



*Western's response to HIV/AIDS crisis in Africa!*

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# Intern Survival Manual

*Written by interns for interns*

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**2005 Western Heads East Interns**

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## Section One: Survival Manual

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### 1. Timeline for pre-departure preparation (based on minimum required time):

Immediately (at least 3 months) – Start to read and learn about Africa (especially current books/novels/stories about East African culture and society)

3 months – Begin to learn Swahili (the earlier you start, the better)

3 months – Book your flights (closer than 3 months, prices increase drastically)

2 months – Get VISA's in motion

6 weeks – Make sure passport is valid

1 month – Innocations (Hepatitis B takes longer than this though)

2 weeks – Learn and practice yogurt making process

1 week – Make a list of what to pack, purchase equipment, pack/re-pack

Anytime before you leave – have a complete medical physical performed, dental checkup and hair cut.

### 2. Things for both interns to bring(assumed 5 month internship):

- 5 sticks of deodorant
- 3 bars of soap
- 3 large tubes of toothpaste
- 3 toothbrushes
- 400mL of sunscreen (SPF 30)
- 300mL of bug spray (25% DEET)
- Malarial prophylaxis
- Acetaminophen/ASA/etc. (100 tablets)
- Daily multivitamin (150 - 1/day for duration of trip)
- Anti-diarrheal/Imodium™ (use your discretion)
- Topical cortisone cream (optional)
- Non-specific antibiotic/Apo-Ciproflox
- Giardia antibiotic/Trikacid (optional)
- Altitude pills/Apo-Acetazolamide (required if plan to do any trekking)
- Antihistamine (use your discretion)
- Antiseptic cream (Polysporin™)
- First Aid kit (bandaids, steristrips, alcohol wipes, gauze, tape, tensor bandage, sterile needles/syringes, suture kit)
- Condoms
- Moisturizing cream
- Kleenex
- Roll of toilet paper
- Electric and/or blade razors/shaving cream
- Sleeping bag (silk liner is optional, but proved useful when tenting in hot weather)
- Treated bed net (there are some here, but becomes less potent over time)

- Flash light
- Water bottles (several 1L Nalgene™ bottles work quite well)
- Water treatment device (chemicals and/or filter)
- Entertainment (books/cards/boardgames/cds/etc.)
- Laptop computer (should be purchased by the program)
- Mass storage device (128MB USB key – should be purchased by the program)
- Digital camera (should be purchased by the program)
- safe-box (should be purchased and installed by the program)
- Batteries
- Voltage step-down and adapters (A, B, & D)
- 2 weeks worth of clothing
- Rain gear & umbrella
- Sewing kit
- Swiss Army knife
- Small screw driver kit
- Non-perishable treats (Kool-aid™/hot chocolate/candy/gum/etc.)
- Journals
- Pens
- Stationary supplies
- Photos of friends/family
- US cash, US travelers cheques, and VISA
- Photocopies of passport, birth certificate, drivers license, VISA, debit card, immigration/VISA papers, travel insurance, inoculation records, airplane tickets (it is suggested that you leave a copy of all these documents in the programming office and at home with your family)

### **3. Things for the female intern to bring (assumed 5 month internship):**

- You can purchase Always™ brand pads and liners at most chemist shops
- Tampons cannot be purchased in Tanzania so stock up if this is your preference.
- Pack an extra tooth brush, comb or hair brush
- If you have long hair, pack extra hair elastics or hair bands.
- A pair of dress shoes/sandals
- 500mL of shampoo/conditioner (shoulder length hair – use your discretion)

### **4. Lessons learned:**

- Be aware of pick-pockets, especially in crowded places such as the market
- For the above reason, enter the market through the west entrance (see map)
- Very few people understand English so ensure that they truly get what you are saying, even if they are nodding like they understand (often they don't have a clue)

