grass beds


FOUR SEASONS SEYCHELLES



WALDORF ASTORIA PLATTE ISLAND

resorts, joining reef restoration activities, and respecting marine life. Reducing plastic waste, using reef-safe sunscreen, and supporting conservation initiatives like the WiseOceans program also help protect the delicate ocean ecosystem. Every small action helps to protect marine life for future generations.

Who you travel with also makes a difference. For almost 25 years, Mahlatini Luxury Travel have supported critical conservation projects and community initiatives throughout the continent. Creating positive change through travel has been central to Mahlatini's ethos from the start. The company has recently become the first independent African specialist tour operator to become B Corp™ certified - the 'B' standing for 'benefit for all', and a measure that they've been verified as meeting high standards for social and environmental impact. By travelling with Mahlatini, you know that your journey will contribute to the well-being of the communities you visit and the conservation of the environments and wildlife you encounter.

The turquoise waters of Seychelles are more than just a paradise; they are a vital sanctuary for marine life. By protecting its coral reefs and sea turtles the archipelago is not only safeguarding its biodiversity but also ensuring that future generations can continue to marvel at its underwater wonders. 







# BUILDING BETTER: A NEW DAWN FOR SUSTAINABLE DESIGNS IN AFRICA

**In the heart of Africa there's an architectural renaissance. It's more than gleaming skyscrapers and concrete jungles, but structures embracing the soul of the land, blending age-old wisdom with cutting-edge innovation**

Picture this: In sun-drenched Mopti, in Mali, structures rise not from steel and glass, but from renewable materials such as straw and mud, thoughtfully harnessing earth's natural gifts. In the bustling city of Nairobi, architects weave magic into high-rise buildings, crafting eco-friendly edifices that take advantage of the local climate. In Kigali, a financial centre takes pride in the use of bricks baked in local kilns to preserve the soul of the local community. Elsewhere in Africa, bamboo frames stand tall beside solar panels shimmering like the leaves of a baobab tree. Walls and roofs burst with lush flora, capturing the essence of the African savannah. Each building tells a story of harmony – a dance between human ingenuity and the planet's well-being. This 'green revolution' spearheaded by some of Africa's most prolific architects such as Francis Kéré and Eric David Loki, is a conjunction between tradition and technology, every brick and beam a testament to a greener, more sustainable future and where architecture promises not just to shelter, but to rejuvenate the world around it.

## FRANCIS KÉRÉ

Francis Kéré, founder of Berlin-based Kéré Architecture, has an unparalleled knack for merging innovation and nature, and stands as a beacon of sustainable architecture in Africa. Revered for his ingenious use of eco-friendly materials and renewable energy sources and natural lighting, his designs are not just buildings – they are living, breathing entities that harmonise with their surroundings.

The internationally acclaimed architect won the Aga Khan Award for Architecture in 2004 for his first project, a primary school in his native Gando, Burkina Faso. So dear to his heart was the school that, besides designing it, he fundraised for the project in collaboration with local residents. In 2022, he became the first African architect to win the Pritzker Architecture Prize.

Apart from his expansive works in Africa, Kéré's designs have gone global, including the picturesque Serpentine Pavilion at Kensington Gardens, UK; Camper Pop-up Store in Weil am Rhein, Germany; and Sarbalé Ke in California, USA. He currently holds professorships at TU München and Yale University.

## Three Kéré designs

### BENGA RIVERSIDE SCHOOL, MOZAMBIQUE

On the banks of the Revúboé and Zambezi rivers lies the Benga Riverside School, a tranquil education space for the Benga Riverside Residential Community. The first part comprising the nursery and primary school was completed in 2018 with plans underway for the secondary school. Kéré is attentive to small but practical details that others might easily miss. For example, he designed the school so that a green welcoming space is next to the school bus stop to filter the noise from the nearby road. In addition, the "complex opens with the administrative buildings, which shelter the children further", according to the architectural firm. The walls mimic fish gills, allowing people to peer inside the classrooms, "creating a feeling of transparency and trust". ➡



## BURKINA INSTITUTE OF TECHNOLOGY, BURKINA FASO

Designing for education ranks highly among Kéré's works, perhaps due to his own struggles accessing education in Burkina Faso. The Burkina Institute of Technology in Koudougou, completed in 2021, has classrooms and auxiliary structures arranged within a rectangular courtyard, leaving room for future expansion. Again, the functionality of the campus is dictated by the local climate and a need for a conducive study environment. "The modules are staggered, allowing air to flow through the central void, creating a cool space where students can relax and interact," states the design firm.

The construction took advantage of locally-available materials by using poured local clay, cast on site. "This innovative method meant construction could be completed within a tight timeframe, using large formworks that allowed an entire module to be poured in one session." The mass of clay walls translates to less energy needed to cool down the interiors and contributing to financial savings.

Other environmentally-friendly designs include the repetitive roof profiles that form chimneys for expelling built-up warm air, hung ceilings made of local eucalyptus wood that brighten the interiors, complementing the clay walls, and rainwater harvesting and storage system used to irrigate mango plantations on the campus during drier periods.

## CENTRE FOR EARTH ARCHITECTURE, MALI

In Mopti stands the Centre for Earth Architecture as part of the Aga Khan Trust for Culture (AKTC), another masterpiece for exhibition spaces and educational facilities. Its traditional earth architecture manifested by the clay construction technique sits well in a region whose use of such local construction materials dates back ages ago.

