

MOUNT KENYIA



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A high-angle photograph of Bear Grylls climbing a rock face. He is wearing a grey long-sleeved shirt with a logo on the sleeve, a black long-sleeved shirt underneath, and a large, dark grey backpack. He is looking directly at the camera with a determined expression. The background is a blurred, rocky landscape.

“I’ve learnt the most important lessons of my life through adventure. I’ve learnt the power of teams, leadership, respect, humility and the never give up spirit.

BecomingX is all about creating opportunities for young people to build the skills, knowledge, attitudes and relationships to really thrive in life. We’re so proud to help young people learn on international adventures and show them first hand what they are capable of achieving.”

Bear Grylls
BecomingX co-founder and world-renowned adventurer

Why BecomingX Expeditions?

Designed for personal development

BecomingX Expeditions are designed to build the skills, knowledge, attitudes, and relationships needed to help young people realise their potential. We know what it takes to succeed and we design customisable trips that create the opportunities and experiences to prepare young people for whatever they choose to do in life. Our trips help them become better team players, capable leaders, more resilient and more self confident. Our impact focused trips start far before we get on the plane - we start working with students as soon as they sign up, to understand their capabilities and build their confidence. Once on the trip we focus on helping them learn and develop, and then measure the impact of the trip on their personal development after we return.

Delivered by the best

We have partnered with Adventure Alternative, an award-winning adventure travel company who have been delivering exceptional experiences for over 20 years (BS 8848 certified). Adventure Alternative are known for developing students' independence, equipping them with the self-belief and skills to succeed. Founded by British adventurer and BecomingX interviewee Gavin Bate (7 summitter, including 6 times up Everest), Adventure Alternative has an incredible heritage of delivering life changing personal development experiences for young people.



Leaving a legacy

We are proudly different. As a B Corporation, BecomingX is certified to meet the highest standards of social and environmental impact. This is why we only work with the best and most socially responsible partners. Adventure Alternative has won numerous awards for responsible tourism and invests considerably in the communities in which it operates. Together, we reinvest profits into our charitable Foundation, directly employ local staff and, where possible, offer schools the opportunity to have local students join expeditions, enabling lifelong relationships to form whilst building a deeper understanding of the local communities we visit. Alongside our environmental policies to protect and promote the destinations we visit, BecomingX is 100% 'carbon positive' and offsets double the amount of emissions resulting from the trip whilst in country.

A 15-day expedition focusing on teamwork, leadership, confidence and resilience. The expedition includes traversing Mount Kenya (4,895m), lake and land based safaris with exceptional wildlife viewing and staying with local Masai tribes. Uniquely, the trip also enables students to be joined by Kenyans of similar ages, who are beneficiaries of BecomingX Foundation funded projects with Adventure Alternative. The Kenyan youths will be a key part of the team and provide students with a unique insight into life in Kenya, as well as the opportunity to visit their schools and houses.



Highlights

- ▶ Traverse and summit Mount Kenya, the second highest mountain in Africa (4,895m)
- ▶ Experience Kenyan safaris and camp with the Masai
- ▶ Travel with Kenyan peers and visit their schools and houses

Key information

- ▶ 14 nights full-service camping with shared facilities
- ▶ Travel in specialised overland expedition vehicles

What's included

- ▶ All camping, breakfasts, lunches and dinners
- ▶ All transport and listed activities in country
- ▶ UK tour leader and Kenyan guides
- ▶ Teachers' land costs
- ▶ School visits before and after the trip
- ▶ BecomingX certificate signed by Bear Grylls

What's not included

- ▶ Students' international flights
- ▶ Visas (\$50)
- ▶ Vaccinations
- ▶ Travel insurance
- ▶ Personal spending money
- ▶ Teachers' international flights

