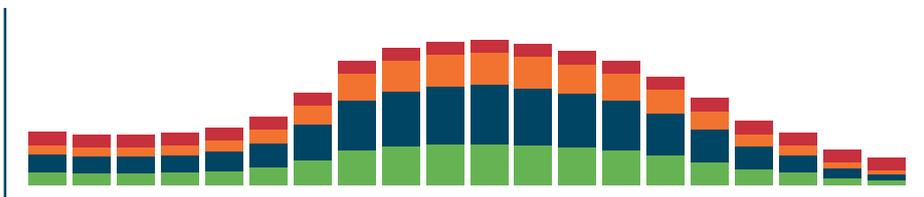




Research Fellowship 2018
Pre-Departure Handbook

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Karibuni (Welcome!)



Congratulations on being selected as a PAL Network Research Fellow! To help you prepare for your departure, we have put together some information that we hope you will find useful.

We strongly recommend that you read through each section of this handbook as you prepare for the fellowship placement, and if you have any questions please do not hesitate to contact Maryanne Kimani at mkimani@palnetwork.org.

We look forward to working with you!

Warm wishes,

The PAL Network Secretariat team

About the Research Fellowship

The Research Fellowship Program provides the opportunity for talented staff within the network to develop their research skills through an intensive four-month placement based at the network Secretariat office in Nairobi, Kenya. Fellows will expand their familiarity and understanding of citizen-led assessment data ('CLA') by undertaking an independent research study to produce new insights from existing data.

Fellowship Program

Fellows will arrive in Nairobi in January, where they will be welcomed by the Secretariat team and settled into the place they will call home for the next four months. The fellows will participate in a one-week residential induction to the PAL Network, combined with a series of team-building activities to get to know each other, and the Secretariat team. Following shortly after the week-long induction, fellows will participate in a workshop on citizen-led assessment data. The workshop will provide the opportunity for fellows to work through their proposed research studies and further develop their research questions and proposed methodologies.

The fellows will spend the next month further developing their research study and conducting preliminary analysis. Towards the end of February, the fellows will join the Research Working Group for a seminar on academic

writing, with the opportunity to present their emerging analysis to the group for comments and feedback.

In March, the fellows will be joined in Nairobi by two post-doctoral researchers and one faculty staff member from the University of Cambridge's REAL (Research for Equitable Access and Learning) Centre. The REAL Centre will design a bespoke two-week program of targeted support tailored to the progress and individual research projects of the fellows. This support may include workshops, seminars, or 1-on-1 sessions, as requested.

In the final month of the fellowship program, fellows will develop a Working Paper, supported by their identified mentor(s) within the network. The post-doctoral researchers will also be on-hand remotely to read through final drafts of Working Papers to provide further comments and edits. Upon completion of their Working Paper in mid-May, fellows will return to their home institutions.



Fellowship Expectations

Fellows will be expected to design an independent research study that will produce new insights from existing data from across the PAL Network. Fellows will be expected to write up their research projects into a Working Paper of 6,000-9,000 words. Working Papers of a high standard may be designed and published internally. Working Papers of exceptionally high standards may be further developed into a peer-reviewed journal article after completion of the fellowship program.

After completion of the program, fellows will be invited to write a proposal to present their research at an education conference of their choice, within eighteen months of completing the program. If approved, the PAL Network shall meet the costs of the fellow presenting at the identified conference.

www.

To read more about the PAL Network fellowship program please visit:
<http://fellowship.palnetwork.org>

The PAL Network Secretariat

The PAL Network brings together fourteen countries working across three continents to assess the basic reading and numeracy competencies of all children, in their homes, through annual citizen-led assessments. The PAL Network was formally established in January 2015

with a full-time Secretariat based in Nairobi, Kenya. The role of the Secretariat is to consolidate and strengthen the existing network, support new countries interested in the CLA approach with their 'start-up' phase, and strengthen advocacy for citizen-led assessments globally.

