



# English Fluency Program 2024!

*with Nurturing Minds, Inc.*

 Morogoro, Tanzania

---

View booking and trip details [here](#)

# Trip Overview



Your host

Nurturing Minds, Inc. ✓

📅 Oct 9 - Oct 26, 2024

👤 Group size: 18-22

📍 Morogoro, Tanzania



## About this trip

To achieve academic success, SEGA students must become fluent in the English language. With more than 120 tribal languages spoken in Tanzania, most students arrive at the school speaking a local language from their home communities and Kiswahili. Kiswahili, the national language, is generally their second language and the language spoken and taught in Tanzanian primary schools. In secondary school, instruction switches to English presenting a huge challenge to most students as they transition from having one English course in primary school, to having all of their subjects, like physics, history, and commerce all taught in English. SEGA prepares students for English Fluency through English immersion and fluency curricula conducted by teachers and volunteers. Four avenues of English learning are incorporated during the student's time at SEGA.

View booking and trip details [here](#)

# Trip Overview

---

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

**Deadline to book:** June 1, 2024

## English Fluency Program

Groups of volunteers primarily from the U.S. provide intensive English training for students. The English Fluency Volunteer or SEGA English Department Head plays a key role in coordinating these short-term volunteers. The most recent English Fluency program ran in October 2023 and saw U.S. teachers and volunteers conduct a 2-week English Fluency program. Read more about our 2022 program here in the blog "[Transforming Lives Through the English Fluency Program](#)" authored by Nurturing Minds Board Member, Annie!

*This year's program will run from October 9- 26 and we are recruiting 18 volunteers!*

## 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:

---

View booking and trip details [here](#)

# Trip Overview

---

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 <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](mailto: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

---

View booking and trip details [here](#)

# Trip Overview

---

in person and relax in our comfortable visitor house while enjoying delicious dishes from your private cook and experiencing the vitality of our vibrant school and nearby cultural exchange activities.

*Your stay at the SEGA Visitor House contributes to improving the financial sustainability of the SEGA Girls' School.*

**We only offer double room accommodations at the SEGA Visitor House.** If you are traveling with a friend or family member please let us know so that we organize the rooms accordingly. Single accommodation bookings only apply to the Mediterraneo Hotel and Hotel Slipway in Dar es Salaam.

## Karibu SEGA Girls' 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

---

View booking and trip details **here**

# Trip Overview

---

they provide a week of meals to a refugee child in South East Asia through [Venture](#) a U.S. based 501(c)(3). **Please obtain travel insurance at least 30 days 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

In order 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.

**Multientry 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 prior to their arrival. The visitor is responsible for any costs or changes

---

View booking and trip details **here**

# Trip Overview

---

to their trip that need to be adjusted according to local or international policy changes.

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 own 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.

---

View booking and trip details **here**

# Trip Overview

---

## 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 or Triple Accommodation\*
  - ✔ 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 Available\*
  - ✔ Hotel Slipway  
For our departure from Dar es Salaam we will stay at Hotel Slipway and enjoy dinner, sightseeing, and shopping! \*Single or Double Accommodation Available\*
  - ✔ 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,
  - ✔ Hike Uluguru Mountains  
Volunteers will enjoy a hike through the Uluguru Mountains with SEGA Students and after visit a community center for lunch and a soil-cake making demonstration!
  - ✔ Mikumi National Park  
Travel to Mikumi to stay at Vuma Hills Tented Safari Camps and enjoy 2 days of game drives trying to spot the Big 5!
- 

View booking and trip details [here](#)



# Trip Overview

---

✔ Modern Girl Program	Visit SEGA's Modern Girl Program in Morogoro where young women who are supported by SEGA are teaching life skills, women's rights, health, and more! The program reaches over 2,000 girls & young women!
✔ Home Visit	Visit the home of a current SEGA Student or a current SEGA Student!
✘ Airfare	Flights to and from Tanzania
✘ Travel Medical Insurance	Travel Insurance with medical, and medical evacuation coverage. We recommend working with Yonder Travel.
✘ Tanzania Visa	Cost \$100 (as of 8/2022).
✘ Extras	Extra trips to Morogoro town, alcoholic beverages and soft drinks at SEGA, shopping, and laundry.

---

View booking and trip details [here](#)

# Packages & Options

---

## Available packages

### Single Accomodation

**\$2559**

Please choose single accommodation if you would like a single bed room at the Mediterraneo Hotel and Hotel Slipway. *\*Please note there are no single rooms available at the SEGA Visitor House\**

Deposit: \$500

Available until Sep 25, 2024

---

### Double Accomodation

**\$2531**

If you are traveling with family or friends, or comfortable sharing a sleeping space with a fellow volunteer, please choose a double accommodation room for your stay at the Mediterraneo Hotel and Hotel Slipway.

Deposit: \$500

Available until Sep 25, 2024

---

### 1 week, Single Accommodation

**\$2059**

If you are only available for the first week of the English Fluency Program, **Wednesday, October 9 – Sunday, October 20** please select this package price.

Deposit: \$500

*\*Please note single accommodation is only available for the Mediterraneo Hotel and Hotel Slipway. There are no single rooms available at the SEGA Visitor House\**

Available until Sep 25, 2024

---

### 1 week, Double Accommodation

**\$1191**

If you are only available for the first week of the English Fluency Program, **Wednesday, October 9 – Sunday, October 20** please select this package price.

