



A GUIDE TO

# LIVING IN DAR



TRAVEL **HEALTHCARE** FITNESS **ART** TRANSPORT  
LANGUAGE **RECREATION** MUSIC FOOD **SHOPPING**

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## SHOPPING

You are in Dar es Salaam, a bustling urban center with malls, big-name brand shops, street markets, and more. You can find whatever you need!

We've listed a few businesses here to help you get started.

### Shoppers Plaza

Experience an unrivalled shopping experience at three convenient locations in Dar es Salaam. Shoppers Supermarket is known for being reasonable and always well-stocked.

Location(s) :

Along Haile Selassie Road,  
Masaki, Dar es Salaam

Along Mwai Kibaki Road,  
Mikocheni, Dar es Salaam

Contact(s) :

[www.shoppers.co.tz](http://www.shoppers.co.tz)

+255 22 270 1545, +255 773 847 466





## Village Supermarket

At our boutique-style stores, you will find an enticing selection of delicious food, wine, baked goods and high quality kitchenware and home accessories from around the world.

Location(s) :

Along Chole Road,  
Masaki, Dar es Salaam

Contact(s) :

[www.village-supermarket.com](http://www.village-supermarket.com)

+255 22 260 0827

**VILLAGE**  
SUPERMARKET

Fine food is our passion.



## Target Supermarket

Location(s) :

Along Haile Selassie Road,  
Masaki, Dar es Salaam

Contact(s) :

<https://m.facebook.com/targetsupermarket/>

+255 742 111 222



## Simply Fresh/Food Lovers

Type : fresh produce/food market

Location(s) :

Along Msasani Road,  
Msasani, Dar es Salaam

Contact(s) :

+255 782 240 100



## Easy Buy Africa

Type : shop online (amazon, ebay, e.t.c) and get delivery anywhere in Tanzania.

Location(s) :

Along Haile Selassie Road,  
Msasani, Dar es Salaam

Contact(s) :

[www.easybuyafrica.com](http://www.easybuyafrica.com)

+255 764 000 877



## The Butcher Shop/Masaki

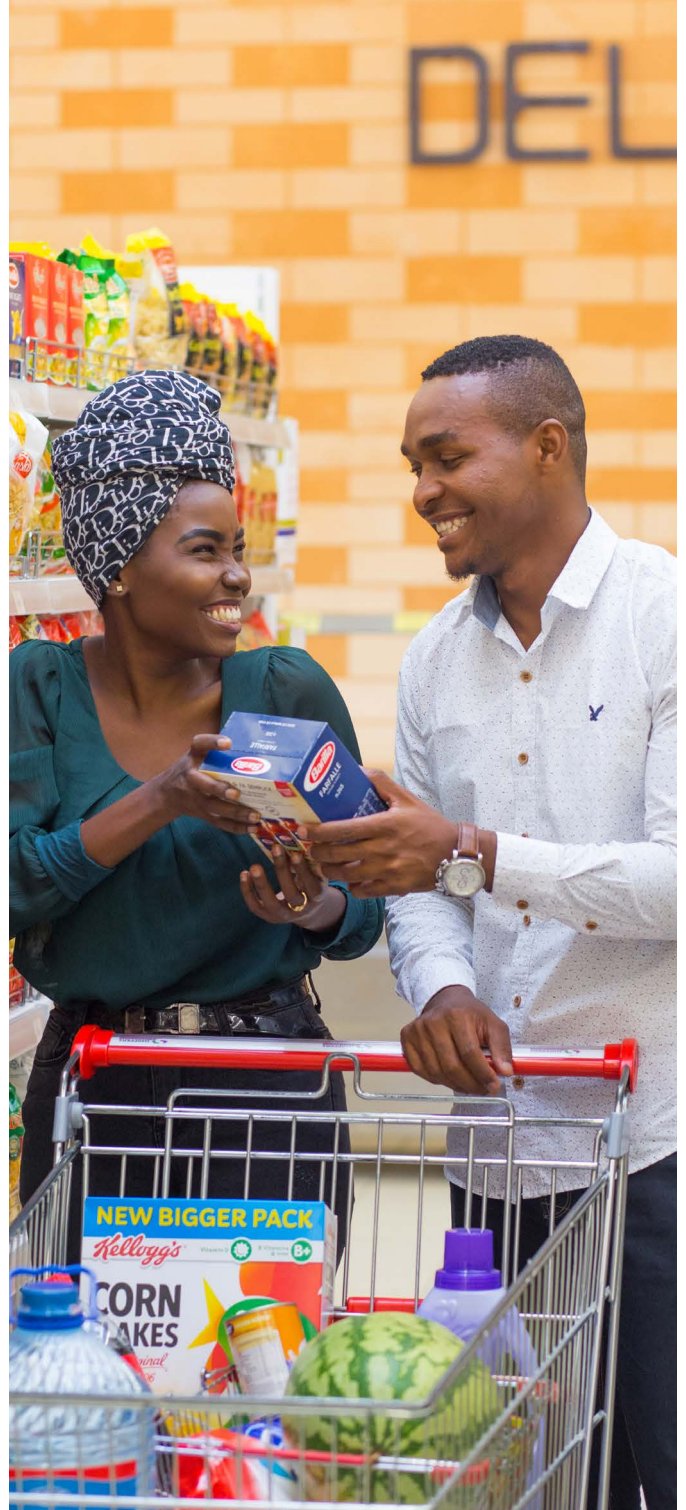
Type : Locally sourced cheese, preserves, and honey

