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1. Geographical location

Dar es Salaam is situated on a natural harbor on the eastern bank of Africa, with beaches in a few ranges. Officially, the Dar es Salaam locale is partitioned into five regions: Ilala, Kinondoni, Ubungu, Kigamboni and Temeke. The eastern coast contains Tanzania's biggest city and previous capital, Dar es Salaam. Towards north of this city lies the Zanzibar Archipelago, a semi-independent domain of Tanzania which is renowned for its spices. The coast is home to regions of East African mangroves, mangrove overwhelms that are a critical natural surrounding for wildlife on the land and in the water.



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2. Neighbouring cities/countries

The Major Cities Close To Dar Es Salaam, Tanzania Are Maneromango Which Is At An Approximate Distance Of 87.5 Kilometers, Zanzibar Whch Is At An Approximate Distance Of 92.9 Kilometers, Mkuranga Which Is At An Approximate Distance Of 50 Kilometers.



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3. Significance

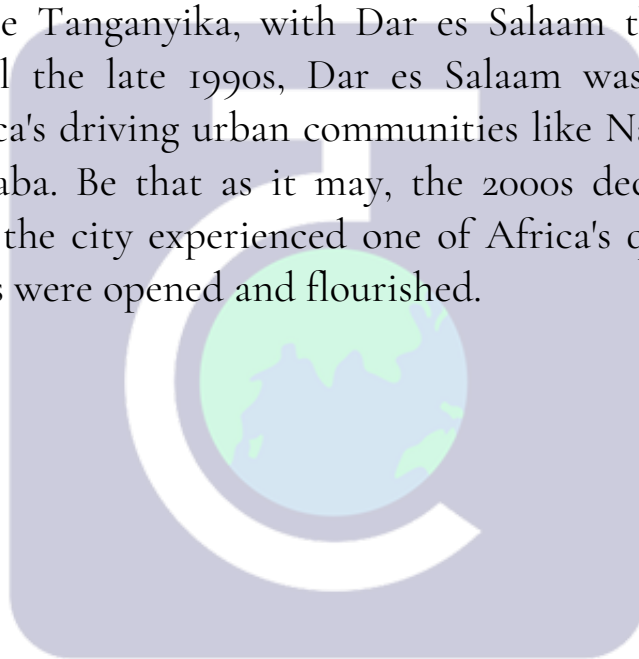
Dar es Salaam is the biggest city of Tanzania and the biggest city in eastern Africa by population, and additionally a provincially essential business centre. It is Tanzania's most noticeable city in expressions, style, media, music, film and TV. It is Tanzania's driving financial centre with the Dar es Salaam Stock Exchange (DSE) being the nation's first and most vital stock trade market. Dar es Salaam is the biggest and most crowded Swahili talking city on the planet.



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4. History

In 1865 or 1866, Sultan Majid Bin Said of Zanzibar started assembling a city near Mzizima and named it Dar es Salaam. The name is ordinarily interpreted as "dwelling place/of peace". Dar es Salaam fell into decline after Majid's passing in 1870, however was restored in 1887 when the German East Africa Company set up a station there. German East Africa was captured by the British amid World War I and got to be Tanganyika, with Dar es Salaam the authoritative and business focus. Until the late 1990s, Dar es Salaam was not put into same classification as Africa's driving urban communities like Nairobi, Johannesburg, Lagos, or Addis Ababa. Be that as it may, the 2000s decade turned into the defining moment as the city experienced one of Africa's quickest urbanization rates as organizations were opened and flourished.



Index**5. Cultural identity**

There are more than 120 ethnic groups on the Tanzanian territory, a large portion of whom moved from different parts of Africa throughout the centuries, while on the coast, the Swahili individuals began from a mixed blend of merchants – Arabic, Persian and Chinese among others – who touched base during the eighth century. Kiswahili and English are the official dialects. The terms Swahili and Kiswahili are utilized conversely, however the term Swahili typically alludes to the general population while Kiswahili alludes to the dialect.



Index**6. Natural resources**

Natural resources are an important contributor to the GDP of the country. 95% of the natural resources' earnings come from gold in Tanzania. Besides this, Tanzania also produces copper, silver, diamonds and natural gas.



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7. Key site seeing places (paid and free)

7.1. Paid

7.1.1. Dar es Salaam National Museum

Founded in the memory of King George V, the Dar es Salaam National Museum is now dedicated to the background of the country. It also houses a number of historical artefacts from the German and British rule in Tanzania. Visit the history room and ethnographic collection to know more about the country's past and its cultural melange. The House of Culture is a new extension which provides a display area and an educational resource center.

Address : Shaaban Robert Street, Dar es Salaam, Tanzania

Location : -6.813582999999999, 39.29411260000006

Contact : +255 22 212 2030

Nearest Public Transport : Posta bus station

Entry Fee : Adults: 6500 TSH Student: 2600 TSH

Open & Close Timing : Daily- 09:30hrs-18:00hrs

Time Required : 2

Expected Wait Time : 5 minutes

Buy Ticket : No

7.1.2. Village Museum

The highlight of the Village Museum is a stockpile of fairly built houses depicting the traditional life in various parts of the country. Every house in this museum is surrounded by crops and furnished with general items while the locals showcase traditional skills like weaving and pottery. The Village Museum is located 9 kilometers north of the city center.

