



A GUIDE TO LIVING IN DAR



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

Content

Content	2
Shopping	3
Eating & Drinking	6
Healthcare	9
Recreation	12
Tours and Trips	15
Transport	18
Before You Arrive	19
Familiar Franchises	20
Additional Resources	21



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

+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

+255 22 260 0827

VILLAGE
SUPERMARKET

Fine food is our passion.



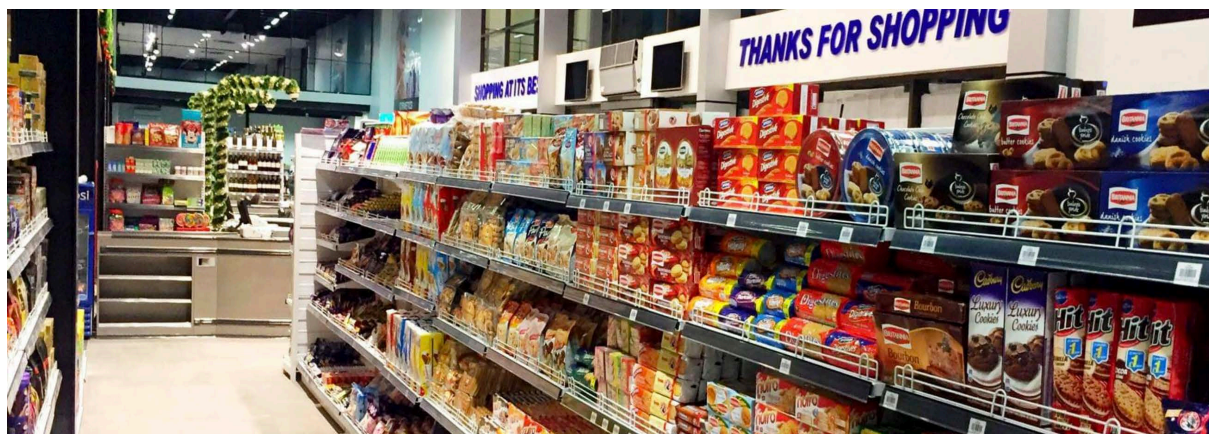
Jambo Supermarket

Location(s) :

Along Haile Selassie Road,
Masaki, Dar es Salaam

Contact(s) :

