



# Kenya

## Health and Community Development

**Credits** 16  
**Program Base** Nairobi  
**Language Study** Swahili, 3 weeks  
**Homestay** Nairobi, 6 weeks  
**Rural Visit/Homestay** Swahili coastal village, 9 days

**Educational Excursions** Northern Tanzania or Uganda, 1 week  
**Independent Study Project** 4 weeks  
**Prerequisites** None

### Health and Community Development Seminar

AFRS 3000 / 6 credits / 90 class hours

An interdisciplinary course conducted in English, with required readings, examining the social, political, and cultural underpinnings of development and health in Kenya. Resources utilized in the delivery of course content include the University of Nairobi and the National Museums of Kenya. The seminar covers a wide array of topics related to Kenyan health, development, culture, and society. Lectures and discussions for this course generally include the following topics:

#### Culture and Society

History of Kenya; ethnicity, urbanization, and changing values; politics; education and socialization; belief systems; introduction to Maasai culture and society; current events; Swahili society, culture, and development.

#### Development

Development history and paradigms; multinational and international donors; globalization and the Kenyan economy; formal and informal economies; international priorities versus local realities; rural development efforts.

#### Community Health

Traditional healing; urban versus rural health care practices; demographics, infrastructure, and access to health care; public health education; women's health care needs; food and nutrition; the sociology of HIV/AIDS in Kenya; community health care projects.

### Field Visits and Educational Excursions

This seminar generally includes short field visits outside Nairobi including to UN agencies, international and local nongovernmental organizations (NGOs), community-based organizations (CBOs), and government agencies. Students also visit Tanzania or Uganda on a longer educational excursion to gain additional perspectives on development, health, and social issues in East Africa.

#### Rural Visit

To afford direct knowledge of Kenyan rural life, students live for nine days in a Swahili coastal village. Living conditions in the village are basic, frequently with no electricity or running water, and provide an invaluable opportunity to learn from rural Kenyans.

### Intensive Language Study: Swahili

SWAH 1000-2000 / 4 credits / 60 class hours  
 Emphasis on speaking and comprehension skills through classroom and field instruction. Students with no previous knowledge of Swahili are placed in intensive novice classes and may advance to intermediate and advanced levels with further language practice in and outside the homestays. Daily classes during the first two weeks of the urban homestay are followed by the rural Swahili community stay, which provides an opportunity for additional Swahili language practice.

### Field Study Seminar

ANTH 3500 / 2 credits / 30 class hours  
 A course in the concepts of learning across cultures and from field experience. Introduction to the Independent Study Project. Material includes cross-cultural adaptation and skills building; project selection and refinement; field study ethics and the World Learning/SIT Human Subjects Review Policy; developing contacts and finding resources; field study methods; developing skills in observation and interviewing; gathering, organizing, and communicating data; maintaining a field journal; participatory evaluation and appraisal techniques.

### Independent Study Project

ISPR 3000 / 4 credits / 120 class hours

Conducted in Nairobi or in another approved location appropriate to the project within Kenya. Sample topics areas: rural women's cooperatives; Nairobi's informal economy; oral history of the Maasai; grassroots development programs; education in Nairobi; primary health care options in Nairobi; prenatal health care; family planning in rural Kenya; HIV/AIDS peer education; girls' education in Nairobi; nutrition and health programming in Kisumu.

### Homestay

Six weeks in Nairobi and a nine-day rural homestay in a Swahili coastal village. Other accommodations, especially during the ISP period, range from small guest houses to tented camps.

**Local language instructors conduct Swahili classes, preparing students for daily social interactions with Kenyans. Photo by Anna Bauer.**

