



STEM Adventures at SEGA 2024!

with Nurturing Minds, Inc.

 Morogoro, Tanzania

View booking and trip details [here](#)

Trip Overview



Your host

Nurturing Minds, Inc. ✓

📅 Jun 20 – Jul 2, 2024

👤 Group size: 12-20

📍 Morogoro, Tanzania



About this trip

In Tanzania, the participation of female students in Science, Technology, Engineering, and Mathematics (STEM) disciplines in Higher Education is low. According to UNESCO, women in Tanzania represent 40% of university enrollment, but only about 24% are enrolled in STEM. In Tanzania, students are required to select a track to study in high school after Form 2. This track could be either Science, Arts, or Business. We want to inspire more students to pursue careers in the sciences. To achieve higher levels of girls' participation in STEM subjects Nurturing Minds and SEGA host a STEM extracurricular program that will reinforce concepts learned in class, make STEM learning interactive and accessible, and emphasize the myriad possibilities of careers in STEM for women.

Watch our video about [visiting the SEGA Girls' School!](#)

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STEM Adventures at SEGA Program

The **STEM Adventures at SEGA Program** will take place for the second year to give Form 1 students hands-on experience and cultural exchange opportunities through an immersive week-long program filled with captivating activities and experiments on relevant topics to encourage and motivate the students to pursue a bright future in STEM!

Modeled after our English Fluency Program, our STEM Adventures at SEGA Program will include student and volunteer-led activities to engage in science practices in the lab and in the field. We will explore, explain, and evaluate the environment through the lens of a chemist, biologist, physicist, and environmentalist. Students will be participating in week-long activities learning relevant science topics. The program will kick off with a field trip and then culminate with an end-of-week Science Share!

Carbon Tanzania

As part of our commitment to carbon reduction, we have designed a plan to offset carbon emissions that cannot be minimized. In pursuit of this goal, Nurturing Minds has formed a partnership with [Carbon Tanzania](#), a renowned organization specializing in carbon offsetting and climate change solutions in Tanzania. One of the areas we will begin by focusing on is offsetting the carbon emissions generated by international flights to visit the SEGA Girls' School.

We request that all SEGA visitors join us in our efforts to make visits to the SEGA Girls' School environmentally sustainable and climate-friendly. You can contribute to our sustainability goals by purchasing carbon credits through [Carbon Tanzania](#). **Attached here**, you will find detailed instructions and explanations to guide you through purchasing carbon offsets for your international flight to Dar es Salaam.

Typical Flight Paths:

If you are flying from Boston, MA this will generate **3000 KG of carbon emissions**. To offset these emissions you will purchase **3.4 tonnes of CO2**. To offset these emissions, visit

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<https://www.carbontanzania.com/buy-carbon-offsets/> and purchase **\$51 of certified carbon offsets** to balance your emissions. *This is a tax-deductible purchase.*

If you are flying from Philadelphia, PA this will generate **3.5 Tonnes of CO2**. To offset these emissions, visit <https://www.carbontanzania.com/buy-carbon-offsets/> and purchase **\$52.50 of certified carbon offsets** to balance your emissions. *This is a tax-deductible purchase.*

If you are flying from New York City, NY this will generate **3.5 Tonnes of CO2**. To offset these emissions, visit <https://www.carbontanzania.com/buy-carbon-offsets/> and purchase **\$52.50 of certified carbon offsets** to balance your emissions. *This is a tax-deductible purchase.*

If you are flying from the DMV Area (IAD/BWI/DCA) this will generate **7.5 Tonnes of CO2**. To offset these emissions, visit <https://www.carbontanzania.com/buy-carbon-offsets/> and purchase **\$112.50 of certified carbon offsets** to balance your emissions. *This is a tax-deductible purchase.*

If you have a different flight path, email myranda@nurturingmindsinafrica.org to find out how many carbon offsets you need to purchase.

***Just 1 tonne of CO2 equals 2,500 miles driven by an average gasoline-powered passenger vehicle!*

SEGA Visitor House

Experience the SEGA Girls' School firsthand, by staying on campus in the [SEGA Visitor House](#).

Nestled near the base of the beautiful Uluguru Mountains, the School is located 7 miles north of Morogoro, which is located approximately 5 hours west of Dar es Salaam by car. Experience the school in person and relax in our comfortable volunteer house while enjoying delicious dishes from your private cook and experiencing the vitality of our vibrant school and nearby cultural exchange activities.

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All bookings from the SEGA Visitor House go to support SEGA student scholarships.

We offer double and triple rooms at the SEGA Visitor House. Rooms are assigned on a first-come, first-serve basis. Priority will be given to couples, families, and friends who are traveling together. **Please note that if you select SINGLE or DOUBLE accommodation as a preference this will not apply to the SEGA Visitor House only to the hotels in Dar es Salaam.** It will only apply to the Mediterraneo Hotel and Hotel Slipway in Dar es Salaam.