- For the above reason, communication often fails. When in doubt, write it out! (if you tell them one thing, and write out another, they will follow the instructions that are written and negate those spoken)
- Your patience will be tested daily
- Bargain for everything. There is no such thing as a fixed price (the true price is often between 50% and 75% of the price)
- As a white person, you will be overcharged for everything (even if you know the true price... although, knowing the true price does help quite a bit)
- Never show that you are eager or desperate to buy as this will elevate prices and make bargaining much more difficult
- Smaller bills make for easier bargaining (at the bank, you must request how you would like withdrawals to be broken down in order to get the desired small bills)
- A little bit of Swahili goes a long way (you get much better reactions when you at least try to greet them in Swahili)
- When in doubt, use “shikamoo” (she-kah-moe) – it is a sign of respect for elders, and it is expected more often than not
- Wear sunscreen (SPF 30), the sun is very hot (PS – you are in Africa)
- Wear bug spray from dusk till dawn
- Travel with others, travel by cab when dark or alone
- Plastic bags cost 50TSh at the market, bring your own by reusing them.
- Chickens do not come boneless and skinless... it costs money to have them slaughtered, bled, and plucked – 200TSh
- Be very careful with meats... boil and/or fry thoroughly (often times it is easier and safer to buy prepared meats such as fried chicken and “mishkaki” –beef kabobs- from nearby vendors)
- In terms of drinking water, bottled water is expensive, boiled water tastes metallic, chemical methods can taste like chemicals (although, Pristine™ is quite nice and is relatively cheap), and filters can be nice (if you get a good one)
- Being too nice can be deadly... people may spot it as weakness, they may exploit you and they may take advantage of your generosity.
- Be weary of what people see (keep computers/cameras/phones out of the site of those on the streets).
- Change up your routes – A well traveled route makes you predictable and a target.
- Look around and make eye contact with those around you.
- When you walk places, say hello to random people (it’s a great way to practice your Swahili).
- Learn which cab drivers to use (trustworthy, dependable, available, reasonable) and which not to use.
- Order of what to learn in Swahili: greetings, numbers, market items, time/date, simple questions and replies (where are you from? Where are you going? What time is it?), learn the grammar, build your vocabulary... practice, practice, practice

## 5. Contact Info:

#### Emergency

- Police
- Ambulance
- Fire

#### Cab Drivers (NOTE: Refer to section 6. Getting Around Town for prices)

- Joseph (Nyakato National):
- Edward (Aspen hotel):

#### WHE Partners

- Kivulini:
- Centre for Ethical Agriculture (KIMKUMAKA): Francis
- National Institute for Medical Research in Tanzania (NIMR): General, John Changalucha's mobile
- Kenyan Medical Research Institute (KEMRI): Charles Mbakaya's mobile
- HEIFER International:

#### Helpful Numbers:

-

### 6. Getting Around Town

- Daladala: Mini bus operated by the city. There are fixed prices depending on where the daladala's destination is. From Mwanza City Center (MZA) to:
  - Nyakato Sokoni: 150TSH
  - Igoma: 150TSH
  - Buswelu: 250TSH
- Taxi: Privately owned and operated. Need to negotiate a price before proceeding. The following list of prices is the average cost between Mlango Mmoja and the listed location:
  - New Mwanza Hotel/Rumours/Central Down Town – 1000TSh to 1500TSh
  - Capre Point (Talapia Hotel/Yatch Clud): 1500TSh to 2000TSh
  - Nyakahoja Church Area: 1500TSh to 2000TSh
  - Nyakato: 2000TSh to 2500TSh
  - Buswelu: 3000TSh to 5000 TSh
- Kivulini Mobile: Depending on the distance needed to be driven, reason, and frequency you may be requested to pay for gas. (6.5km/L – based on a average price of 1000TSh/L of petrol). Most of the time if you just need to be dropped off in town and if they are already going in that direction, they will give you a lift.
- By Foot: Free!!