Address : Dar es Salaam, Tanzania

Location : -6.822921, 39.26966100000004

Contact : +255 22 270 0437

Nearest Public Transport : Kariakoo Bus Station

Entry Fee : Adults- 6500 TSH Student: 2600 TSH

Open & Close Timing : Daily- 09:30hrs-18:00hrs

Time Required : 2

Expected Wait Time : 10 minutes

Buy Ticket : No

7.1.3. Botanical Garden

Founded by the Friends of the Museums of Tanzania, the Botanical Garden holds about 5,000 species of plants. An attractive mix of indigenous plants, red hibiscus, and scarlet flame trees can be admired by nature lovers. The garden is one of the few places where one can sight a coco de-mer palm tree, which is a native of Seychelles.

Address : Dar es Salaam, Tanzania

Location : -6.812166500000001, 39.294188800000003

Nearest Public Transport : Posta bus station

Entry Fee : Ranges between 500 TSH to 1000 TSH

Open & Close Timing : Daily- 09:00hrs-17:30hrs

Time Required : 1.5

Expected Wait Time : 10 minutes

Buy Ticket : No

7.1.4. Dar Es Salaam Zoo

Located 37 kilometers from downtown Dar es Salaam in the Kigamboni district, this zoo is different from its counterparts due to its natural flora and fauna setting. A river with cold and crystal clear water flows throughout the year which provides a sanctuary for the environment and the wildlife. The zoo because of its multi-intersect facilities is an ideal place for people of any age, whether local or tourists, to come and enjoy themselves. It also has facilities such as a fun fair operation, swimming pool and a gym.

Address : Dar es Salaam, Tanzania

Location : -6.943808199999999, 39.4002550000000016

Contact : +255 658 888 111

Website : <http://www.daressalaamzoo.com/>

Nearest Public Transport : posta bus station (not recommended)

Entry Fee : TSH 395000

Open & Close Timing : Daily- 08:00hrs-18:00hrs

Time Required : 3

Expected Wait Time : 10 minutes

Buy Ticket : No

7.1.5. Kunduchi Water Park

Located beside the Kunduchi Beach Hotel, 16 kilometers north of the city, the water park comprises of swimming pools, slides, gym and a go-karting track. It is a perfect place to spend time with your family and children.

Address : Dar es Salaam, Tanzania

Location : -6.6665391, 39.21790209999995

Contact : +255 688 058 365

Website : <http://www.wetnwild.co.tz/>

Nearest Public Transport : Jeshini Bus station

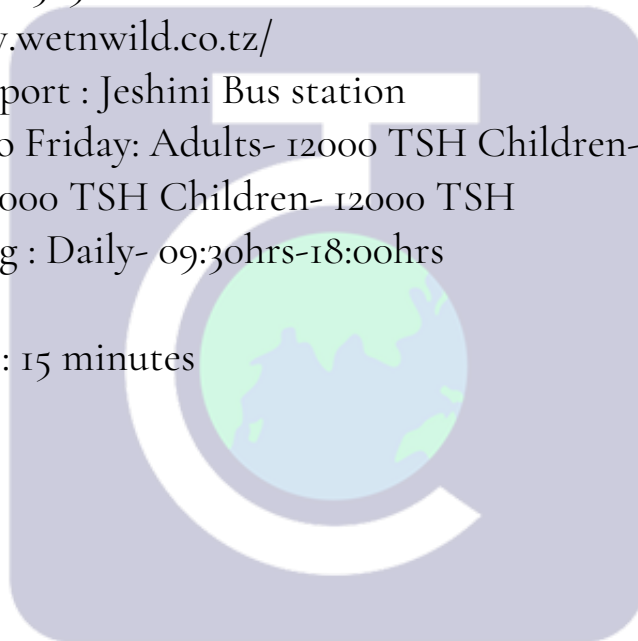
Entry Fee : Monday to Friday: Adults- 12000 TSH Children- 10000 TSH Saturday & Sunday: Adults- 14000 TSH Children- 12000 TSH

Open & Close Timing : Daily- 09:30hrs-18:00hrs

Time Required : 6

Expected Wait Time : 15 minutes

Buy Ticket : Yes



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7.2. Free

7.2.1. Tanzania National Stadium

Zipcode : 0

Location : -6.854150799999999, 39.273259699999926

Time Required : 0

Buy Ticket : No

7.2.2. Uhuru Stadium

Zipcode : 0

Location : -6.855678799999999, 39.272772900000064

Time Required : 0

Buy Ticket : No

7.2.3. Askari National Monument

The Askari Monument was built to commemorate the native troops and all the other men who served the army that fought as the Carrier Corps and gave their lives for their country during the Great War between 1914 and 1918. The monument is cast in bronze with the blade of the rifle pointing towards the harbor nearby. The monument has an engraving in English and Swahili by a famous British writer and poet named Rudyard Kipling.