Meet the Secretariat team



Dr. Sara Ruto

Karibuni Kenya! My name is Sara and I have been working in the PAL Network Secretariat since January 2015. I live just north of Nairobi near a beautiful place called Karura Forest. Karura Forest is just one of the many places in Kenya that you can walk or hike. Last year I took part in the Lewa Half Marathon and the Safaricom Marathon in Nairobi. The entire office also spent a day hiking on a volcano called Mt Longonot! This year I have plans to celebrate my birthday by climbing Mt Kenya for the second time.

sruto@palnetwork.org



Hannah-May Wilson

Welcome to the PAL Network! My name is Hannah-May and I have been working in the PAL Network Secretariat since January 2015. I moved to Kenya nearly six years ago, and I have lived in three different suburbs of Nairobi – Kilimani, Westlands and Riverside. I love living here for so many reasons! There are lots of great craft markets, art galleries, amazing restaurants and coffee shops. Organizing weekend trips is easy, too – whether you want to go on safari in a National Park, visit amazing beaches, climb mountains, run marathons or have a lazy weekend on a farm!

hmwilson@palnetwork.org

[www.](http://www.palnetwork.org)

For more information about the PAL Network, please visit the website here:
www.palnetwork.org



Muhammad Usman

Welcome to the PAL Network Secretariat! My name is Usman, I was selected as the inaugural PAL fellow in January 2016. I spent six months in Kenya and I did so many new exciting things, including: hiking Mt Longonot, learning how to swim, indoor rock climbing, and running my first half marathon! I loved it so much that I had to come back. I love eating great lunches in the office; going on road trips to see lakes and safari parks; and inviting people over for parties!
musman@palnetwork.org



Winny Cherotich

Welcome to the winning team! My name is Winny. I joined the PAL Network Secretariat in January 2017. I once was an active sports person, playing hockey. If you are a fan of sports and drama, you can enjoy a football game during the weekend at one of the National stadiums (preferably a match between AFC Leopards and Gor Mahia local clubs!) Our Rugby Sevens team is also awesome and needless to mention the world famous track and field athletes from the Rift Valley, my homeland.
wcherotich@palnetwork.org



Kwamboka Nyachieo-Ngumba

Welcome to the City in the Sun! My name is Kwamboka or Boka for short. I joined PAL Network in January 2017. I enjoy watching a good play or musical show and once in a while, I like to be on stage myself. I sing in an annual music concert called Twakutukuza every year to raise funds for cancer treatment. Our local theatre companies stage exciting plays and poetry jams at performing arts venues like the Alliance Française Nairobi and Kenya National Theatre - be sure to see a performance while you're here!
knyachieongumba@palnetwork.org



