

NOMU
HUB

EXPERIENCE

Zanzibar

MEDICAL



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ABOUT TRIP

Our travellers (medical students, interns, residents, licensed and experienced healthcare professionals) work with a group of local doctors from our partnering NGO to achieve this goal.

The outreach involves:

- Conducting medical screenings for hypertension, anemia, diabetes, malaria...etc
- Conducting consultations with patients (graduate doctors only), Providing certain treatments on-site (graduate doctors only)
- Spreading health awareness at local schools and community centers by conducting health talks



CHALLENGE

Medical



LOCATION

Zanzibar, Tanzania



DURATION

1 Week



ABOUT ZANZIBAR



Geography

Zanzibar, an archipelago on the coast of Tanzania, is made of many islands, mainly Unguja and Pemba islands.

Climate

The islands in Zanzibar are usually always warm all year long due to archipelago's proximity to the equator. Brief showers occur in the month of November, and longer rains are experienced in the months of March, April and May.

Language

The main language spoken in Zanzibar is Swahili, which is the national and official language of Tanzania. Many of the local residents also speak English, Arabic, French and/or Italian.

Currency

Zanzibar's main currency is Tanzanian Shillings (TZS) and US Dollars (USD). 1 US Dollar is equivalent 2,200 Tanzanian Shillings. We recommend that you keep petty cash in handy with you, especially when going out for touristic activities.

Cuisine

There are many heterogeneous influences that are reflected in Zanzibar's cuisine due to the multicultural nature that became a part of Zanzibar. The mixture of culinary traditions include Bantu, Arab, Portuguese, Indian, British and even Chinese cuisines.



TOURISTIC ACTIVITIES

Below is a list of planned touristic destinations, which are optional for travelers to attend:

- **Sunday: Stone Town Tour**
- **Monday: Sunset Boat**
- **Tuesday: Spice Farm**
- **Wednesday: Souvenir Shopping**
- **Thursday: Prison Island**
- **Friday: Paje Beach**

TRIP ITINERARY

- Sunday

Arrival Day

14:00 - 15:00	Hotel Check in.
15:00 - 16:00	Lunch.
16:00 - 18:00	Stone Town Tour
18:30 - 20:00	Induction and Welcome Dinner

- Monday

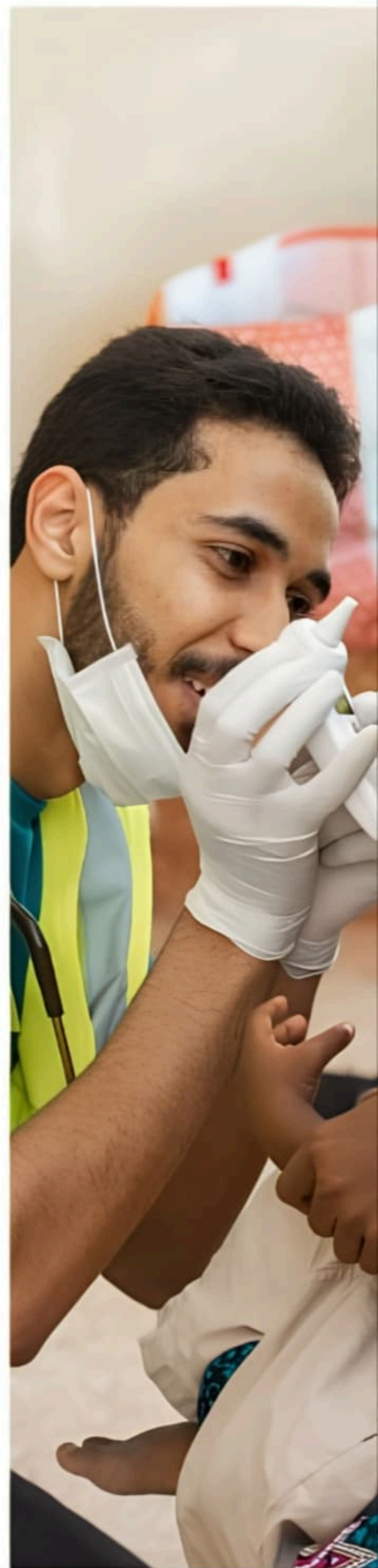
Volunteering & Touristic Activities

7:00 - 7:45	Breakfast at the Hotel
7:45 - 8:15	Head to Clinic
8:30 - 10:30	Volunteering Activities
10:30 - 11:00	Tea Break
11:00 - 13:30	Volunteering Activities
13:30 - 14:30	Lunch on Site
14:30 - 15:00	Back to Hotel
16:00 - 19:00	Touristic Activities
19:00 - 21:00	Optional Dinner