Address : Samora Avenue, Dar es Salaam, Tanzania

Location : -6.816647999999999, 39.289534799999956

Nearest Public Transport : Posta Bus station

Open & Close Timing : Daily- Open 24 hours

Time Required : 1

Expected Wait Time : 5 minutes

Buy Ticket : No

7.2.4. St. Joseph Cathedral

The German missionaries built the Cathedral near the harbor front between 1897 and 1902. The Gothic-style cathedral contains a number of German inscriptions

and artworks, which include a sculpted relief above the main shrine. The highlight of the cathedral consists of a vaulted interior, shingled spire, and blemish glass windows.

Address : Sokoine Dr, Dar es Salaam, Tanzania

Location : -6.819410599999999, 39.28810550000003

Contact : +255 762 944 062

Nearest Public Transport : Zanzibar ferry terminal

Open & Close Timing : Monday to Friday: 08:30hrs-12:30hrs and 15:00hrs-17:30hrs

Saturday: 08:30hrs-12:00hrs Sunday: Closed

Time Required : 1.5

Expected Wait Time : 5 minutes

Buy Ticket : No

7.2.5. Bongoyo Island

A much-loved island gateway, Bongoyo Island lies off the Msasani peninsula about 6.5 kilometres north of Dar es Salaam. Visitors can rejuvenate their mind and body by resting under the shadow of umbrellas on the north-west tip of the island. Snorkelers might spot some of the marine species like starfish, angelfish and amidst the corals. Of the 4 islands in Dar es Salaam, Bongoyo Island is visited more frequently in comparison to the others. The island is dotted with several good shacks.

Address : Bongoyo Island. Dar es Salaam

Location : -6.697887199999999, 39.26547040000003

Nearest Public Transport : Chole bus station (not recommended)

Open & Close Timing : Daily- Open 24 hours

Time Required : 4

Buy Ticket : No

7.2.6. Uhuru Monument

Located inside Mnazi Mmoja Park in the heart of the city, the Uhuru Monument is a famous destination among tourists, as it one of the major landmarks of the city. It is a white pillar with a model of the Uhuru Torch on the top of the pillar.

Address : Dar es Salaam, Tanzania

Location : -6.821752500000001, 39.280999299999996

Nearest Public Transport : Mnazi Mmoja Bus station

Open & Close Timing : Daily- Open 24 hours

Time Required : 0.5

Buy Ticket : No

7.2.7. Azania Front Lutheran Church

Located in the heart of the city close to the sea, German missionaries built a Lutheran serving as a cathedral for local people. The cathedral for the diocese was once a center of the 19th-century German mission. The white and red-roofed building rises above the surrounding rooftops and is a well-known landmark in the city. The garden is a great retreat for tired tourists.

Address : Kivukoni Rd, Dar es Salaam, Tanzania

Location : -6.8174882, 39.2912513

Contact : +255 787 428 763

Website : <http://www.azaniafront.org/>

Nearest Public Transport : Ferry Bus station

Time Required : 1.5

Buy Ticket : No

7.2.8. Ohio Street

Ohio Street is a popular place for local artists who sell textiles and handmade crafts.

Address : Dar es Salaam, Tanzania

Location : -6.813491099999999, 39.289513299999995

Time Required : 0

Buy Ticket : No

7.2.9. Milimani City Shopping Mall

Milimani Shopping Center is the country's largest shopping arcade with a variety of local and foreign brands and a one-stop destination to fulfill your shopping needs.

Address : Dar es Salaam, Tanzania

Location : -6.7721428, 39.219335

Time Required : 0

Buy Ticket : No

7.2.10. Kariakoo Market

The Kariakoo Market district is a shopping hub and offers ample of options from fruits to electronic goods.

Address : Swahili St, Dar Es Salaam, Tanzania

Location : -6.819677899999999, 39.275366699999995

Time Required : o

Buy Ticket : No



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8. Key sites sports & adventure

Tanzania is a great tourist destination to enjoy a diverse set of holidaying options. Home to Mount Kilimanjaro and some of the best beaches on the Eastern coast of Africa, Tanzania offers a lot of options for water based adventure sports activities.