Karibu SEGA Girls' Secondary School!

SEGA Girls' School is a private secondary girls' boarding school serving over 275 girls each year from Form I-Form IV. Students are selected from 25 different communities across the country and the majority are provided with full scholarships to attend. SEGA follows the Tanzanian national curriculum and is ranked in the top 7% of schools in the country. Over time, SEGA's goal is to improve education standards in Tanzania by becoming a model center for excellence in teaching, learning, and leadership development. In addition to its academic program, the school provides practical, relevant skills through hands-on activities.

Travel & Health Insurance

Guests must provide their own travel insurance that *includes emergency medical evacuation*. We recommend purchasing travel insurance to cover emergency medical expenses and unexpected trip cancellations. Nurturing Minds is not a licensed insurance agency or advisor. We strongly recommend that all travelers get Cancel For Any Reason Insurance (CFAR) which will cover reasons that may be associated with COVID-19.

We recommend that all travelers visit [Yonder Travel Insurance](#) for help choosing a personal health and travel insurance plan. They partner with great, recognizable partners, and for every plan purchased they provide a week of meals to a refugee child in South East Asia through [Venture](#) a U.S. based

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501(c)(3). **Please obtain travel insurance at least 2 weeks before your trip.**

Please provide an email to us containing:

1. Travel Insurance Provider
2. Insurance Policy Number
3. 24-hour support line

Visa Requirements & STEP Program

To enter Tanzania, you will need a valid passport with at least two blank pages and six months' validity remaining. The passport and any other required travel documents are to be presented along with the appropriate visa to the Immigration Control Officer at any entry point, such as a border station, airport, or harbor.

You can obtain a visa for Tanzania online ([e-visa Tanzania](#)). Visas may also be obtained upon arrival.

Multi-entry visa cost is 100 USD.

We highly encourage U.S. travelers to register with the U.S. Government [Smart Traveler Enrollment Program \(STEP\)](#) and to review the pages for the [U.S. Embassy Tanzania](#) and [U.S. Department of State Tanzania](#).

COVID-19 Policy and Procedures

Nurturing Minds upholds and works in accordance with the local requirements for each destination. In the situation where a destination does not require a COVID-19 test for entry, we strongly encourage everyone to get a test no more than 2 days prior to departure. Local policies can and do change rapidly and it is the visitor's ultimate responsibility to stay abreast of any changes to these requirements that might occur before their arrival. The visitor is responsible for any costs or changes to their trip that need to be adjusted according to local or international policy changes.

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Nurturing Minds cannot guarantee the safety of Tanzania. In the case of an unexpected quarantine or COVID-19 test is required for any reason, all associated costs, including medical expenses, are to be borne by the individual visitor.

In addition to getting a COVID-19 test before arrival, we encourage all visitors to have a pre-travel consultation with their primary care provider or a travel health expert so that they can be fully aware of their individual risks.

Nurturing Minds requires all visitors to SEGA to be up to date on their COVID-19 Vaccine for those eligible to receive the vaccine. For clarification on what to date status is please refer to the CDC.

For more information on immunizations recommended or needed for travel to Tanzania, please visit the [Center for Disease Control \(CDC\) Tanzania](#) website.

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What's included

✔ SEGA Visitor House	Near the base of the Uluguru Mountains, the School is located 7 miles north of Morogoro, which is located approximately 5 hours west of Dar es Salaam by car. *Double Accommodations*
✔ Mediterraneo Hotel	Set either overlooking the ocean or in the gardens, their rooms offer free Wi-Fi, flat-screen TVs, air-conditioning, and private verandas. *Single or Double Accommodation*
✔ Hotel Slipway	We will stay at Hotel Slipway for our departure from Dar es Salaam and enjoy dinner, shopping, and sightseeing! *Single or Double Accommodation*
✔ Transportation	Relax and be assured while SEGA organizes trusted and verified guides and drivers for you during your stay.
✔ Food	While you are with us we will take care of all of your meals, snacks, and beverages!
✔ Tips & Gratuities	All tips to tour guides and transportation drivers.
✔ Morogoro Town Tour	Explore the bustling stalls of this fun and friendly everyday town market. Visit a fabric tailor to pick out your fabric print to be fitted into a shirt, dress, pants,
✔ Field trip	Take Form 1 students off campus to explore the nearby hydroelectric plant to see science in action!
✔ Mikumi National Park	A volunteer favorite to end our time in Tanzania! Travel to Mikumi to stay at Vuma Hills Tented Safari Camps and enjoy 2 days of game drives trying to spot the Big 5!
✔ Visit MK Program	Visit SEGA's largest program, their community outreach program working with girls aged 10 -21!