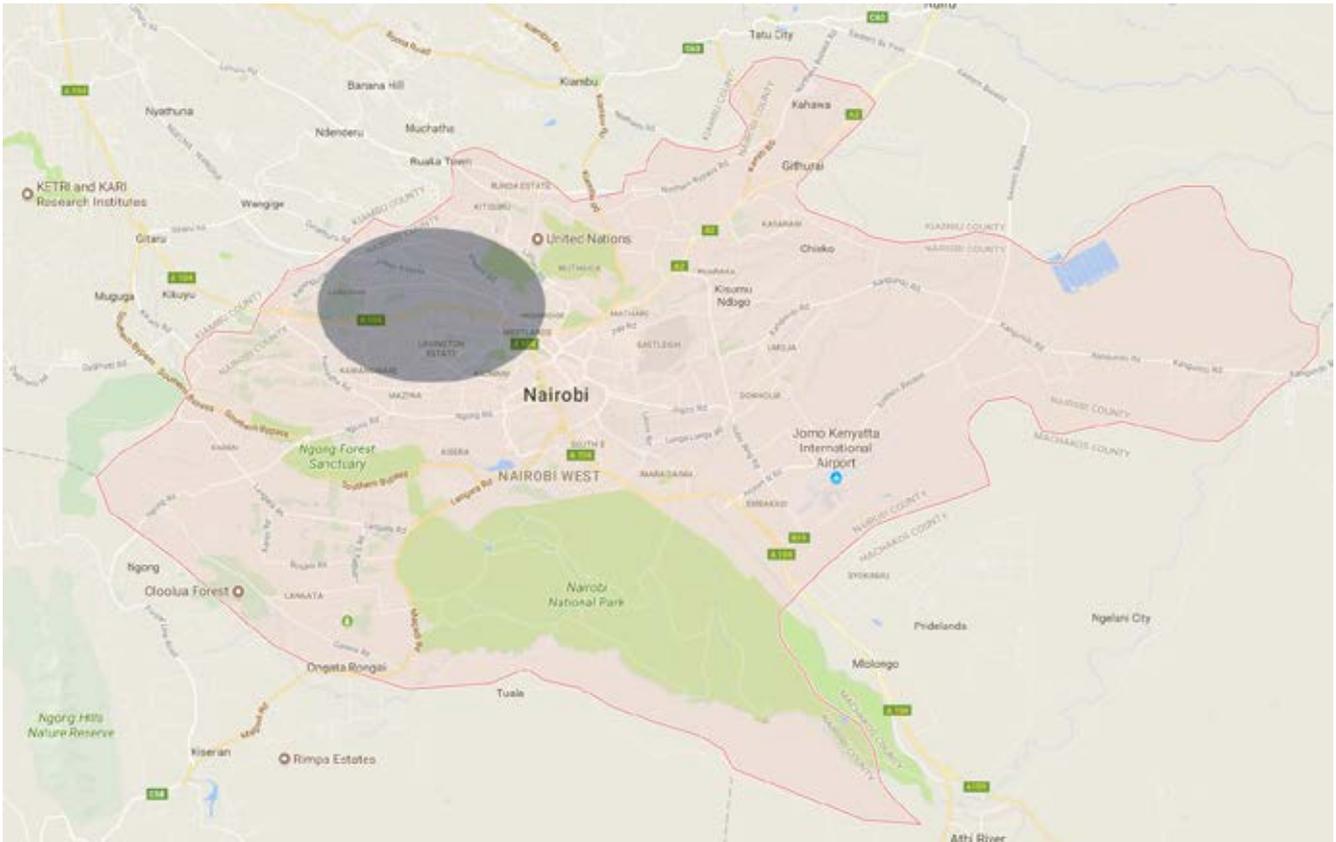
Maryanne Kimani

Welcome to Kenya! My name is Maryanne and I have been working at the PAL Network Secretariat since January 2017. I live near the Nairobi National Park so my journey to and from work is not just a safari because of the distance, but I also get to see zebras, monkeys and sometimes giraffes every other day which is a spectacle! There are a lot of places to site-see and enjoy a peaceful nature walk. I enjoy watching a good movie with a hot cup of lemon tea which is always a treat during the weekend.
mkimani@palnetwork.org

Office Location



We are currently in the process of moving offices and by the time you join the PAL Network Secretariat, we will be settled into our new premises. The new office will likely be located North West of the city centre, in one of Nairobi's suburbs, indicated on the map below.



Office Hours



On an average day, office hours range from 8am to 6pm Monday – Thursday and 8am to 3pm on Fridays. Generally speaking, staff are expected to be present in the office between 9am and 4pm and are expected to work 40 hours per week. Secretariat staff are sometimes required to be flexible to allow for early morning or late night Skype meetings due to time differences across countries. Occasionally, Secretariat staff may also be required to work over the weekend. Staff usually take half an hour for their lunchbreak, although it is up to the individual staff member. If staff require time to pray during the work day, or visit the Mosque on a Friday lunchtime, then they are free to do so and will be expected to manage their work schedule accordingly.

Office Space



The PAL Network Secretariat team share offices with a number of other exciting education programs in Kenya, brought together under the umbrella of an organization called ziziAfrique. ziziAfrique was first established in January 2015 and incubated the PAL Network Secretariat as a program until it's independent registration in 2017. ziziAfrique currently hosts two programs and a thriving research consultancy with a number of full-time staff who work alongside the PAL Network Secretariat.

Desk Setup



Every staff member is provided with their own work desk and have access to office stationary and printers. If fellows choose to use their own personal or work laptops, then they are free to do so. If fellows do not have access to a laptop then the PAL Secretariat can provide access to a desktop computer in the office. The fellows will be seated together in the office and where possible, will also be seated with (or near to) the PAL Network Secretariat team.

Office Lunch



On official working days, lunch is provided in the office and is delivered to the office between 12noon and 12:45pm. Lunch usually consists of three items: A starch or carbohydrate-based staple (ugali/potato/rice/chips); A stew/ meat-based or fish dish; and vegetables or a salad-based side dish. Staff are also provided with fruit for desert. The menu is rotated every two weeks, meaning that staff get a different meal every day for two weeks before the menu repeats. We try our best to accommodate any special dietary requests for health or religious reasons.