- Tuesday

Volunteering & Touristic Activities

7:00 - 7:45	Breakfast at the Hotel
7:45 - 8:15	Head to Clinic
8:30 - 10:30	Volunteering Activities
10:30 - 11:00	Tea Break
11:00 - 13:30	Volunteering Activities
13:30 - 14:30	Lunch on Site
14:30 - 15:00	Back to Hotel
16:00 - 19:00	Touristic Activities
19:00 - 21:00	Optional Dinner



Wednesday

Volunteering & Touristic Activities

7:00 - 7:45	Breakfast at the Hotel
7:45 - 8:15	Head to Clinic
8:30 - 10:30	Volunteering Activities
10:30 - 11:00	Tea Break
11:00 - 13:30	Volunteering Activities
13:30 - 14:30	Lunch on Site
14:30 - 15:00	Back to Hotel
16:00 - 19:00	Touristic Activities
19:00 - 21:00	Optional Dinner

Thursday

Volunteering & Touristic Activities

7:00 - 7:45	Breakfast at the Hotel
7:45 - 8:15	Head to Clinic
8:30 - 10:30	Volunteering Activities
10:30 - 11:00	Tea Break
11:00 - 13:30	Volunteering Activities
13:30 - 14:30	Lunch on Site
14:30 - 15:00	Back to Hotel
16:00 - 19:00	Touristic Activities
19:00 - 21:00	Optional Dinner

