



Fall Semester

KENYA 80-DAY

TRAINING HIGHLIGHTS:

- ▶ Cultural immersion in a traditional Maasai community
- ▶ Climb two of Africa's highest mountains – Mt. Kenya and Mt. Elgon
- ▶ Remote wilderness safari encounters with African wildlife
- ▶ NCOAE curriculum for outdoor educators, teachers, and trip leaders

WHY TAKE THIS COURSE:

- ▶ Become an expert at teaching the best outdoor education curriculum
- ▶ Receive your Wilderness First Responder (WFR) certification
- ▶ Learn international expedition planning
- ▶ Build the skills and confidence to work as an outdoor education pro

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
- ▶ Mt. Elgon National Park
- ▶ Loita Hills, Maasailand



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For complete itinerary details, see reverse side ▶

FALL SEMESTER — KENYA

ITINERARY *(Subject to change)*

- ▶ **Days 1-2: Orientation and packing** — The first two days of your training will be spent in Nairobi, Kenya, where you will meet your fellow group members and become grounded in a foreign country. We will have the opportunity to visit an elephant orphanage as we prep to head into the bush.
- ▶ **Days 3-8: Intro to bush campcraft, Maasai culture, Leave No Trace, and the NCOAE curriculum** — Here you will find yourself immersed in the fascinating and culturally rich world of the Maasai. You will pitch tents outside of a traditional Maasai settlement and integrate yourself into the day to day activities of the community. Along the way, you will learn about the Maasai traditional way of life, including care of livestock, dance and music, language, use of local plants, beadwork, warrior traditions, and their approach to coexisting with wildlife. Finally, you will start learning the skills needed to run an outdoor education course, including planning and packing, shelter building, backcountry cooking, Leave No Trace (LNT) wilderness ethics, NCOAE's values based outdoor and adventure education curriculum, and wilderness risk management considerations for the Kenyan bush country and beyond.
- ▶ **Days 9-10: Wildlife encounters** — No trip to East Africa would be complete without an opportunity to get up close and personal with big animals. After a night of camping in the African bush, we will enter Amboselli National Park. There, we will take the opportunity to discuss issues related to wildlife conservation and the historical and cultural implications of the park for the Maasai people.
- ▶ **Days 11-16: Exploration in Central Kenya** — As we make our way through the interior of Kenya towards the Aberdare Mountain Range, we will take the opportunity to explore several of Kenya's most intriguing locations. Climbing Mt. Longonot in a day, we'll warm up our trekking muscles and get an incredible view of the Rift Valley. We will also explore Hell's Gate National Park, a scenic volcanic gorge chock full of wildlife and geological wonders, by bike.
- ▶ **Days 17-25: Into the mountains** — Here's where we will start the true trekking portion of our training. We will traverse a significant section of the Aberdare Mountain range, known for its deep ravines, forested slopes, and sweeping alpine and subalpine landscapes. As we trek, you will learn and practice the principles of LNT, map and compass navigation, plant and animal identification, and backcountry cooking. We'll also focus on developing you as a leader and exploring models of group dynamics and development.
- ▶ **Days 26-32: Across the savannah** — Our second trek of the training will return us to Maasailand. The Loita Hills area is arguably one of the true wilderness areas remaining in Kenya. This trek will take the form of a walking safari — each day's walk will cross sweeping landscapes and each night we'll camp close to a Maasai village. This is the kind of safari that very few people ever get to participate in.
- ▶ **Days 33-42: Wilderness First Responder training and service learning near the Maasai Mara Game Reserve** — For this section we will be camped in an area just outside of the famous Maasai Mara Game Reserve. We'll reconnect with the local people, take a rest from trekking and apply ourselves to acquiring some very important and necessary medical training. We'll 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 43-52: Back to the highlands** — This will be our third trek, and it will take us to the seldom visited Cherangani Hills. During this section we will focus on learning and practicing what it takes for a team to perform at the highest professional level, and we'll delve more deeply into the NCOAE Core Curriculum.
- ▶ **Days 53-56: Relax and recuperate in the Kakamega rainforest** — After three treks and WFR training, you're going to want some downtime! We will take time to rest and prepare for our two upcoming objectives — Mt. Elgon and Mt. Kenya.
- ▶ **Days 57-66: Mt. Elgon, our first major summit attempt** — Situated on the border of Uganda, Mt. Elgon is an extinct shield volcano. We will be heading for the summit on the Kenya side (13,851'). By this point in the training, you will know nearly everything you need to guide on the mountain. We'll use our downtime at camp to discuss more in-depth topics about group dynamics and interpersonal communication, and you will practice teaching and facilitating what you have learned with your peers.
- ▶ **Days 67-77: Mt. Kenya, the final adventure** — Climbing Mt. Kenya, the highest mountain in Kenya, will be the culminating challenge of the semester. Our route through Mt. Kenya National Park will traverse the entire park and give us an opportunity to circumnavigate the three summits, finally attempting to summit Pt. Lenana, at 16,355 feet! Not only is this peak higher than anything in the lower 48, it is home to a host of endemic species of birds, plants and mammals.
- ▶ **Days 78-80: Travel to Nairobi** — Once we arrive in Nairobi and have our final de-issue, we will gather once more and share a one-of-a-kind closing circle—a fitting transition to begin a career as an outdoor educator.

More courses offered. Please visit NCOAE.org for complete details.