Location(s) :

Along Kahama Road,  
Masaki, Dar es Salaam

Contact(s) :

+255 758 888 395



## Target

Type : Supermarket

Location(s) :

Along Haile Selassie Road,  
Masaki, Dar es Salaam

Contact(s) :

+255 742 111 222





## EATING & DRINKING

Dar's diverse blend of culture is best seen in its cuisine! With many restaurants serving local and foreign cuisine, there are numerous options to satisfy one's palate.

To help you get started with your exploration, we've listed a few options here.

### **Mamboz**

Your food is always served with love and care, from the classic chinese cuisines whipped up in our serene kitchen, to the carefully crafted drinks at the drinks corner. Giving you a few extra minutes surrounded and secluded in a unique atmosphere.

Location(s) :

Along Haile Selassie Road,  
Masaki, Dar es Salaam

Along Magore Street Road,  
Upanga, Dar es Salaam

Contact(s) :

[www.mamboz.co.tz](http://www.mamboz.co.tz)

+255 784 243 736, +255 784 243 734





## Salt

A family-style restaurant with beautiful ocean views and funky modern menu that utilises only fresh natural ingredients.

Location(s) :

Along Ghuba Road,  
Masaki, Dar es Salaam

Contact(s) :

+255 783 180 024



## Addis In Dar

“Everything is served on a large platter covered with injera (sourdough flatbread made of fermented teff flour); tear it off in pieces and use it to scoop up the spicy curries.” - lonelyplanet

Location(s) :

Along Ursino Street Road,  
Mikocheni, Dar es Salaam

Contact(s) :

[www.addisindar.com](http://www.addisindar.com)

+255 713 266 299



## Khana Kazana

Type : Indian restaurant

Location(s) :

Along Ghuba Road,  
Masaki, Dar es Salaam

Contact(s) :

khanakhazana.business.site...

+255 773 781 915



## Veranda Tapas Bar

Type : Tapas restaurant

Location(s) :

Along Kahama Road,  
Masaki, Dar es Salaam

Contact(s) :

www.veranda-tz.com

+255 763 491 212,

+255 765 093 999



## The Olive

Type : bar and restaurant

Location(s) :

Along Kahama Road,  
Masaki, Dar es Salaam

Contact(s) :

olive.business.site...

+255 765 491 099



## Woodberry

Type : cafe

Location(s) :

Along Haile Selassie Road,  
Masaki, Dar es Salaam

Contact(s) :

+255 712 337 887





# HEALTHCARE

Dar has numerous healthcare facilities that accept national and international health insurance.

We've listed a few facilities here to help you get started.



## IST Clinic

Primary care facility located behind the International School of Tanganyika.

### Location(s) :

Along Ruvu Road,  
Masaki, Dar es Salaam

### Contact(s) :

[www.istclinic.com](http://www.istclinic.com)

+255 718 783 393,  
+255 746 499 411,  
+255 688 783 391,  
+255 784 783 393





## Aga Khan

Private hospital and medical clinics across Dar es Salaam and in other Tanzanian regions.