- **Scuba diving -**

Address : Yacht Club Rd, Dar es Salaam, Tanzania

Location : -6.7522848,39.2720618999999

Contact No : +255 754 783 241

Website : <http://www.seabreezemarine.org/>

Nearest Public Transport : Chole Bus Station

Entry Fees : Ranges from 152845 TSH to 873400TSH

Open / Close Time : Daily- 08:00hours-18:00hours

Time Required : 3

Wait Time : 20-25 minutes

- **Kitesurfing -**

Address : Dar es Salaam, Tanzania

Location : -6.6648473,39.2190564

Contact No : +254 722 308 026

Website : <http://www.kunduchi-kite-school.com/>

Nearest Public Transport : Kona Bus Station

Entry Fees : TSH 250000 per person

Time Required : 2.5

Wait Time : 15 minutes

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9. Adventure sports, Local sports, stadiums

Football is the predominant sport in Tanzania and is composed of a number of leagues in various divisions. Basketball as a sport is only played in the army and schools. Some of the popular stadiums in Dar es Salaam are: 1. Tanzania National Sports Stadium 2. Uhuru Stadium



10. Spas and relaxation

Dar es Salaam spas are composed of a number of treatment options that a global traveller can indulge in. Products used in these spas are predominantly natural and one must take time out to relax.

- **Anantara Spa:**

Address : 24, Kivukoni Rd, Dar es Salaam, Tanzania

Location : -6.816588399999999,39.293364099999996

Contact No : +255 764 701 234

Website : <https://daressalaamkilimanjaro.regency.hyatt.com/en/hotel/activities/hotel-activities/spa.html>

- **Zen Spa:**

Address : 30 Makai St masaki, Dar es Salaam, Tanzania

Location : -6.7461153,39.27516160000005

Contact No : +255 756 163 666

- **Headline Salon And Spa:**

Address : Mwai Kibaki Rd, Dar es Salaam 2338, Tanzania

Location : -6.766812000000001,39.261798999999996

Contact No : +255 782 717 319

11. Events calendar

Month

Events

Wanyambo Festival

Wanyambo Festival is a cultural gathering held in Makumbusho in Dar es Salaam, featuring plenty of traditional music, dance and food.

Kilimanjaro Marathon

Kilimanjaro Marathon is a Global marathon that draws crowds from all over the world.

Mzalendo Halisi Music Festival

Mzalendo Halisi Music Festival is a festival of traditional Tanzanian music and culture.

Autofest Tanzania

Autofest Tanzania is a magnet for car enthusiasts, held in Dar es Salaam's TTCL Grounds. The program of events generally includes displays of vintage vehicles, stunt shows, rides and entertainment.

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12. Key local guides and tours

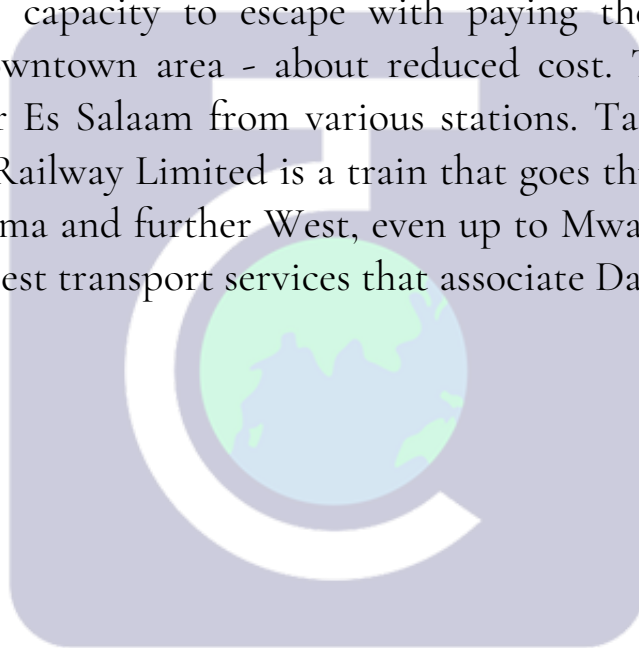
Dar es Salaam is a nodal point for a number of day trips. One can choose between a day trip to the Mikumi National Park and day trips to the nearby islands like the Bongoyo and the Mbudaya Island. Hiking tours are also popular in Dar es Salaam and can be done at Pugu Hills located very close to the city centre and airport. Some of the tour operators that organize such tours include 1. Shrike Safaris (+255 756 243 686) 2. Tanzania Experience (+255 786 96 1506)



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13. Transportation hubs

Tanzania's main airport is in Dar es Salaam, Julius Nyerere International Airport. The airport terminal is 10 km from the downtown area and 20 km from the Msasani Peninsula. Most extensive lodgings offer a pick-up and drop-off administration upon request. Prices are settled at \$30 USD for non-occupants for a ride to the city centre. Avoid paying in US Dollars to get the best taxi costs and you might have the capacity to escape with paying the inhabitant rate of 30,000Tsh to the downtown area - about reduced cost. There are two trains originating from Dar Es Salaam from various stations. Tazara Railway Station works the Tanzania Railway Limited is a train that goes through the focal point of Tanzania to Dodoma and further West, even up to Mwanza. Kilimanjaro and Dar Express are the best transport services that associate Dar with Arusha.



Index**14. Transportation cost**

Taxi cartels at the airport charge a flat rate of \$30 for foreign tourists. However, the local rate for transfers to the city centre is in the range of TSH 30000. One may also choose to flag down a taxi that may charge TSH 10000 to TSH 20000 for such transfers.



