



700 Seven hundred  
800 eight hundred  
900 nine hundred  
1000 one thousand

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

- 12:00 - 13:00 Lunch at the Hotel
- 13:00 - 14:00 Orientation
- 14:00 - 17:00 Stone Town Tour
- 17:00 - 19:00 Welcoming Dinner

Monday

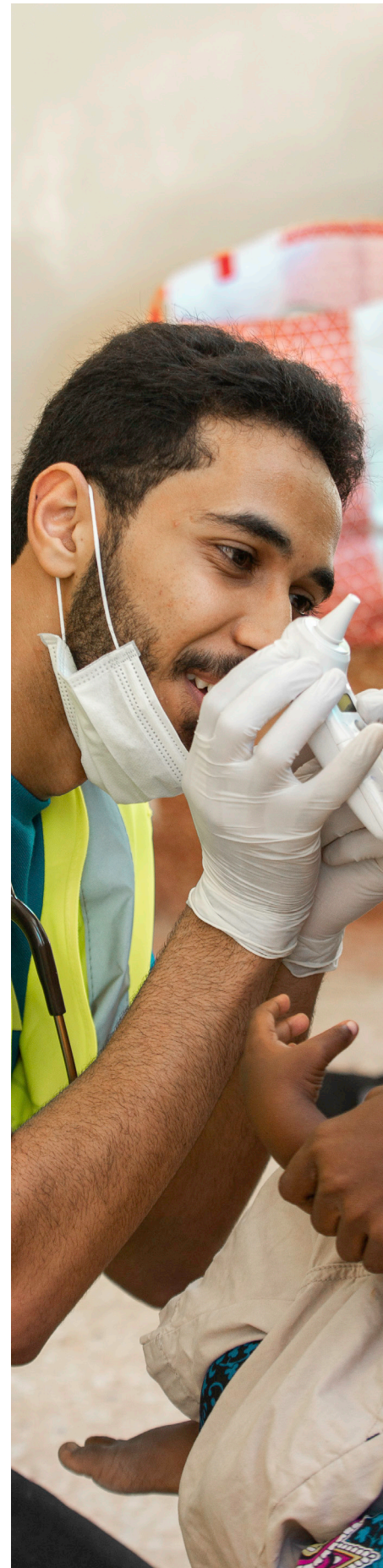
## Volunteering & Touristic Activities

- 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:

## 3 Star Standard Hotel

Part of the Package

**OVERVIEW** Standard Accommodation Option at Garden Lodge

## 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](mailto:info@nomuhub) for two weeks package

\* Student discount only applies if you upload in your application or email us on [info@nomuhub.com](mailto: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](http://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

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

## WORK-RELATED CLOTHES

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

## APPLIANCES

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- Chargers
- Charger plugs
- Travel-size torch

## IMPORTANT DOCUMENTS

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

## TOILETRIES

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

## OTHERS (OPTIONAL)

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



EXPLORE  
*Zanzibar*  
TOURISM ADD-ONS







# ANIMAL SAFARI

**\$499** 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, elephants, lions, pythons, zebras, leopards, monkeys, crocodiles and many more.

## HIGHLIGHTS



- Spot the Big 5 animals (Leopard, Lion, Buffalo, Rhino, Elephant)
- 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 11 pm, 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



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

## LOCATION

Muyuni and Mnemba Island



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.

## HIGHLIGHTS



- Dolphin spotting
- Swimming with dolphins
- Snorkeling in Mnemba Reef & Sea food lunch

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.

Includes pick-up and drop-off, fruit platter, sea food lunch & snorkeling gear

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





# HORSE RIDING

**\$110** USD

## DURATION

3-4 Hours



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

## LOCATION

Nungwi Beach



You will first head to Nungwi's main beach and start the beach ride across most luxurious hotels in Zanzibar along with the best beach and clearest water on the island. you'll return along the same section of the beach but walking into the shallow waters. You may get the opportunity to swim with the horse subject to tide.

## 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

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





# QUAD BIKE

**\$150** USD

## DURATION

3-4 Hours



## LOCATION

Kiwenga



## HIGHLIGHTS



- Drive through local villages
- 4 hours of quad bike drive

\*Includes pick-up and drop-off, and any gear required

Self-drive a quad bike for 4 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 fish market (Soko la Samaki) before finally heading back to Kiwengwa.

### Recommended:

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



Travel with a purpose