### 7. Places to shop:

- U-turn (western super market)
- Clock tower supermarket
- Nearby supermarket
- Big market

- e) Small market near Stanbic
- f) Sunday farmers market
- g) Convenience store across the street
- h) Mlango Mmoja clothing market
- i) Art craft shops by Mr. Bee's

## **8. Places to eat:**

- A) Satyam (veggie Indian)
- B) New Mwanza (Indian/Chinese)
- C) Tilapia Hotel (Indian/Japanese)
- D) Rock Port Garden (Chinese)
- E) Freedom Hotel (Tilapia Fish)
- F) Florida Resort (Goat)
- G) Combo Bar (Kitimoto)
- H) Hot Pot (Chicken)
- I) New Mwanza Institute
- J) Coconut Hotel
- K) Kuliana Pizzeria
- L) Stepping Stone corner pub
- M) PK Hotel (on road to Bwiru)
- N) Restaurant near Bugando Hospital

## **9. Places to have fun:**

- i) New Mwanza Hotel on Saturday nights for old-school African music/dancing
- ii) Rumours Friday night for 80% western beats – 20% bongo flavours (fewer people, mostly westerners)
- iii) Rumours Saturday night for 20% western beats – 80% bongo flavours (completely packed to the gills with predominantly Africans)
- iv) Mwanza Yacht Club for outdoor old-school African music/dancing
- v) Hot Pot for a mix of old-school African music/dancing and bongo flavours

## **10. Things to see and do:**

- Safari in the park (Serengeti, Ngorongoro, etc.)
- Trek up a mountain (Kilimanjaro, Meru, etc.)
- Sleep out under the stars (often accompanies one of the 2 previous entries)
- Take a boat to Uganda
- White water rafting in Jinja (Uganda)
- Ride the train to Dar Es Salaam
- Experience the night life in Dar Es Salaam
- Ferry ride to one of the islands (Mafia, Zanzibar, Pemba, Saa Nane, Ukere)

- Explore Stone Town (Zanzibar)
- Snorkel/scuba dive off Zanzibar
- Stay on a beach-side resort in Zanzibar
- Enjoy the beaches of Mombasa (Kenya)
- Enjoy the night life in Nairobi (Kenya)

## 11. Essential Swahili:

BASIC GREETINGS			
Greeting	Translation	Response	Translation
SHIKAMOO	Hello elder (respectful)	MARAHABA	Hello young one
KARIBU	Welcome	ASANTE	Thanks
JAMBO? HUJAMBO?	Things? Nothing w/ you (sing.)?	SIJAMBO	Nothing with me
HAMJAMBO?	Nothing w/ you (pl.)?	HATUJAMBO	Nothing with us
HABARI (GANI)? HABARI ZA ASUBUHI? HABARI ZA KAZI? HABARI ZA NYUMBANI? HABARI YAKO? MAMBO (VIPI)?	(which) news? News of the morning? News of work?  News of home?  Your news? (how are) things?	NZURI (SANA) SALAMA SAFI (KABISA) BOMBA (MBAYA) POA/SHEGA FRESH CHIL	(very) good Safe (completely) clean (bad) pipe Cool Fresh Chill
UMEAMKA SALAMA?	You woke safely?	NIMEAMKA SALAMA	I woke safely
NUMBERS			
Numbers (0-11)	Counting by 10's	Counting by 100's	Counting by 1000's
SIFURI (0)			
MOJA (1)	KUMI (10)	MIA (MOJA)	ELFU (MOJA)
MBILI (2)	ISHIRINI (20)	MIA MBILI	ELFU MBILI
TATU (3)	THELATHINI (30)	MIA TATU	ELFU TATU
NNE (4)	AROBAINI (40)	MIA NNE	ELFU NNE
TANO (5)	HAMSINI (50)	MIA TANO	ELFU TANO
SITA (6)	SITINI (60)	MIA SITA	ELFU SITA
SABA (7)	SABINI (70)	MIA SABA	ELFU SABA
NANE (8)	THEMANINI (80)	MIA NANE	ELFU NANE
TISA (9)	TISINI (90)	MIA TISA	ELFU TISA
KUMI (10)	MIA (MOJA)	ELFU (MOJA)	ELFU KUMI
KUMI NA MOJA			