The centre's walls and barrel vaults made out of exposed compressed stabilised earth blocks (BTC) held together with clay mortar. They sit well with the regional climate, creating a natural temperature buffer between inside and outside. Other unique design

**"This innovative method meant construction could be completed within a tight timeframe, using large formworks that allowed an entire module to be poured in one session"**

FRANCIS KÉRÉ

This pic and below:  
Burkina Institute  
of Technology

Above and opposite:  
Centre for Earth  
Architecture in Mopti

JAMIE HERRAZ FOR KÉRÉ ARCHITECTURE



features include an overhanging roof that keeps the walls cool besides providing shaded outdoor spaces. Wall openings and vaults ventilate the building further, with corresponding reduction in energy consumption.

To create an aesthetic feel, the designers backfilled the edge of a nearby lake to create a publicly accessible lakeside complete with a promenade. The height of the centre corresponds to the urban fabric and hardly compromises the views of a nearby mosque's spectacular earth spires. ➡

JAMIE HERRAZ FOR KÉRÉ ARCHITECTURE



CENTRE FOR EARTH ARCHITECTURE







LARS BORRES





**This pic:**  
Artist's impression of the  
Memorial Thomas Sankara  
in Burkina Faso

**Right & Below right:**  
Design for the Obama  
Legacy Campus in Kenya



KÉRE ARCHITECTURE v.3

Other inspirational designs by Francis Kéré include the Memorial Thomas Sankara in Ouagadougou, Burkina Faso which, when built, will honour the former president and Pan-African and include an 87m-tall tower on the site of his 1987 assassination. The Obama Legacy Campus will stand in the Kenyan village of Kogelo, birthplace of President Barack Obama's father, and will serve the education needs of over 1000 children. It will be made out of clay bricks and slanted timber truss roofs elevated above the walls for natural ventilation.





I&M BANK

Curved creation: the I&M Bank building in Kigali

## ERIC DAVID LOKI

In a small studio behind the glittering GTC Tower in Nairobi, Eric David Loki studies sketches of his upcoming projects. Loki, the Principal Architect and Managing Director of Architecture Design Workshop (ADW) is an environmental design architect. His notable works include the building façade of the 21-story Kenya Commercial Bank Tower in Nairobi (the first environmentally-friendly high-rise building in Kenya), and the new headquarters of the I&M Bank in Kigali.

The Nairobi building incorporates solar shading to minimise heat gain and glare through vertical and horizontal aluminium fins; rainwater harvesting and recycling techniques; 'sky gardens' that are not only visually appealing but serve as fire breaks; and an atrium that allows for air circulation throughout the building. KCB Tower was voted as the Best Commercial Building in Kenya during the 2016 Architectural Association of Kenya's Duracoat Awards of Excellence in Architecture.

The bank building in Kigali utilised local bricks and a concrete structure with an atrium providing daylight and natural ventilation in unmatched levels. The building's energy consumption is among the lowest of its kind in the region and has received EDGE green certification from the International Monetary Fund.

"Buildings should be responsive to nature and be built to be lived in the present," says Loki. "The climate in the region allows for natural cooling mechanisms without using mechanical systems to regulate temperatures. Nairobi, for example, should be the lowest energy-consuming city in the world." 🌱



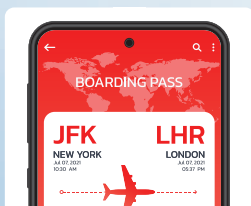


# Take Your Brand to the Skies

Transform your brand with our advertising solutions.  
To book your adverts, please contact  
**[marketing.managers@kenya-airways.com](mailto:marketing.managers@kenya-airways.com)**



*Msafiri Magazine*



*E Tickets*



*In-flight  
Entertainment*



*Boarding Pass*



*Livery Advertising*



*Desk Boarding Pass*

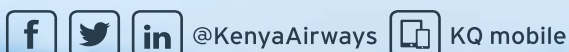


*Airside Buses*

## 2024 World Travel Awards winner of:

- ✈ Africa's leading business class airline
- ✈ Africa's leading airline brand
- ✈ Africa's leading in-flight magazine (Msafiri)

[www.kenya-airways.com](http://www.kenya-airways.com)



 **Kenya Airways**  
*The Pride of Africa* 



# kusafiri

ALL YOU NEED FOR A SAFE & ENJOYABLE JOURNEY WITH US



## Guess where...

This prehistoric-looking bird can be found in a swamp near to the continent's largest lake, on which this destination sits. The city – the name of which translates as 'seat' in the local language – lies 40km south of the country's capital. As well as the shoebill, the wetland is home to more than 300 species of birds. But in which city on Kenya Airways' network are we?

 TURN TO PAGE 80 FOR THE ANSWER

## KQ contents

### 68 KQ NEWS

New plane, Sustainability awards, and much more

### 74 ROUTES

Our network; Plus: three destinations to visit

### 76 DUTY FREE

On-board shopping

### 78 INFIGHT ENTERTAINMENT

Your film highlights

### 80 SKYTEAM

How to stay connected with the airline alliance

### 82 DIARY DATE

World Hypertension Day



# NEW AIRCRAFT ARRIVES

KQ ADDS 170-SEAT BOEING 737-800 TO FLEET

**Kenya Airways** has taken delivery of a 170-seat Boeing 737-800, growing its fleet to 35 aircraft. The acquisition is part of KQ's ongoing fleet expansion strategy, and underscores the airline's commitment to increase capacity, enhance operational efficiency and meet the growing demand for air travel across its network.