Location(s) :

Along Ocean Road,  
Upanga, Dar es Salaam

Contact(s) :

[www.agakhanhospitals.org](http://www.agakhanhospitals.org)

+255 22 211 5151/53



## Sali Healthcare

Set in a tranquil garden environment, the 30-bed Sali International Hospital offers specialized healthcare in the multiple disciplines represented at the hospital.

Location(s) :

Along Yatch Club Road,  
Masaki, Dar es Salaam

Contact(s) :

[www.salihospital.com](http://www.salihospital.com)

+255 22 260 1264



## London Healthcare

Type : medical centre and physiotherapy unit

Location(s) :

Kimweri Avenue,  
Msasani, Dar es Salaam

Contact(s) :

[www.lhc.co.tz](http://www.lhc.co.tz)

+255 22 266 4839,  
+255 762 /744 542 542



## Msasani Peninsula

Type : hospital

Location(s) :

Ghuba Road,  
Masaki, Dar es Salaam

Contact(s) :

+255 22 266 4482/3,  
+255 766 344 996



## Dr Agarwals Eye Hospital

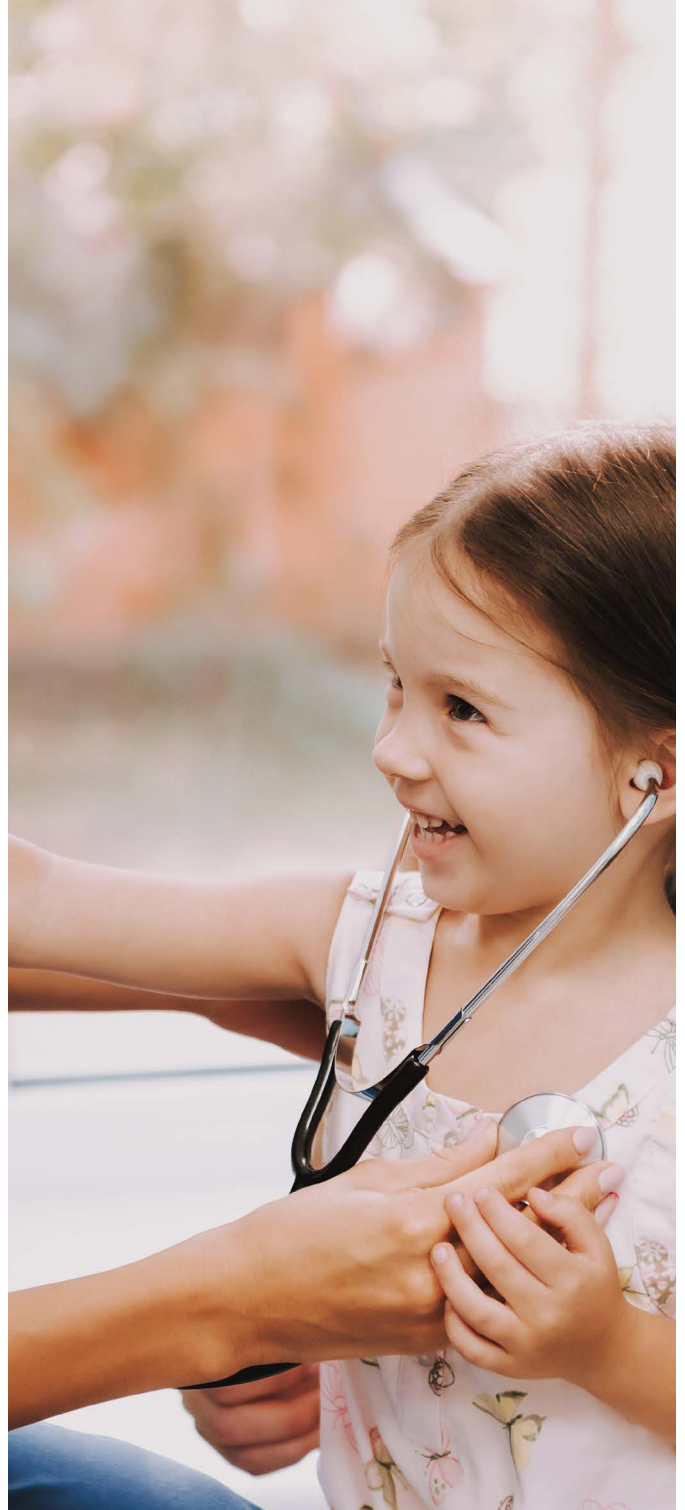
Type : hospital

Location(s) :