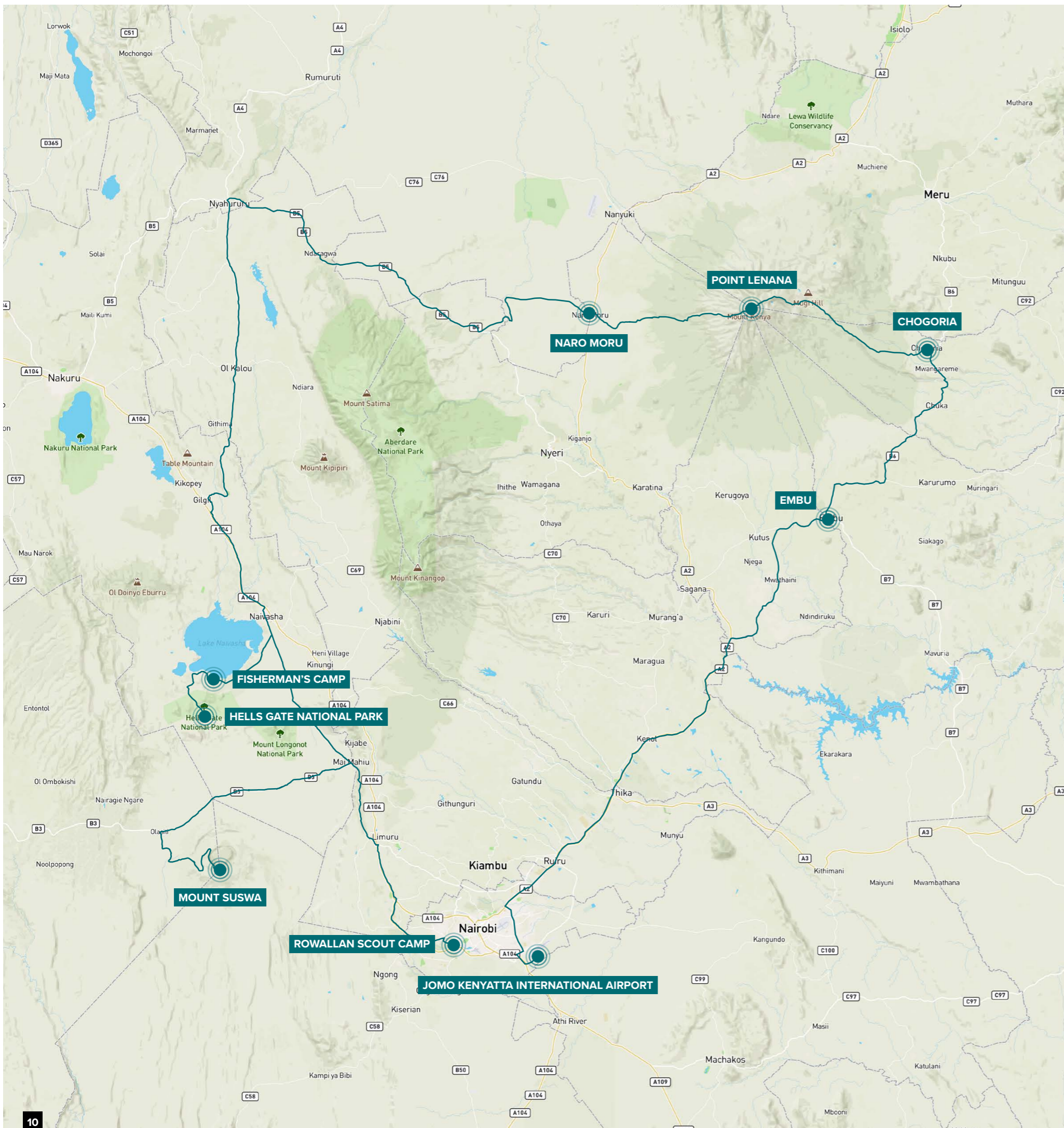
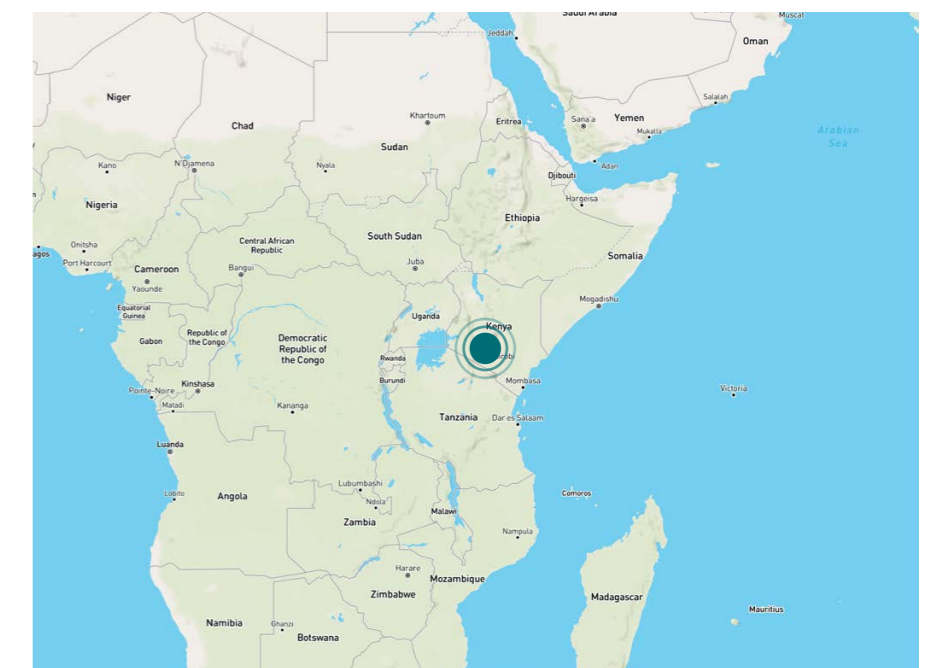
Mount Kenya:

