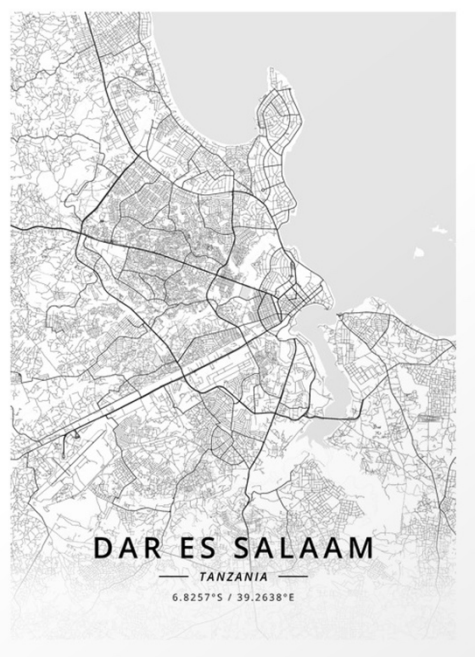


A Useful Guidebook for Dar es Salaam

(designed by Junyang Shen specially for Tanzania Specialist)

1. A Brief Background of Dar es Salaam and Tanzania

Dar es Salaam is the largest city and former capital of Tanzania. Currently, the capital city is Dodoma. It is the biggest city in East Africa with a population of 4.365 million (about 10% population of the whole country) by 2012, according to United Nations. Dar es Salaam was founded in the 1860s by the first Sultan of Zanzibar. During the colonial period, it was the main



administrative and commercial centre of German East Africa (including present Burundi, Rwanda and Tanzania mainland), Tanganyika, and Tanzania.

Tanzania is the largest country in East Africa, with approximately 1400 kilometres of coastline of the Indian Ocean. It has a long trading history with the Arabs, Persians and Indians since B.C. With more than 120 ethnic groups in the country, Tanzania is becoming more popular for its rich cultural heritage resources over the years.

Tanzania is the home to many world-famous nature attractions such as Serengeti National Park, Ngorongoro Crater, Mount Kilimanjaro, Zanzibar, Lake

Tanganyika. However, Tanzania has more to offer than that. As a neighbour of countries including Burundi, Congo (DRC), Kenya, Malawi, Mozambique, Rwanda and Uganda and Zambia, Tanzania also serves as a great transit point for your trip.

Dar es Salaam is the most prominent city in Tanzania for the arts, fashion, media, music, film, and television, as well as serving as the country's leading financial centre. Thus, Dar es Salaam is one of the best African cities to explore and learn only if you keep an open mind and heart.

2. Climate and the Best Time to Visit

Located on the coastline of the Indian Ocean, Dar es Salaam has a tropical climate with two seasons, dry and wet. The average annual temperature is about 26 °C.

In the **dry season (June, July, August, September, October)**, the rainfall can be very unusual, and the temperature is slightly lower, making it the best time to visit Dar es Salaam.

3. Visa and Entry Points

For most nationality passport holders, you either do not need a visa, or you can get a **visa on arrival** at 50USD (single entry, no more than 90 days) or 100USD (multiple entry, valid for 12 months). For details, check the website of Tanzania Immigration Services.

www.immigration.go.tz



The most common way to enter Tanzania is by air. There are three main international airports in Tanzania that link the country to the rest of the world:

- Dar es Salaam: Julius Nyerere International Airport (DAR)
- Arusha/Kilimanjaro: Kilimanjaro International Airport (JRO)
- Zanzibar: Abeid Amani Karume International Airport (ZNZ)

4. Currency

The currency used in Tanzania is **Tanzanian Shilling (TZS)**. It is recommended to bring some cash in US dollars or Euros and change them at the currency exchange service points when you arrive in Tanzania. Most international credit or debit cards (such as MasterCard and Visa) are also accepted in Dar es Salaam. You can use the ATMs to withdraw cash in shillings.

