Nairobi, Kenya- Spring 2010
Program Handbook

Congratulations on being selected to participate in the study abroad program in Nairobi, Kenya!

This program is offered by International Academic Programs (IAP) at the University of Wisconsin-Madison in partnership with the University of Minnesota and the Minnesota Studies in International Development (MSID). Throughout the course of your study abroad experience you will be communicating with both IAP and MSID staff. It is essential that you pay close attention to all information provided to you from both organizations. This IAP Program Handbook supplements handbook(s) or materials you receive from MSID as well as the IAP Study Abroad Handbook and provides you with the most up-to-date information and advice available at the time of printing. Changes may occur before your departure or while you are abroad.

MSID handles the program’s day-to-day operations. Generally, questions about aspects of your program abroad should be directed to MSID (e.g., housing information, program facilities abroad, extracurricular activities offered as part of the program, etc.) Questions relating to your relationship with UW-Madison or your academics should be addressed to International Academic Programs at UW-Madison (e.g., course credits, equivalents, UW Madison registration, etc.)

This program handbook contains the following information:

Contact Information ......................................................................................................................... 1
Program Dates ................................................................................................................................. 2
Preparations Before Leaving ........................................................................................................... 3
Travel and Arrival Information ........................................................................................................ 3
The Academic Program .................................................................................................................... 3
Living Abroad ................................................................................................................................. 6
Student Testimonials .......................................................................................................................... 8

Contact Information

On-Site Contact Information
MSID-Kenya Office
Jabavu Road
PCEA Jabavu Road Flats
Block C, House #1 008000
Hurlingham, Nairobi, Kenya
Phone: (254-20) 272-4288/272-5954
Email: msidkenya@africaonline.co.ke

Dr. Mohamud Jama- Resident Director
PO Box 13804,
00800 Westlands
Nairobi, Kenya
Cell: (254-722) 820-773
Home Phone: (254-20) 444-7336
Email: ids2@nbnet.co.ke
University of Minnesota - MSID Contact Information
B.J. Titus
Learning Abroad Center-MSID
University of Minnesota
230 Heller Hall
271 19th Avenue South
Minneapolis, MN 55455-0430, USA
Phone: 888-700-8636 (local: 612-625-4386)
Fax: 612-626-8009
Email: titus007@umn.edu
Web: www.UMabroad.umn.edu

UW-Madison Information
International Academic Programs (IAP)
University of Wisconsin-Madison
250 Bascom Hall, 500 Lincoln Drive
Madison, WI 53706
Tel: 608-265-6329, Fax: 608-262-6998
Web: www.studyabroad.wisc.edu

<table>
<thead>
<tr>
<th>For Program Advising &amp; Grades:</th>
<th>For Financial Matters:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kate Hamoonga</td>
<td>Judy Humphrey</td>
</tr>
<tr>
<td>IAP Study Abroad Advisor</td>
<td>IAP Financial Specialist</td>
</tr>
<tr>
<td>Tel: 608-265-6296</td>
<td>Tel: 608-262-6785</td>
</tr>
<tr>
<td>E-mail: <a href="mailto:hamoonga@bascom.wisc.edu">hamoonga@bascom.wisc.edu</a></td>
<td>E-mail: <a href="mailto:jhumphrey@bascom.wisc.edu">jhumphrey@bascom.wisc.edu</a></td>
</tr>
</tbody>
</table>

Emergency Contact Information
In case of an emergency, call the main IAP number (608) 265-6329 between 7:45 a.m.-4:30 p.m. Monday-Friday; after-hours or on weekends call the IAP staff on call at (608) 516-9440.

Embassy Registration
Program participants who are U.S. citizens must register at the U.S. Embassy before departure as this will help in case of a lost passport or other mishap. You can register on-line at: https://travelregistration.state.gov. If you are not a U.S. citizen, register at your home country’s embassy or consulate.

U.S. EMBASSY
United Nations Avenue Nairobi
P. O. Box 606 Village Market
00621 Nairobi, Kenya
Phone: (254-20) 363 6000 or 375 3700; Email: kenya_acs@state.gov
Embassy Emergency After-Hours Line: 0722-204-445

Program Dates
Orientation Start: Jan 18
Classroom Phase Ends: March 12
Internship Phase ends: April 23
Last day of Program: April 30
Departure Day: May 1

**Refer to your MSID Handbook for finalized program dates.**

**Preparations Before Leaving**
Refer to the Pre-Departure Checklist on pages four and five of the IAP Study Abroad Handbook as well as your MSID program handbook for essential information.

