



River Guide Training School - Intensive Course

A month to shape the rest of your life... This is the opportunity we offer you with our Intensive River Guide Training Course. Designed to offer you the most comprehensive and practical training possible over the course of a month, River Gurus' Intensive Course is a more condensed version of our two-month course, in the same magical Kenyan setting, with the same amazing team.

Course Objective:

We aim to transform you, our student, into a solid river professional, by training you, to gain the qualifications and the experience that are necessary to be able to work as an international river guide, anywhere in the world.

Course Description:

Drawing on our 30 odd years of extensive experience in white water, River Gurus have designed one of the most comprehensive river guide training schools in the world. Over 5 weeks, we will teach you all that there is to know about river running and raft guiding on both high-volume and low-volume rivers. In 2018, we will deliver this course on the fascinating and challenging rivers of East Africa, where we will descend rivers in Central, Eastern and Western Kenya. The course is catered for anyone who has an interest in becoming a river professional.





The Big Question: Why Such A Long Course?

Very simple... most river guide courses on the market are only five days long, during which you would receive a basic guide training. You are then required to take a rescue course as well as a first aid course, in addition to which you must also gain 30 days of river practice. All this is usually carried out on one single river of Class 3.

During our one-month course, we have included all your basic and advanced guiding techniques, rescue course and your International Rafting Federation exams. We cover this training on 5 different rivers in Kenya, giving you the experience needed to work as a professional river guide anywhere in the world.

Certifications:

Upon completion of the different stages of our Intensive River Guide Training School, you will gain the required professional qualifications and experience from recognised international organisations:



River Gurus was set up by a group of international raft guides in 2012. With a very hands-on approach, they teach how to guide rafts and run rivers with a strong focus on safety and professionalism. **River Gurus** qualifications are recognised by over 400 rafting operators in over 20 countries around the world. You will go through both **Basic and Advanced Raft Guide Trainings, Hands-on River Rescues & Evacuations, Trip Leader Training, Expedition Planning & Organising.**



The **International Rafting Federation** is the professional organisation worldwide that offers international raft guide qualifications that are now recognised and required by most countries around the world. You will obtain either **Raft Guide Level 3** or **Level 4/5** and, possibly, even a **Trip Leader's qualification.**



Rescue 3 International is a leading organisation that teaches swift water rescues and is recognised by most rafting operators around the world. You will gain **Swift Water Rescue Technician Level One.**



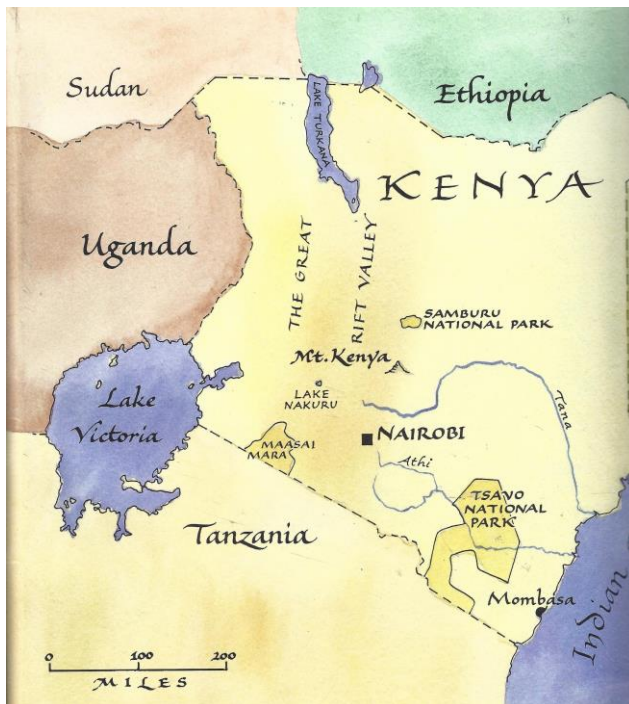
Assessments:

You will be assessed throughout the entire course on the techniques that are required to pass by our instructors from the above-mentioned organisations.

Course Overview:

During the first couple of weeks of the course, we will be based at the Havila Resort, located on the banks of the river Tana, in Central Kenya. You will train and gain qualifications in both basic and advanced river guiding and swift water rescues. All this will be undertaken on the low-volume and Technical Rivers of Central Kenya.

Over the second couple of weeks of the training, we will cover advanced guiding skills on the high-volume rivers of Eastern Kenya before moving to Western Kenya to run a first descent in rafts on the Yala River. You will finish the course back at the river Tana where you will go through your final assessments to gain your IRF qualifications.



Kenya was not so well known in the white water industry, until just recently. It has been somewhat of a hidden white water paradise for nearly 20 years. There are hundreds of rivers on which Alex has achieved several first descents.



