

KENYA



FACTS & FIGURES

Capital	Nairobi
Largest City	Nairobi
Official Languages	Swahili & English
Official Script	Latin
Currency	Kenyan Shilling
Geography (estimates)	
Population	53.01 million
Pop. Density	97/km ²
Area	582,646 km ²
Time Zone	GMT + 3
Government	
President	William Ruto
Legislature	Senate and the National Assembly
Independence or Founding Date	1963

HISTORY OF KENYA

- Around 2000 BC, Cushitic-speaking people from northern Africa settled in the part of East Africa that is now Kenya
- When the Portuguese arrived in 1498 it gave way to Islamic control under the Imam of Oman in the 1600s until another European influence came along, this time from the United Kingdom during the 19th century
- In 1942, members of the Kikuyu, Embu, Meru and Kamba tribes took an oath of unity and secrecy to fight for freedom from British rule
- Kenya finally gained independence on December 12, 1963
- The following year, Kenya became a Republic
- Kenya has 50 national parks and reserves
- Kenya leads the world's cut flower exports & is the world's leading safari destination
- Famous People from Kenya: Prof. Wangari Maathai (the first African woman to receive a Nobel Peace Prize), Catherine Ndereba (one of the best female Marathon runners in the world)





- While different communities have their own native foods, the staple foods in Kenya include cereals (maize, millet, sorghum & others depending on the region) eaten with various meats and vegetables
- Spices play a crucial role in enhancing the flavors of Kenyan dishes. Common spices used in Kenyan cuisine include cumin, coriander, turmeric, ginger, garlic, and chili peppers.
- *Traditional dishes include:* ugali, sukuma wiki and githeri



Kenya Public Holidays in 2024

- New Year's Day (Jan 1)
- Good Friday (March 29)
- Easter Monday (April 1)
- Eid al-Fitr (April 9-10)
- Labour Day (May 1)
- Madaraka Day (June 1)
- Eid al-Adha (June 16-17)
- Huduma Day (Oct 10)
- Mashujaa Day (Oct 21)
- Jamhuri Day (Dec 12)
- Christmas Day (Dec 25)
- Boxing Day (Dec 26)

Language & Religion

- Many different languages are spoken across the country as each population has its own dialect. The most common are Kikuyu, Dholuo and Kamba. Sheng, a Swahili-based slang mixed with English is widely spoken in Nairobi
- 75% of Kenyans belong to Christian churches; 10% are Muslim and the remainder are split between Animist and Hindu

Cuisine



Music & Art

- Since the early 1990s, Kenya's contemporary music started to grow and today it is among the most vibrant in Africa. Currently the most popular genre is Kenyan hip-hop
- Traditional folk music and dance are some of the most well-known aspects of Kenyan arts. These genres are often passed down from generation to generation
- They're known for their pottery and beadwork, wood carving and textiles

Important Dates & Holidays