Index**15. Baggage allowance**

Suburban and out bound trains from Dar es Salaam have no limit on the baggage that can be carried on board. The recommendation is however that tourists travel light with minimum or light baggage.



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16. Must try food and local savouries

Tanzania is known for a range of African dishes that draw their origin from the nomadic lifestyle of the continent. It also has a number of regional cuisines that have been borrowed due to the various cultures that coexisted in Tanzania at various points in time.



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17. Restaurant & Nightlife

Once a humble, sluggish angling town on the shore of Tanzania, Dar es Salaam has changed into a bustling city with an assortment of art markets, eateries, and beaches to investigate. Around evening time, visitors will be left enchanted by the town's rational vibe and its range of English and African bars and clubs. Whether you're searching for a swarmed dance floor, or an easygoing joint to take in games and watch the sunset, Dar es Salaam offers a lot to suit the style and state of mind of each explorer.

Food -

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- **Ali's:**

Address : Mwisho Street, Dar es Salaam, Tanzania

Location : -6.816900100,39.283110200

Open / Close Time : Daily- 18:00hours-00:00hours

- **Mamboz restaurant:**

Address : 3 Libya Street, Morogoro Rd, Dar es Salaam 5983, Tanzania

Location : -6.8152702,39.278903200

Contact No : +255 683 626 269

Open / Close Time : Wednesday to Monday: 18:00hours-00:30hours

Tuesday: Closed

- **Bilicanas Clubhouse:**

Address : Mkwepu St, Dar es Salaam, Tanzania

Location : -6.816569800,39.287774600

- **Mango Garden:**

Address : Mafeke St, Dar es Salaam, Tanzania

Location : -6.7931015,39.261007299

Open / Close Time : Daily- Open 24 hours

- **The Alcove Restaurant:**

Address : Kisutu St, Dar es Salaam, Tanzania

Location : -6.814603699,39.2866272

Contact No : +255 22 213 7444

Website : <http://www.alcovetz.com/>

Open / Close Time : Daily: 08:00hours-22:00hours

- **Epi D'Or:**

Address : 520 Haile Selasie Rd, Dar es Salaam, Tanzania

Location : -6.742070000,39.280598000

Contact No : +255 22 260 1663

Website : <http://epidor.co.tz/>

Open / Close Time : Tuesday to Sunday- 07:30hours -22:30hours Monday:
Closed

- **Mediterraneo:**

Address : Tuari road plot 432, Dar es Salaam 36110, Tanzania

Location : -6.732158,39.236920000

Contact No : +255 754 812 567

Website : <http://www.mediterraneotanzania.com/>

Open / Close Time : Daily- 11:30hours-23:00hours

- **Addis in Dar:**

Address : 35 Ursino Street, Dar es Salaam, Tanzania

Location : -6.773418500,39.262954900

Contact No : +255 713 266 299

Website : <http://www.addisindar.com/>

Open / Close Time : Monday to Saturday: 06:00 hours-22:30 hours

Sunday: Closed



Index**18. Average meal cost**

A three-course meal in Dar es Salaam costs as following: • Expensive restaurant (expat area): TSH86000 • Inexpensive restaurant: TSH50000 • Mid-range restaurant: TSH60000 • Alcohol Prices: Domestic Draught (0.5 litre): TSH2800; Imported Beer (0.33 litre): TSH4200



Index**19. Shopping**

Shopping in Dar es Salaam has seen a modernization since 2006 with air-conditioned malls but it is advised that one shops at the local markets to get the best shopping artefacts and the best bargain. The Weekend Craft Market at the Slipway on the Msasani Peninsula.



Index**20. Tourist benefits**

VAT in Tanzania is at 18% of purchases and services. Foreign tourists are allowed to reclaim their value added tax on a collective purchase of VAT at multiple offices for refund in the city. The VAT office for refund is also set up at the International Airport. Duty free shopping is available at the airport.



Index**21. Essential local apps**

Dar es Salaam travel guide is a must use app for people visiting Dar es Salaam. You can also use Uber to book a cab anywhere in the city. These apps are available on android platforms on the Google Play Store.



Index**22. Driving**

Driving in Tanzania can be a difficult task. Drivers either need a Tanzanian Driving License or an International Driving License. Outside guests can drive in Tanzania with their residential driver licenses and International driving grants for 90 days.



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23. Travel essentials

The standard electricity supply in the Tanzania is 230 volt – 50 Hz AC, 15 A and plugs have two or three prong round pins. North American appliances that work only on 110V (most work on 110–240V) will also need a transformer. Remember to bring an adapter or converter if you need it.



Index**24. Essential clothes**

The standard electricity supply in the Tanzania is 230 volt – 50 Hz AC, 15 A and plugs have two or three prong round pins. North American appliances that work only on 110V (most work on 110–240V) will also need a transformer. Remember to bring an adapter or converter if you need it.



