



 *Classical
Movements*
CHOIR, ORCHESTRA
AND BAND TOURS TO
KENYA





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Travel Specialists for Music and Performing Groups

WHY KENYA WITH CLASSICAL MOVEMENTS

Kenya, officially the **Republic of Kenya**, is a sovereign state in the African Great Lakes region of Southeast Africa. Out of all the African countries, Kenya has perhaps the most diverse assortment of popular music forms, in addition to multiple types of folk music based on the variety of over 40 regional languages.

Highlights: Nairobi, wildlife and habitat conservation parks, Mombasa Beaches, 14 Falls waterfall, Mount Kenya, Grand Masai Mara

History: As part of Southeast Africa, the territory of what is now Kenya has seen human habitation since the beginning of the Lower Paleolithic period. European and Arab presence in Mombasa dates to the Early Modern period, but European exploration of the interior began only in the 19th century. The British Empire established the East Africa Protectorate in 1895, from 1920 known as the Kenya Colony. Although made up of many diverse ethnic groups and tribes, Kenyans have strong sense of national pride which may be due in part to unity in the long struggle for *Uhuru* (Kiswahili for freedom) from British colonial rule, which was finally achieved in 1963.

Shopping: Buy **Kitengela glass, gemini desai beaded jewelry, maasai beadwork, coffee, tea, kamba wood carvings, soap stone statues, baskets, and Swahili textiles.**

Food: The most common staple of eastern African cuisine is **ugali**, a dish of maize flour cooked with water to a porridge or dough-like consistency. Also popular are **sukuma wiki** (sautéed collard greens), **kachumbari** (fresh tomato and onion salad, flavored with chilies and salt), **ingokho** (chicken), **ngwaci** (sweet potatoes), **nduma** (taro root), **beans, fresh fish and shellfish, rice, and beef or chicken stew.** The wide variety and high quality of fresh local fruits such as **mangos, guavas, passion fruit, cape gooseberries, bananas, pawpaws, and pineapples** are truly a delight.

Drink: Kenya is world renowned for its fine **coffee** and **tea**, known as **chai**. Deliciously fresh **fruit juices** are also widely available. If you are feeling brave, try **Maziwa ya kuganda** (chilled, soured, skim milk) for something truly Kenyan. You may be surprised by its pleasant taste! For a stronger pick-me-up, try **dawa** (a cocktail made from vodka, rum, honey, and lime juice), **pombe** (bush beer), or **mnazi, tembo, or mukoma palm wine.**

Nairobi: Nairobi is known as the **safari** capital of Africa and is surrounded by 70 square miles of **plains, cliffs and forests** that make up the city's **Nairobi National Park**. This park is home to large herds of **zebra, wildebeest, buffalo, giraffes, lions, cheetahs, hippos, rhinos, elephants,** and over 400 species of **birds**. You can also visit the **Sheldrick Elephant Orphanage** and the **Giraffe Center** to learn more about local wildlife and habitat conservation. Visit **Mamba Village** to see, learn



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about, and interact with animals such as **ostriches** and even **crocodiles**. To cool off, visit the **I4 Falls** waterfall or raft along the **Tana River**. Nairobi is also a bustling city full of **museums, galleries, shops**, excellent **restaurants**, and a busy **nightlife** culture.

Mombasa: Mombasa, Kenya's largest city, was once ruled, in turn, by the Portuguese, the Arabs and the British. Historical ruins like **Forte Jesus de Mombaça** (or Fort Jesus), a historic Portuguese fort, and Mombasa's **Old Town** district are wonderful examples of Mombasa's historic trade culture. Here, there are also many examples of **Portuguese** and **Islamic architecture**. Visit the **Bombolulu Workshops**, which were founded in 1969 as a project of the Association for the Physically Disabled in Kenya. The workshops employ 150 disabled Kenyan craftsmen who create **jewelry, textiles, wood** and **leather crafts**. It is the largest rehabilitation center in Kenya. There are also many beautiful **Hindu Temples** open for public tours. Visit **Moi Avenue** and see the giant, painted aluminum **Mombasa Tusks**, created in 1956 to celebrate Princess Margaret's visit to the city. Other sites include: **Tiwi Beach, Diani Beach, Mtwapa Creek, Haller Park, and Avicennia Island**.