MARKET ITEMS			
Market items (fruits/vegetables)	Translation	Market items (meats/grains/etc.)	Translation
MIBOGA	Vegetables	NYAMA	Meat
KAROTI	Carrots	NYAMA YA	Beef
VITUNGUU	Onions	NG'OMBE	
VITUNGUU	Garlic	MISHKAKI	Beef kabobs
SAUMU		NYAMA YA	Pork
MAHARAGE	Beans (all types)	NGURUWE	
MCHICHA	Spinach	KITI MOTO	Pork (lit. hot chair)
MAHINDI	Corn (any form)	NYAMA YA	Goat
FIGILI	Celery	MBUZI	
TANGO	Cucumber	KUKU	Chicken
PILIPILI	Chilly peppers	SAMAKI	Fish
PILIPILIHOGO	Sweet bell peppers	YAI/MAYAI	Egg/eggs
VIAZI	Sweet potatoes	MKATE	Bread
VIAZI ULAYA	Potatoes	MICHELE	Rice (uncooked)
MATUNDA	Fruits	WALI	Rice (cooked)
NDIZI	Bananas	TAMBI	Pasta
MAEMBE	Mangos	SUKARI	Sugar
NANASI	Pine apple	CHUMVI	Salt
CHUNGWA	Orange	MAJI	Water
BALUNGI	Grape fruit	MAZIWA	Milk
TIKITI MAJI	Water melon	BIA	Beer
DATES/TIMES			
Swahili Dates	Translation	Units of Time	Translation
JANUARI	January	MWAKA	Year
FEBRUARI	February	MWEZI	Month
MACHI	March	WIKI	Week
APRILI	April	SIKU	Day
MEI	May	JANA	Yesterday
JUNI	June	LEO	Today
JULAI	July	KESHO	Tomorrow
AGOSTI	August	ASUBUHI	Morning
SEPTEMBA	September	MCHANA	Afternoon
OKTOBA	October	JIONI	Evening
NOVEMBA	November	USIKU	Night
DESEMBA	December	SAA	Hour
JUMAMOSI	Saturday	DAKIKI	Minute
JUMAPILI	Sunday	SECUNDE	Second
JUMATATU	Monday	SASA	Now
JUMANNE	Tuesday	PUNDE	Soon
JUMATANO	Wednesday	BADO	Not yet
ALHAMISI	Thursday	BAADAYE	Later

IJUMAA	Friday	KAMWE	Never		
SIMPLE QUESTIONS/REPLIES					
Simple Questions	Translation	Replies	Translation		
JINA LAKO NANI?	What is your name?	JINA LANGU NI ...	My name is ...		
UNAFANYA KAZI WAPI?	Where do you work?	NINAFANYA KAZI YA KIVULINI	I work with Kivulini		
UNATOKA WAPI?	Where are you from?	NINATOKA CANADA	I am from Canada		
UNAKWENDA WAPI?	Where are you going?	NINAKWENDA ...	I am going to ...		
SAA NGAPI?	What time is it?	SAA ...	The hour is ...		
SHILINGI NGAPI?	How much does this cost?	ELFU ... MIA ...	... thousand ... hundred		
NINAENDA ..., NAULI SHILINGI NGAPI?	I am going to ..., how much does this cost?	BUKU ... (NA NUSU)	... bucks (and a half)		
BASIC GRAMMAR					
Noun Class [8]	Positive Subject/Object Markers	Demonstratives		Possessives (“of” uses suffix –A)	Negative Subject Markers
		This/ These	That/ Those		
M	NI- -NI- U- -KU- A- -M- TU- -TU-	HUYU	YULE	W-	SI- HU- HA- HATU-
WA	M- -WA- WA- -WA-	HAWA	WALE	W-	HAM- HAWA-
M MI	U- I-	HUU HII	ULE ILE	W- Y-	HAU- HAI-
KI VI	KI- VI-	HIKI HIVI	KILE VILE	CH- VY-	HAKI- HAVI-
(JI) MA	LI- YA-	HILI HAYA	LILE YALE	L- Y-	HALI- HAYA-
N N	I- ZI-	HII HIZI	ILE ZILE	Y- Z-	HAI- HAZI-
U N	U- ZI-	HUU HIZI	ULE ZILE	W- Z-	HAU- HAZI-
KU	For verbal nouns KU- forms the infinitive				
PA	For places: PAHALI, MAHALI				
Subject Pronouns	Are typically used with NI (is/am/are) in descriptions				
MIMI	I		SISI	We	
WEWE	You (sing.)		NINYI	You (pl.)	
YEYE	He/she		WAO	They	