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✔ Visit SEGA Student Home	Visit with the family of a SEGA Student and learn more about Tanzanian culture.
✘ Airfare	Flights to and from Tanzania
✘ Travel Medical Insurance	Travel Insurance with medical, and medical evacuation coverage. We recommend working with Yonder Travel.
✘ Tanzania Business Visa	Cost \$250 (as of 8/2022).
✘ Extras	Extra trips to Morogoro town, alcoholic beverages and soft drinks at SEGA, shopping, and laundry.

Packages & Options

Available packages

Single Accommodation, full week **\$2355**
Best for solo travelers. Deposit: \$500

Double Accommodation, full week **\$2288**
Best for family and friends who wish to room together. Deposit: \$500

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Itinerary

Thursday, June 20 Arrival in Dar es Salaam Overnight at Mediterraneo Hotel

Set on the Indian Ocean in Dar es Salaam, Mediterraneo Hotel & Restaurant offers an authentic taste of the Mediterranean on the Swahili coast. Featuring a bohemian chic atmosphere, the hotel is designed for complete relaxation, romance, and leisure. Set either overlooking the ocean or in the lush gardens, our cozy cottage-style rooms offer free Wi-Fi, flat-screen TVs, air-conditioning, and private verandas.



Enjoy overnight accommodation, dinner, and breakfast!

Friday, June 21 Travel to SEGA!

Depart Mediterraneo for a 5-hour adventure through Tanzania to reach Morogoro. Where you will be warmly welcomed to the SEGA Visitor House where you will be treated to a welcome song, campus tour, and meet and greet with SEGA students!

You will also have dedicated time for group planning sessions with fellow STEM Volunteers.



Enjoy 9-night accommodations, breakfast, lunch, and dinner!

View booking and trip details [here](#)

Itinerary

Monday 24 June Kick off STEM Adventures at SEGA Program!

Today is the day! The STEM Adventures at SEGA Program begins with morning assembly, student and teacher introductions in the Big Banda. Today will consist of meet & greet time with Form 1 students, getting to know each other, and introductory STEM lessons! We will also welcome 2 local women scientists!

Enjoy overnight accommodations, lunch, and dinner at the SEGA Visitor House.



Tuesday 25 June Program Day 2!

You will be teaching in the morning and leading up to right after lunch when you can spend the evening with SEGA Students in their club time before enjoying a relaxing dinner at the SEGA Visitor House.

Enjoy overnight accommodations, lunch, and dinner at the SEGA Visitor House.



Wednesday 26 June Program is in full swing!

You will be teaching in the morning and leading up to right after lunch.

Enjoy overnight accommodations, lunch, and dinner at the SEGA Visitor House.



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Itinerary

Thursday 27 June Final day of STEM Lessons!

You will be teaching in the morning and leading up to right after lunch.

Enjoy overnight accommodations and lunch at the SEGA Visitor House.



Friday 28 June Science Share Day!

Today the students come together to present and share their favorite topics from throughout the week! There will also be a local scientist guest speaker and a volunteer farewell celebration!

Enjoy breakfast, dinner, and overnight accommodations at SEGA Visitor House.



Saturday 29 June Visit to a nearby hydroelectric plant!

We will have an early day as we gather together with students to go on a field trip to a nearby hydroelectric plant.

Enjoy breakfast, dinner, and overnight accommodations at SEGA Visitor House!



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Itinerary

Sunday 30 June Depart SEGA for Mikumi National Park

Today you will depart SEGA for Mikumi National Park. Mikumi National Park is Tanzania's fourth-biggest national park. Situated between the Uluguru Mountains and the Lumango Mountains, Mikumi's Park Center has a wide assortment of natural life that can be simply spotted and is very much suitable for viewing in a game drive.

You will enjoy overnight accommodations and Dinner at Foxes Safari Camps, Vuma Hills Tents.



Monday 1 July Mikumi National Park & Travel to Dar es Salaam

Day 2 at Mikumi National Park! Enjoy a morning of game drives, followed by lunch. Then depart Mikumi for the 7-hour drive to return to Dar es Salaam and overnight stay and dinner at Hotel Slipway.



Tuesday 2 July Depart Dar es Salaam

You will be transported from Hotel Slipway to Julius Nyerere International Airport for your departure flights!

You are welcome again!



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Your organizer



Nurturing Minds, Inc.

Nurturing Minds and the SEGA Girls' Secondary School started in 2007 as the dream of two colleagues, one American, Polly Dolan, and one Tanzanian, Blastus Mwizarubi. They wanted to provide an opportunity for marginalized Tanzanian girls to escape poverty and exploitation, and receive a quality education; to empower girls with skills and credentials needed to thrive in Tanzanian society.

NEWTONVILLE, MA, United 
States

 <https://www.nurturingmindsinafrica.org/>

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Nurturing Minds, Inc. trusts WeTravel to handle the booking process so they can fully focus on providing you with the best experience possible.



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details from your personal dashboard



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