

SOBC3 Nature Intervention

Instructions to FOs: The goal of the intervention is to teach participants about nature in Kenya.

1 Session 1: Birds of Kenya

1.1 Lecture:

Kenya is home to lots of birds. It is the home of the biggest bird in the world, the ostrich. It is also the home of flamingos that meet together in their millions at the different Lakes of the Great Rift Valley.

Kenya ni nyumbani kwa ndege wengi. Ni nyumbani kwa ndege wakubwa duniani, ostrich. Pia ni nyumbani kwa flamingos ambao mamilioni hupatana kwa bahari ya bonde la ufa.

The country contains 11% species of birds that exist in the world – 1089 different kinds. There are so many birds in Kenya because of the nice climate, different sorts of places to live and features of the landscape that make it a good route for birds who are travelling long distances.

Nchi ina jumla asilimia kumi na moja ya aina za ndege ambazo zinaishi duniani-aina 1089 tofauti. Kuna ndege wengi sana Kenya kwa sababu ya hali ya hewa iliyo bora, sehemu tofauti tofauti za kuishi na mandhari tofauti ya mazingira ambayo huifanya njia bora kwa ndege wanaosafiri masafa marefu.

Even in Nairobi, the capital of Kenya, there are more than 600 types of birds – both those that live there all the time and those that are travelling through. That is more than in any other capital city in the world, and more than in most countries.

Hata hapa Nairobi, jiji kuu la Kenya, kuna Zaidi ya aina 600 ya ndege- zote zile zinazoishi hapo wakati wote na zile zinazosafiri. Hii ni nyingi kuliko kwa jiji kuu lingine lolote duniani, na mingi Zaidi kuliko nchi zingine.

Some people like spending time watching birds as a hobby. This is possible at all times in the year in Kenya. Birds travel to Kenya from Europe and Asia during the rainy seasons of April and November. But birds which are travelling make up only about ten percent of the birds in Kenya. The rest are birds that live all year in Kenya. Some examples of these are birds who live in bushes – for example guinea fowl, go-away birds, rollers and barbets. These can be seen all year round.

Watu wengine hupenda kutumia muda wao kutazama ndege. Hii inawezekana kila mara kwa mwaka hapa Kenya. Ndege husafiri nchini Kenya kutoka Europa na Asia wakati wa mvua mwezi wa Aprili na Novemba. Lakini ndege wanaosafiri hujumlisha tu asilimia kumi ya ndege wote nchini Kenya. Ndege wanaosalia wote ni wale wanaishi Kenya mwaka mzima. Mifano ya baadhi ya ndege hawa ni wale wanaoishi msituni- kwa mfano guinea fowl, go-away birds, rollers and barbets. Hawa huwa wanaoekana mwaka mzima.

Ostriches

One of the birds found in Kenya is the ostrich. These are huge birds which cannot fly. They live in small groups. Usually these groups are one male and lots of females. There are two kinds of ostrich living in Kenya. The Masai ostrich lives in the southern part of Kenya. The Somali ostrich lives in the northeastern parts of the country. Both live in grassy areas. They are not found in forests in Kenya.

Mojawapo wa ndege anayepatikana Kenya ni ostrich/bundi. Hawa ni ndege wakubwa ambao hawawezi kupaa angani. Huwa wanaishi kwa makundi madogo madogo. Kwa kawaida makundi haya huwa na ndege wa kiume mmoja na wa kike kadhaa. Kuna aina mbili ya ostrich wanaoishi Kenya. Masai ostrich huishi kusini mwa Kenya. Somali ostrich huishi kaskazini mashariki mwa nchi. Hawa wote huishi kwenye sehemu za nyasi. Hawa huwa hawapatikani kwenye misitu nchini Kenya.

Overall, the ostrich is not called endangered or threatened. The most ostriches are in areas like the Masai Mara Reserve, the Samburu National Reserve and either of the two Tsavo National Parks.

Kwa jumla, ostrich hajahatarika au kutishiwa. Ostrich wengi walio hifadhi ya Masai Mara, hifadhi ya kitaifa ya Samburu na aidha hifadhi mbili za Tsavo.

Flamingoes

Flamingoes are birds recognised because of their pink colour. But flamingos are actually not naturally pink. The pink comes from the shrimp and algae that they eat. There are two types of flamingo found in Kenya: the lesser flamingo and the greater flamingo. Both types live near most large bodies of water.

Flamingoes ni ndege ambao hutambuliwa kwa sababu ya rangi yao ya pink. Lakini flamingoes kwa kawaida si wa rangi ya pink. Pink hutokana na kula wanyama na mimea iliyo kwa ziwa. Kuna aina mbili za flamingoes wanaopatikana nchini Kenya: flamingo walio wadogo na flamingo walio wakubwa. Aina hizi zote mbili huishi kwenye sehemu zilizo na maji mingi.