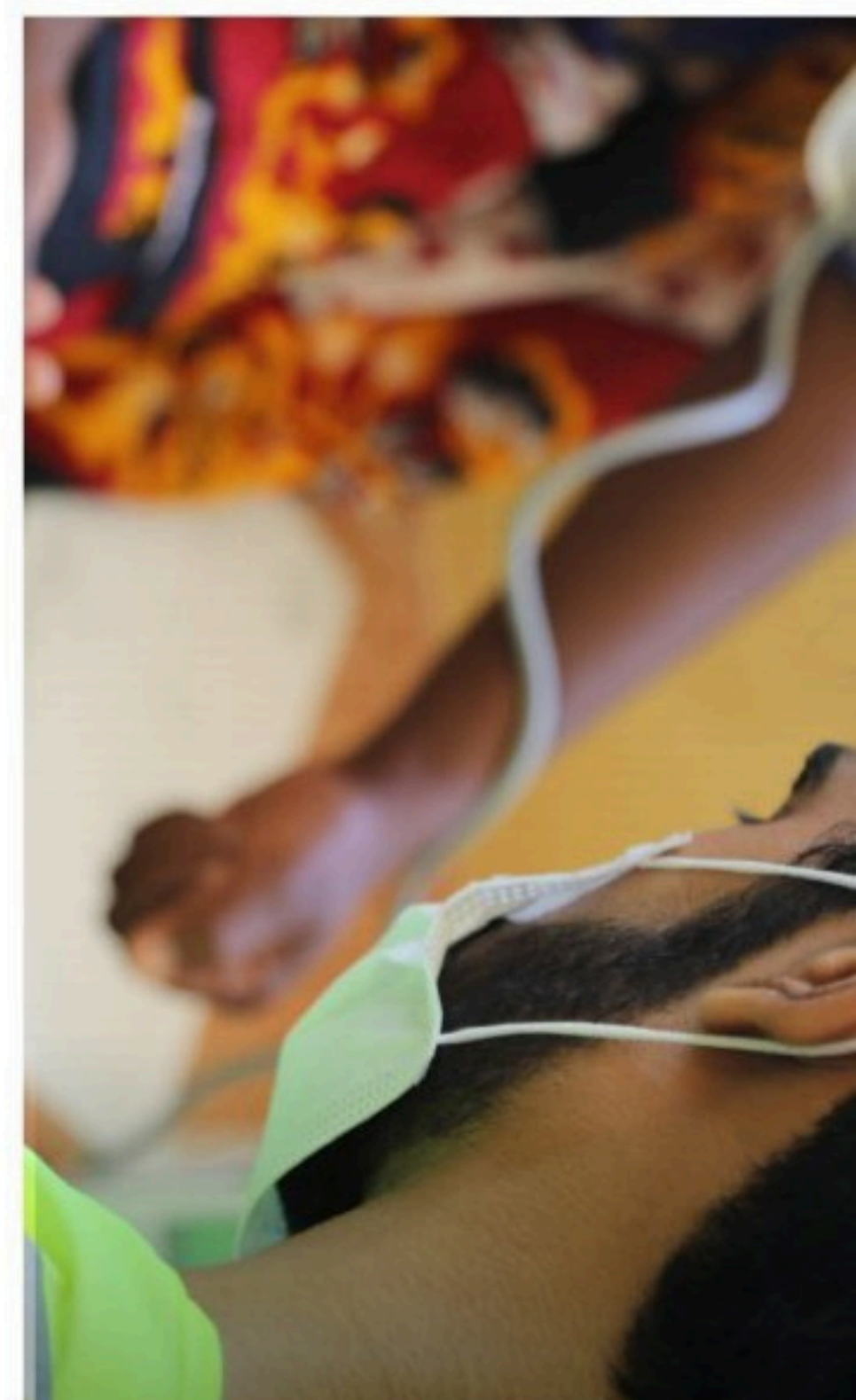
Friday

Volunteering & Touristic Activities

8:00 - 8:45	Breakfast at the Hotel
9:00 - 9:30	Going to School for Health Awareness
9:30 - 12:00	Awareness in School
12:00 - 12:30	Going Back to Hotel
12:30 - 13:30	Lunch at the Hotel
15:00 - 16:00	Going to Kendwa Beach
19:00 - 21:00	Farewell Dinner & Reflection Session

Saturday

Departure



ACCOMMODATION OPTIONS



There will be three accommodation options provided as below:

- **Minara Miwili**

Part of the Package

OVERVIEW Standard Accommodation Option

- **Spice Tree**

4-Star Hotel

SINGLE ROOM Please refer to the price listed on the website.

TWIN ROOM Please refer to the price listed on the website.

Note: The Twin Room is shared between two people.

- **Park Hyatt**

4-Star Hotel

SINGLE ROOM Please refer to the price listed on the website.

TWIN ROOM Please refer to the price listed on the website.