Instructors:



Alex Aitken is our Course Director. An active river guide for the past 30 years, Alex has worked all over the world covering all areas of river running. A tireless river explorer and pioneer, his passionate work has helped to inspire and shape the white water industry from Central America to East Africa. He has run over 200 guide training programs throughout the world. He has a great passion for the rivers of East Africa completing several first descents in different countries. His true passion is teaching new river enthusiasts all there is to know.

Alex will be accompanied by a team of international river professionals throughout the course, who all live for river running, especially in Africa. All are highly qualified and thoroughly experienced and, like Alex, spend an average of 300 days a year on the river.

International River Running:

River running always presents a certain degree of risk, more so in locations such as Africa. This is something you do need to be aware of. Consequently, in addition to our extensive knowledge of the Kenyan environments, as well as our thorough professional experience in whitewater safety and wilderness first aid, we have chosen to carry out most of our training within the familiar boundaries of the camps of selected rafting operators and to run rivers with unthreatening wildlife. On one occasion, we will take you off the beaten track to run our first descent trip in Western Kenya, but always keeping your safety as our top priority.

Course Dates:

The guide school will take place from the 16th June to the 18th July 2018. You need to arrive in Nairobi, Kenya, for the 15th June and We recommend to set your departure date on 19th or after.

Minimums and Maximums:

We require a minimum of 8 people to make the course happen. We will accept a maximum of 12 people only on the course in order to optimise your training and turn you into solid river professionals who will meet the high international standards we have set. During the course, we strive to work on a ratio of one instructor to four students, for you to make the most of our training and to give you as much time as possible guiding the rafts.



Cost and Reservation:

The cost of our Intensive River Guide Training School will be \$5950 USD per person. The course cost includes everything mentioned in the itinerary: food, camping, transport in Kenya, all the instructors, equipment, guide manuals and certifications with each of the different organisations. The cost of the course does not include: your international air fare, insurance, visas, inoculations, personal river equipment, alcoholic drinks and meals not mentioned in the itinerary.

In order to book your space on the course, kindly read through our Booking Terms & Conditions and please fill in our Reservation Form, to be sent to: info@rivergurus.com. Please note that we require a 25% deposit to secure your space.

Insurance:

Each student and instructor is required to have a travel insurance suited for the type of activities we undertake during the course, for the duration of the course and at least two weeks after the course. This is absolutely compulsory and conditions your participation in the course. We recommend World Nomads (www.worldnomads.com) for the simple reason that they cover you for rafting on Class 4 and 5 white water. You will need to give a copy of your insurance details to the Instructor Team on the first day of the course.

Flights:

Although flights are not included in the cost of the course, we are happy to help you organise your flights to and from Kenya. We commonly use SM Brussels, Qatar and Emirates. Once you have your tickets, please send the details to our instructor team at: info@rivergurus.com so that we may organise your pickups from the airport.

Visas:

Your Visas are not included in the cost of the course. You can organise them either prior to coming to Kenya or on your arrival at the Nairobi airport. Should you wish to stay and travel around East Africa after your course, please get an East African multiple entry visa that will allow you to go in and out of Kenya to Uganda. This will cost approximately \$50 USD. Please note that you will need a valid passport with at least a year left before it expires.

Accommodation:



We will be camping at the side of the rivers all along the course. We are able to supply you with tents on a double occupancy basis or you can bring your own. You must bring your own thermo rest and sleeping bag.



In Kenya, we will be based at Havila Resort on the banks of the River Tana. We will have toilet blocks with hot water showers at our disposal. When on expedition, we will be setting up wild camps.



Food and Drinks:

Every day, we will have a solid breakfast and dinner, and lunches will be light. We do burn a lot of calories while rafting so we like to eat well. When in Kenya, all our meals will be prepared for us by camp staff who are trained to high international standards in food preparation and hygiene. While on expedition, as part of your training, you will be given a budget for food and expected to decide what our menu will be and who is in charge of cooking and preparation.

While at the camp in Kenya, you will find bars and tuck shops selling soft and alcoholic drinks and snacks (not included in the cost of the course).

We will supply drinking water and hot drinks throughout the course.

Laundry Facilities:

While in Kenya, we will have laundry facilities in the camp at a cost of 5 USD per bag of laundry. Please bear in mind that all washing of clothes is done by hand - not a machine.

Internet Access:

Surprisingly, East Africa is very well connected to Internet access. On arrival in Kenya, we will buy local SIM cards for your phones and tablets so that you may stay in communication with the outside world.

Malaria & Inoculations:

Malaria is present in Africa, but the course locations are mostly in non-malaria zones. However, it should be your choice whether you decide to take preventive treatment or not. You will need to get Hepatitis A, Yellow Fever and Typhoid Fever inoculations before you arrive in Kenya. Please allow plenty of time before your departure date to consult a doctor on this.