Ali Hassan Mwinyi Road,  
Kinondoni, Dar es Salaam

Contact(s) :

[www.dragarwal.com](http://www.dragarwal.com)  
+255 787 664 809



## All Smiles Dental

Type : dental clinic

Location(s) :

Zanaki Street,  
Upanga, Dar es Salaam

Contact(s) :

+255 222 137 770



## RECREATION

Looking for something to do on the weekend?

Beaches, cinemas, sports facilities, live theater, kayaking, golf, and more!

Gervaz Lushaju  
www.daryachtclub.co.tz

### Dar Yacht Club

The Dar es Salaam Yacht Club is a private members club that overlooks the quiet anchorage of Mbasani Bay. Formed in 1933, the club now has over 1000 members. It encourages amateur sailing and racing, and other aquatic sports such as fishing, scuba diving and kayaking

Location(s) :

Yacht Club Road,  
Masaki, Dar es Salaam

Contact(s) :

[daryachtclub.co.tz](http://daryachtclub.co.tz)

+255 22 260 0132/7





## Gymkhana Club

The Dar es Salaam Gymkhana has a golf course as its centerpiece and the recently constructed swimming pool the club boasts a wide range of sporting facilities. It is an excellent social and sporting facility with a friendly and congenial ambience.

Location(s) :

Ghana Street,  
Upanga, Dar es Salaam

Contact(s) :

dargymkhana.or.tz  
+255 22 212 0519,  
+255 22 213 8445



## Century Cinemax

Theatre Chain showing the latest Hollywood and Bollywood films.

Location(s) :

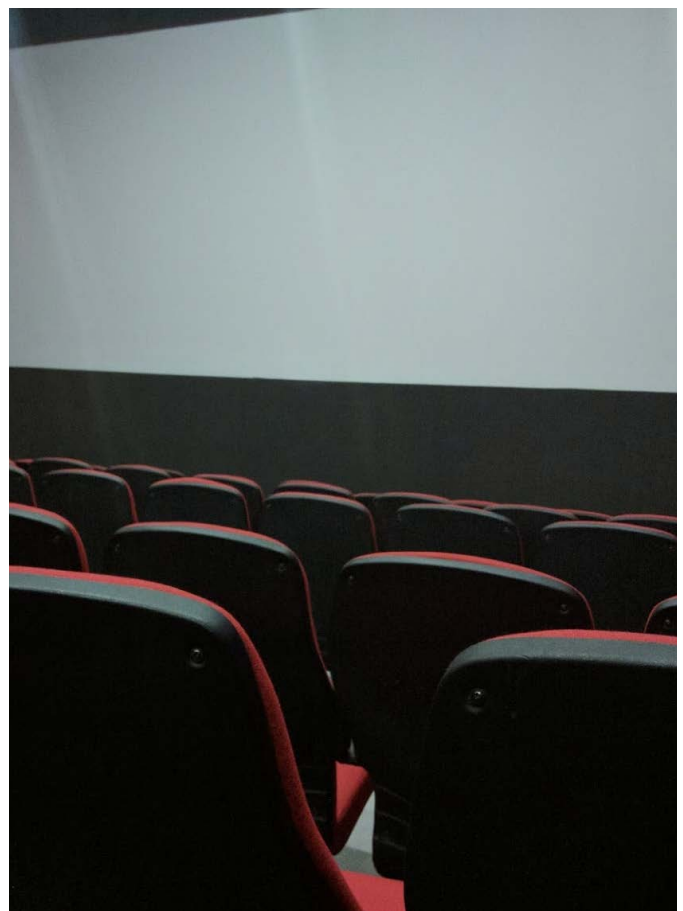
Along Ali Hassan Mwinyi Road,  
Msasani, Dar es Salaam

Aura Mall,  
Upanga, Dar es Salaam

Mlimani City Mall,  
Ubungu, Dar es Salaam

Contact(s) :

centurycinemaxtanzania.com  
+255 +746 898 000



## Wet n wild

Type : Waterpark

Location(s) :