Index**25. Local currency**

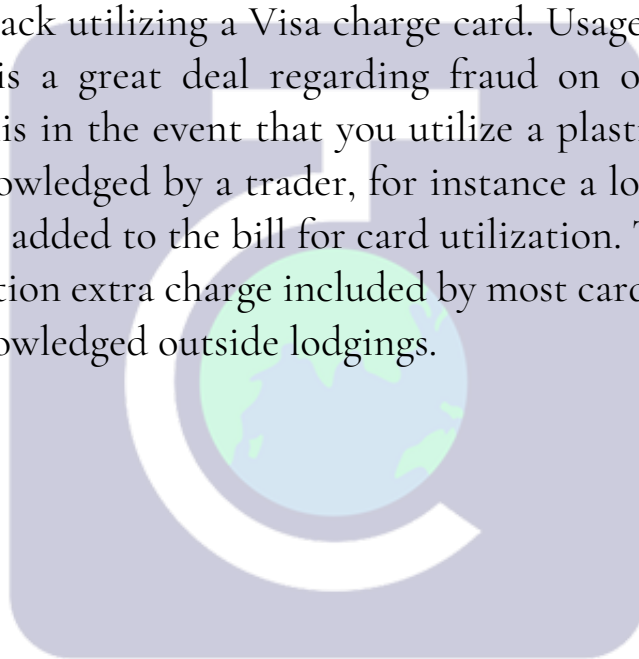
The local currency of Tanzania is the Tanzanian Shilling. 1USD= 2180.30 TSH.



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26. Change vendor's commission, ATM charges

Changing cash in Tanzania is not an issue in most populated regions. Inns as a rule have a more awful rate than banks, so you ought to go to a Forex office (otherwise known as Bureau de Change) or bank if possible. ATMs (money focuses) are situated in almost all banks with 24-hour get to and give the same exchange scale as the bank. They may require a Visa card. Ask if there is any extra expense for pulling back utilizing a Visa charge card. Usage of debit cards is not instructed as there is a great deal regarding fraud on occasion and you are extremely open to this in the event that you utilize a plastic. On the off chance that the card is acknowledged by a trader, for instance a lodging, expect a 5% or 6% extra charge to be added to the bill for card utilization. This notwithstanding the 3% remote utilization extra charge included by most card issuers. Credit cards are not broadly acknowledged outside lodgings.



Index**27. Staying connected**

Most hostels, hotels, cafes and restaurants in Tanzania offer free wi-fi facility to their customers. As far as cell phone connectivity goes, the city is covered by the GSM 900/ 1800/ GPRS/ HSPDA network. There are three main operators in the city i.e MTN, Cell C and Virgin Mobile and Telkom.



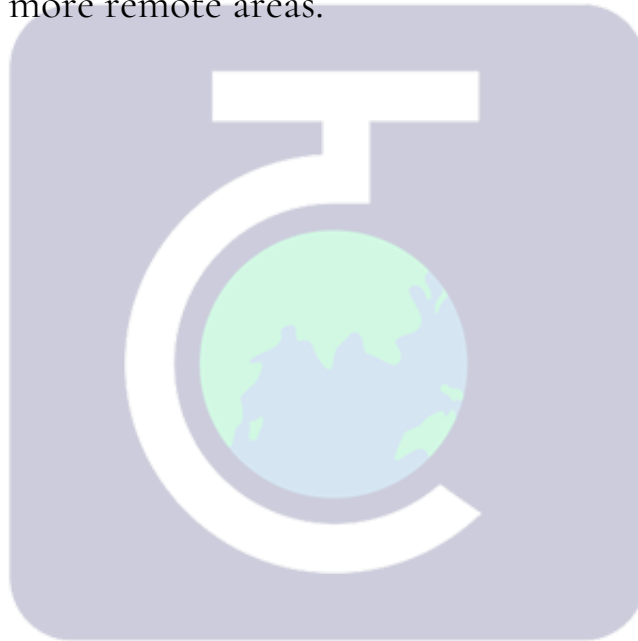
28. Time Zone

Tanzania observes East Africa Time Zone. It is CET (UTC+3)



Index**29. Languages**

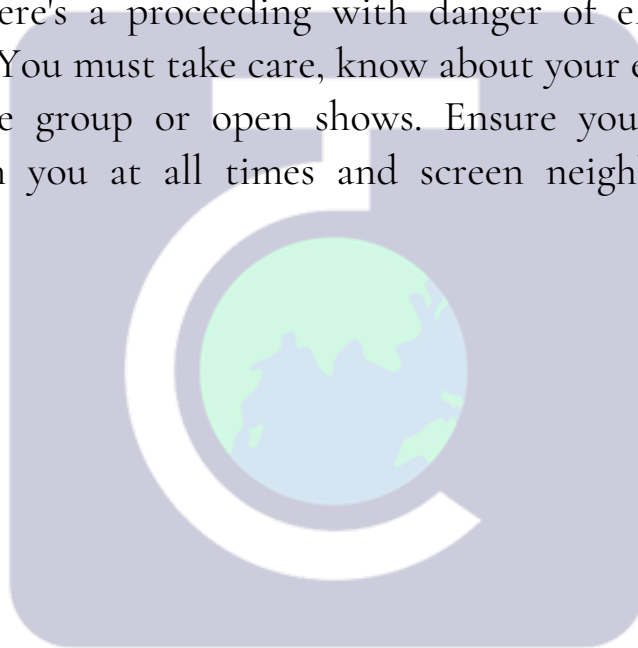
Kiswahili and English are the official languages. The terms Swahili and Kiswahili are utilized reciprocally, however the term Swahili typically refers to the general population while Kiswahili alludes to the language. Starting along the coast, Kiswahili is a Bantu dialect with numerous words got from Arabic. Other African dialects, for example, Bantu and those of Nilo-Hamitic and Khoisan birthplace are likewise talked in more remote areas.