Souvenirs:

All of our Instructor Team are keen photographers, so we will strive to capture the highlights of your guiding and participating in the different exercises throughout the course. One of our river friends, will accompany us daily on and off the river to compile the best snapshots of your African white water experience. Both photos and videos will be made available to all the students at the end of the course (cost TBC).



After the course:

On successfully completing our one-month course, you will have gained all the required international qualifications, along with experience in river running on five different rivers. You will need to participate in a first aid course so that your qualifications are valid.

Optional Extras:

River Gurus are excited to offer you three different optional courses to complement your Intensive Guide Training. All the courses have additional costs and we are happy to send you through the information if you are interested.

1: We are very well connected with Savana Medics in Tanzania and are able to offer you to participate in a Wilderness First Aid course or a Wilderness First Responder course.

2: We also offer an extension to your guide course, in which we will head to Uganda to participate in an intensive course of oar boat guiding on the mythical river Nile.

3: If you are interested in diversifying your river skills and wish to learn how to kayak, we offer a British Canoe Union 3-Star Kayaking Course on the rivers in Kenya, in which over a period of 7 days we will get you kayaking down rivers of up to class 3.

Equipment:

During the course, we will supply you with all the equipment necessary for the river and guiding. However, if you are serious about being a river professional, we strongly suggest that you make the investment in your own equipment and train with this equipment during the course. Thanks to the sponsors of our Instructor Team, we are able to offer you an equipment package at a very reasonable price (please see our River Equipment Package for more details).

Five Good Reasons To Take This Course:

1: Our Instructor Team are highly qualified, thoroughly experienced, professional river enthusiasts who have dedicated their lives to international river running on a day-to-day basis. They do not only have amazing experience but strive to train people to the highest standards of white water guiding.

2: The equipment we use is first class. There is no messing around. We live in the outdoors, so we want the best equipment that the industry has on offer, for your safety and comfort.

3: Africa is a beautiful, magical, fascinating continent full of awesome, unexplored rivers... and you will finish your course being able to boast that you made a first descent on a river in Africa! And simply, isn't it so much nicer to learn to guide in a hot country where the rivers are warm, than in the cold water rivers of Europe and North America?



4: Our classroom is the great outdoors - not some closed room - and our teaching methods are very hands-on, giving you as many opportunities as possible to expand your practical skills and strengthen your experience every day.

5: A unique opportunity, **the most comprehensive course** we could design to equip you with the required professional qualifications AND some priceless practical experience – assets that will give you the best employment opportunities once you've successfully completed the course.



Itinerary:

Day	Activity	Place	Comments
1	Arrive in Kenya and transport to river side camp.	Nairobi	
2	Course explanation and paper work. Commercial trip down river Tana.	River Tana	1 trip
3	Basic Guide Training	Lower river Tana Tana	1 trip
4	Basic Guide Training	River Tana	2 trips
5	Basic Guide Training	River Tana	2 trips
6	Basic Guide Training	River Tana	2 trips
7	Basic Guide Training	River Tana	2 trips
8	Basic Guide Training	River Tana	2 trips
9	Basic Guide training	River Tana	2 Trips
10	Basic Guide Training	River Tana	2 Trips
11	Basic Guide Training	River Tana	2 Trips
12	Basic Guide Training	River Tana	2 Trips
13	Basic Guide Training	River Tana and Lower Tana	2 Trips
14	Rescue 3	River Tana	1 Trip
15	Rescue 3	River Tana	1 Trip
16	Rescue 3	River Tana	1 trip
17	Rescue 3	River Mathioya	1 Trip
18	River Rescue	River Mathioya	1 Trip
19	River Rescue	River Tana	1 Trip
20	Expedition planning	River Tana	1 Trip
21	Expedition Planning	River Athi	1 Trip
22	Expedition Planning	River Athi	1 Trip
23	Expedition Planning	River Athi	1 Trip
24	Driving day		
25	Expedition planning	River Yala	1 Trip
26	Expedition planning	River Yala	1 Trip
27	Driving day		
28	Refresher Day	River Tana	2 Trips
29	IRF exams	River Tana	2 Trips
30	IRF exams	River Tana	2 Trips
31	IRF exams	River Tana	2 Trips
32	IRF exams	River Tana	2 trips
33	End of Course and return to Nairobi		



Questions:

If you have any questions regarding the course, please feel free to contact us at the office, as we are happy to help in any way possible.

e-mail: info@rivergurus.com

Website: www.rivergurus.com

We look forward to hearing from you soon.

Yours on and off the river,

Alex M. Aitken.