Dress Code



There is no strict dress code in the office, and staff usually dress casually and comfortably unless there are external meetings scheduled. Staff should wear clothing that is comfortable and practical for work, not but distracting or offensive to others. Staff are asked to use their discretion and common sense when deciding what to wear to work. When external meetings or events are held, the dress code is usually business-smart. Fridays are usually dress-down days where jeans or other more casual clothing is acceptable.

Office Etiquette



There are no strict rules regarding office etiquette as staff are expected to use their common sense and respect for others to guide how they behave in the office. Generally speaking, it is expected that loud noise and distractions should be kept to a minimum. If staff would like to listen to music then they are expected to do so wearing headphones. Any long telephone conversations or Skype meetings should be taken in one of the meeting rooms or in one of the outside spaces. Staff are expected to be clean and tidy, contributing to the overall cleanliness of the office. All cups, plates and cutlery are expected to be washed up by whoever has used them.

Office Meetings



The PAL Network Secretariat team meet once a week for one hour. The purpose of this meeting is to update the team, share new ideas, assign responsibilities for different projects, discuss challenges and ensure that progress is in line with the strategy and annual plan. The PAL and ziziAfrique management team meets additionally once per week for an hour to discuss management issues. The fellows will be invited to participate in the weekly Secretariat team meetings to share their research progress. Fellows should also feel free to schedule meetings with Secretariat staff or other members of the network as required by their individual projects.

Learning Sessions



Together with ziziAfrique program staff, the PAL Network Secretariat hold weekly learning sessions on Fridays at 2pm as an informal opportunity for staff to learn from each other and from outside guests. Staff are expected to facilitate a minimum of two sessions each per year. The learning sessions generally fall into three categories:

- (i) enhancing staff knowledge about non-work related topics;
- (ii) training staff on employment-related activities (for example HR and finance policies or procedures, or Microsoft Word/Excel/PowerPoint); and
- (iii) exploring or presenting current work for feedback, comments, questions and suggestions.

Topics for a learning session are limited only by the imagination and enthusiasm of the presenter. Fellows will be expected to facilitate at least one learning session each during their placement at the Secretariat.

Book Club



As a component of the Learning Sessions, there is an optional book club open to all staff. Members of the book club collaboratively decide on one book per month which is then discussed during a learning session on a Friday. Anyone can suggest a book to be read, and does not have to be related in to the work that they do professionally.

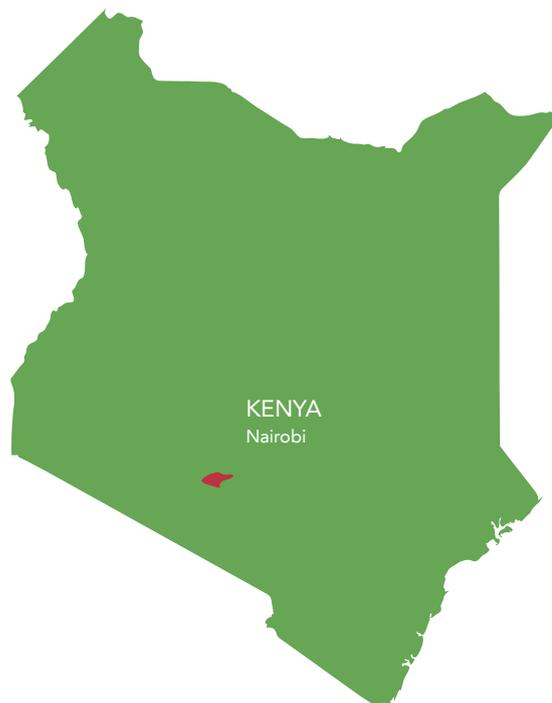
Getting to the Office



Accommodation for fellows will be organized within 30 minutes walking distance from the office. In addition to walking to the office, fellows may be able to take public transport (in small mini-buses called 'matatus') or can take a taxi – both at their own expense. Nairobi has several taxi Apps including Uber and Taxify, which are very fast and reliable.