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30. Political Scenario

Tanzania remains in the potential danger of violence and turmoil. You ought to stay watchful and keep away from all group and exhibits. In the event that you get to be mindful of any adjacent dissents, leave the territory quickly. Screen neighbourhood media for updates and ensure you have entry to a way to communication. A re-run running of races occurred in Zanzibar (Unguja and Pemba) in 2016. There's a proceeding with danger of elevated pressure and distress in Zanzibar. You must take care, know about your environment and stay away from expansive group or open shows. Ensure you have a method for correspondence with you at all times and screen neighbourhood media for upgrades.



Index**31. Economic Scenario**

The United Republic of Tanzania is the second biggest economy in the East African Community and the twelfth biggest in Africa. The nation is generally dependent on agribusiness for jobs, representing about portion of the utilized workforce. An expected 34 percent of Tanzanians right now live in poverty. The economy has been transitioning from an order economy to a business sector economy since 1985. The Tanzanian economy is vigorously taking into account agribusiness, which represents 24.5 percent of GDP and Mining contributed 3.3 percent of GDP.



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32. Religious belief

Roughly 33% of Tanzanians distinguish themselves as Christian, another third as Muslim. The remaining one third practice one of the nation's various indigenous religions. Alongside Christianity and Islam, the Hindu, Sikh, and Buddhist beliefs are rehearsed by individuals from the Asian minorities on the terrain and the islands.



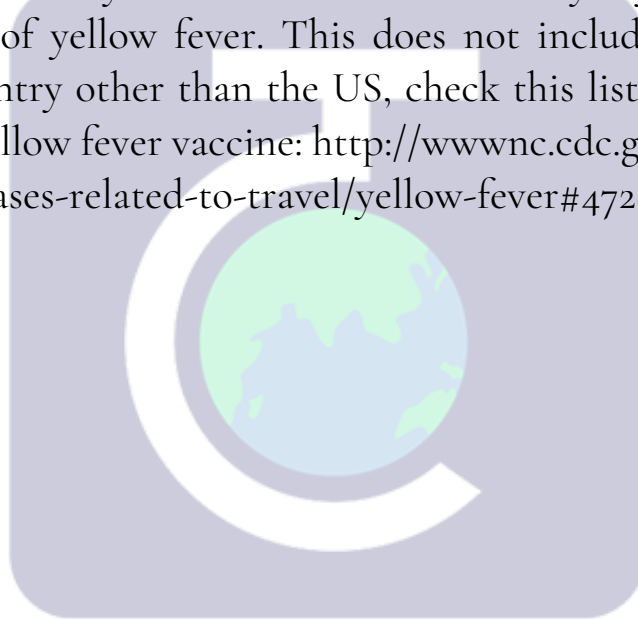
Index**33. Visa requirements**

The visa requirements are different for different countries of residence of the traveller. Visa requirements depending on the country of residence can be found on: http://tanzaniaembassy-us.org/?page_id=76 It is advisable to keep 2 pages free in your passport for arrival and departure stamps. In certain cases, it has been observed that applying and receiving a visa can be a process of 20-30 days. Hence, it is essential that you check the timeline with the relevant authority in the country where you intend to make the visa application.



Index**34. Essential vaccination**

One does not need to take any specific vaccination before entering this country. Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. Advice: There is no risk of yellow fever in Tanzania. The government of Tanzania requires proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever. This does not include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine: <http://wwwnc.cdc.gov/travel/yellowbook/2016/infectious-diseases-related-to-travel/yellow-fever#4728>



Index**35. Theft and Safety**

Tanzania has lately been host to a number of political issues. Visitors are requested to avoid public political rallies in Tanzania. All crimes must be reported to the nearby police station and must be returned with a copy to make insurance claims. In the event of a dangerous situation it is advisable to comply with demands. Tazara station, Ubungu Bus Station, Downtown ferry has high chances of assaults occurring. You must take care, know about your environment and stay away from expansive group or open shows.



Index**36. Embassy/Consulate**

A list of foreign embassies and consulates of Tanzania can be seen online at:
<http://embassy.goabroad.com/embassies-in/tanzania>



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37. Accessibility

Tanzania does not pose major problems for people with disabilities in accessing places within the city. However, the role of the government is minimal in terms of revamping or developing the conditions and facilities for people with restricted accessibility.