Allan Kilavuka, group MD and CEO at Kenya Airways, said: "The addition of this B737-800 marks a pivotal moment in our fleet expansion journey. It will increase our seat capacity and is a demonstration of our ability to adapt and grow in a challenging operating environment, even as the global aviation industry faces challenges in aircraft availability. These efforts are part of Kenya Airways' broader strategy to enhance its network,

**"[THIS] MARKS A PIVOTAL MOMENT IN OUR FLEET EXPANSION JOURNEY. IT WILL INCREASE OUR SEAT CAPACITY AND IS A DEMONSTRATION OF OUR ABILITY TO ADAPT AND GROW IN A CHALLENGING OPERATING ENVIRONMENT"**

**ALLAN KILAVUKA,**  
GROUP MD AND CEO

improve connectivity and deliver exceptional service to its guests."

The new aircraft, acquired from Dubai Aerospace Enterprise (DAE), comes at a critical time when Kenya Airways is actively pursuing opportunities to expand its fleet. The airline is currently engaged in advanced discussions to secure additional planes.

"We are committed to building a robust and modern fleet that supports our vision for growth," added Kilavuka. "The acquisition of the B737-800 aircraft from DAE is a great milestone in our long-term partnership and solidifies our relationship as we work together in the future. It is also a clear signal to the aviation industry that Kenya Airways is a reliable and forward-thinking partner."







## THE AWARDS KEEP COMING

KQ named African Air Cargo Airline of the Year

**KQ Cargo** has been crowned African Air Cargo Airline of the Year at the Air Cargo Africa Conference 2025, held in Nairobi in February, reaffirming the division's leadership and commitment to excellence in cargo operations across the continent.

The award, determined through an online voting process by readers of *The STAT Trade Times*, a leading aviation and air cargo publication, recognises KQ Cargo's exceptional service, innovation and significant contributions to the growth of Africa's cargo industry.

Dickson Murianki, director of cargo at KQ, said: "We are honoured to receive this award, especially here in Nairobi, as we host the

Air Cargo Africa Conference in Kenya for the first time.

This achievement is a testament to the hard work and dedication of our entire cargo team."

Murianki further emphasised KQ Cargo's strategic focus, adding: "Africa remains central to our operations, and we are committed to providing innovative, efficient and reliable cargo solutions that drive trade and economic growth across the continent and beyond."

The recognition also highlights Nairobi's Jomo Kenyatta International Airport's growing status as a premier African cargo hub, facilitating trade and economic expansion across the region.

**Above (l-r):** KQ Cargo's Patrick Mulei, Peter Musola and Daniel Salaton show off the trophy

## AIR INDIA CODESHARE

Airline expands range of destinations in Asia

Kenya Airways has extended its codeshare partnership with Air India, complementing the existing interline agreement between the two carriers.

The codeshare and interline partnerships allow passengers of both airlines to access a wider range of destinations, leveraging a single ticket and a unified baggage policy for a hassle-free travel experience.

The partnership allows Kenya Airways to place its 'KQ' designator code on Air India-operated flights between Delhi and Nairobi, enabling KQ passengers from across Africa to travel to Delhi via its Kenya hub.

Meanwhile, Air India will place its 'AI' designator code on the twice-daily flights between Nairobi and Mumbai operated by Kenya Airways, which will connect passengers to/from Bangkok (Thailand), Colombo (Sri Lanka), Dhaka (Bangladesh), Malé (The Maldives), Melbourne (Australia) and Singapore. This is in addition to existing connections when flying from Nairobi to Delhi with Air India.

The interline agreement between the two carriers enables passengers to travel on a single itinerary between any of 28 cities in Africa and 15 destinations in India.

The two airlines plan to add more destinations progressively to the codeshare agreement.



## WHY FLY WITH KENYA AIRWAYS TO/FROM LONDON GATWICK

KQ will begin flying to Gatwick on 2 July, in addition to its London Heathrow service



**Why travel through Gatwick Airport?** If you are travelling to destinations in the south of England, Gatwick provides a more convenient option. It is less crowded than Heathrow and offers a more relaxed airport experience.

**Where is Gatwick located?** The airport is 28 miles (45km) south of central London, near Crawley in Sussex.

**What are my travel options from Gatwick?** By train: you can travel to more than 120 stations direct from Gatwick, with connections into London, the South East and South Coast. By car: the airport links directly to the M23 at Junction 9 and to the A23 Brighton Road, while the M25 is 10-minutes away. By bus: the coach and bus network from Gatwick connects you to over 100 cities and towns.

**Why choose the KQ flight to/from London Gatwick?** The B787-8 Dreamliner will fly three times a week – overnight from Nairobi on Wednesdays, Fridays and Sundays, with same-day flights out of Gatwick – with convenient onward connections.