<b>Possessives</b>	<i>Prefix depends on the object that is being possessed</i>		
-ANGU	My/mine	-ETU	Our/ours
-AKO	Your/yours	-ENU	Your/yours
-AKE	His/her/hers	-AO	Their/theirs
<b>Giving/Receiving</b>	<i>When “giving to” (KWENDA) KWA... &amp; “receiving from” KUTOKA KWA... a person in the 1<sup>st</sup> or 2<sup>nd</sup> person then...</i>		
KWANGU	To/from me	KWETU	To/from us
KWAKO	To/from you (sing.)	KWENU	To/from you (pl.)
KWAKE	To/from him/her	KWAO	To/from them
<b>Positive Verb Tense Markers</b>			
-NA-	Present (cont.)	-ME-	Perfect
-A-	Present (simple)	-TA-	Future
-LI-	Past		
<b>Negative Verb Tense Markers</b>			
-I (suffix)	Present	-JA-	Perfect
-KU-	Past	-TA-	Future
<b>CONJUGATION OF COMMON VERBS</b>			
<b>NA (with/and) is used as the verb “To Have”</b>			
<i>1) Present Positive (no tense marker)</i>			
NINA	I have	TUNA	We have
UNA	You have (sing.)	MNA	You have (pl.)
ANA	He/she has	WANA	They have
<i>2) Present Negative (no tense marker)</i>			
SINA	I don't have	HATUNA	We don't have
HUNA	You don't have (sing.)	HAMNA	You don't have (pl.)
HANA	He/she doesn't have	HAWANA	They don't have
<b>* the verb KUWA (to be) is used with NA in the past tense (lit. “to have been with”)</b>			
<i>3) Past Positive (tense = -LI-)</i>			
NILIKUWA NA	I had	TULIKUWA NA	We had
ULIKUWA NA	You had (sing.)	MLIKUWA NA	You had (pl.)
ALIKUWA NA	He/she had	WALIKUWA NA	They had
<i>4) Past Negative (no tense marker)</i>			
SIKUWA NA	I didn't have	HATUKUWA NA	We didn't have
HUKUWA NA	You didn't have (sing.)	HAMKUWA NA	You didn't have (pl.)
HAKUWA NA	He/she didn't have	HAWAKUWA NA	They didn't have
<b>NI (am/is/are) is used as the verb “To Be”</b>			
<i>1) Present Positive (no tense marker &amp; no subject marker)</i>			
MIMI NI	I am	SISI NI	We are
WEWE NI	You are (sing.)	NINYI NI	You are (pl.)