**Immigration Documents**
All U.S. citizens will be required to obtain a passport and a student visa prior to going to Kenya. By this time, you should have already applied for your passport. If not, do so immediately. Please read the information provided by MSID regarding the visa process and follow the directions carefully. It is recommended that you proceed with applying for your student visa as early as the process allows. If you are not a U.S. citizen, contact your home country’s embassy or consulate for details on passport and visa requirements.

**Travel and Arrival Information**
Travel and Arrival Information will be provided by MSID.

**The Academic Program**

**General Information**
Your program is offered by International Academic Programs (IAP) at UW-Madison in partnership with the Minnesota Studies in International Development (MSID) in Kenya. The core of the program is a combination of on-site coursework and an unpaid field placement/internship for academic credit. The program aims to put students in direct contact with the social and economic realities of actual communities and of people working within them to address complex problems. Through classes, field trips, internships, and research, the program strives to establish a continual dialogue linking experience with theory and critical analysis.

**Semester Schedule**
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Orientation:</td>
<td>1 week</td>
</tr>
<tr>
<td>In-country classroom work:</td>
<td>8 weeks</td>
</tr>
<tr>
<td>Internship:</td>
<td>6 weeks</td>
</tr>
<tr>
<td>Final seminar:</td>
<td>1 week</td>
</tr>
</tbody>
</table>

**Pre-Departure Preparation**
Please note that you will have a great deal of pre-departure reading to complete prior to departure (topics include development, social justice, experiential education, cross-cultural communication and adaptation, ethics, and the host country). These readings will help you prepare for your academic semester/year in Kenya and help all students arrive on-site with some common background. The readings are substantial, and students should anticipate 40 hours of reading time. On-site staff will expect students to be able to apply the knowledge gained from these readings in their course discussions and
assignments. Please make sure that you save time before you leave to get this reading done.

Course Information
Due to the individualized and interdisciplinary nature of the work you will be completing on the Kenya program, many of the UW-Madison course equivalents related to fieldwork preparation or actual fieldwork are equated to courses in the Letters and Science (L&S) Study Abroad Department (SAB) rather than in an individual campus department. SAB credits are L&S 'electives' which count towards the 120 degree credits. They may also satisfy L&S breadth and level (intermediate/advanced) requirements, as well as count as part of the 80 credits required outside of your major department.

If the focus of your internship and related studies in Kenya is going to be in your major field of study, for example International Studies, Political Science, or Sociology, you should discuss your plan with your academic advisor prior to departure. After you return to campus, your advisor will review your course syllabi, bibliographies, papers, and other supporting documentation to decide if an exception allowing your coursework to satisfy a requirement in the major can be granted.

Please see below for the list of required program courses and their UW-Madison equivalents:

**Fall or Spring Semester -- (17 credits):** The five semester courses are outlined below. Please note that four are required. "Community Internships in the Global South" is the focus of the semester and is complemented by the other four courses. Program faculty will visit all students at their sites during the internship. At the end of each semester, students gather in Nairobi for a seminar, a forum where students integrate the experiences of their semester with one another, allowing them to draw conclusions about what they have seen in Kenya.

- **Global Identity: Connecting Your International Experience with Your Future** (1 credit) -- This is an optional one-credit online course that is evaluated pass/fail. It will provide opportunities for you to make meaning of your learning abroad experience and prepare you to communicate your intercultural competence to future employers, graduate schools, or law schools.

- **Beginning or Intermediate Swahili** (4 credits) -- Focus on practical skills while emphasizing conversation and vocabulary building. Students will receive credit in the Department of African Languages and Literature for Swahili language for the next course in the language sequence. Students are primarily taught Swahili that will aid them with everyday life in Kenya. Excursions such as trips to the market to practice bargaining in Swahili enhance this.

- **International Development: Critical Perspectives on Theory and Practice** (4 credits) --- Explore a wide variety of perspectives on international development, with Kenya as a case study. Students will receive credit for this class by choosing an equivalent from a list of pre-approved classes listed on the Kenya course equivalent list.
**MSID Country Analysis (4 credits)** -- This multi-disciplinary study of the MSID country (Kenya in this case) emphasizes the social sciences and history, especially as they relate to development issues. Students will receive credit for this class by choosing an equivalent from a list of pre-approved classes listed on the Kenya course equivalent list.

