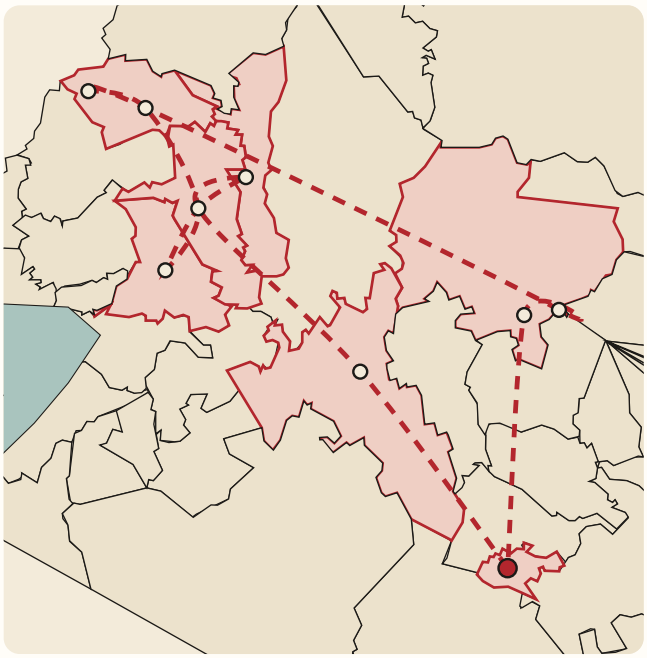
KENYA EXPERIENCE SUMMER CAMP ACADEMY 2027, 14 DAYS

Mabingwa: The Making of Champions

Run with athletes and coaches in Iten, cook with Keiyo families, meet dairy farmers in Eldoret, Nandi growers and Trans Nzoia maize farmers, walk the forest edge of Mount Elgon with Sabaot hosts, then search for the Big Five at Ol Pejeta.

LENGTH	PRICE
14 days, 13 nights	$8,900 per student
REGION	**SAFARI**
North Rift and Laikipia	Ol Pejeta Conservancy
HOSTS	**DISTANCE**
Keiyo, Nandi, Sabaot and other North Rift hosts; sport, food and agriculture.	About 1,480 km by road

Hotels, hosts, school and church visits, park access, route distances and 2027 pricing are proposed and subject to confirmation. Wildlife sightings are not guaranteed. Religious participation is voluntary; equivalent learning is available. Full board, twin sharing, international airfare excluded. Proposed 2027 rate, subject to confirmation.



1 Nairobi, 2 Nakuru, 3 Eldoret, 4 Iten, 5 Nandi, 6 Kitale, 7 Mount Elgon, 8 Nanyuki, 9 Ol Pejeta

Capstone: Building Champions

Design a youth sport, nutrition and leadership initiative.

Discover the Big Five

Ol Pejeta Conservancy. Guided safari seeking lion, elephant, leopard, rhino and buffalo across the scheduled wildlife sites. Wild animal sightings are never guaranteed. Sanctuary and ranger access are subject to approval. All scheduled wildlife safaris include private 4x4 safari Land Cruisers and professional driver-guides.

Live the culture

Participate in safe household routines, traditional food preparation, language, oral histories, crafts and seasonal livelihoods. Hosts choose what to share; students rotate in small supervised groups.

Learn together

Proposed local school exchanges and church youth/community engagement; participation in religious activities is voluntary, with equivalent alternatives. Visits depend on calendars, consent and safeguarding approval.

Responsible engagement

Pay hosts fairly; do not replace local workers. No hazardous tasks, unsupervised wildlife contact or clinical work. Photography and recording require consent.

Full-board routine

Breakfast, host-prepared or packed lunch, and dinner. Evening rest, journals and preparation. Arrival and departure meals depend on flight times.

Graduation and recognition

Proposed university or partner venue, KESCA certificates, Tourism Ambassador induction and Kwaheri Night.

Day by day

DAY 1, NAIROBI

Karibu Kenya: orientation

Morning: JKIA airport pickup, supervised transfer and hotel check-in; rest according to flight arrival. Afternoon: Welcome by academy team; safety, safeguarding, cultural etiquette, Kiswahili greetings and learning briefing before regional departure. Evening: Rest and journal: Personal learning goals and signed group code of conduct. Overnight: Nairobi, Tamarind Tree or Sarova Stanley. About 25 km of road and local travel.