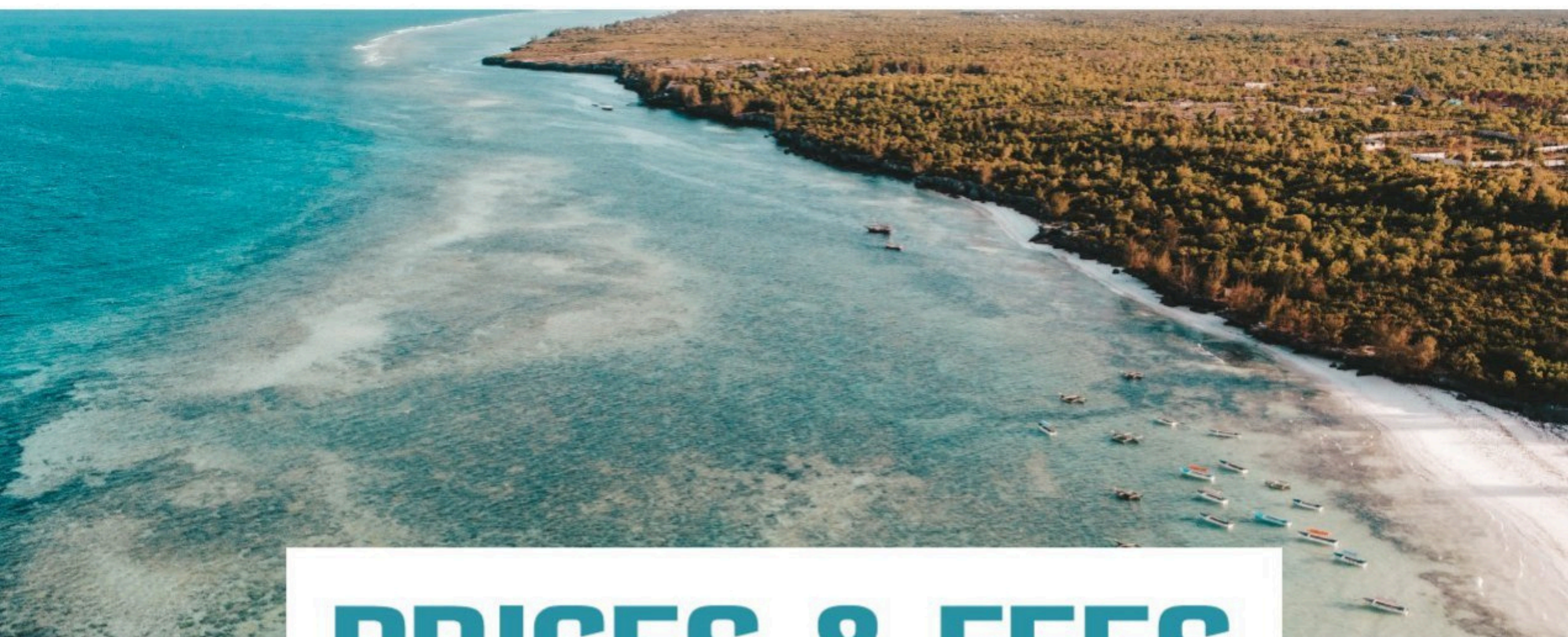


SPICE TREE



PARK HYATT





PRICES & FEES

Our projects are priced and booked based on number of weeks.

5%

Student discount

\$1190 USD
Per Person

5%

Group (3+) discount

* Contact info@nomuhub for two weeks package

* Student discount only applies if you upload in your application or email us on info@nomuhub.com a non-expired student ID for verification. Use discount code STUDENT5 on checkout.

* Group discount only applies for a group of 3 or more applicants, all of whom must pay the deposit. Use discount code GROUP5 on checkout.



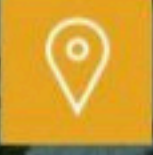



Should any applicant not follow these terms, discount will be deactivated by NomuHub and amount added to applicant's final invoice.








PRICES & FEES

The travel package includes and excludes the following:

INCLUSIONS

-  SHARED (same-gender) standard accommodation
-  Airport transfers and local transportation
-  General touristic attractions
-  Two meals per day (Breakfast and Lunch)
-  Special Welcome and Farewell dinners
-  24/7 in-country local NomuHub staff support

EXCLUSIONS

-  Flight tickets
-  Personal spending
-  Daily dinners
-  Accommodation upgrade to Single Room
-  Travel visa and insurance



FLIGHT BOOKINGS

It is your responsibility to arrange for your flights, visa and travel insurance and upload all the necessary documents for us before the deadlines. Further instructions regarding this are provided in the Welcome Email you will receive.

We recommend using www.skyscanner.net search engine to only find optimum flight details. Then, we strongly advise booking through airline direct once you found the right route for your trip and not through Skyscanner as cant be reliable in terms of changes and flight confirmation.

You are required to book your flights and upload your flight details onto our Google Form link (mentioned in your Welcome Email) no later than 2 weeks prior to the trip start date so that your airport transfers can be arranged efficiently.



Arrival to ZNZ

Sunday



Departure from ZNZ

Saturday



PACKING ESSENTIALS

RECOMMENDED CLOTHES

- ☐ Pajamas
- ☐ Socks
- ☐ Tops
- ☐ Jeans
- ☐ Dresses
- ☐ Swimsuits
- ☐ Light jacket (for chilly nights)
- ☐ Sandals
- ☐ Flip flops
- ☐ Sunglasses
- ☐ Underwear
- ☐ Headwear (hat, cap, head scarf)

WORK-RELATED CLOTHES

- ☐ Comfortable light clothes
- ☐ Safety shoes
- ☐ Protective hat (will be provided)
- ☐ Dust mask (will be provided)
- ☐ Strong, reusable gloves (will be provided)
- ☐ Water bottle