YEYE NI	He/she is	WAO NI	They are
2) <i>Present Negative (no tense marker &amp; no subject marker)</i>			
MIMI SI	I am not	SISI SI	We are not
WEWE SI	You are not (sing.)	NINYI SI	You are not (pl.)
YEYE SI	He/she is not	WAO SI	They are not
<b>* the verb KUWA (to be) is used in the past tense</b>			
3) <i>Past Positive (tense marker = -LI-)</i>			
NILIKUWA	I was	TULIKUWA	We were
ULIKUWA	You were (sing.)	MLIKUWA	You were (pl.)
ALIKUWA	He/she was	WALIKUWA	They were
4) <i>Past Negative (no tense marker)</i>			
SIKUWA	I was not	HATUKUWA	We were not
HUKUWA	You were not (sing.)	HAMKUWA	You were not (pl.)
HAKUWA	He/she was not	HAWAKUWA	They were not
<b>-KO, -PO, -MO express the idea of being at a indefinite, definite, indoor place</b>			
1) <i>Nouns in the M/WA class use the following prefix's in the present tense</i>			
(MIMI) NI-	(I) am at	(SISI) TU-	(we) are at
(WEWE) U-	(you) are at (sing.)	(NINYI) M-	(you) are at (pl.)
(YEYE) YU-	(he/she) is at	(WAO) WA-	(they) are at
2) <i>KUWA (to be) is used for all tenses other than the present along with the appropriate subject marker and tense marker</i>			
Ex. WATAKUWA WAMO NYUMBANI		They will be at home	
<b>QUESTION WORDS</b>			
<b>Question word</b>	<b>Translation</b>	<b>Where you would find it in a sentence</b>	
KWA NINI ...?	Why (lit. for what)?	At the BEGINNING	
KWA SABABU ...	<i>Because...</i>	<i>At the BEGINNING</i>	
... NANI ...?	Who?	At the BEGINNING or at the END	
... LINI ...?	When?	At the BEGINNING or at the END	
... NINI?	What?	At the END	
... GANI?	Which?	After the NOUN	
... VIPI?	How?	After the VERB	
... WAPI?	Where?	After the VERB	
<b>VOCABULARY</b>			
<b>Word</b>	<b>Translation</b>	<b>Word</b>	<b>Translation</b>
NYUMBA(NI)	<i>House</i>	CHUMBA(NI)	Room
KITANDA	Bed	CHOO(NI)	Toilet (bathroom)
CHANDARUA	Mosquito net	SINKI	Sink
KOCHI	Couch	FRIJI	Refrigerator
MLANGO	Door	FRIZA	Freezer
UKUTA	Wall	SAKAFU	Floor
MKAHAWA(NI)	<i>Restaurant</i>	SAHANI	Plate

MEZA	Table	KIKOMBE	Cup/mug
KITI	Chair	KIJIKO	Spoon
KULA	To eat	CHAKULA	Food
KUNYWA	To drink	KINYWAJI	Drink/beverage
KUTAKA	To want [rude]	KUOMBA	To ask/beg [polite]
TAFADHALI	Please	NASHUKURU	I am grateful
-INGINE	Another	BILI	Bill
KUSHIBA	To be full	CHAI	Tea/breakfast
BARIDI	Cold	MOTO	Fire/hot
CHOMA	Grilled	-A KUKAANGA	Fried
KAVU	Plain/alone/just	PILIPILI	Spicy
NA	With/and	BILA	Without
<i>SOKO(NI)</i>	<i>Market</i>	DUKA(NI)	Store/shop
KUNUNUA	To buy	KUUZA	To sell
NDIYO	Yes	HAPANA	No
-ZURI	Good/nice	-BAYA	Bad
GHALI	Expensive	RAHISI	Cheap/easy
-DOGO	Small	WASTANI	Medium
BORA	Quality	-KUBWA	Big
NUSU	Half	NZIMA	Whole or healthy
<i>OFISI(NI)</i>	<i>Office</i>	KOMPYUTA	Computer
SIMU	Telephone	BARUA PEPE	Email
FAKSI	Fax	BARUA	Letter (postal)
MANAJA	Boss	KUONANA	To meet
KUFANYA	To do/make	KAZI	Work
FAIDA	Profit/advantage	MCHAPA KAZI	Working hard
MAFANIKIO	Success	CHANGAMOTO	Challenge
MPANGO	Plan	MSAADA	Support
SWALI	Question	VIASHIRIA	Evaluation
MANDALIZI	Preparations	NYONGEZA	To add (a comment)
KUPUNGUZA	To reduce	KUONGEZA	To increase
PUNGUFU	Less than	ZAIDI	More than
KUSHIRIKI	To participate	KUANGALIA	To watch
<i>SHULE(NI)</i>	<i>School</i>	DARASA(NI)	Classroom
MWALIMU	Teacher	MWANAFUNZI	Student
KUFUNDISHA	To teach	KUFUNZA	To learn
FUNDI WA ...	Expert of ...	KUTAMKA	To spell/articulate
KUDIKA	To write	HERUFI	Letter (alphabet)
KUTENGENEZA	To make/mend	ALAMA	Sign
JUMBE	Message	MJUMBE	Messenger
KUSOMA	To read	KITABU	Book
KUTUMIA	To make use of	NUMBA	Number