# GLOBAL AVIATION CHALLENGE ACCOLADES

## KQ SCOOPS TWO PRIZES AT SKYTEAM AVIATION CHALLENGE

**Kenya Airways** has emerged as a top performer at the 2024 SkyTeam Aviation Challenge, earning accolades for its groundbreaking sustainability initiatives, with the airline winning two prestigious awards.

The Best Scaled Catering Solution category recognised KQ's innovative efforts to reduce single-use plastics on board. By introducing traditional African bread baskets and aluminium food containers in economy class, the airline will eliminate 24 tonnes of plastic waste annually.



The Best Approach to Scaling Sustainable Aviation Fuel (SAF) award saw KQ commended for its partnership with a local producer to establish Kenya's first SAF production plant. This initiative will deliver affordable SAF to the region, create jobs for the Kwale County community and boost the country's tree cover by cultivating energy seed plants on arid and degraded lands.

Additionally, KQ received recognition in two categories: Best Team Collaboration for the Sustainability Champions programme, which fosters cross-departmental collaboration;

and Best Climate Literacy for its multi-level sustainability training programmes; as well as special recognition in the Airline Participation category.

Allan Kilavuka, KQ's group MD and CEO said: "The wins and recognition at the 2024 Aviation Challenge are testament to our commitment to sustainability and innovation. By embracing sustainable aviation fuel, reducing single-use plastic and fostering collaboration across teams, we are driving meaningful change for the aviation industry and our planet."

The SkyTeam Aviation Challenge, run by the SkyTeam airline alliance and now in its third year, recognises innovative solutions that address critical challenges in the aviation industry. The 2024 challenge focused on scaling previously implemented solutions to drive sustainable impact.

KQ's participation included successfully operating four long-haul flights – Nairobi to New York, Amsterdam, Paris and London – under sustainability-focused parameters.

Key efforts included sustainable in-flight catering, geo-optimisation of ground operations, e-mobility solutions for passenger transport, a 'travel light' policy encouraging passengers to minimise baggage weight, and waste management initiatives to reduce carbon emissions and promote eco-friendly operations.



## Partnerships

KQ has signed several strategic collaborations to enhance the travel experience for its guests

### 01 FLY KENYA INITIATIVE

Kenya Airways recently held strategic deliberations with key government stakeholders in a move to promote the seamless adoption of the Fly Kenya policy for government travel. This engagement is part of the airline's policy to foster stronger partnerships, build capacity for government travel agents, innovate solutions to support wider adoption and develop mechanisms to facilitate integration of the policy within government agencies.

Arthur Osiya, chief of the Staff Public Service Commission, said: "Fly Kenya positions the airline as a key enabler of efficient government service delivery."

### 02 GOLF SPONSORSHIP

Kenya Airways renewed its partnership with Kenya Open Golf Ltd as the official airline partner for the Magical Kenya Open 2025, reaffirming its commitment to sports tourism while positioning Kenya as





a premier golfing destination. The tournament took place on 20-23 February at Nairobi's Muthaiga Golf Club. As part of the sponsorship, KQ facilitated travel for participants, officials, tourists and spectators.

The Magical Kenya Open, established in 1967 on the Safari Circuit, is a professional men's golf tournament and a notable event on the DP World Tour. It provides significant economic benefits to local businesses and enhances Kenya's international visibility – both of which align with Kenya Airways' mission of propelling Africa's prosperity by connecting its people, cultures and markets.

### 03 REVOLUTIONISING AVIATION EDUCATION

Kenya Airways and London Metropolitan University (London Met) have announced a landmark partnership aimed at transforming aviation education and workforce development. By leveraging London Met's world-class academic expertise and KQ's industry leadership, the partnership will provide KQ employees with access to specialised training programmes, academic advancement opportunities and cutting-edge research in aviation.

Allan Kilavuka, group MD and CEO of Kenya Airways, said: "This collaboration is a testament to our commitment to innovation, excellence and the development of human capital. By investing in education and skills development, we are not only empowering our employees but also shaping the future of aviation in Kenya and beyond."



**Top**  
Securing the future of Kenya's aviation education with London Met

**Above**  
Enhancing travel benefits with Standard Chartered

**Below**  
Signing a memorandum of understanding with Capital Club East Africa

for their clients. The partnership focuses on enhancing the service experience for both the bank's affluent clients and KQ's Asante Rewards members. The collaboration offers exclusive benefits, such as discounts on holiday packages and flights and status matching opportunities for Asante Rewards members.

Julius Thairu, chief commercial and customer officer at KQ, said: "Together, we are making every journey more memorable, with a focus on exceptional service and added value."

### 05 CAPITAL CLUB EAST AFRICA

KQ has signed a memorandum of understanding with Capital Club East Africa to bring added value to the airline's Asante Rewards loyalty programme and Capital Club East Africa members. A key feature of the partnership is status matching, which allows Capital Club members to enjoy the benefits of Asante Rewards. The initiative also fosters greater membership growth for both programmes.



## ASANTE REWARDS

### UPDATED POINTS EXPIRY POLICY

KQ's loyalty programme, Asante Rewards, has updated its points expiry policy for members, as follows:

**36 months expiry:** every point activity will be valid for 36 months, up from the previous 24 months validity.

**Silver, Gold and Platinum tiers:** points for members in the Elite and Elite-plus tiers will not expire as long as they are on these tier levels.