**Community Internships in the Global South (4 credits)** - An internship with a host-country development agency or project provides an unparalleled opportunity to study community characteristics, development strategies and problems, organizational structure and culture, and cross-cultural communication issues. The length of the internship is six weeks; academic year, five months. Students typically spend approximately 25-30 hours each week at their internship site, although this may vary depending on the specific site and project. Written assignments help link experiences to theories and issues raised in the classroom.

**Academic Year Curriculum – (33 credits):** Enroll in all the fall semester courses and continue spring semester with:

**Topics: Case Studies in International Development (4 credits) ---** Explore development issues as illustrated by students’ projects. Students will receive credit for SAB 336 (19): Case Studies Intl Development. This SAB course has Social Science breadth and Intermediate level.

**Applied Field Methods (4 credits) --** Apply selected field research methods and analyze the practical, ethical, and theoretical issues raised through small field assignments and individual research projects. Students will receive credit for SAB 336 (17): Applied Field Methods. This SAB course has Social Science breadth and Intermediate level.

**MSID Directed Research (4 credits)** -- In consultation with a local faculty member, develop an individualized research project. The research project allows you to work in depth on a project that is of particular interest to you. Students will receive credit for SAB 336 (18): Directed Research. This SAB course has Social Science breadth and Intermediate level.

**Advanced International Development Internship (4 credits)** – The advanced internship affords students an in-depth grassroots experience working with a development agency or project. Students will receive credit for SAB 536 (02): Advanced Fieldwork Kenya. This SAB course has Social Science breadth and Advanced level.

**Registration**

Students take the **International Development: Critical Perspectives on Theory and Practice** and **MSID Country Analysis** courses together with other MSID students. Evaluations of Swahili proficiency will occur on-site and students will be divided into different classes based on these findings. Students will be asked to choose a track course on-site that deals with various issues relevant to Kenya and development such as the environment, public health and education. For internship placement, MSID will contact students during the pre-departure phase for input on internship preferences. This internship form should be taken very seriously as it is the main document that is used for placing students in their internships. Students wishing to enroll in the 1-credit Global
Identity: Connecting Your International Experience with Your Future will be contacted by MSID during the pre-departure phase with instructions on how to enroll.

Equivalents and Course Equivalent Request Form (CERF)
Each course you take abroad must be assigned a UW-Madison “equivalent” course in order for your grades and credits to be recorded on your UW-Madison transcript. In order to establish UW-Madison course equivalents for your study abroad courses, you will submit a Course Equivalent Request Form (CERF). Information on the UW course equivalent process is available in the IAP Study Abroad Handbook. Be sure to submit your Course Equivalent Request Form (CERF) by the end of your fourth week of classes. Please note that your internship has an automatically assigned equivalent while you will be given a few choices for class equivalents for the other courses you will be taking.

Credits
Conversions
Credits will be converted on a one-to-one basis. A 4-credit course in Kenya will also receive 4 credits at UW-Madison.

Limits and Load
- Students who enroll for the semester program will receive 16 or 17 UW-Madison credits.
- Students who enroll in the academic-year program will receive 32 or 33 UW-Madison credits.

Pass/Fail/Drop/Audit
Please refer to the IAP Study Abroad Handbook for academic policies. The Pass/Fail option is not encouraged. Please note that the “Global Identity: Connecting Your International Experience with Your Future” course is only available as pass/fail.

Grades and Grade Conversions
You must complete the course work by the end of the semester immediately following your study abroad program. Incomplete grades left unresolved at the end of the semester will lapse into failing grades. UW-Madison students participating on this program must abide by the UW-Madison’s incomplete policy, not that of the University of Minnesota.