Lake Nakuru is famous because of the large groups of flamingos that live there – there can be many millions of flamingoes there. Flamingos also live at Lake Bororia and Lake Oloidien.

Ziwa la Nakuru ni maarufu kwa kuwa na makundi makubwa ya flamingos wanaoishi hapo-kunaweza kuwa na milioni mingi ya flamingo wanaoishi hapo. Flamingoes pia huishi kwenye ziwa la Bogoria na Oloidien.

Hornbills

The hornbill is another bird found in Kenya. The hornbill is famous because of its large curved beak. Their beaks often have a large bump on them, and are very colourful. There are 4 or 5 types of Hornbill that live in Kenya, in different parts of country. Some examples of types of hornbill are the African grey hornbill, the red-billed hornbill and the crowned hornbill.

Hornbill ni ndege ingine ambayo hupatikana Kenya. Hornbill ni maarufu na mbomo wake ulijikunja. Midomo yao huwa na mwinuko mkubwa juu yake, na rangi sana. Kuna aina nne au tanoza hornbill wanaoishi Kenya, kwenye sehemu tofauti za nchi. Mifano ya aina za hornbill ni African grey hornbill, the red-billed hornbill na the crowned hornbill.

These birds can live in both forests and in savannahs. Hornbills are found only in parts of the grassy lands where small bushy trees grow, as that is where they like to make their nests. They eat fruit, insects and small reptiles.

Ndege hawa wanaweza kuishi kwa msitu na kwenye savanna. Hornbills hupatikana tu kwenye sehemu zilizo na nyasi ambapo miti za misitu hukua, na hii ni penye wanapenda kuunda viota vyao. Wanakula matunda, vidudu na reptiles wadogo.

1.1.1 Marabou storks

Marabou storks are one of the most common birds in Kenya. They eat animals, both ones which are dead and ones still living, like fish, other birds, insects, rodents, termites and many other types. They are useful for the environment because they eat rotting bodies of animals. When there are fires they fly towards them. This is so that they can catch and eat the small animals which are running away from the fire. Marabou storks live around 25 years.

Marabou storks ni mojawapo ya ndege maarufu hapa Kenya. Hula wanyama, wote waliokufa na wale walio hai kama vile samaki, ndege wengine, vidudu, rodents, termites na aina mingi zingine. Ni muhimu kwa mazingira kwa sababu wao hula miili ya wanyama. Wakati kuna moto wao hupepea kuenda huko. Hii ni kwa sababu waweze kuwashika na kuwala wanyama wadogo ambao wanatoroka moto. Marabou storks huishi kwa kadri miaka 25.

1.1.2 Where birds live in Kenya

The most scarce/rare birds in Kenya live in forests or grassy areas near farming land. Arabuko-Sokoke Forest, near Malindi, has the most birds. There are six bird species there which are under threat of dying out, including some owls and thrushes. Some other areas with lots of birds are the forests at the top of the Taita Hills, near Voi. There are two kinds of Kenyan birds there which might die out: Sharpe's Longclaw and Aberdare Cisticola. They live in the highland grasslands near the Aberdare mountain range.

Ndege walioadimika wanaoishi Kenya huishi kwenye misitu au sehemu zilizo na nyasi karibu na mashamba ya ukulima. Msitu wa Arabuko Sokoke, karibu na Malindi, una ndege kwa wingi. Kuna aina sita za ndege ambazo ziko hatarini kuaga dunia, pamoja na owls na thrushes. Sehemu zingine zilizo na ndege wengi ni juu ya milima ya Taita, karibu na Voi. Kuna aina mbili

ya ndege Kenya ambazo zinaweza kufa: Sharpe's Longclaw na Aberdare Cisticola. Wao huishi kwenye vilima karibu na mlima wa Aberdare.

There are lots of kinds of rainforest birds in Kakamega Forest, like Turacos and Hornbills, and the tiny, endangered Turner's Eremomela. The Papyrus Yellow Warbler is a very rare birds which is found on the shores of Lake Victoria.

Kuna aina nyingi ya ndege wa rainforest kwenye msitu wa Kakamega, kama vile Turacos na hornbills, na Turner's Eremomela wadogo na wako hatarini. Ndege Papyrus Yellow Warbler ni nadra sana na inapatikana kwenye fuo ya ziwa la Victoria.

1.2 A Story: Mama Maria

I want to tell you the story of Mama Maria. Mama Maria is a woman of 25 years, who lives in Malewa. She has a husband and two cute little children: Her son Peter is 3 years old, and has beautiful curly hair and a dimple on his chin. Her daughter Maria is 5 years old. She is a very friendly girl, and so smart that Mama Maria is sure that she will one day have a great future. Mama Maria's husband Baba Maria works as a flower picker on a farm. Mama Maria earns some money by helping out on local farms. They live a quiet life in their village. They do not have a lot of money, but they are grateful for what they have, for their family, and their children.