Easily the largest city in East Africa, Nairobi is also the youngest, the most modern, the fastest growing (and at nearly 1700m altitude, the highest!). The Central Business District is fast expanding, both upwards (with new shiny high rise apartment and office buildings) and outwards. Nairobi has many different suburbs surrounding the city and is the only city in the world to have a National Park. Nairobi's suburbs – Karen, Parklands, Eastleigh, Spring Valley, Kibera, among many others – reflect the jumble of African, Asian and European elements of Nairobi's original inhabitants. Aside from being the safari capital of the world, Nairobi is an excellent base for Kenyan travel in general. You can reach the coast in an hour if you fly, or by four hours if you take the new high-speed train. It takes about the same time to get to Western Kenya (bordering Uganda), and barely three hours to get to the Great Rift Valley or the slopes of Mount Kenya.



Kenya



Located

In East Africa, on the Equator



Population

44 million



National Languages

Kiswahili and English



Currency

Kenya Shilling (KES)



Popular Drinks

Chai Tea, Tangawizi (Ginger soda), Tusker Beer



Capital City

Nairobi



Popular Food

Ugali, Nyama Choma, Sukumawiki, Kachumbari, Mandazi, Chapati



How to get around

Matatu, bus, Uber



Seasons

Summer: December – March
Long rains: March/April – May/June
Winter: June – August
Short rains: October - November



Famous for

Wildlife, fast runners, Mount Kenya, beaches, Maasai tribesmen

Home to

The PAL Network Secretariat



PAL NETWORK
People's Action for Learning

Banking



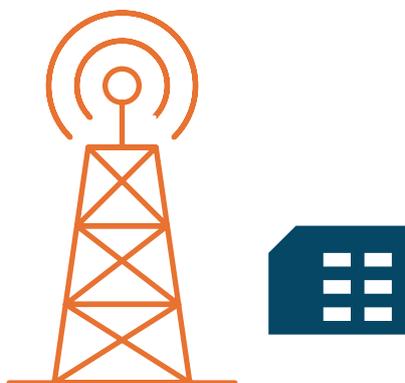
Nairobi is home to many banks ranging from micro-finance institutions to international corporate banks. The bigger the banks, the wider range of services on offer. It is difficult to open a bank account in Kenya until you have a long-term work permit and a Kenya Revenue Authority PIN number. For this reason, your monthly stipend to cover your expenses during your fellowship will be paid by direct bank transfer into your home bank account. Under no circumstances will you be paid your monthly stipend in cash. Before you leave your home country, we advise you to contact your bank to make sure your ATM card and PIN will work abroad. If you don't have a 4-digit PIN, ask your bank how to use your ATM card abroad. We also advise that you investigate the fees that your bank will charge you for transacting abroad. We advise that you arrive in Nairobi with at least 200 USD to exchange into Kenya Shillings to get you started.

Climate



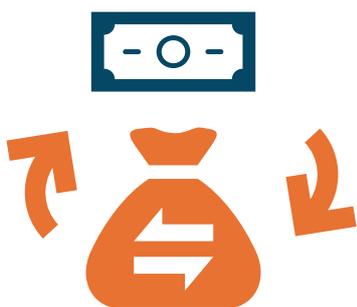
Situated on the equator, many people imagine that Kenya will be very hot all year round. This is certainly true for some areas of the country, like the coastal regions and much of northern Kenya. However, Nairobi is a little different. Situated at 1,795 meters (5,889 ft) above sea level, the climate in Nairobi is often cooler than visitors usually expect. The hottest months are between December - March. Temperatures are consistently around 25-27C. The long rains usually come between March/April and usually last about a month. The cold season follows the long rains, between June and August whether it is not uncommon for temperatures to dip below 10C, especially at night. The short rains usually arrive in October, immediately before the hot season. The timing of sunrise and sunset varies little throughout the year. Generally speaking the sun rises about 6:30am and sets about 6:30pm all year round.

Communication



Kenya uses GSM cellular for communication. If you own a mobile phone that uses SIM cards, you can buy a local SIM for KES 100 (USD \$1). Safaricom and Airtel are the most popular with the best coverage. Alternatively, you can purchase a 'simple' phone (not smart) for as little as USD \$10. The most popular way of purchasing airtime and data for your phone is through a pre-pay system of scratch cards. Scratch cards are available in denominations between KES 20 and 1000 (10 cents and USD \$10). Most offices, restaurants, cafes and malls are equipped with free wifi services, making WhatsApp a popular way of calling and messaging friends and colleagues. The added advantage of purchasing a Safaricom SIM card is the popular M-Pesa (mobile money) service. M-Pesa allows you to add credit to your mobile phone account which you can then use to pay bills, purchase goods and services, buy airtime and data bundles, and send money directly to friends. The Secretariat staff will be happy to assist in the purchasing of SIM cards and setting up the M-Pesa services.