Grades will be converted according to the following scale:

<table>
<thead>
<tr>
<th>MSID</th>
<th>UW-Madison</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>A</td>
</tr>
<tr>
<td>A-, B+</td>
<td>AB</td>
</tr>
<tr>
<td>B</td>
<td>B</td>
</tr>
<tr>
<td>B-, C+</td>
<td>BC</td>
</tr>
<tr>
<td>C, C-</td>
<td>C</td>
</tr>
<tr>
<td>D+, D</td>
<td>D</td>
</tr>
<tr>
<td>F</td>
<td>F</td>
</tr>
</tbody>
</table>
Living Abroad

Your experience will be more rewarding if you are educated about the country you are living in. Before departure, try your hardest to learn as much as you can about Kenya and East Africa. Reading one of Kenya’s main newspapers, The Daily Nation, may be helpful in acclimating yourself with the country. You can find it online at http://www.nation.co.ke/ Also, read the Preparing to Live in Another Culture section of the IAP Study Abroad Handbook. Consult the following resources as well as travel books in the Study Abroad Resource Room (250 Bascom Hall). Remember- it won’t be possible to prepare yourself completely. There will be situations you will not have anticipated and your flexibility will determine in great part the kind of experience you will have while abroad.

Websites of Interest:
International Academic Programs (IAP) at UW-Madison:
www.studyabroad.wisc.edu

Learning Abroad Center at the University of Minnesota:

General Orientation Information:
www.worldwide.edu/travel_planner/index.html
(includes topics such as culture shock, international travel, etc.)

U.S. State Department:
travel.state.gov

Center for Disease Control:
www.cdc.gov/travel/

Current Exchange Rates:
www.x-rates.com

Portals to the World-Kenya:
http://www.loc.gov/rr/international/amed/kenya/kenya.html

Communications
When making calls, keep in mind time zone differences (www.timeanddate.com/worldclock). To make an international call to the United States, dial the access code for the country from which you are calling plus the United States country code (always “1”) followed by the appropriate U.S. area code and local number. To call internationally from the United States, dial “011”, the country code, city access code (if necessary) and the phone number. Country and city codes can be found online
All students are required to have a cell phone while on the program. Most cell phones brought from the US will not work in Kenya. During the first week, on-site staff will take the group to buy cheap cell phones to use during your time in Kenya. Students are advised to buy call credit throughout the semester as needed. For calling a student in Kenya, families are advised to look into buying calling cards to Kenya.

Internet will not be reliable, even while in Nairobi. The city experiences electricity outages on a frequent basis, which closes down the cyber cafes in the part of town with the outage. Students wishing to avoid this can purchase laptop connect cards in Nairobi for around $80 and buy minutes as needed.

Mail can be sent to the main MSID office on Jabavu Road. Packages can be sent to this address as well, where they will be held at the Post office until they are picked up. All packages sent to Kenya should have written clearly “Of no commercial value” on them so that they do not pick up additional charges upon entry. The Kenyan Postal service has lost a few packages in the past, so be careful to not send anything of high value.

Student Testimonials

The testimonials below are from past participants; they reflect various students’ experiences and are included to provide different perspectives. IAP does not endorse any specific view expressed in this section.

Preparations Before Leaving

Pre-departure readings were OK, but did not focus enough on Kenya itself. Therefore I strongly urge prospective MSID students to educate themselves on Kenya as much as possible before departure. (This seems obvious, but I for one was not prepared). Study some Swahili on your own, and read online Kenyan news and blogs, for example.

If you are going for a year, be proactive in getting the internship that is best for your interests and skills. Submit your ideas for internships before you go, but when you arrive note that you can contact agencies and people yourself to set up a placement. I didn't compromise on my internship and it was the best experience I could have had.

A note on clothing: Don't wear safari-wear unless you are on safari! It will benefit you to look like a local. Wear nice, put-together clothing. Bring a business casual outfit. And don't forget to bring a couple of sweaters. Keep in mind that clothes shopping in Nairobi can be inexpensive and easy, so don’t worry that you have to bring everything with you.

Most students pack a lot of clothes for ‘the bush’ - I recommend that students pack a few nice outfits because when you’re in Nairobi you’ll want to dress pretty normal, especially if you go out for a night with your family, you’ll want dress clothes because people in the city are fashionable and do dress up to go out. I pretty much only had old clothes and then I ended up working an office job where people dressed up and I totally wasn't prepared because I hadn't packed that many nice clothes!
You don't need to waste your money on buying a mosquito net, most homes provide them for you if you need them or you can buy them a lot cheaper in Kenya than you pay for them here in the US.

