



# Outdoor Educator

# KENYA

## 33-DAY

### COURSE HIGHLIGHTS:

- ▶ Opportunity for authentic cultural exchange with the Maasai community
- ▶ Wilderness Advanced First Aid training
- ▶ Trekking in the Aberdare Mountains
- ▶ Ascent of Mt. Kenya — Kenya's highest peak
- ▶ African wildlife encounters

### WHY TAKE THIS COURSE:

- ▶ To further your knowledge as an outdoor educator/field instructor
- ▶ Test your abilities to travel and expedition in a foreign country
- ▶ Connect to people from another culture
- ▶ Climb one of the highest mountains in Africa
- ▶ Learn about the theory of Adventure Education
- ▶ Gain exposure to the NCOAE curriculum

### WHERE YOU'LL BE:

- ▶ Maasai Community Land near Amboselli National Park
- ▶ Maasai Mara Game Reserve
- ▶ Amboselli National Park
- ▶ Mt. Kenya National Park
- ▶ Aberdare Mountains National Park



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*For complete itinerary details, see reverse side ▶*

# OUTDOOR EDUCATOR — KENYA

## ITINERARY *(Subject to change)*

- ▶ **Days 1-2: Orientation and Packing** — The first two days of your training will be spent in Nairobi, Kenya. There, you will meet your fellow group members, become grounded in a foreign country, and prepare yourself to head out to the bush. You will also have the opportunity to visit an elephant orphanage in the city of Nairobi.
- ▶ **Days 3-7: Basic bush camp-craft, introduction to Maasai culture and lifestyle, Leave No Trace and the NCOAE curriculum** — Days three through seven of your instructor training will immerse you in the fascinating and culturally rich world of the Maasai. You will pitch tents outside of a traditional boma (Maasai settlement) and integrate yourself into the day-to-day activities of the community. There, you will learn about the Maasai's traditional way of life, including care of livestock, and the role of dance, music and language. You'll also spend time learning about the use of local plants, beadwork, warrior traditions and the Maasai approach to co-existing with wildlife. Finally, you will learn the basics skills needed to run an outdoor education course, including shelter construction, backcountry cooking, Leave No Trace (LNT), NCOAE curriculum and safety considerations for the Kenya bush.
- ▶ **Days 8-9: Wildlife encounters** — No trip to East Africa would be complete without an opportunity to get up close and personal with some of the area's big animals. These two days will take you into one of Kenya's most famous wildlife reserves, Amboselli National Park. Once there, we take time to discuss issues related to wildlife conservation and the historical and cultural implications of Amboselli National Park for the Maasai people.
- ▶ **Days 10-17: Into the mountains** — Here's where we start the trekking portion of our training. We'll be traversing a significant section of the Aberdare Mountain range, known for its deep ravines, forested slopes and sweeping alpine and sub-alpine landscapes. As we trek we'll learn and practice principles of Leave No Trace, map and compass navigation, plant and animal identification, and backcountry cooking. We'll also focus on developing each student as a leader and explore models of group dynamics and development.
- ▶ **Days 18-24: Wilderness Advanced First Aid training and service learning near Maasai Mara** — For this section of the training we will return to Maasailand, but this time we will be camped in an area just outside of the famous Maasai Mara Game Reserve. Once again immersed in Maasai culture, we'll reconnect with the local people, take a needed rest from trekking and apply ourselves to acquiring some very important and useful first-aid training. Our Wilderness Advanced First Aid training will prepare you to competently handle a myriad of wilderness medical scenarios and round out your skill set as an aspiring outdoor educator. We will also spend time exploring local schools and community projects to gain a better understanding of how the Maasai are tackling challenges in their daily lives.
- ▶ **Days 24-31: Summit attempt of Mt. Kenya** — This will be the culminating experience of the entire training. Our route through Mt. Kenya National Park will traverse the entire park, give us an opportunity to circumnavigate the three summits, and summit Pt. Lenana, at 16,355 feet. Our route through this otherworldly, tropical alpine environment will challenge and inspire you. It will give you and your fellow trainees the opportunity to put into practice all of the skills you've acquired to this point. You will be using your navigation and route-finding abilities, relying on group cohesion to successfully perform as a team, and implementing all of the other necessary camp-craft skills to keep each other safe at high elevations.
- ▶ **Days 32-33: Training wrap-up and departures** — We'll return to Nairobi to finish our adventure where we began. In our final debrief, we'll bring the experience full circle by revisiting our learning from the entire training and talk about next steps each student can take to further their career into outdoor education. After our closing circle and graduation ceremony, we'll help you make your way to the airport for departures home.

**More courses offered. Please visit [NCOAE.org](http://NCOAE.org) for complete details.**