Currency and Exchange Rates



The currency used in Kenya is the Kenya Shilling (KES). The exchange rate from US dollars to Kenya shillings is roughly 1 USD = 100 KES. If you are planning to bring cash to exchange once you arrive in Nairobi, the strongest and most reliable currency to exchange is the US Dollar. There are many different Forex Bureaus or local banks where you can exchange US dollars once you arrive, and the Secretariat staff will help you locate the best exchange rate.

Eating



The variety of traditional Kenyan food differs according to location but staple foods largely consist of corn, maize, potatoes and beans. Most Kenyan dishes are filling and inexpensive to make. Ugali (a thick porridge-type food made of maize); nyama choma (roasted or barbequed meat); and sukuma wiki (chopped kale or collard greens) are all examples of common staples eaten for lunch or dinner. Mandazi (a semisweet, flat doughnut) or chapattis are common for breakfast with milky tea. The lunch program at the PAL Network offices give a taste of the variety of Kenyan dishes. Locating halal meat is not a problem as many Muslims live in Nairobi. For anyone who likes to eat out, one of Nairobi's highlights is the wide-range of international cuisine on offer. From Ethiopian to Indian, American to Lebanese, Thai to Japanese (yes, we even have good sushi!) there is food to suit many different tastes. The Secretariat will be only too happy to share their recommendations! On average, you can expect to pay anything between UD \$5 – 20 per person when eating out, depending on the venue. The popular 'Hello Food' App allows you to order food from almost any restaurant in Nairobi and have it delivered to your door. Delivery usually costs between USD \$1-2.

Electricity



In Kenya, more than half of the population are connected to electricity and nearly all houses and apartments in Nairobi are connected. Most houses and apartments in Nairobi also have access to back-up generators due to power black-outs and sometimes intermittent power supply. The PAL Network Secretariat have private power inverters in the office, guaranteeing electricity supply and internet connection all day. Kenya uses 240v 13amp 3 flat pin-type sockets (type G). The plug is the same as that used in the UK. Visiting fellows are strongly advised to purchase a plug adapter (they can be purchased in Nairobi for about USD \$2each).

Entertainment



Whether you're looking for live music; trendy bars and nightclubs; fashion shows; theatre productions; spoken word poetry; wine tasting or just going to the cinema: Nairobi has it all. For up-to-date information, kenyabuzz.com, nairobinow.wordpress.com and Eventbrite.com list most of the events going on. Nearly every bar, restaurant, theatre and performing arts spaces also have Facebook pages so you can stay up-to-date with the latest events!

Food Shopping



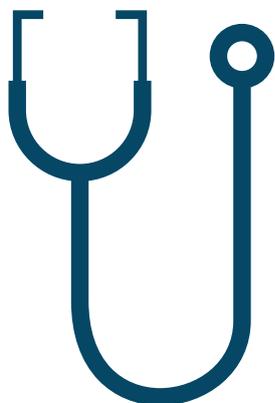
Nairobi boasts plenty of supermarkets and specialist food stores where you can buy your groceries, but they tend to be more expensive than the local markets where you can pick up fruits and vegetables for a better price. You can find mostly everything in supermarkets although imported foods tend to be more expensive. The most popular supermarkets are Uchumi, Tuskeys, Chandarana and Nakumatt.

Getting Around



The most popular and cheapest source of transport in Nairobi are small public buses called Matatus. Larger public buses are also very common along the most serviced routes. Prices are generally fixed but it is helpful to ensure that you know the approximate price of a journey in advance. Private taxis are plentiful and booking / payment has become very easy through popular taxi apps like Uber and Taxify. When using apps, you are not required to negotiate the price of a journey. The minimum cost of a journey is around USD \$3. From the airport to the city usually costs approximately USD \$15 one-way. To hire a taxi and driver for a day should cost between USD \$60-80 excluding fuel.

Healthcare



The Kenyan health system consists of three main categories of service providers: public providers; private not-for-profit organizations (including faith-based and mission hospitals, local and international NGOs) and private, for-profit healthcare providers. Fellows will be provided with a list of recommended private clinics and hospitals once they arrive in Nairobi. Should fellows need to visit a doctor whilst living in Nairobi, a member of the Secretariat team will ensure that they are treated at a recommended clinic or hospital. If fellows require specialized or regular medication, they are advised to bring a supply that will last them for the entire duration of the fellowship program.