**Ruby tier:** points earned by Ruby members will be valid for 36 months from the date of activity.

Join Kenya Airways' frequent flyer loyalty programme and, in addition to the usual benefits this brings, you can now earn Asante Rewards points with the airline's SkyTeam partners Delta Air Lines, Air France/KLM, Korean Air, Virgin Atlantic, Scandinavian Airlines and Middle East Airlines. With these expanded options, your points will accumulate faster, bringing you closer to your next reward. To start earning, simply provide your Asante membership number during booking or check-in.

To enrol and enjoy exclusive Asante Rewards member discounts, head to [asante.kenya-airways.com](https://asante.kenya-airways.com) or scan the barcode (right).



# TOP EMPLOYER AWARD

KQ has been recognised as Kenya's Top Employer of the Year 2025 by The Employers Institute. This esteemed accolade underscores the airline's unwavering commitment to fostering a dynamic workplace that champions employee growth, inclusivity and wellbeing.

The institute's rigorous certification process evaluates organisations across key areas, including talent strategy, workplace environment, learning and development, diversity, equity and leadership.

Allan Kilavuka, KQ's group MD and CEO, said: "Our people are at the heart of everything we do. This award is a tribute to their dedication, innovation and passion, which drive our success every day. We... remain committed to investing in initiatives that enhance the employee experience, promote growth, and uphold our values of diversity and inclusion."








## INTERNATIONAL WOMEN'S DAY

KQ hosted a series of events supporting the empowerment of women and celebrating its female employees

As the sun rose on 8 March, a determined group of women – and their allies – set out from the KQ Pride Centre, Nairobi, walking the 10km to Cabanas and back. Each step they took was more than just a physical journey; it was a statement of solidarity, a commitment to empowering women and a celebration of progress.

At KQ, this year's theme, 'Accelerating action in career progression through elevation of leadership skills' was not just a slogan, it was a rallying cry for

PLANE SIGHT		No. OF PLANES	SEATS	SEAT PITCH	CRUISING SPEED	RANGE	MAX. TAKE-OFF WEIGHT
	Boeing 787 Dreamliner	9	Premier: 30 Economy: 204	Premier: 75" Economy: 32"	Mach 0.85 (1050kmh)	14,500km	227,930kg
	Boeing 737-800	9	Premier: 16 Economy: 129	Premier: 47" Economy: 32"	Mach 0.78 (963kmh)	5665km	79,015kg
	Embraer 190	13	Premier: 12 Economy: 84	Premier: 38" Economy: 31"	Mach 0.82 (1013kmh)	2935km	51,800kg
	Boeing 737-300F	2	N/A	N/A	Mach 0.745 (920kmh)	2200km	62,822kg
	Boeing 737-800F	2	N/A	N/A	Mach 0.789 (974kmh)	3695km	79,000



progress towards gender equality in society. Over the years, the airline has championed women's empowerment, but in 2025 the airline took it a step further, running a full week of events that focused on leadership, career growth and recognition.

The week kicked off with RISE 2025, a women empowerment programme organised by SkyTeam and its member airlines. Influential speakers, interactive panels and mentorship sessions created an environment where women could elevate their careers and expand their networks. Throughout the week, KQ shone a spotlight on the remarkable women shaping the airline. A social media takeover shared inspiring stories of KQ women – from pilots to engineers and ground crew. There were also various interactive activities and an award ceremony honouring three exceptional women in leadership.

BasiGo joined as the official motor transport sponsor. Its electric buses, which each reduce carbon emissions by up to 50 tons annually, transported participants throughout the week.

The 10km walk finale raised funds for Wings of Hope, a rescue home for girls and children who are survivors of gender-based violence, enabling them to reintegrate into society through access to education up to tertiary level. It also highlighted the airline's dedication to empowering women in aviation and the communities it serves through social investment.

As the final steps of the walk brought participants back to KQ's base, the message was clear: when women rise, everyone rises.



**The theme of 'Accelerating action in career progression through elevation of leadership skills' was not just a slogan, it was a rallying cry for progress towards gender equality in society**

**Top left**  
Limbering up for the 10km walk, which formed the finale of KQ's International Women's Day celebrations

**Above**  
Participants at the RISE 2025 event, hosted by KQ and organised by SkyTeam, which championed female empowerment

FUEL CAPACITY (LITRES)	THRUST PER ENGINE	WING SPAN	LENGTH	HEIGHT
126,903	69,800lb	60.1m	56.7m	16.9m
26,020	26,300lb	34.3m	39.5m	12.5m
16,153	18,820lb	28.72m	36.24m	10.57m
20,124	22,000lb	28.9m	32.2m	11.1m
26,025	24,000-27,000lb	35.8m	38m	12.54m

## SAFETY CERTIFICATION

Kenya Airways Aircraft Maintenance Organisation (AMO) has attained the European Union Aviation Safety Agency (EASA) Part-145 Certification. This milestone signifies a significant leap for the organisation in meeting global aviation maintenance standards and grants its approval to perform:

**Base maintenance on Embraer E190 and Boeing 737-700/800/900 aircraft.**

**Line maintenance for Boeing 787-8, Embraer E190 and Boeing 737-700/800/900 models.**

**Aircraft component maintenance in the C14 category.**

**Special services in category D1 for non-destructive testing.**

This achievement positions the AMO as a trusted partner in the global aviation industry, enabling KQ to attract and retain maintenance contracts from diverse clients and enhance its revenue streams.