APPLIANCES

- ☐ Chargers
- ☐ Charger plugs
- ☐ Travel-size torch

IMPORTANT DOCUMENTS

- ☐ Passport / visa
- ☐ Identification
- ☐ Itinerary
- ☐ Boarding passes
- ☐ Travel insurance

TOILETRIES

- ☐ Shampoo, conditioner, body wash,
- ☐ Sunscreen & lip balm
- ☐ Hairbrush
- ☐ Nail clippers & scissors
- ☐ Toothpaste
- ☐ Toothbrush
- ☐ Razor
- ☐ Deodorant
- ☐ Feminine products

OTHERS (OPTIONAL)

- ☐ Snacks
- ☐ Insect repellent
- ☐ First-aid kit (will be provided)
- ☐ Medication
- ☐ Entertainment games (playing cards, etc.)
- ☐ Money belt
- ☐ Medical glasses or contact lenses

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ANIMAL SAFARI

\$500 USD

DURATION
10-11 Hours



Mikumi is Tanzania's fifth-largest national park and only one hour away from Zanzibar, which makes it perfect if you wish to experience Africa's wildlife but are limited for time.

LOCATION
Mikumi National Park



Your journey will start with a unique one-hour plane ride which will depart from the airport at 8 am. Upon landing in Mikumi you will be greeted by your guide and you will begin your game drive. You will drive around the national park and explore Mkata plain, Kisungura area and hippo dams, and in your journey, your guide will help you spot buffaloes, giraffes, leopards, elephants, lions, pythons, zebras, monkeys, crocodiles and many more.

HIGHLIGHTS



- Spot most famous african animals Zebras, elephants, buffalo, lions antelope and many more
- Flying on a Cessna Grand Caravan
- Includes pick-up and drop-off , plane ticket, entry fees, guided tour, lunch.

Mikumi wildlife views are not much affected by seasonality, therefore most of the animals can be seen throughout the year. Definitely, a trip not to be missed!

Make sure your departure flight is after 8pm, as the safari trip takes place on the last day of the trip.

*Recommended: snacks and water until Lunch



SWIMMING WITH DOLPHINS & SNORKLING

\$90 USD

DURATION

5-6 Hours



LOCATION

Muyuniand Mnemba Island



HIGHLIGHTS



- Dolphin spotting
- Swimming with dolphins
- Snorkeling in Mnemba Reef
- Includes pick-up and drop off , fruit platter & snorkeling gear

Muyuni offers a unique experience to swim with dolphins in their natural habitat.

Your Journey will begin at the white-sand beach of Muyuni where you will board a motorboat and cruise around the coast to spot the dolphins and swim with them.

You will then head to the coast of Mnemba Island where you will snorkel and explore the diverse corals and tropical marine life and enjoy a fresh fruit platter while you cool off in the water.

The drive from Stone Town to Muyuni is approximately one hour long.

Recommended items to pack: towel, clean change of clothes, additional snacks and water if needed.



HORSE RIDING

DURATION 1 Hour

\$110USD



Zanzibar offers an opportunity for riders of all levels to enjoy a beautiful horseback ride along the most beautiful beach in Zanzibar!

LOCATION

Sea Cliff Resort or
Neptune Pwani



You will head to the horse riding stable at Seacliff resort/Neptune pwani and start with the ride across most luxurious hotels in Zanzibar along with the best beach and clearest water on the island.

HIGHLIGHTS



- Horseback riding along the beach and in the water for approximate 1 hour
- Beautiful beaches and views
- Includes pick-up and drop off, horse ride and any gear required

You'll return along the same section of the but walking into the shallow waters. You may get the opportunity to swim with the horse subject to tide.

*Recommended: comfortable footwear, drinking water and snacks if needed, water-resistant phone case,



QUAD BIKE

DURATION 2-3 Hours

\$150 USD



LOCATION

Kiwenga



HIGHLIGHTS



- Drive through local villages
- 2 - 3 hours of quad bike drive
- Includes pick-up and drop-off", and any gear required

Self-drive a quad bike for 2-3 hours around Kiwenga! You will slowly drive on the main road between fishermen houses and local activities up to Pwani Mchangani for the first stop at the main square.. You will then proceed to Kinyasini village driving through the typical village of Kandwi and its beautiful rice fields until you arrive at the local mud houses where you'll explore the different traditions and cultures.

