



## *Contents*

1. The location
2. What to bring
3. Recommended books
4. Medical information
5. International learners
6. Communication
7. Gallery

### *1. The Location*

Located on the banks of the Mara river, the centre is nestled between communities and the wildlife conservancies. The courses provide insight into the issues of co-habitation and conflict between the community herdsmen with their livestock and crops and the wildlife.

The Mara Training centre evolved from informal community meetings under an acacia tree within the Enonkishu Conservancy to what it has become today.

Enonkishu was founded in 2009 by Tarquin and Philippa Wood, whom together with their neighbours established a community working together to protect the fragile North Eastern boundary of the Mara Serengeti Ecosystem, aiming to improve livelihoods and maintain heritage, through wildlife compatible landuses such as eco tourism and improved livestock production in the region.

Enonkishu today secures 6000 acres of wildlife grazing rangelands, owned by the resident community on the edge of the Greater Mara Ecosystem. It has become a world class wildlife viewing conservancy.

**Animals found in the Masai Mara:** Wildebeest, topi, zebra, and Thomson's gazelle migrate into and occupy the Mara reserve, from the Serengeti plains to the south and Loita Plains in the pastoral ranches to the north-east, from July to October or later. Herds of all three species are also resident in the reserve.

All members of the "Big Five" (lion, leopard, African elephant, cape buffalo, and black rhinoceros) are found in the Masai Mara. Hippopotami and crocodiles are found in large groups in the Mara and Talek rivers. Leopards, hyenas, cheetahs, jackals, and bat-eared foxes can also be found in the reserve. The plains between the Mara River and the Esoit Siria Escarpment are probably the best area for game viewing, in particular regarding lion and cheetah.

**Accommodation:** The Mara Training Centre has the following very comfortable accommodation overlooking the Mara River

- 3 twin bandas (sleep 6 pax)
- 3 bunk bed bandas (sleep 12 pax)

Groups of up to 18 can stay at the centre

**Temperatures at the camp:** The climate is pleasantly warm, with cool nights, all year round. The area is located just south of the Equator, but at an altitude between 1,500 and 1,900 metres. The temperatures are slightly higher from October to March, while they are slightly cooler from June to August. At night it can be a little cold, and the temperature can drop below 10 °C, especially from June to August.

## 2. What to Bring

- Appropriate walking shoes (hiking boots). Thorns go straight through sport shoes!
- Sandals for around the camp (best not to walk barefoot due to thorns!)
- Gaiters
- Khaki (or neutral coloured) clothing for the bush
- Winter: Warm jacket and jersey (gloves and scarf as it can get very chilly in the mornings and evenings in an open game viewing vehicle)
- Hat for protecting both the head and neck
- Sunscreen
- Bath soap and towel
- **Torch** – very important (a headlamp is very handy as well as a standing lamp for in the tent)
- Extra batteries
- Sleeping bag and pillow (for the sleep out.)
- A camping mattress for the sleep-out (Optional)
- Pen / pencil and small notebooks
- A4 notebooks / notepads
- Small field note books
- Raincoat / poncho
- Insect / tic repellent
- Water bottles, at least 2 litres. We recommend a camelback, MTB or walking water pouch.
- Any small snacks / cigarettes etc you would like as there are no shops in the area!
- Any reference / field guide books you may have
- Binoculars and a birding book are essential
- **Robert's birds phone application is recommended**
- Camera

- Rucksack / daypack
- Any personal medication

**Please note:** Cash - There is no ATM or credit card facilities close by.

Travellers cheques can only be cashed in Nairobi. Visa entry fees are best paid in US\$. Local purchases must be made in Kenyan Shilling easily obtainable at currency exchange bureaus at the airport or on the way through town but not near camp. The camp can accept either US\$ or Kenyan Shilling for purchase of drinks and laundry fees OR ANY OTHER PERSONAL SHOPPING.

- Pocket money - sufficient cash for 4 weeks at \$25 to 40\$ per week. It is advisable to keep your valuables with you on person at all times.
- Battery operated alarm clock (cellphone/mobile batteries run out and students need alarm clocks to wake up at the allocated times)
- If you have a musical instrument that you would like to bring along, you're most welcome
- Personal MP3's and iPods with earphones can be used, although they must be used with sensitivity to fellow course participants and the environment.

### 3. Recommended Books

Purchasing all the books listed below is not expected. **Should you want to purchase your own books, we recommend you purchase at least your own bird book, tree book and mammal book.** That way you can refer to them on drives or in camp without having to wait to use the library copy.