KUIMBA	To sing	WIMBA	Song
KUCHORA	To draw	PICHA	Picture
RANGI	Colour	NAMNA	Pattern
KUWEZA	To be able	KUPENDA	To like
KUJUA	To know	KUFURAHU	To be happy
KUJENGA	To build	MATOFALI	Bricks
KUSAIDIA	To help	KUVA	To wear
KUKUA	To grow (up)	KELELE	Noise
<i>MICHEZO</i>	<i>Sports</i>	KUCHEZA	To play
KIKAPU MPIRA	Basketball	MPIRA	Ball
GOZI	Soccer	WAVU	Net
KUKIMBIA	To run	KURUKA	To jump
KUDUNDA	To dribble	KUPASI	To pass
KURUSHA	To throw	KUPIGA	To kick
KUFUNGA	To score/close	ALAMA	Points
UWANJA(NI)	Playground	FAUL	Fowl
<i>SAFARI</i>	<i>Journey</i>	KUSAFIRI	To travel
KUONDOKA	To leave	KUFIKA	To arrive
KUENDA	To go	KUTOKA	To come from
KUKUJA	To come (back)	KUTEMBEA	To walk
MTAA	Street	GARI	Car
DALADALA	Mini-bus	TEKSI	Taxi cab
NDEGE	Plane/bird	UWANGE WA	Airport
BOTI	Boat	NDEGE	
FERI	Ferry	BANDARI	Port
KUSHOTO	On the left	KULIA	On the right
MOJA KWA MOJA	Straight ahead	KUSIMAMISHA	To stop
KARIBU NA	Near to	HAPA	Here
POLEPOLE	Slowly	UPESI	Quickly
HARAKA	Haste	KWA HARAKA	Hastily
NYUMBU	Wildebeest	NYATI	Water buffalo
SWALA	Gazelle	SWALA PALA	Impala
PUNDA MILIA	Zebra	TWIGA	Giraffe
TUMBILI	Monkey	NYANI	Baboon
NYOKA	Snake	MAMBA	Crocodile
NGIRI	Warthog	KIBOKO	Hippopotamus
KHIFARU	Rhinoceros	TEMBO	Elephant
DUMA	Cheetah	CHUI	Leopard
SIMBA	Lion	MITI	Trees
MAJANI	Grass	MIBU	Mosquitoes
<i>HALI YA HEWA</i>	<i>Weather</i>	JOTO	Hot (outside temp.)
MAWINGU	Cloud	JUA	Sun

MVUA	Rain	BARAFU	Snow/ice/popsicle
NYOTA	Star	MWEZI	Moon
<i>MTU/WATU</i>	<i>Person/people</i>	WAZAZI	Parents
MZEE	Elderly man	MTOTO	Child
KIJANA	Youth (person)	UJANA	Youth (time period)
WANAUME	Men	WANAWAKE	Women
WAVULANA	Boys	WASICHANA	Girls
<i>KUSEMA</i>	<i>To talk</i>	KUSIKIA	To listen
IKIWA	If	HALAFU	Then
LABDA	Maybe	LAKINI	But
KULIKU	Compared to	PAMOJA NA	Together with
KATIKA	Into/out of/at/around	KWENYE	At/on
SHIDA	Problem	MATATA	Worries
SANA	Very much/a lot	ANGALAU	At least
KILA	Every	HAPANA KITU	None (lit. no thing)
PIA	Also	VILEVILE	Further more
KWELI	Really/truly	KABISA	Exactly/completely
KWAMBA	This is that	KWA	By/to/for
KUTOA	To give	KUPATA	To get/obtain
ZAWADI	Gift	KITU/VITU	Thing/things
KULALA	To sleep	KUAMKA	To wake
KUONA	To see	KUFUNGUA	To open
KWANZA	First	PILI	Second
WAANGALIFU	Be care	MWISHO	Last/end

## 12. Kivulini: The Organization and Staff

## 13. Maps

## **Section Two: Probiotic Yogurt**

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- 1. Yogurt Protocol's**
- 2. Yogurt Making Procedure (English)**
- 3. Yogurt Making Procedure (Swahili)**



**Section Three: Forms**

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