DAY 2, NAKURU

Rift Valley heritage educators

Morning: Transfer to Nakuru; host-led settlement and market orientation. Afternoon: Hyrax Hill learning and community dialogue on regional livelihoods. Community: Discuss regional household routines and food traditions with invited educators. Evening: Rest and journal: Regional history notes. Overnight: Nakuru, Sarova Woodlands or Lion Hill. About 160 km of road and local travel.

DAY 3, ITEN

Athletes and coaches

Morning: Travel via Eldoret to Iten; rest and acclimatize. Afternoon: Meet local runners and families; discuss training routines and schooling. Community: Meet athletes and local youth to compare school, family and training schedules. Evening: Rest and journal: Athlete interview guide. Overnight: Iten, Kerio View Lodge. About 195 km of road and local travel.

DAY 4, ITEN

Athletics training community

Morning: Optional light coached activity or sports-science alternative. Afternoon: Explore recovery, discipline and sports enterprise with invited coaches. Community: Prepare a simple athlete meal with hosts and discuss rest, work and nutrition. Evening: Rest and journal: Training and wellbeing plan. Overnight: Iten, Kerio View Lodge. About 20 km of road and local travel.

DAY 5, ITEN

Keiyo families and nutrition educators

Morning: Host-led meal preparation and food budgeting. Afternoon: Discuss family support, cultural history and athlete nutrition; rest. Community: Join Keiyo hosts for cooking, storytelling and everyday greetings; meet a local church youth group for a leadership and community-service dialogue. Evening: Rest and journal: Nutrition worksheet. Overnight: Iten, Kerio View Lodge. About 25 km of road and local travel.

DAY 6, ELDORET

University and dairy community

Morning: Transfer to Eldoret; proposed sports-science exchange. Afternoon: Meet dairy producers or cooperative educators; learn milk marketing. Community: Observe safe dairy routines and discuss household budgeting with farmers. Evening: Rest and journal: Sport and farm comparison. Overnight: Eldoret, Boma Inn. About 35 km of road and local travel.

DAY 7, ELDORET

Nandi growers and youth

Morning: Day visit to approved Nandi tea or farm host. Afternoon: Participate in safe sorting; school peer exchange and youth leadership dialogue. Community: Meet a local school for an inclusive sports and cultural exchange. Evening: Rest and journal: Agricultural leadership notes. Overnight: Eldoret, Boma Inn. About 100 km of road and local travel.

DAY 8, KITALE

Trans Nzoia farmers

Morning: Transfer to Kitale; maize farm and seed learning. Afternoon: Observe grading, storage and cooperative marketing; discuss food security. Community: Participate in seasonal maize sorting or other safe farm tasks; prepare a host-selected meal. Evening: Rest and journal: Maize value chain. Overnight: Kitale, Aturukan Hotel. About 100 km of road and local travel.

DAY 9, KITALE

Sabaot and forest-edge hosts

Morning: Approved Mount Elgon forest learning route with guide. Afternoon: Host-led cultural exchange and discussion of farming and water catchments. Community: Learn Sabaot family histories, food and daily livelihoods with consenting hosts. Evening: Rest and journal: Forest stewardship plan. Overnight: Kitale, Aturukan Hotel. About 100 km of road and local travel.

DAY 10, NANYUKI

From the North Rift to Laikipia

Morning: Early road transfer from Kitale via approved highways; regular meal and rest stops. Afternoon: Continue to Nanyuki, check in and rest; no fixed institutional appointment. Community: Reflect on farming, athletics and conservation livelihoods during the journey. Evening: Compare regional economic activities. Overnight: Nanyuki, Sweetwaters Serena or an approved Nanyuki lodge. About 390 km of road and local travel.

DAY 11, NAIROBI

Big Five safari: Ol Pejeta

Morning: Early guided game drive at Ol Pejeta; seek all five species and study rhino protection. Afternoon: Packed lunch then road transfer to Nairobi; evening rest, with project work on shopping day. Community: Learn how conservation employs and supports local communities through guide interpretation. Evening: Big Five field journal. Overnight: Nairobi, Tamarind Tree or Sarova Stanley. About 240 km of road and local travel.