- The Behaviour Guide to African Mammals - Richard Estes
- A Field Guide to African Wildlife - Alden Estes
- Wildlife of Kenya, Tanzania and Uganda by David Hosking and Martin Withers
- Trees and Shrubs of Kenya – Naja Dharani
- Birds of Kenya and Northern Tanzania (Helm Field Guides) by Dale A. Zimmerman, David J. Pearson, and Donald A. Turner (optional extra)
- The Birds of East Africa: Kenya, Tanzania, Uganda, Rwanda, Burundi (Princeton Field Guides) by T Stevenson (recommended)
- East Africa's Grasses and Fodders: Their Ecology and Husbandry
- East African Safari Quiz pocket book (for KPSGA exam preparation)
- A field guide to the tracks and signs of southern and east African wildlife by Chris and Tilde Stuart
- Highly recommended for further reading: Kenya, A natural history – Spaws and Mathews

**BOOKS ARE AVAILABLE FROM:** [www.amazon.com](http://www.amazon.com); [www.takealot.com](http://www.takealot.com) or alternatively can be bought in Nairobi from Book Stop in the Yaya centre, Hurlingham

### 4. Medical Information

As with all adventures, we recommend that you consult a physician before spending time in a foreign country.

**Please ensure that you have plenty of personal necessary medication.**

**Malaria** - Due to its privileged location, Laikipia is a low risk malaria zone. Please consult your travel doctor when travelling to East Africa for vaccinations required. Visit <http://www.traveldoctor.co.uk/> for more information.

**Immunizations** - Yellow Fever vaccinations are required for Kenya, but also please consult your doctor before getting any vaccinations done. No immunizations are required by law to enter Kenya if you are travelling directly from Europe or the US. If you are travelling from a country where Yellow Fever is present you will need to prove you have had the inoculation.

**Several vaccinations are highly recommended, they include:**

- Yellow Fever
- Typhoid
- Hepatitis A
- Diphtheria
- It is also recommended that you are up to date with your polio and tetanus vaccinations. Contact a travel clinic at least 3 months before you plan to travel.

**Medical Insurance** - covering evacuation is essential. It is essential to have medical insurance whilst visiting Kenya, and also recommended to take out Flying Doctor cover.

**Flying Doctors** can assist with this and approximately costs **\$20 per person per year (cost subject to change by supplier)**. All you need to do is send the application form **directly to Flying Doctors Kenya** and pay the subscription fee.

Their website link and details are as follows:

[www.flydoc.org](http://www.flydoc.org)

Nairobi Office

The Flying Doctors Society of Africa

P.O. Box 30125,00100 GPO Nairobi, Kenya

Tel: (254 20) 602495/6994409-13 Fax (254 20) 601594

Email: [flying.doctors@amref.org](mailto:flying.doctors@amref.org)

**Please let EcoTraining know if you are taking this medical insurance.**

## 5. International Learners

**Be prepared:**

The days are usually hot and dry and the nights quite cool. Clothing should be light for the day and warm for the evening game drives and sundowners followed by the night game drive home. A windcheater or fleece is essential, as are good walking shoes. Sun protection - hat, sunglasses and high factor sun cream is recommended.

**Safety**

In general people are extremely friendly in Kenya and you will be humbled by their hospitality. But, there is real poverty in Kenya and you will soon realise that you are far richer and more fortunate than most local people you meet. You will probably attract your fair share of souvenir hawkers and beggars, but try and take the time to meet ordinary people going about their day to day business too. The experience will be worth it. Don't be afraid to step out of that tour bus, just take some precautions.

**Basic safety rules for travellers to Kenya:**

- Make a copy of your passport and keep it in your luggage.
- Don't walk on your own at night in the major cities or on empty beaches.
- Don't wear jewellery.
- Don't carry too much cash with you.
- Wear a money belt that fits under your clothes.
- Don't carry a lot of camera equipment especially in the major cities.

## Visas

All visitors require a valid passport to enter the country.

### All applicants will be required to produce the following documents:

1. Return air ticket
2. Invitation letter from the host in the Republic of Kenya
3. Letter from employer/institution/college/school
4. Proof of funds (bank statement)
5. Applicants must appear in person for Biometrics
6. Two passport photographs

The processing period for the visas is strictly five (5) working days.

Countries allowed to travel into Kenya without a visa include Botswana, Brunei, Burundi, Cyprus, Ethiopia, Gambia, Ghana, Jamaica, Lesotho, Malawi, Maldives, Mauritius, Namibia, Rwanda, Samoso, San Marino, Seychelles, Sierra Leone, Swaziland, Tanzania, Tobago, Tonga, Trinidad, Turkey, Uganda, Uruguay, Zambia and Zimbabwe.

**PLEASE NOTE THAT CHANGES ARE MADE ALMOST ON A DAILY BASIS; PLEASE CONTACT THE NEAREST KENYAN EMBASSY FOR MORE ACCURATE VISA POSTING AND UPDATES.**

**Passports:** Passports must be valid for six months from date of entry.

## 6. Communication

Kenya has a well-established cellular network with different suppliers. You can buy a prepaid Safaricom simcard at the airport (top up airtime can be purchased at the airport and or on route to the camp). The Mara Training Centre has good coverage in some places and the airtime is very affordable.



Join our Facebook page (Ecotraining) to get advice and tips from students booked on the same course or to hear about the wonderful experiences of past students.



# 7. Gallery