Kunduchi, Dar es Salaam

Contact(s) :

[www.wetnwild.co.tz/](http://www.wetnwild.co.tz/)

+255 688 058 365

## South Beach

Type : hotel/resort

Location(s) :

Kigamboni, Dar es Salaam

Contact(s) :

[hotelsouthbeachresort.com](http://hotelsouthbeachresort.com)

+255 763 428 794,

+255 684 111 852



## Nafasi Art Space

Type : art collective

Location(s) :

Along Eyasi Road,  
Mkocheni, Dar es Salaam

Contact(s) :

[www.nafasiartspace.org](http://www.nafasiartspace.org)

+255 757 820 426,



## Little Theater

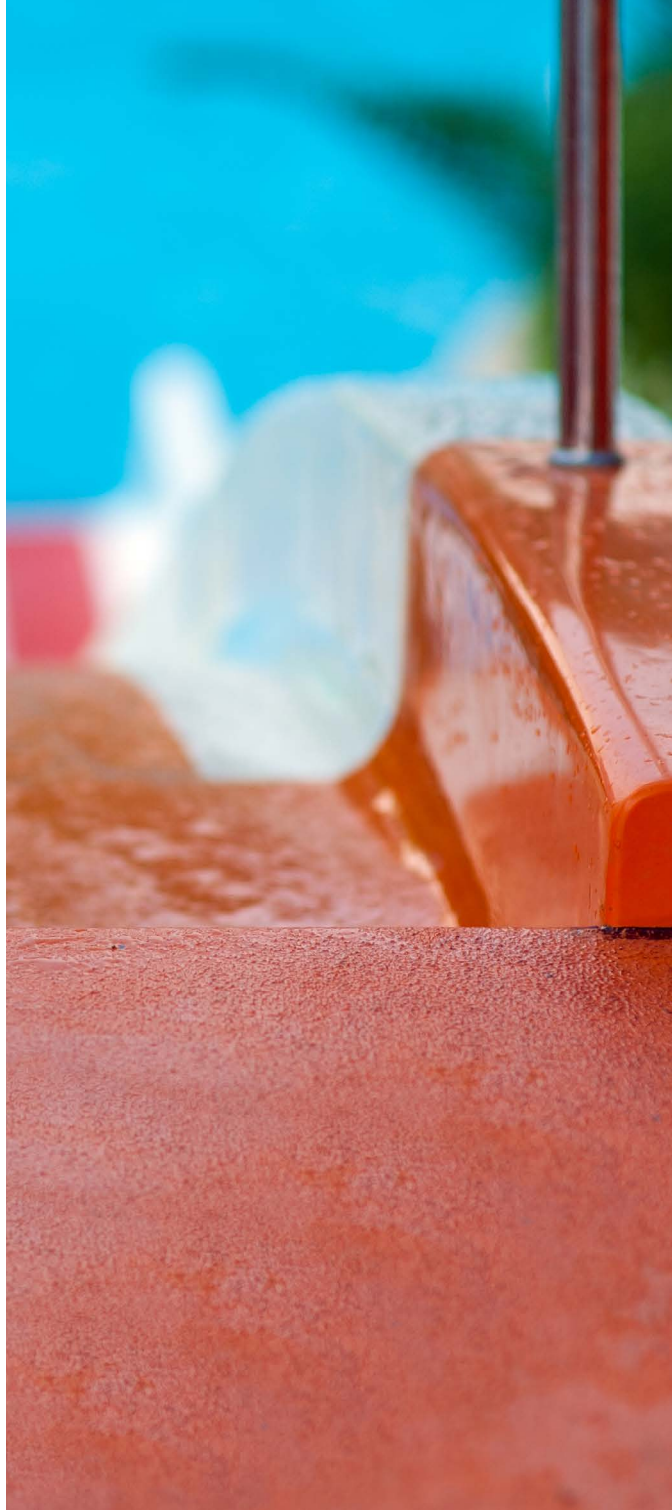
Type : local theater

Location(s) :

Along Haile Selassie Road,  
Msasani, Dar es Salaam

Contact(s) :

+255 716 221 652





## TOURS AND TRIPS

There's a variety of national parks, scenic spots, and weekend getaways.