Nataka kuwaambia hadithi ya Mama Maria ambaye ni mwanamke wa miaka 25, na anayeishi Malewa. Ana mume na watoto wawili warembo: Kijana wake Peter ana miaka 3, na ana nywele rembo na dimple kwa shavu. Msichana wake Maria ana miaka 5. Ni msichana wa kirafiki sana, na mwerevu na mamake Maria ana uhakika kuwa siku moja siku zake za usoni zitakuwa bora. Mume wa Mama Maria hufanya kazi ya kuchuna maua kwa shamba la maua. Mama Maria hupokea pesa fulani kwa kusaidiana kwa shamba hapo mtaani. Wao huishi maisha tulivu kijijini. Hawana pesa mingi sana, lakini wanashukuru kwa kile walicho nacho, kwa familia yao na watoto wao.

1.2.1 Every day routine

Mama Maria takes care of a lot of things every day. In the morning, she wakes up her children and eats breakfast with her family. After breakfast, her husband usually goes to work in the field. Mama Maria then walks to the water tank to collect water for her family. It is 1 hour away and she goes twice a day. Later she goes to help on a neighbouring farm to earn some money. After 5 hours on the farm, she collects Maria from the school, and prepares lunch for her. Then she buys food to prepare dinner for her family, and works in their own garden.

Mama Maria hushughulikia mambo mengi sana kila siku. Asubuhi, yeye huwaamsha watoto na kula kiamsha kinywa na familia yake. Baada ya kiamsha kinywa, mume wake huenda kazini. Mama Maria hutembea kwenda kwenye tanki la maji ili kuchota maji ya familia yake. Iko umbali wa lisali limoja na huenda mara mbili. Baadaye yete huenda kwenye shamba mtaani ili apate pesa fulani. Baada ya masaa 5 kwa shamba, humchukua Maria kutoka shuleni na

kumtayarishia chakula cha mchana. Kisha ananunu chakula na kutayarisha chakula cha jioni cha familia yake, na kufanya kazi kwa shamba lao.

1.2.2 Things Mama Maria enjoys

Mama Maria likes seeing her friends in the village and visiting her elderly neighbours. She loves embroidery and spending time with her children. She enjoys the feeling of completing all her household jobs. Her daughter Maria is 5 years old and a bright, happy girl who is looking forward to starting school with her friends. Sometimes when Maria gets sick Mama Maria takes her to the doctor to help her get better. Mama Maria also enjoys looking at and observing the birds in the village.

Mama Maria hupenda kuwatembelea marafiki wake kijijini na pia kuwatembelea majirani wazee. Anapenda kushona na kutumia muda wake na watoto. Anapenda hisia ya kukamilisha kazi zake zote za nyumba. Msichana wake Maria ana miaka mitano na ni mwerevu, msichana mwenye furaha anayetarajia kuanza shule na marafiki wake. Wakati mwingine Maria anapogonjeka Mama Maria humpeleka kwa daktari ilia pate nafuu. Mama Maria pia hufurahia kutazama ndege kijijini.

1.3 Exercise 1: Sharing stories and information about birds

1.3.1 Do you ever look at the birds near where you live?

Ask the group:

- **What sorts of birds live in this area?**
- **Has anybody seen any birds near where they live?**
- **Does anybody like birds?**
- **Does anybody dislike birds?**
- **What is your favourite bird?**
- *Prompt any more questions to keep the conversation focused on birds*

Je, wewe hutazama ndege wanaoishi karibu na wewe?

Uliza kikundi:

- *Ni aina zipi za ndege huishi kwenye sehemu hii?*
- *Je, kuna mtu yeyote ambaye ameona ndege karibu na penye anaishi?*
- *Je, kuna mtu yeyote anayependa ndege?*
- *Je, kuna mtu yeyote hapendi ndege?*
- *Ndege unayopenda sana ni ipi?*

1.4 Writing a list of birds

Please write down all the birds that you can think of. They can be ones that were mentioned in the lecture, or other ones that you know about.

Ensure participants know this isn't any sort of competition - it doesn't matter if their list is short or long.

Tafadhali andika chini ndege wote ambao unaweza kufikiria. Wanweza kuwa wale ambao walitajwa kwa somo, au wengine unaojua kuhusu.

1.5 Drawing birds

Please now draw a picture of a bird, or of a few birds if you like. It can be your favourite bird, or a bird we talked about earlier, or even an invented bird that you imagined in your mind.

If people are unsure what sort of bird to draw, suggest that they draw a flamingo or an ostrich

Sasa, tafadhali chora picha ya ndege, au ndege wachache unaopenda. Inaweza kuwa ndege ambayo unapenda sana, au ndege ambaye tuliongelea hapo awali, au ndege yoyote bunifu uliyofikiria kwenye akili yako.

1.6 Wrap-up

Thank you for joining us to talk about birds! What did you learn that was new to you this week?

Asante kwa kujuinga nasi kuongea kuhusu ndege, Ni nini ulijifunza ambayo ni mpya kwako hii wiki?