Overview



Itinerary overview

Day	Overview
0	Fly to Nairobi
1	Arriving in Nairobi and travel to Embu
2-5	Embu Camp, team activities, preparation for Mount Kenya, visiting Kenyan students at their school and homes and projects supported by BecomingX Foundation
6-10	East to West traverse and summit of Mount Kenya (4,895m), the second highest mountain in Africa. Travel to Rift Valley on afternoon of Day 10
11	Boat safari on Lake Naivasha, and a walking safari in Hell's Gate national park
12-13	Drive to Duka Moja to trek up Mount Suswa, staying overnight in a Masai homestead
14	Travel to Nairobi and visit Kibera, one of the world's largest informal settlements
15	Fly back from Nairobi



Itinerary: Day by day



Day 1: Arrive in Nairobi and travel to Embu

- ▶ 3-hour drive from the airport to Embu, in 28-seater overland trucks
- ▶ Arrive at Camp Ndunda, where BecomingX Foundation and Adventure Alternative run their Life Skills camps for local young people

Day 2-5: Camp Ndunda and team activities

- ▶ Meet their Kenyan peers, visit their school and homes
- ▶ Students will learn about each other's cultures, schools, and daily lives, and connect on a personal level to create what often become lifelong friendships
- ▶ Visit Embu Rescue Centre, where the group will see some of the work that Adventure Alternative is doing with street children
- ▶ Training and preparation for Mount Kenya
- ▶ Take part in a friendly international football match

Day 6-10: East to West traverse and summit of Mount Kenya

- ▶ Climb the spectacular Mount Kenya, the second highest mountain in Africa
- ▶ In total this route takes five days and reaches 4,895 metres over a trek of about 50km
- ▶ It is not a technical climb but there is some high altitude walking and scrambling just below the summit which is sometimes on snow and ice
- ▶ See wildlife including baboons, monkeys, hartebeest, zebra, hyrax, a variety of birds and potentially buffalos and elephants
- ▶ Travel to the Rift Valley

Day 11: Rift Valley safari experiences

- ▶ Morning trek to see the sunrise
- ▶ Enjoy a scenic boat safari on Lake Naivasha, one of East Africa's most beautiful lakes
- ▶ Walk amongst the abundant wildlife in Hell's Gate National Park, a geothermal landscape harnessed by Kenya to generate electricity
- ▶ Today we will see some of the most extraordinary scenery and wildlife in Africa, including hippos, zebras, giraffes, fish eagles, gazelles, giraffes, eland, vultures, hartebeest and antelope

Day 12-13: Trek to Mount Suswa, stay overnight in Masai homestead

- ▶ Mount Suswa (2,356m) is a volcano in the Kenyan Rift Valley, which is virtually untouched by the outside world
- ▶ Stay in a small village with a Masai tribe, who graze their animals on the volcano's crater floor
- ▶ Meet the local Masai guides we have been working with for over 20 years, helping them develop tourism and support their agriculture programmes
- ▶ Camp with the Masai and experience their traditional way of life in Great Rift Valley