<https://www.facebook.com/p/JAMBO-Supermarket-100048666706011/>

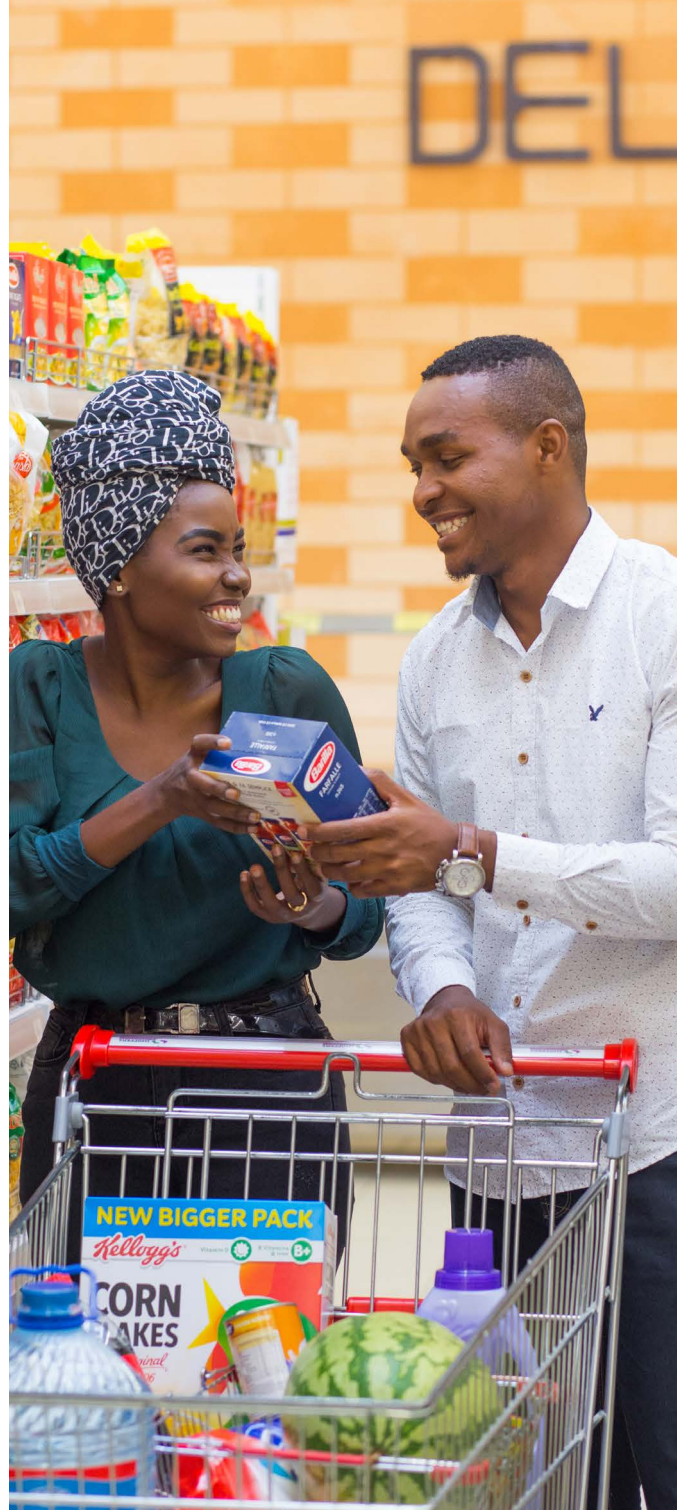


Cilantro

Type : fresh produce/food market

Location(s) :
Coco Plaza, Toure Dr,
Dar es Salaam

Contact(s) :
+255 0746 700 749



Mlimani City Mall

Type : Mlimani City is the first and currently the only indoor fully air-conditioned shopping mall

Location(s) :
Sam Nujoma road, Dar es Salaam,
Tanzania

Contact(s) :
+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



Shrijee's Supermarket

Type : Supermarket

Location(s) :
Along Haile Selassie Road,
Masaki, Dar es Salaam

Contact(s) :
+0731 222 185



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.

Amigos

Modern Mexican restaurant with delicious dishes, creative cocktails, upbeat Latin music and a colourful interior.

Location(s) :

No. 20 Mkawawa Rd., Oysterbay , Dar es Salaam, Tanzania

Contact(s) :

https://www.instagram.com/amigos_dar/

+255 745 806 136



Cape Town Fish Market

Type : Indian restaurant

Location(s) :

180 Msasani Bay, Dar es Salaam

+255 677 779 999



Karambezi Cafe

Location(s) :

Address: 776M+3XX,
Toure Dr, Dar es Salaam

+255 686 653 832



Lock and Barrel

Type : bar and restaurant

Location(s) :

Haile Selassie Rd,
Masaki

Dar es Salaam

Contact(s) :

+255 774 040 000



Zuane

Type :

Location(s) :

Along Haile Selassie Road,
Masaki, Dar es Salaam

Contact(s) :

+255 712 337 887



Woodberrycafe

A family-style restaurant with nice outdoor and indoor seating area, freshly baked bread and good coffee.

Location(s) :

behind Garden Market on Haile Selassie Rd, Masaki - between Tigo Shop & George and Dragon

Contact(s) :

+255 712 337 887

New Didiz Grill

Restaurant and Bar

+ 255 0755 363 282

https://www.instagram.com/new_didiz_grill/

Eat drink local barbecue and enjoy look food!



Mezani

Mezani specializes in 'Build your Own' pizza and American style burgers and wings!