We've listed a few places you can get to over a day's travel from Dar to get you started.

### Mount Kilimanjaro

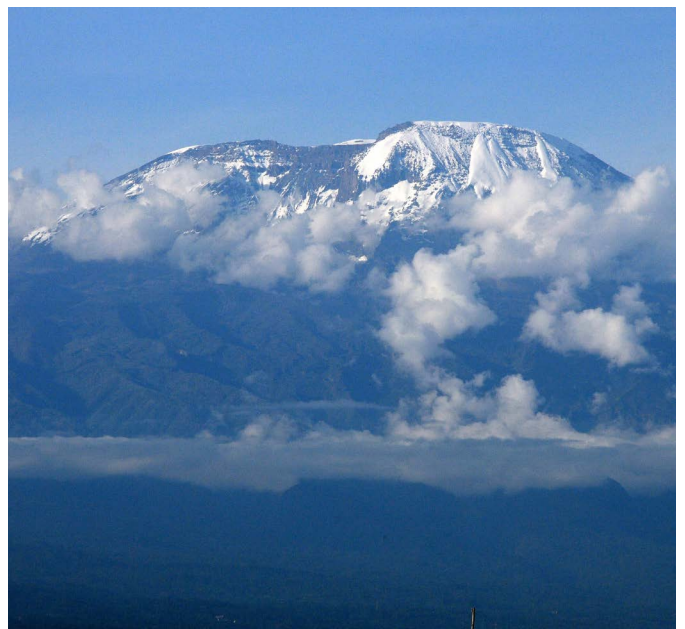
Looking for adventure? Scale the 5,895 meters high roof of Africa!

Location(s) :

Moshi, Tanzania

Contact(s) :

TripAdvisor...





## Mikumi National Park

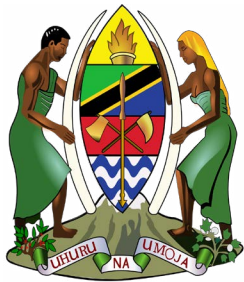
Currently the park is the 4th largest national park in Tanzania covering a total land area of 3,230 square kilometers. It's located in Morogoro and can be reached over a day's trip.

Location(s) :

Morogoro,  
Tanzania

Contact(s) :

TripAdvisor..



## Bongoyo & Mbudya Island

Located just a few kilometers off the coast of Dar, these islands are perfect for a leisurely afternoon at the beach.

Location(s) :

Mbudya Island,  
Dar es Salaam

Bongoyo,  
Dar es Salaam

Contact(s) :

Trips to these islands can be arranged from any of the hotels along the beach. The IST community commonly uses Slipway.





## Saadani National Park

Type : coastal park

Location(s) :

Pwani,  
Tanzania

Contact(s) :

Tripadvisor...



## Zanzibar

Type : islands

Location(s) :

Pemba,  
Tanzania

Unguja,  
Tanzania

Contact(s) :

TripAdvisor...



## Bagamoyo

Type : historical city

Location(s) :

Pwani,  
Tanzania

Contact(s) :

TripAdvisor...



## Magoroto

Type : forest estate/spice plantation

Location(s) :

Tanga,  
Tanzania

Contact(s) :

magoroto.com

+255 629 641 466



# TRANSPORT

You can download the Paisha app

Public transport is available in the form of Daladalas(public-buses) and DART (rapid bus system).

DART has fewer routes but traverses the length of the city. Try an end-to-end ride during the weekend when there's less traffic to see the city!

Daladalas provide access to the rest of the city, but they do not keep a regular schedule.





# BEFORE YOU ARRIVE

The city experiences tropical climatic conditions, typified by hot and humid weather throughout much of the year.

Please make sure you have a COVID test that is at most 72 hours old.

Currency - Tanzanian Shilling TZS ( 1 TZS ~ 2320 USD ).

Driving - Left side.

Plug & Socket - Type G, 230V, 50Hz

# FAMILIAR FRANCHISES



Clarks

game

WESTERN UNION WU



LA Z BOY®  
*Live life Comfortably.®*

mrp

رد تاغ  
**REDTAG**  
*always fashionable. always affordable.*

# ADDITIONAL RESOURCES

Police - 112  
Fire - 115  
Ambulance - 114

School website: [www.istafrica.com](http://www.istafrica.com)





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