Language



The national languages are Kiswahili and English. In the PAL Network Secretariat, English is used for all official interactions, although it is helpful to learn some Kiswahili, too! Sometimes the two languages are unconsciously mixed together in unofficial interactions both inside and outside the office. The local slang is called Sheng and is spoken mainly by young people. The majority of Kenyans also speak a third language – their mother tongue or first language.

Language

To get you started, here are some common phrases and words in Kiswahili:

Hello!	Jambo!
What's Up? (Informal)	Mambo?
I'm cool! (Informal)	Poa!
Welcome / You're welcome	Karibu
How are you?	Habari yako / Habari gani
Very well	Mzuri sana
...and you?	Na wewe je?
Okay	Sawa
My name is....	Jina langu ni...
What is your name?	Jina lako ni nani?
Thank-you / Thank-you very much	Asante / Asante sana
I'm sorry / I'm very sorry	Pole / pole sana
Where are you from?	Unatoka wapi?
I'm from...	Natokea...
Please	Tafadhali
Yes	Ndio
No	Hapana
See you later	Tutaonana
Goodbye!	Kwaheri!
Goodnight / sleep well	Lala salama

Postal Services



The Postal Corporation of Kenya offers both mailing and courier services for local and international documents and parcels. In addition, Nairobi is home to all the major international courier companies including DHL and FedEx. You can find the courier services in every major mall. You will be unable to receive mail and parcels in Kenya unless you have a P.O Box, which are rented from the postal corporation on an annual basis. However, if you need to receive any documents or parcels urgently, a member of the Secretariat team will be happy to help.

Safety and Security



It is important to stay cautious, alert and vigilant – particularly for inexperienced travelers and those new to the country. As a visitor you shouldn't feel paranoid, but you should always keep your wits about you, particularly at night. Perhaps the best advice when you're walking around cities and towns is not to carry anything valuable on you. As a general rule, be wary of wearing expensive or flashy jewelry; try to avoid handbags on one shoulder that could be easily snatched; and avoid carrying large sums of cash. It is also wise to leave any major credit or debit cards at home unless you really need them, and take care when withdrawing money from ATM machines. At night, do not walk anywhere, even if you are in a large group. Make sure you call a trusted taxi driver or order on a taxi app.

Shopping



In the past five years, there has been an explosion of Western-style malls in Nairobi, with a large selection of shops and services including banks, trendy cafés and restaurants, clothes stores, souvenir and handicraft stores, bars and nightclubs, cinemas, supermarkets, hairdressers and salons, and more.

The biggest malls include: Westgate and the Sarit Centre in Westlands; the Junction on Ngong Road; Yaya Centre in Kilimani; The Hub and Galleria in Karen; Thika Road and Garden City on the Thika Road; Village Market in Gigiri and Two Rivers in Kiambu.

Tipping



Although tipping is not mandatory in Kenya, it is expected in most cafes, restaurants, bars and hotels. It is customary to leave at least 10% of the total bill in cash. For groups of 6 or more and in high-end restaurants, the service charge is often included. You do not need to tip taxi drivers for short distances but it is polite to tip drivers and guides if you are hiring them for half a day or more.

Water



Under no circumstances should you drink the tap water in Nairobi. Most offices and residential homes either have water filters or purifiers, or they buy bottled water to drink. The water is safe to wash up dishes, to wash your clothes and to bathe or shower. When eating out in restaurants and cafes, always be sure to order bottled water.

Vaccinations



There may be mandatory vaccinations you will need before travelling to Kenya. We advise you to read the travel advice in detail for your country of origin, and visit your doctor at least a month before you travel. The most likely vaccination you will require is Yellow Fever. You may be advised to take Malaria tablets in Kenya, too. Generally speaking, Nairobi is not affected by malaria due to its altitude but coastal and other areas of Kenya may be affected. It is possible to buy relatively cheap malaria tablets in all Nairobi pharmacies.