Location(s) : Mbezi Beach | <https://www.mezani.co.tz/>

Contact(s) : mezanimkahawa@gmail.com

+255 753 000 507

Levant

The speciality of our restaurant is inspired by Levant, a region in the Eastern Mediterranean which hosted a vast variety of cultures through history, creating what is now known as Levantine cuisine

Location(s) :

Haile Selassie Rd, Masaki

levantdar@gmail.com

Contact(s) : 0747 517 552



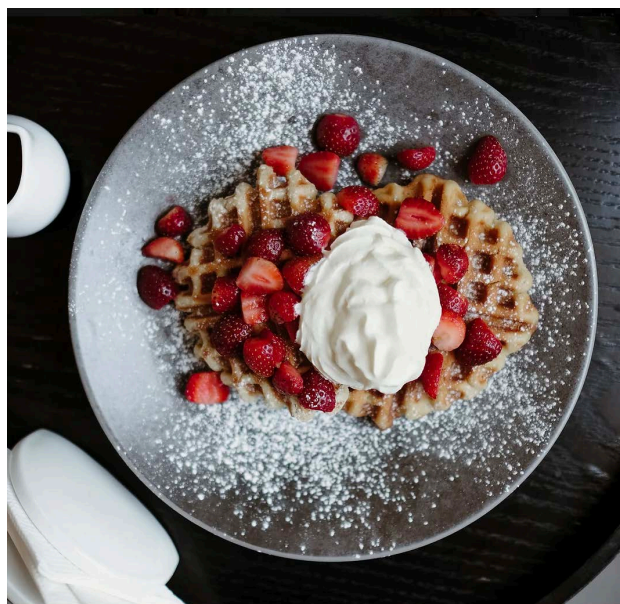
Central Park

Type : Cafe

Location(s) :

19 Barack Obama Drive, Dar es
Salaam, Tanzania

+255 768-133-825



Epidor

Location(s) :

Address: 520 Haile
Selasie Road Dar es
Salaam

+255 786 669 889



305karafuu

Location(s) :

398 Oysterbay ,
Zambia road Dar es
salaam

+255 754 277 188

WaterFront

Type :

Location(s) :

67XC+3QX The Slipway,
Slipway Rd, Dar es
Salaam

Contact(s) :

+255 22 260 0893





Thai Kan9

Location(s) :

Slip Way Dar es salaam
Masaki, Dar es Salaam

Contact(s) :

info@thaikani.com

+255715-486-014



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

+255 713 266 299



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

+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

+255 22 211 5151/53



**SALI INTERNATIONAL
HOSPITAL**

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

+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

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



Saiffee Hospital

Type : hospital

Location(s) :

Ali Hassan Mwinyi Rd,
Dar es Salaam

Contact(s) :

+255 747 535 353,
+255 22 266 53 53



Dr Agarwals Eye Hospital

Type : hospital

Location(s) :

Ali Hassan Mwinyi Road,
Kinondoni, Dar es Salaam

Contact(s) :

www.dragarwal.com

+255 787 664 809



German Dental Clinic Dar es Salaam

Type : dental clinic

Location(s) :

Ocean Plaza 400 Toure Drive
Dar es Salaam

Contact(s) :

+255 22 292 3222



RECREATION

Looking for something to do on the weekend?

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

Gervaz Lushaju
gervazlushaju@gmail.com

Dar Yacht Club

The Dar es Salaam Yacht Club is a private members club that overlooks the quiet anchorage of Msasani 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

+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) :