Definitely pack some things like: packets of taco seasoning, brownie and cake mix and frosting because those things are expensive/hard to find there and host families are appreciative when you make them (although many homes don't have ovens so try to bring desserts that are 'most instant').

If you wear contacts pack plenty of contact solution, it's very hard to find/expensive/not good there. Also, bring a pair of glasses. With all the pollution and dust, contacts can be very irritating.

Pack some sweaters/rain jacket for the rainy seasons.

If you plan to travel, buy a hiking backpack. Traveling with a real suitcase isn't wise.

Bring plenty of sun screen and bug spray, it's very expensive to buy there.

If staying the whole year, pack yourself some nice lotions/body sprays (bath-n-body works) if you like those sorts of things, they are nice gifts for your host moms/sisters and it is expensive to buy the nice brands there.

If you want to give people gifts- some easy gifts to bring are stickers and colorful, frilly, fun pens/colored pencils, etc. Those simple things we take for granted are expensive/rare over there --- kids are thrilled if they get a cool pen!

If you want you can bring t-shirts with name brands on them like NIKE, Adidas, etc. and use them to trade for gifts at the markets instead of spending money to buy things, people are thrilled if they get a new shirt with a name-brand on it -- they like sports clothes also so you could bring packers or badgers t-shirts and trade them for gifts to bring back to the US.

If you have a sensitive stomach and get sick easily, I would recommend bringing your own supply of Pepto-Bismol or Immodium AD. Some days the Immodium AD was a lifesaver, especially when public toilets were not easy to find.

**Travel and Arrival Information**
While traveling can be a great learning experience, for me blending in and settling down in everyday life at my home stay and my internship site was a much greater experience.

There is plenty to see in Kenya and surrounding countries. You don’t need to go far to find some amazing beaches.

It's ok if you swim in a bikini, people do wear those on the beach.

Travel as much as possible! East Africa is beautiful and there are tons of sights to see. I went camping several times – Kakamega forest (the south part is free!), Hell’s Gate
National Park (you can rent bikes!), and climbed Mount Kenya. I also traveled to Tanzania (mostly Zanzibar, Dar es Salaam) for two weeks and Ethiopia for 3 weeks.

I traveled to Tanzania, Rwanda, and Uganda and I am grateful that I did because it allowed me to experience the lives of other East Africans.

**Academic Program**

Understand that MSID is only for students who have some interest in development issues. Please take your intellectual development seriously and do not join MSID if you are more interested in being a tourist, or taking a "year off" from school and work.

I learned so much about Kenya: the history, the politics, the traditions, the music! I felt so rewarded working at Sambura, in a rural clinic because people actually were so grateful for my little acts of help. Example: I gave a woman a cup of maji (water) to swallow a pill, and she gave me the biggest hug!

Your internship in Kenya will be different than the kind of internships that are available in the states, so be open-minded. You will find that in many cases you will be given a lot of responsibility. Some students working in clinics or hospitals have helped with the delivering of a baby. These kinds of experiences can be very powerful for students. But there are frustrations with the internship as well. Students have found that they wait around a lot for things to be done or witness money being misallocated. Dealing with this can be stressful, but it is important to try to not step on too many feet, you are primarily there to learn. But if you really feel uncomfortable at your internship, talk to the on-site staff and they can usually make a switch.

All classes are taught by Kenyans. Keep in mind that their perspective of colonization and the world is much difference from what you probably have been taught via textbooks and classes in the United States.

I almost didn't bring my computer because it sounded like they were available here, I'm glad I did. The office computer are unreliable, and is the Internet there, and the hours are very minimal. Also, we are allowed to use Nairobi university's library, but no wireless, no checking out books, and not open on Sundays! This had made research slightly difficult, and paying for the Internet expensive.

**Living Abroad**

Kenya was the most eye-opening learning experience that I have ever had. Not only did I learn about development and international relationships, but also Kenya taught me to laugh. Those people have so little yet so much. They make you realize that you can't take life so seriously, and your relationships are what really matter.

I loved learning from the Kenyan culture. Everything seems to be so intimate with their environment. Eating, cleaning, working, cooking, selling, making, building, cutting the lawn, laundry, EVERYTHING is done with your hands. There is no machine/technological tool separating their hands from the earth. Along with an intimate relationship with the planet comes an understanding of the interconnectedness of all of life, and the beauty of it all. Kenya deepened my knowledge of the world, far more than four years at UW Madison
did, it taught me about intimacy with the environment, and it moved my soul. I am already planning to go back!