DAY 12, NAIROBI

Made in Kenya: shopping and leisure

Morning: Guided shopping at selected artisan market or craft centre; learn fair pricing and buy directly where possible. Afternoon: Supervised leisure at a selected mall or recreation venue; graduation rehearsal and attire preparation. Evening: Rest and journal: Ethical purchasing reflection. Overnight: Nairobi, Tamarind Tree or Sarova Stanley. About 35 km of road and local travel.

DAY 13, NAIROBI

Graduation, ambassador induction and Kwaheri Night

Morning: Proposed university or partner venue: welcome, student presentations, invited educators and community-host recognition. Afternoon: KESCA certificate and tourism ambassador pledge, sash and pin; evening cultural gala, dinner, performances, awards and alumni induction; return to hotel. Evening: Final presentation and voluntary ambassador commitment. Overnight: Nairobi, Tamarind Tree or Sarova Stanley. About 30 km of road and local travel.

DAY 14, DEPARTURE

Kwaheri Kenya: departure

Morning: Breakfast, checkout and individual flight checks. Afternoon: Supervised JKIA transfer for scheduled international departures; packed meal if appropriate. Evening: Post-trip alumni action plan. About 25 km of road and local travel.

Where you stay, what is included and Kwaheri Night

- Nairobi: Tamarind Tree or Sarova Stanley, 4 nights.
- Nakuru: Sarova Woodlands or Lion Hill, 1 night.
- Iten: Kerio View Lodge, 3 nights.
- Eldoret: Boma Inn, 2 nights.
- Kitale: Aturukan Hotel, 2 nights.
- Nanyuki: Sweetwaters Serena or an approved Nanyuki lodge, 1 night.
- Included: Full-board breakfast, lunch and dinner, including host-prepared or packed meals where scheduled. Arrival/departure meals depend on flights. Airport transfers, scheduled private ground transport, dedicated guided Big Five wildlife safari and scheduled park admissions, community workshops, school and church exchanges, academic programming, supervision, graduation, Tourism Ambassador induction and Kwaheri Night.
- Not included: International airfare, passport and entry authorization, personal shopping, travel/medical insurance and optional unscheduled activities.
- 07:00: Full-board breakfast and graduation preparation.
- 09:30: Arrive at the graduation venue.
- 10:00: Welcome, invited institutional and community representatives.
- 11:00: Student capstone presentations and host recognition.
- 12:30: Networking lunch and student exchange.
- 14:00: Leadership dialogue and cultural showcase.
- 15:00: KESCA graduation and completion certificates.
- 16:00: Tourism Ambassador induction, pledge, sash, pin and photographs.
- 18:30: Kwaheri Night reception and cultural gala dinner.
- 20:00: Performances, testimonials, awards and alumni induction.
- 22:00: Supervised return to hotel.
- Ambassador pledge: I pledge to celebrate Kenya’s cultural diversity, respect its communities, promote responsible tourism and share my experiences with integrity. I will honor its natural and cultural heritage, encourage meaningful connections and act as a lifelong friend of Kenya.
- Recognition is issued by Kenya Experience. Participation in alumni publicity and advocacy is voluntary. No same-night international departure is planned.

Before you fly

1. **Passport.** Valid for at least six months from your arrival date, with at least one blank page (we suggest two).
2. **Kenya eTA.** Apply on etakenya.go.ke or the official app at least two weeks before you fly. Processing usually takes about three working days. Avoid look-alike sites.
3. **Health.** See a travel clinic six to eight weeks ahead and check the CDC page for Kenya for vaccines, malaria advice and current notices.
4. **STEP.** U.S. citizens: register the trip with the State Department so the embassy can reach you.

5. **Insurance.** Comprehensive travel insurance with medical cover. Keep the policy number on your phone.

Kenya eTA (official) etakenya.go.ke

CDC Travelers' Health: Kenya wwwnc.cdc.gov

U.S. State Department: Kenya travel.state.gov

STEP enrollment mytravel.state.gov

U.S. Embassy Nairobi ke.usembassy.gov

Kenya Wildlife Service kws.go.ke

Make it yours.

Plan this trip online: www.kenyaexperience.org/kesca/itineraries/mabingwa or write to njengalk@kenyaexperience.org