Deposit: \$500

Available until Sep 25, 2024

---

View booking and trip details [here](#)

# Itinerary

---

## Wednesday, October 9 Arrival in Dar es Salaam Overnight at Mediterraneo Hotel

Set on the Indian Ocean in Dar es Salaam, Mediterraneo Hotel & Restaurant offers a taste of the Mediterranean on the Swahili coast. The hotel offers free Wi-Fi, flat-screen TVs, air-conditioning, and private verandas.

Enjoy overnight accommodation, dinner, and breakfast!

---



## Thursday, October 10 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](#). 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.

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

---



## Friday, October 11 Meet and Greet with Pre-form students!

Today will be filled with activities getting to know the Pre-Form SEGA students, campus, and SEGA's English Immersion teachers. We will also have dedicated time for planning and becoming familiar with the program curriculum.

---



---

View booking and trip details [here](#)

# Itinerary

---

## Saturday, October 12 Graduation Day!

SEGA's Form 4 students have completed their time at SEGA, and it is time to celebrate their successes! Enjoy a day of festivities with fashion shows, songs, dancing, and lunch! SEGA's campus will be full of visitors who have come to celebrate!

---



## Sunday, October 13 MK Program & Home Visit

“Modern Girl” Community Outreach Program: In 2016, SEGA started the Msichana wa Kisasa (Modern Girl, “MK”) Community Outreach Program, which provides SEGA School graduates, along with graduates of the one-year MK Program itself, with mentorship training so that they can teach girls and young women across Tanzania about their sexual reproductive health and rights. The ultimate goal of the program is to help these girls and young women avoid sexual exploitation, teen pregnancy, and early marriage, while empowering them with knowledge of financial literacy and practical skills to help them achieve self-sufficiency. This continuously growing program allows SEGA to expand its impact beyond its boarding school population, with the current ability to reach almost 1,500 girls in 25 community centers. MK lessons cover a variety of sexual reproductive health topics, including pregnancy and disease prevention, and human rights.



Today you will have an opportunity to visit an MK Program Station in Morogoro Town and its mentors and mentees! You will also have a local lunch in the MK Village.

You will return to SEGA for an evening with SEGA Students and a

---

# Itinerary

---

casual dinner.

We will then return to SEGA for rest and dinner.

---

## Monday, October 14 Day 1 of English Fluency Program!

Today we will kick off our program! We will have close to 2 hours of teaching in the morning with a break for tea, and then 2 hours and 30 minutes of teaching before lunch. After we eat we will have 1 hour of fun activities to get to know the SEGA students.

---



## Tuesday, October 15 Day 2 of English Fluency Program

Day 2 will closely follow the same teaching schedule. We will have close to 2 hours of teaching in the morning with a break for tea, and then 2 hours and 30 minutes of teaching before lunch. After we eat we will have 1 hour of fun activities to get to know the SEGA students.

---



---

View booking and trip details [here](#)

# Itinerary

---

## Wednesday, October 16 Hike Uluguru Mountains!

A student and volunteer favorite!

Enjoy an early breakfast before you and the Pre-Form students depart early to drive to Morogoro town to meet our guides from Cheers Tour Group for a beautiful hike through the Uluguru Mountains. You will walk through villages, tourist destinations, and past primary schools as you venture up the mountain. The medium-grade hike is about 2 hours round trip. It's a wonderful way to get a perspective on the city and day-to-day life in Tanzania. After hiking, we will stop for lunch and a soil cake-making demonstration at a local community center.

We return to SEGA to relax over a casual dinner.

---

## October 17-18 Day 3 & 4 of English Fluency Program

We will have close to 2 hours of teaching in the morning with a break for tea, and then 2 hours and 30 minutes of teaching before lunch. After we eat we will have 1 hour of fun activities to get to know the SEGA students. Before dinner, we will either participate in a fun cultural exchange activity, soccer matches, rest, or program planning!

---



---

View booking and trip details [here](#)

# Itinerary

---

## Saturday, October 19 Depart SEGA for Mikumi National Park

Today volunteers and SEGA Pre-Form students will depart SEGA for a safari in [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 very much suitable for viewing in a game drive.



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

---

## Sunday, October 20 Mikumi National Park & Return to SEGA Girls' School

Today you will enjoy a picnic breakfast provided by Vuma Hills Safari Camp, and then take off on a morning game drive. You will have lunch at Mikumi before heading back to SEGA for rest and dinner.



## October 21 - 24 Day 5-7 of English Fluency Program

We will have close to 2 hours of teaching in the morning with a break for tea, and then 2 hours and 30 minutes of teaching before lunch. After we eat we will have 1 hour of fun activities to get to know the SEGA students. Before dinner, we will either participate in a fun cultural exchange activity, soccer matches, rest, or program planning!

---

---



View booking and trip details [here](#)

# Itinerary

---

## Friday, October 25 Sharemony, Farwell, & Departure!

Today we mark the end of the English Fluency Program by hosting a Sharemony where students will share what they learned and highlight their favorite lessons. We will also have a formal Farwell ceremony, and officially bid farewell to the SEGA students and staff!

We will then depart SEGA for a return to Dar es Salaam. We will arrive right before dinner at Hotel Slipways Waterfront Restaurant.

---



## Saturday, October 26 Depart Dar es Salaam

This morning we will enjoy breakfast on the terrace at Hotel Slipway, shop the boutiques around the hotel, and make our way to the airport for our departure flights. We will arrange all transportation for you to the airport from the hotel.

Safari Njema! (Safe Travels!)

---





# 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/>

---

View booking and trip details **here**



# The perfect journey starts with WeTravel

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



Pay securely through the  
WeTravel platform



Access itinerary and registration  
details from your personal dashboard



Manage your booking from  
any device at any time



Get help from WeTravel's friendly  
support team via chat and email