**DID YOU KNOW?**

### WHY ARE MOST AIRPLANES PAINTED WHITE?

Commercial planes are usually painted white to reflect sunlight and minimise heat absorption, which helps keep the aircraft cooler and reduces the risk of sun damage. Additionally, the white colour makes it easier to spot any cracks or imperfections on the surface of the aircraft, ensuring safety during inspections.



### GET SOCIAL WITH US:

[facebook.com/ KenyaAirwaysKE/](https://facebook.com/KenyaAirwaysKE/)

[x.com/KenyaAirways](https://x.com/KenyaAirways)

[instagram.com/officialkenyaairways/](https://instagram.com/officialkenyaairways/)

[linkedin.com/company/kenya-airways](https://linkedin.com/company/kenya-airways)

# Kenya Airways routes

## JOURNEY TIME FROM NAIROBI TO:

Abidjan	5hrs 54min	Kilimanjaro	46min
Accra	5hrs 26min	Kinshasa	3hrs 20min
Addis Ababa	1hr 51min	Kisumu	49min
Amsterdam	8hrs 20min	Lagos	5hrs 0min
Antananarivo	3hrs 8min	Lilongwe	2hrs 10min
Bangui	3hrs 1min	Livingstone	3hrs 4min
Bangkok	8hrs 59min	London	8hrs 31min
Bujumbura	1hr 31min	Lubumbashi	2hrs 18min
Cape Town	5hrs 18min	Lusaka	2hrs 37min
Dakar	7hrs 47min	Maputo	3hrs 54min
Dar es Salaam	1hr 16min	Mauritius	4hrs 8min
Douala	4hrs 7min	Mombasa	59min
Dubai	4hrs 40min	Monrovia	6hrs 45min
Dzaoudzi	2hrs 20min	Moroni	2hrs 4min
Eldoret	48min	Mumbai	5hrs 49min
Entebbe	1hr 6min	Nampula	2hrs 19min
Freetown	7hrs 10min	Ndola	2hrs 21min
Guangzhou	10hrs 43min	New York	14hrs 26min
Harare	2hrs 47min	Paris	8hrs 7min
Johannesburg	3hrs 54min	Seychelles	2hrs 58min
Juba	1hr 33min	Victoria Falls	3hrs 6min
Kigali	1hr 23min	Zanzibar	1hr 12min



## Three places to visit

Celebrating the destinations  
that Kenya Airways flies to...

### PARIS, FRANCE

The Dôme des Invalides at the Musée de l'Armée, Paris's tallest building until the Eiffel Tower's construction, is home to the tomb of Emperor Napoleon I. Built in 1677 during the reign of Louis XIV, the royal chapel was designated by Napoleon as a pantheon of military glories in 1800. Other luminaries found lying in this strikingly ornate mausoleum are Bonaparte's brothers Jérôme and Joseph, Napoleon II and Marshal Ferdinand Foch – commander of the Allied forces in World War I – among others.



### BIRTH OF CINEMA

In 1895, the Lumière brothers staged the world's first public screening of moving pictures at Le Grand Café on Boulevard des Capucines, Paris.

EWASTUDIO / SHUTTERSTOCK.COM



### NAMPULA, MOZAMBIQUE

A 4km-long bridge takes you back in time to a small coral island off the Nampula coast of Mozambique. Ilha de Moçambique, a UNESCO World Heritage Site, with its stone and lime forts, cathedrals and mansions, boasts a fascinating blend of Swahili, Arab and European influences, and was the first seat of the Portuguese colonial government in the 1500s.

### BUJUMBURA, BURUNDI

Burundi's largest city stretches to the northeastern banks of Lake Tanganyika, the longest freshwater lake in the world (at 660km), and the nearby Rusizi National Park. As well as spectacular beaches, there are opportunities for boat safaris, cruises, kayaking, fishing and wildlife spotting – hippos and crocs abound here.



International routes

Domestic routes

Regional routes

## THE MILE-HIGH SHOP

GET THE LATEST PRODUCTS ON BOARD



### GIORGIO ARMANI MY WAY PARFUM

Eau de Parfum 50ml

Discover My Way Parfum, Giorgio Armani's new feminine fragrance. An intense and woody, powdery bouquet born from the contrast between the bright solar tuberose and the majestic blue Iris pallida. An invitation to explore new horizons and follow one's path into the unknown. I am what I live.

**FRAGRANCE NOTES:** Citrus – Floral



### TOMMY HILFINGER CASUAL MEN'S WATCH

Meticulous design and functionality. The standout feature of this watch is its dimensional double-layer dial with matte sunray finish elevating its appearance. **Watch case:** 44mm. Two-year international warranty.



### ADELPHI BEADED COSMETIC POUCH

The Beaded Cosmetic Pouch is the ultimate fusion of style and practicality, this pouch brings a touch of luxury to your on-the go beauty essentials. Ideal for fitting neatly into a handbag or suitcase. Handcrafted from full-grain Kenyan leather and adorned with intricate beading, the pouch contains a spacious main compartment with a large interior pocket. **Dimensions:** 9" (W) x 5.5" (H) x 2" (D)



SEE OUR FULL RANGE OF DUTY FREE PRODUCTS.