1USD \approx 2300TZS (April, 2021)

1EUR \approx 2700TZS (April, 2021)



5. Language

More than 100 languages are spoken in Tanzania due to the country's diverse ethnicity. Swahili was made the national language of Tanzania by President Nyerere to unify the country's ethnic groups. Approximately 10 percent of Tanzanians speak Swahili as their first language and up to 90 percent speak it as a second language. Thus, it is very helpful to learn some basic Swahili words and sentences. For example, greeting in Swahili will effectively create a closer connection between you and the local people, making your trip a lot more pleasant. You may pick up some basic Swahili by referring to the basic Swahili language course provided by us.

6. Transportation

To move around in the city of Dar es Salaam, the most unique way is to take the **daladala** (the signature bus in Tanzania). The newly built BRT is also a great and reliable way to travel. By taking the public transport, you really travel like a local. In case you plan to go to somewhere the public transport cannot take you or you feel like some privacy, taking a **bajaji** (also known as tuktuk in some Asian countries) is not only efficient but comes at a reason price. If you feel more adventurous, taking a



pikipiki (motorbike) is usually the fastest way to move around and cheaper than a bajaji. And of course, you can always take a taxi for a more comfortable travel experience. Do not forget to bargain before you get on the vehicle, because they often ask for a very high price at first. Using metre is not really a thing here.

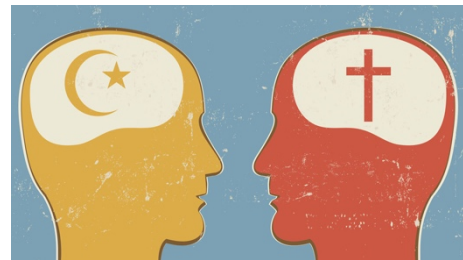
One good thing about Dar es Salaam is that you can also order a **Uber** on your app. In this way, you can skip the bargaining efforts and get to your destination in a more worry-less way.

To spend a sunny beach day on a beautiful island like Bongoyo or Mbudya, you can take a ferry boat from several ports in Dar es Salaam. One of the most convenient ferry ports is at Slipway Shopping Centre.

7. Cultural Awareness

The two main religions in Dar es Salaam are **Christianity** and **Islam**. Thus, holidays related to both religions are celebrated in Dar es Salaam. Please have an

open mind and do show respect for the diverse cultures and traditions people practice. If you want to take a photo of someone, simply ask for consent before doing so. It can be seen as rude if you take a picture of someone without asking for permission, especially for female Muslims. The dress code is generally free in Dar es Salaam. However, if you plan to visit certain places with a religious feature, such as a mosque or a halal restaurant, do make sure you dress properly to show respect for their culture. During the holy month in Islam, **Ramadan**, some Islamic business may be closed, but the majority will remain open.



People are generally very friendly, welcoming and helpful in Dar es Salaam and may greet you or try to have a small talk with you. However, as the busiest city in the country, there are also people who may have bad intentions towards visitors, such as stealing and sometimes even robbing. It is recommended to stay alert when you're walking in a busy street, especially in the evening, to look confident and not to make your valuable items too visible to reduce unnecessary attention.

8. Food and Restaurants

Due to the long history of trading with the **Arabs and Indians**, the food culture of Tanzania is also greatly influenced. The Portuguese and the British also have an influence in Swahili cuisine nowadays. Thus, you will be surprised by the diversity of Swahili cuisine.

Some signature and unique Swahili foods are **ugali** (it goes by many names in different countries in Africa, usually made of maize or cassava flour), **nyama choma** (grilled meat, mostly chicken or beef), **pilau** (a delicately spiced rice dish), **mandazi** (deep-fried sweet and milky doughnuts), and the list goes on and on.

The food hygiene level in local restaurants is generally good, and food



poisoning is not so common. So we recommend you to try as many as the rich and diverse Swahili dishes. Don't forget about the fresh tropic fruit!

As the business centre of the country, Dar es Salaam also offers you a great selection of **international cuisines**, from Ethiopian to Italian, from Chinese to Turkish, not to mention Indian and Middle-eastern. It is handy to search and check the information/comments on Google Maps, which should help you find a restaurant that caters to you most.