Neighboring Countries: Tanzania, Uganda, South Sudan, Ethiopia, and Somalia

PERFORMANCES AND CULTURAL IMMERSION

Venues include the **State House, Kapkatet Stadium, Kenyatta International Conference Center**, the **National Museum of Kenya** in Nairobi, and local **churches** and **town halls**.

Musical groups include the **Boys Choir of Kenya** and various local **church** and **community choirs**.

Many festivals are held in the Kenya each year, including the **Kenya Music Festival, Kenya Schools and Colleges Music Festival**, and the **Kenya National Music Festival**.

Cultural and musical exchanges with **local ensembles, workshops and master classes** with **expert clinicians** and **outreach concerts** to **local schools** and **non-profit organizations** are also available.

YEARS OF EXPERIENCE

Classical Movements has been putting together tours to Kenya since 1999



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TESTIMONIALS

Thomas Duffy, Professor of Music [Yale Concert Band]

"What a trip! Music, social work, scenery, pioneering performances in Swaziland, food, drink, and history!"

Craig Dennison, Artistic Director [Florida's Singing Sons Boychoir]

"Classical Movements proved to be the best decision we made for our trip to South Africa. Their staff was efficient, friendly and dependable. Our guide - incredible! This company provided a broad diversity of musical engagements that provided fine audiences, high-profile collaborations and attractive venues. With 25 years of touring, I have never experienced such a supportive and dependable company."

Rachel Walker, Choir Member [Daley Road Singers]

"Thank you so much for organizing such a wonderful tour. I had a fantastic time meeting the other choirs, learning African Music & making beautiful music with everyone."

Cynthia Pickett Steele, Orchestra Manager [National Symphony Orchestra]

"We greatly value our relationship with Classical Movements, and the high quality of work that you provide for the National Symphony Orchestra. We know that you have worked intensively on this tour and it is certainly going to be an asset to have [you] execute the international tour."

Joan Gregoryk, Music Director [Children's Chorus of Washington]

"...Once again, the trip exceeded our expectations. All of the travel details were handled perfectly. The concert venues were stellar with huge audiences. Thank you for another extraordinary and memorable tour!"



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PRESS

A Limited Selection

“It is difficult to classify Blue Heart Tours (Classical Movements), a wholesaler that started with one destination and one itinerary but now offers programs in Europe, Africa, and Asia. If there are defining characteristics, they would be ability to keep prices low by watching costs and to provide value for clients.”

Travel Agent, December 18, 1995

“Classical Movements is based in Alexandria but works mainly overseas, arranging tours by American orchestras and choruses and running music festivals in [all over the world]. ‘Choral music is becoming so international,’ Helms says. ‘There was a time when it was all Handel, Bach, Mozart and such. But now there are so many fantastic composers. And in the course of their tours, so many American groups have started learning Maori, Chinese, South African and Brazilian songs.’” ‘In the process of taking American groups around the world, we have had so many exchanges and collaborations, and we’ve had a great number of groups that wanted to come to the States,’ Helms says.

The Washington Post, Mark Jenkins, June 22, 2011

“Classical Movements, Inc. is a concert touring company dedicated to arranging tours for choirs and ensembles all over the world. Helms calls the group a one-stop shop; booking hotels and meals for the touring ensembles and connecting them with performance venues. In addition, the group also produces four international music festivals every year (in Argentina and Brazil, Austria, South Africa, and Washington DC).”

Bethesda Gazette, Cara Hedgepeth, June 25, 2012

“Singing together is one of the great and unifying pleasures we humans enjoy, and in so many ways, Saturday’s program at the Church of the Epiphany downtown, part of the Serenade! Washington, D.C. Choral Festival, was a celebration of these pleasures...but the afternoon’s emotional high and strongest affirmation of singing’s power came when the men and women of the Imilonji KaNtu Choral Society from South Africa (not even listed on the program) and members of the Voices of Namibia Choir came up front to jam with the Boston kids. And what a jam it was. Led by Imilonji KaNtu conductor Gobingca George Mxadana, drum in hand, the whole bunch sang, danced, clapped and whooped it up in a joyful noise that brought the audience to its feet cheering”

The Washington Post, Joan Reinthaler, June 5, 2012