Day 14: Travel to Nairobi

- ▶ Visit Kibera, one of the world's largest informal settlements to see projects set up and run by Adventure Alternative
- ▶ Get the opportunity to really understand the challenges of poverty and the work of NGOs by meeting with local charities and residents who are changing people's lives

Day 15: Fly back from Nairobi

Student impact:

Equipping students to reach their potential

We work closely with schools to design a trip that will transform the lives of their students, not just those who come on the trip, but also throughout the wider school community. For example, we provide:

- ▶ School visits before the trip, to prepare the students and help them to feel fully ready to make the most of their experience
- ▶ Survey before and after the trip, to customise what the trip covers and to measure and demonstrate student progress in the long-term
- ▶ Follow-ups after the trip to discuss what was learnt and to help students spread the impact throughout the whole school, for example through assemblies, continued fundraising projects, testimonials, videos and blogs

By taking part in a BecomingX expedition, students will develop the personal attributes needed to succeed. We focus on the skills, knowledge, attitudes and relationships that evidence shows will help young people to realise their potential, based on our research with the world's most inspiring and iconic people.





Responsible travel

Social impact

We reinvest in the communities in which we operate. Together BecomingX and Adventure Alternative have set up charity projects designed to help people in low-income and underserved communities to realise their potential. Students on this expedition will meet young people from a project set up in Embu where young people have been receiving BecomingX lessons. Students will also get to visit the Embu Rescue Centre, where Adventure Alternative works with street children, as well as programmes they run in Kibera, one of the largest slums in the world, deepening students' understanding of global poverty and what support can be given.

Local development

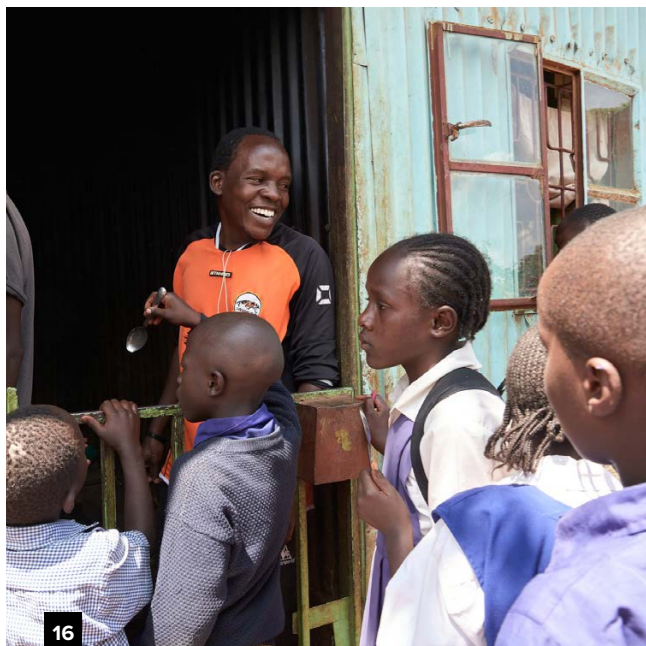
Every expedition we do considers how we can deliver an exceptional experience for both participants and local communities. All of our trips employ local staff, who are highly trained and have been working with international visitors for decades. Where possible, we also encourage schools to be joined by local young people, helping support their personal development whilst also providing visitors with a unique experience to learn more about the local way of life.

Fundraising opportunities

Schools can choose to fundraise for BecomingX Foundation, supporting the work they do in low-income and under-resourced areas. BecomingX can provide support for fundraising before and after the trip, including detailed information about their impact and tips for raising money. Students will then get to see first-hand the impact that their support can have.

Environmental impact

BecomingX is a B Corporation, certified to meet the highest standards of social and environmental performance. We offset twice the amount of emissions from the expedition. We offer the option to offset all flights to ensure air travel is carbon positive, and travel within Kenya is carefully planned to have the least impact on the environment possible, while supporting local businesses and leaving no trace behind us.



**ADVENTURE
ALTERNATIVE**
The Responsible Adventure Travel Company

Get in touch

Email us at expeditions@becomingx.com
www.becomingx.com

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