Dar Free Market, Dar es Salaam

Aura Mall,

Upanga, Dar es Salaam

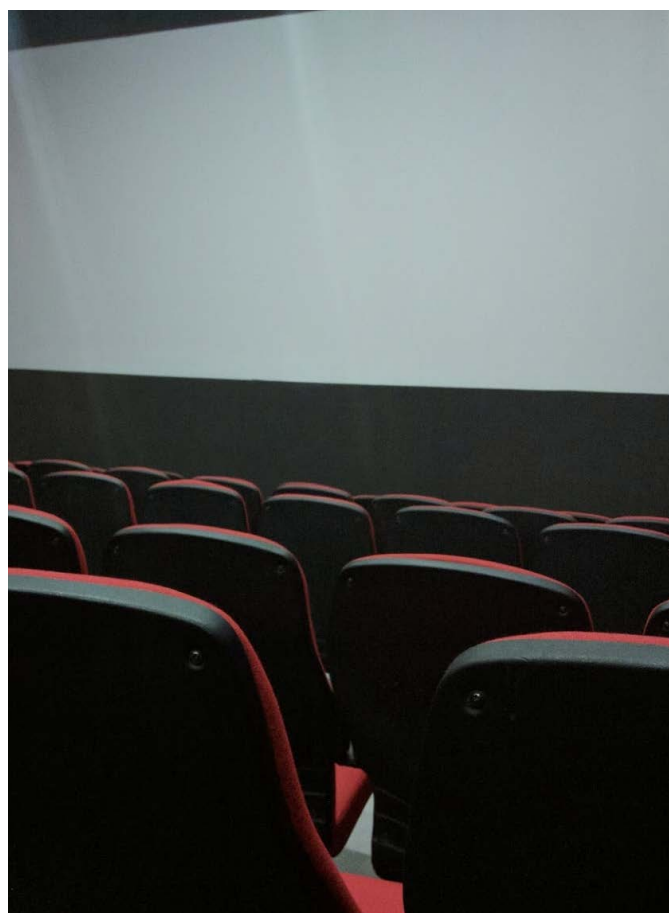
Mlimani City Mall,

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

+255 688 058 365

Kipepeo Beach and Village

Type : hotel/resort

Location(s) :

Kigamboni, Dar es Salaam

Contact(s) : [https://](https://kipepeobeach.com/)

kipepeobeach.com/

to call/WhatsApp us on

+255 754 276 178



Nafasi Art Space

Type : art collective

Location(s) :

Along Eyasi Road,
Mkocheni, Dar es Salaam

Contact(s) :