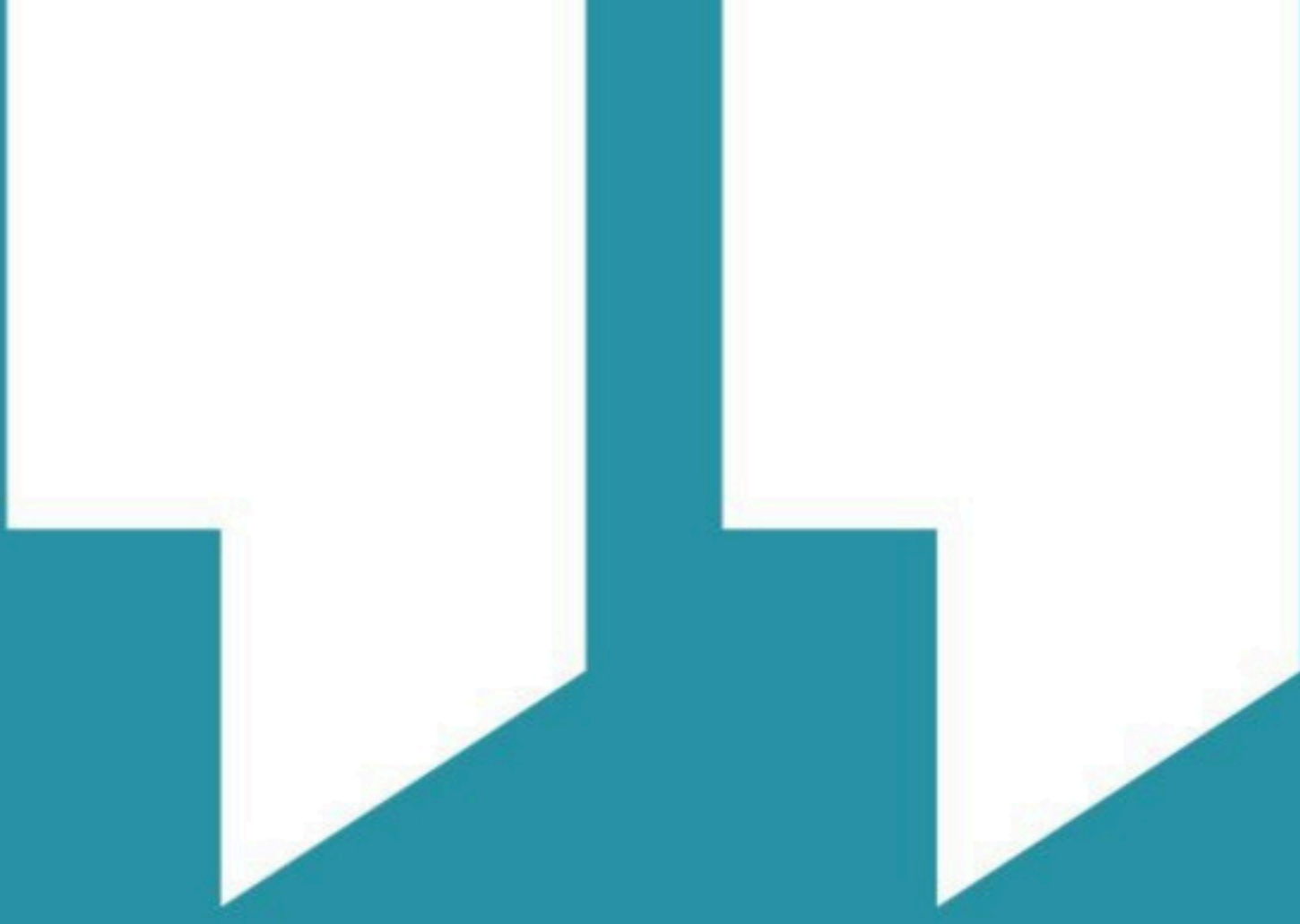
You will then head towards Pwani Mchangani area:

- Driving through fishermen villages with houses made of coral
- Visiting the local fishmarket (Soko la Samaki) before finally hading back to Kiwengwa.

Recommended:

- Closed shoes (no sandals or flipflops)
Water and snacks if needed

NOMUHUB



Travel with a purpose