### EMPORIO ARMANI STRONGER WITH YOU INTENSELY

Eau de Parfum 50ml

This intense fragrance for men is based around a warm vanilla heart and vibrant ambery wood accords, with a contrast of pink pepper notes. The aged cognac colour perfectly embodies the intense character of the new fragrance. An addictive fougère fragrance, with warm and spicy facets, embodies the passion of a young couple irresistibly in love, pushing the boundaries of their love and therefore making it stronger. Intense, like a profound love story. **FRAGRANCE NOTES:** Oriental fougère

NOTE: SOME PRODUCTS ARE ONLY AVAILABLE ON SELECTED AIRCRAFT TYPES



**NEW**

**LAUNCHING  
IN MAY**

**VERSACE EROS NAJIM**

Eau de Parfum Vapo 100ml

Derived from *najim*, the Arabic word for 'star', Eros Najim is, as the name suggests, a beautiful star. It's warm, golden-amber light illuminates the dunes of the Middle Eastern desert at sunset.



**LADIES' LACOSTE.12.12 WATCH**

The iconic design details of the polo shirt are brought to the wrist with a sleek and modern reinterpretation of the Lacoste.12.12 for her.



**ELIZABETH ARDEN 5TH  
AVENUE DOWNTOWN NYC**

Eau de Parfum 75ml

Elizabeth Arden 5th Avenue Downtown captures the effortless chic of downtown NYC. Airy florals blend with fresh pear and velvety clary sage, complemented by creamy woods and warm amber for a modern, edgy fragrance.



**BUY BEFORE YOU FLY**

You can now pre-order your duty free online three days before your flight and get your shopping delivered directly to your seat on board. Quick, easy and convenient shopping!

VISIT [WWW.KQDUTYFREE.COM](http://WWW.KQDUTYFREE.COM)

**PROMATE  
MAGHALO  
LED RING  
LIGHT**

An ultra-slim, MagSafe-compatible rechargeable LED ring light.



**L'OREAL LE DUO SERUM**

Experience the power of two serums in one pump – double the ingredients to expertly target wrinkles, firmness and radiance with a luxurious formula.



## KQ Cinema



Choose from a host of new on-board content — there are over 100 movies, 40 TV shows and 240 music tracks to enjoy

### HOLLYWOOD NEW RELEASES



#### BLINK TWICE

What starts as a luxurious escape quickly turns into a chilling fight for survival when Frida and her friends accept an invitation to a tech mogul's exclusive private island. As strange events unfold and reality begins to blur, paranoia takes hold — who can be trusted and who is pulling the strings? With mind-bending twists, eerie suspense and a sinister game of control, *Blink Twice* will keep you on the edge of your seat, questioning everything until the very last moment.



#### KRAVEN THE HUNTER

Prepare for an action-packed thrill ride with *Kraven the Hunter*, the latest addition to Sony's Spider-Man Universe. This origin story follows Sergei Kravinoff aka Kraven (Aaron Taylor-Johnson), a ruthless big-game hunter driven by his primal instincts and an unrelenting pursuit of dominance. As he embraces his unique abilities, Kraven sets his sights on proving himself as the world's most formidable predator. Directed by JC Chandor, this gripping film delves into the darker side of Marvel's antiheroes, delivering intense action, fierce battles and a compelling character transformation. Buckle up for a wild hunt at 35,000 feet.



#### CONCLAVE

Inside the Vatican, cardinals gather to elect a new pope. But, behind closed doors, power struggles and dark secrets threaten the sanctity of the process. Cardinal Lawrence (Ralph Fiennes) finds himself entangled in a dangerous web of ambition, forcing him to question loyalty, faith and the true cost of leadership. A gripping drama that pulls back the curtain on one of the world's most secretive institutions.





## INTERNATIONAL MOVIES



### FLY ME TO THE MOON

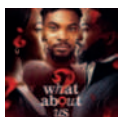
Set in the 1990s, the movie follows two sisters as they move from Hunan to Hong

Kong, seeking a better life. Faced with poverty, an identity crisis and their father's battle with drug addiction, the sisters must navigate a world of uncertainty and struggle. Amid these personal challenges, they strive to build a future and find their place in a new, bustling city.



### ROCKY AUR RANI KII PREM KAHANI

This Bollywood extravaganza brings a fresh twist to the timeless tale of opposites attracting. Rocky, a charismatic and free-spirited man, falls for Rani, a sophisticated and independent woman. As their love blossoms, they must navigate clashing cultures, family drama and deeply rooted traditions.



### WHAT ABOUT US?

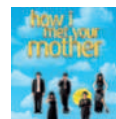
This thought-provoking drama delves into the complexities of marriage through the lives of two Christian couples. As one couple struggles to save their marriage, the arrival of new neighbours stirs tensions and uncovers deeper challenges. Through its heartfelt narrative, the film explores themes of love, faith and resilience.



### NICKEL BOYS

In 1960s Florida, two Black teenagers, Elwood and Turner, are sent to the Nickel

Academy, a reform school hiding horrific abuse. Based on Colson Whitehead's Pulitzer-winning novel, this harrowing drama follows their desperate fight for survival as they navigate racism, violence and the struggle to hold on to hope. A powerful and haunting portrayal of injustice that lingers long after the credits roll.