www.nafasiartspace.org

+255 757 820 426,



Little Theater

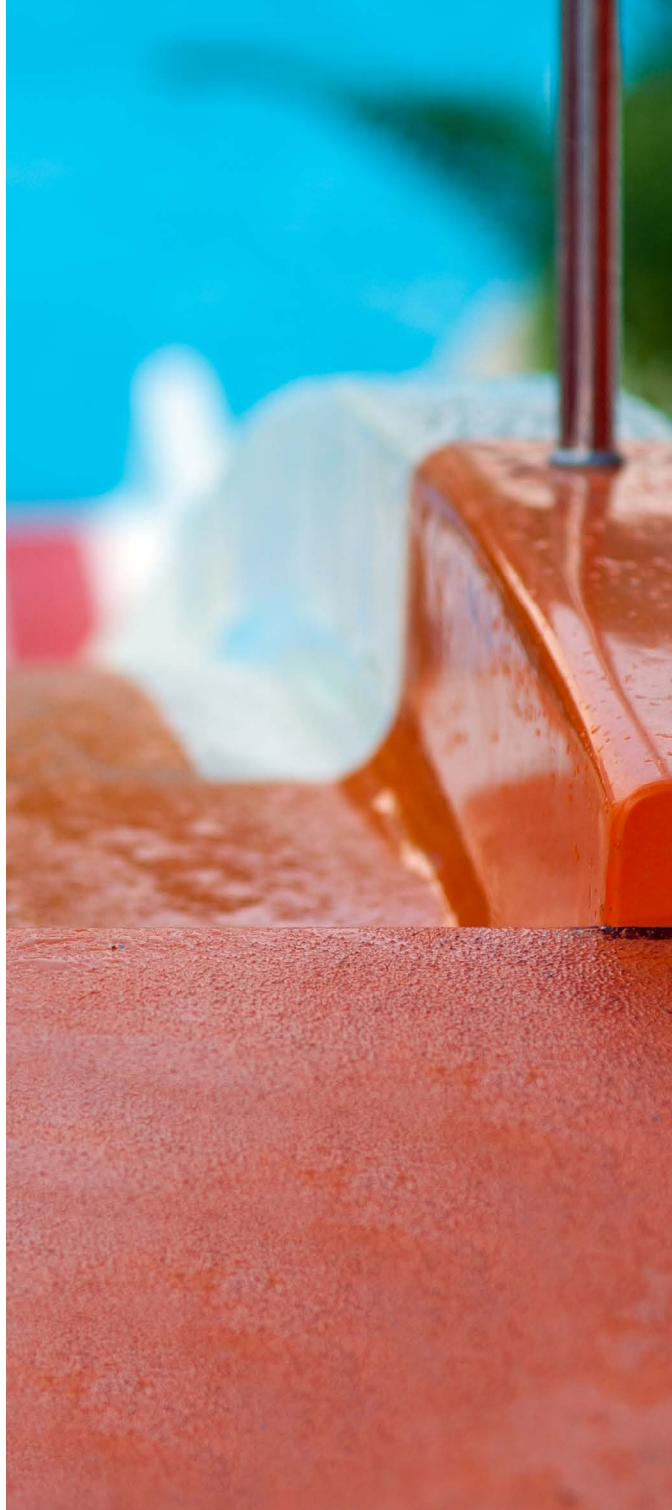
Type : local theater

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

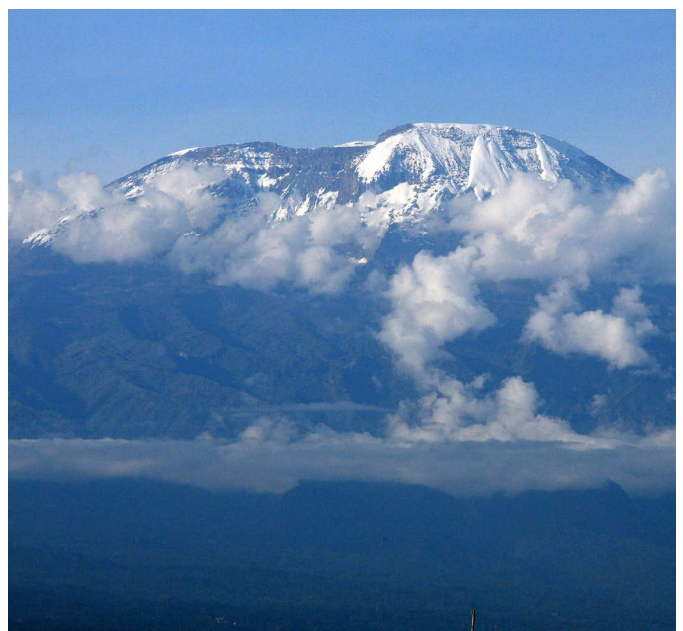
Looking for adventure? Scale the 5,895 meters high roof of Africa!

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

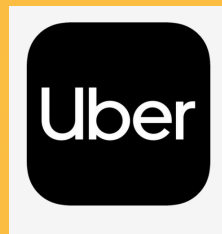
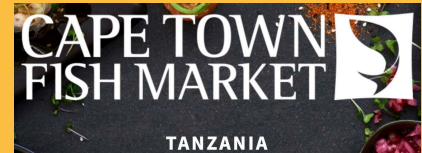
The city experiences tropical climatic conditions, typified by hot and humid weather throughout much of the year.

Currency - Tanzanian Shilling TZS (1 USD ~ 2630 TZS).

Driving - Left side.

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

FAMILIAR FRANCHISES





ADDITIONAL RESOURCES

Any Security Issues please contact
+255788556653 -Filemon Noah

School website: www.istafrica.co.tz



**International School
of Tanganyika**

Challenge | Support | Inspire

istafrica.co.tz