Some inspirations for restaurant selection:

Kariakoo Market (local fresh fruit/snacks/meals)

Coco Beach (date smoothie, nyama choma, full meal)

Samaki Samaki (local chain seafood restaurant)

University of Dar es Salaam Cafeterias (local food is all over the city but the university is always one of the best places to find the best and authentic ones. there are many cafeterias/restaurants on campus, offering a very diverse selection)

Indian/Middle Eastern Food (Summy's Barbecue Center, located in Kisutu district; in this area you can also find many temples, mosques and great food;

Khana Khazana (a great Indian restaurant located in Oyster Bay district)

Anatolia Turkish Restaurant (located in Oyster Bay district, full of shops and restaurants with good vibes, close to Coco Beach)

Chengdu Sichuan Restaurant (authentic Chinese Sichuan cuisine)

Tai Huo Hong Kong Seafood Restaurant (authentic Chinese Cantonese food offering a good selection of dim sum, seafood dishes and more)

Great Wall Restaurant (Chinese restaurant with good service and decent food presentation, authentic Sichuan hot-pot buffet is also their signature)

9. Art, Cultural and Historical Attractions

a. National Museum and House of Culture:

the flagship museum of the country; the largest and the oldest museum in Tanzania to learn the history and culture; the museum is located in the city centre, making it a great chance to explore the centre by walking;

b. Village Museum:

a great place to learn about the diverse ethnic groups in Tanzania; traditional dance, farming methods and homesteads are on display at this open-air living museum;

c. Nafasi Art Space:

Nafasi Art Space hosts over 50 artists, 37 studios, and several exhibition spaces; it offers regular programmes including training and workshops, art talks, and public events, such as film screenings, exhibitions, concerts, festivals, and public art fairs; check their website for the latest events! <https://www.nafasiartspace.org/>

d. Bagamoyo Historical Town

Bagamoyo lies about 75km north of Dar es Salaam, so it is nice to spend most of your day time there; founded in the late 1800s, Bagamoyo (means “broken heart” in Swahili) was the capital of German East Africa; Bagamoyo will be a not only educative historical town to visit but also a peaceful beach town to relax in; designated as Tanzania’s 7th world heritage site, Bagamoyo’s history has been

influenced by Indian and Arab traders, by the German colonial government and by Christian missionaries; the slow pace in this seaside town with a beautiful white beach will make it a nice day getting away from the hustle of Dar es Salaam;

e. Mwenge Woodcarvers Market

walking distance (1km) from Mlimani City shopping centre, Mwenge

Woodcarvers Market is one of the best places in the country to meet woodcarving artists, Tingatinga painting artists or to do some souvenir shopping;



10. Shopping

Dar es Salaam offers you the best shopping centres in the country.

Mlimani City is the biggest shopping mall in Tanzania, where you can enjoy an air-conditioned shopping experience to equip you with most necessities you need for your holiday.

Kariakoo Market is the biggest and busiest market in the country. You can almost find everything here, so why not spend a few hours to surprise yourself?

Slipway Shopping Centre offers you some upper class food and drinks with a gorgeous sunset view. It is also a nice place to shop for souvenirs and arts.

Shoppers Plaza is also one of the best shopping centres in town. It is located in the Mikocheni district, where you can find a lot of nice shops, bars, restaurants nearby by walking.

Sea Cliff is a place with not only a beautiful hotel but also many nice shops and restaurants. It is a popular place among expats and upper class locals.

11. Entertainment and Nightlife

A nice big city has to offer you some amusement parks, doesn't it? Dar es Salaam is no exception. If you're curious about how the amusement parks in Tanzania are, do not forget to visit **Fun City Kigamboni** and



Kunduchi Wet'N'Wild Waterpark. This is a great opportunity to enjoy the city as if you really live here.

When the sun goes down and the moon rises, it is time to enjoy the vibrant night life in Dar es Salaam. Here are some recommendations to inspire you:

- a. High Spirit Lounge (popular club with several dancefloors, rooftop 360 degree city view)
- b. Kitimoto Coco Beach (bar, food, and the best Karaoke night on every Wednesday)
- c. Mbalamwezi Beach Club (live music on the weekdn, Karaoke on Thursdays, private beach, good food and bar, a popular place to hang out with friends and family)
- d. Casinos such as Princess Casino, Sea Cliff Casino (part of Seacliff Hotel) and Las Vegas Casino (located in East Upanga district, safe neighbourhood and popular casino)