Visas



For the duration of your stay as a PAL Network fellow, the Secretariat office will apply for what is called a 'Special Pass'. A Special Pass is a short-term multiple-entry work permit that will allow you to live and work in Kenya for up to six months. The application for a Special Pass can only take place once you have gained entry as a visitor to Kenya. Once you have been selected as a PAL Network fellow, a member of the Secretariat office will contact you to advise you on what the requirements are for applying for an entry visa. You will most likely have to apply online for an e-visa here: <http://evisa.go.ke/evisa.html>.

The application for the e-visa will cost USD \$51.00 and will be reimbursed to you upon arrival at the Secretariat office.

Recommended packing list



Suitcase or large travel bag

We recommend that you travel to Nairobi with one large suitcase or travel bag with your clothes and belongings required for four months. Previous PAL Network fellows have bought and received gifts whilst

in Nairobi and have required an extra suitcase for their return journey home. We would therefore recommend that you arrive with an empty bag or suitcase that you can use to take gifts and souvenirs home with you.

Clothes

We recommend that you pack both light and warm clothes as you will experience contrasts in weather. Although January is one of the hottest months in Nairobi, it can get cooler at night. We also recommend

you pack a range of different clothes: from business smart to casual, to sports and swimming clothes, to traditional dress or clothing for special events. Essential items include: Running shoes, a sunhat, and sunglasses!

Toiletries and medications

Most international brands are available in supermarkets in Nairobi, however, if you have specific products that you use we recommend that you bring a supply that will last you the duration of your stay as you may not

be able to locate the same products here. Similarly, if you require specialized and/or regular medication, we suggest you bring enough with you for the duration of your stay. Essential items include: Sunscreen!

Recommended packing list

Towels and Linens

We recommend that you pack your own towels to use both in your home, and for travel out of Nairobi.

You will not be required to bring your own bed linens but should you wish to do so, you can.

Electronics

As stated above, Kenya uses 240v 13amp 3 flat pin-type sockets (type G). You may purchase plug adapters in Nairobi but it may be easier if you are able to bring at least one from your home country to allow you to

use your electronics immediately. You may also want to bring a multi-socket plug with you from your home country so you only have to use one adapter.

What you do not need to bring

- Pots, pans, dishes and other cooking utensils
- Bed linens
- Soap, laundry detergent, cleaning supplies and other similar heavy items
- All prohibited items, including fruits, vegetables and other food items

Average cost comparisons

Previous PAL Network fellows were surprised about how expensive it can be to live in Nairobi, despite common beliefs that living anywhere in Africa must be very cheap. To give you a better idea about average cost comparisons, we have created the table below

with average prices of a range of food and drink; health and personal hygiene products and services; lifestyle and entertainment, and eating and drinking out. We hope that you find this helpful to study in advance.

Food and Drink	KES	USD
1 loaf of bread	50-100	\$1.00
½ liter of milk	60	\$0.60
6 eggs	80	\$0.80
5 onions	100	\$1.00
5 tomatoes	120	\$1.20
5 potatoes	100	\$1.00
1 avocado	40	\$0.40
1 packet bacon	500	\$5.00
1 cheese	500	\$5.00
1 kg sugar	150	\$1.50
1 kg maize flour	150	\$1.50
1 kg rice	150	\$1.50
1 liter of water	120	\$1.20
1 liter fruit juice	250	\$2.50
1 bottle wine	800 - 1,500	\$8.00 - \$15.00
1 bottle of beer	200	\$2.00

Average cost comparisons

Health and Personal Hygiene	KES	USD
1 bar of soap	100	\$1.00
1 shampoo bottle	400	\$4.00
Sanitary towels	150	\$1.50
Toothpaste	150	\$1.50
Doctors consultation	1,500 - 3,000	\$10.00 - \$30.00
1 hour massage	450	\$45.00
Gym visit	1,000	\$10.00
Monthly gym membership	8,000 - 10,000	\$80.00 - \$100.00
Swimming pool visit	400	\$4.00
Yoga visit (1 hour)	400	\$4.00

Lifestyle and Entertainment	KES	USD
20 minute taxi journey	100	\$1.00
Average monthly phone airtime	400	\$4.00
Cinema ticket	150	\$1.50
1 day car rental	150	\$1.50
Safari park fees per day	1,500 - 3,000	\$10.00 - \$30.00
1 night in an urban hotel	450	\$45.00
1 night in a rural hotel	1000	\$10.00

Eating and Drinking Out	KES	USD
1 large pizza delivery	1,200	\$12.00