If you are interested in volunteering while in Nairobi, start looking into different organizations immediately or even before you arrive. Your time in Nairobi will be short, and many students find volunteering in the first half of the semester to be very rewarding and helpful in preparing for the internship. MSID has affiliations with a couple organizations, so ask the staff to help you find something if you are having trouble.

In pre-departure meetings, not enough was said about critical race and class issues. If you are a white student, prepare yourself for a critical look at what 'whiteness' means. Be prepared to take a critical look at yourself and your world whoever you are!

I primarily came here to Kenya to experience the world from a different perspective. I wanted to leave consumption, materialism and self-centerness behind. Kenya isn’t necessarily devoid of these qualities as it seems to be striving for them with a Kenyan twist, but all in all, I got what I came for: A broader perspective on the world and it’s relations.

This was an unbelievable era of my life. My whole body, mind and spirit has changed and will forever stay changed because of this. I have grown as a person and realized my role upon coming to Kenya is to take my knowledge back and teach correctly about how Kenya works and what it actually is.

Don’t be scared to go out. The on-site staff are going to tell you how dangerous Nairobi can be – and it can be! But if you take cabs, stay with groups (especially Kenyans!), and use your smarts, you’ll be fine. And you’ll have a blast! Shake it up with the locals – they play some rockin’ music!

Talk to locals. Use your Swahili! Be persistent (if you want to learn the language) when people respond to your broken questions in English. Visit the Kibera slums. Use Jama and the MSID staff and your families as resources when you have questions. Find out average prices (foods, matatus, cabs). Learn how to bargain (preferably in Swahili! Your success rate will be much higher!) – or you’ll end up paying way too much for everything. Respect people and try to understand where they are coming from. Learn from your actions and reactions. ENJOY YOURSELF. Take in as much as you can each moment, every day – it will be gone so fast!

Life moves a lot slower and things are much less organized than they are in the States. Don’t get frustrated; look at it as an adventure. If you get worn down by these things you are going to end up wasting a lot of time.

Money
I spent more than I expected because I was in Nairobi a lot of the time – generally Nairobi will cost more than the smaller towns/villages. The unexpected expenses I incurred were a lot of taxi fares (some evenings it would be dark when I left my internship and I couldn’t take a matatu so I’d have to take a taxi). Generally I’d just say, if you will be in Nairobi a lot then expect that it will cost you more. ATMs are by far the easiest way to get money.
Traveling can be extremely cheap if you are ready to bargain. Everything is negotiable in Kenya—hotels, buses, food—everything!

There are places you can go in Nairobi that will have prices comparable to nicer places in the United States; some malls, bars and hotels. It is better to avoid these places, not only to save money but also because they tend to be tourist havens.

Have a good amount of money set aside for medical payments. You will need to pay out of pocket in Kenya if you visit the hospital. It isn’t as expensive as the United States, usually ranging from as little as $25 to $100 for a consultation and prescriptions.

Safety
Once you get comfortable in Kenya you will probably start to slack on some safety issues; for example, I became comfortable after being in Kenya a few months, so I began carrying a lot more money on me and in general I felt safer – if you get too comfortable you might be robbed, and that happened to me! So don’t be frightened like you have to watch your back, but definitely take preventative measures such as locking your bags and limiting what you carry to prevent losing too much money or belongings. Always keep an eye on your mp3 players and cameras!

In Kenya the women’s issues vary depending on what city/village you are in. Basic thoughts: American women in Kenya will be hit on a lot (many Kenyans are looking for a way to get to the US and will tell you they love you and want to marry you just to get to the US), so expect to be approached by men. Rape does occur in Kenya, but you will generally be safe as long as you use your head, such as not walking around at night time. Cover up more in the rural areas; on the beach and in Nairobi it is more acceptable to wear sleeveless shirts and skirts.

The most important way to prevent yourself from being in a dangerous situation is to make sure that you are not walking around at night, even with a group. This is something that you really cannot make any exceptions about. Kenya is not a scary place, but when you walk around at night you are making yourself an easy target. It is tempting to try and save money on taxi fares by just walking or taking public transport, but it is not worth it. Taxis are cheap enough that you should never skip on taking one because you don’t want to spend the money.