### HOW I MET YOUR MOTHER

Relive the hilarity and heart of the

beloved sitcom that chronicles Ted Mosby's journey to finding 'The One'. With unforgettable misadventures, career twists and deep friendships, and from slap bets to blue French horns, the series masterfully balances outrageous comedy with touching life lessons.



### BATMAN: THE BRAVE AND THE BOLD

This action-packed

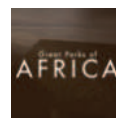
animated series takes Batman out of Gotham and into thrilling team-ups with DC's greatest heroes. From Batgirl to Blue Beetle, Batman joins forces to battle villains and solve mysteries. Each episode kicks off with a fast-paced teaser adventure, introducing iconic guest characters before diving into the main story.



### HUMAN PLAYGROUND

Narrated by Idris Elba, this is a visual

masterpiece that explores the world's unique sports and games. From ancient traditions to daring modern pursuits, it celebrates humanity's boundless creativity and resilience. Each episode reveals the cultural significance and personal stories behind these activities.



### GREAT PARKS OF AFRICA

The series takes viewers on a

breathtaking journey across the continent's most stunning natural sanctuaries. These parks provide a refuge for Africa's incredible and vulnerable wildlife. With spectacular visuals and compelling narratives, the series offers a glimpse into the efforts to preserve these wonders.



## GET SOCIAL

### KEEP CONNECTED WITH SKYTEAM

At SkyTeam, we're in the business of bringing people together. Taking customers to destinations near and far is something we've been doing every day for 25 years.

We know the importance of connection, so to keep you connected with what's happening at SkyTeam, our various pages on social media are full of the latest from our alliance.

Need a little adventure inspiration? Check out our Instagram for stunning destination shots, or indulge your #avgeek with amazing photos of our members' aircraft. Want to share photos from your latest SkyTeam trip? Tag us using #MySkyTeam and we'll feature them on our page.

Head over to Facebook to find the latest news and information on our benefits

and services, as well as updates and sneak peeks featuring our member airlines' latest on-board enhancements and destinations.

We're also busy on LinkedIn and X, where you can find more content about the SkyTeam family. And if you're in Greater China, you can find the latest news and information from SkyTeam on WeChat as well.

Follow SkyTeam on social and be among the first to hear the latest news and our plans for the future, including new members, benefits and lounges. Connect with us and tell us what you think. We look forward to hearing from you.



@SkyTeam



@SkyTeamAlliance



WeChat: @SkyTeam

SkyTeam is an 18-member airline alliance. Find out more about news, services and upcoming events on [skyteam.com](http://skyteam.com)



Aerolíneas Argentinas

AEROMEXICO

AirEuropa

AIRFRANCE

CHINA AIRLINES

CHINA EASTERN

DELTA

Garuda Indonesia

Kenya Airways

KLM

KOREAN AIR

MEGA

SAS

Saudia

TAIRUM

Vietnam Airlines

virginatlantic

XIAMENAIR

SCAN THE QR CODE TO DOWNLOAD THE APP



Guess where answer (from page 67): **Entebbe, Uganda**

Mabamba Swamp is 12km from Entebbe and is one of the best places in Africa to see the rare shoebill stork. They can grow up to 5ft (1.5m) tall and weigh up to 12lbs (5.5kg). The swamp, and Entebbe itself, sit on the northern shore of Lake Victoria. For a view over the city and the waters beyond, head up to the State House on Nsamizi Hill. ➔ For more information about flights to Entebbe, go to [www.kenya-airways.com](http://www.kenya-airways.com)



# We are the face of seamless travel.



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](https://skyteam.com)



DIARY DATE

# world hypertension day

17 MAY 2025



RAPALA DANCE ENSEMBLE

## How the Rapala Dance Ensemble are putting dance, music and colour to Africa's so-called 'silent killer'

In Nairobi, a traditional dance group have put a new take on raising awareness for hypertension. Better known as high blood pressure, it mostly affects low- and middle-income countries in Africa, the Caribbean, Latin America and Southeast Asia, increasing risk of heart disease, stroke and kidney failure, often with no obvious symptoms until complications arise. World Hypertension Day, observed annually on 17 May, aims to build knowledge.

The Ensemble were formed during Covid by Gabriel Odhiambo Oduor in 2020. "We are a cultural music and dance group across Kenya. Rapala means 'of many colours,' says Gabriel. "Our aim is to combine ancestral music traditions with modern; using African drums, the orutu (a fiddle), the nyatiti (an eight-stringed lyre) and the opora (horn). We invite people to join in, dance and play the instruments."

**"To raise awareness of health issues, engage communities, preserve traditions, and follow in the footsteps of my father, is very special."**



# KQ Freighter

You've got cargo  
We've got space



[www.kqcargo.com](http://www.kqcargo.com)

 [officialkqcargo](#)  [Kenya Airways Cargo](#)  [OfficialKQCargo](#)  [KQ Cargo](#)

 **Kenya Airways  
CARGO**

# Fancy a Trip to the Tower Bridge?



Discover London's iconic landmarks, world-class shopping, and British cuisine with direct flights from Nairobi to London Gatwick starting 2nd July 2025.



Book your ticket now on [www.kenya-airways.com](http://www.kenya-airways.com) or visit your preferred agent.



@KenyaAirways



KQ mobile



**Kenya Airways**  
*The Pride of Africa*