38. Emergencies

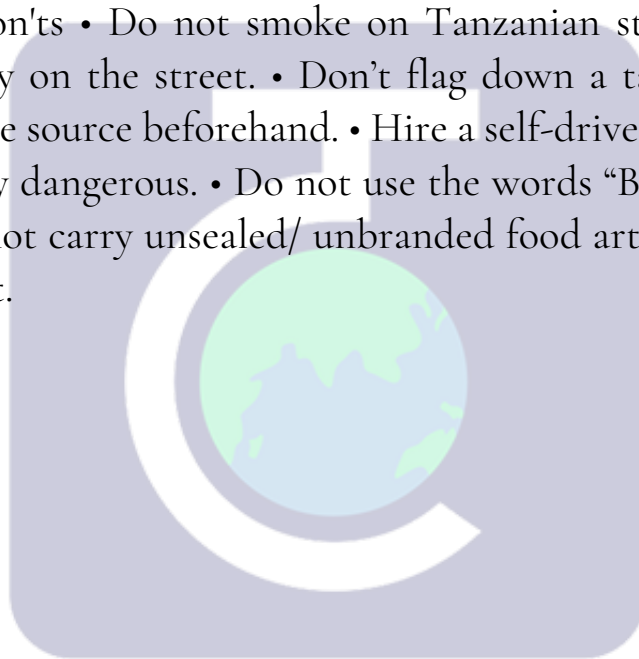
Emergency services can be reported on 112. The hospitals in Dar es Salaam are state of the art with complimentary pharmacies that also remain 24X7. These hospitals have highly trained doctors. Travelers are advised to carry medical insurance plans prior to the trip that cover them against all emergencies. These plans may include valuable medical expense coverage, trip interruption, medical emergency assistance and treatment services and more. Hospitals that cover travelers under the international travel insurance scheme are: 1. Muhimbili National Hospital Note: The Hospital accepts all health insurance and travel insurance.



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39. Do's and Don'ts

Do's • Do keep an eye on your belongings at all times, especially in the tourist areas. • Exchange greetings with everyone you meet. It lasts at least a minute or two. • Ask permission before clicking someone's photograph • Do bargain at all shopping areas and carry change with you at all times. • It is advisable to carry a certified doctor's prescription along with the medicines to ensure hassle free import clearance. Don'ts • Do not smoke on Tanzanian streets • Never count/exchange your money on the street. • Don't flag down a taxi on the street buy book it from a reliable source beforehand. • Hire a self-drive car. It is expensive to drive and it is equally dangerous. • Do not use the words "Black" and "nigga". • It is advisable that do not carry unsealed/ unbranded food articles as the same may be banned for import.



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40.Tipping basics

At inns, doormen can be tipped anything from 2200 shillings to 4500 shillings. In restaurants, the server serving you would commonly expect 10%-15% of the bill to be offered as a tip. Make certain to hand the tip to the server in individual to guarantee that they get it, and not to abandon it on the table. It is exhorted that you pay the tip in Tanzanian Shillings as they experience difficulty getting foreign currency traded.



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41. Pet info

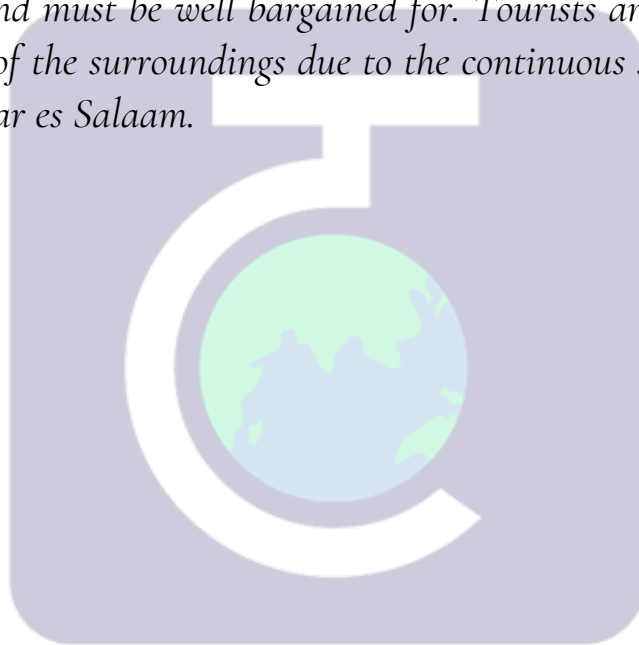
Tanzania does not quarantine healthy pets if they meet the following requirements: • Import Permit. • Airlines Captain Affidavit stating that your pet was on a direct flight to Kenya. • ISO compliant pet microchip (unless entering from a rabies free country where your pet has resided for 6 months). • Ticks and Tapeworm Test (completed within 48 hours of entry). • USDA (or CFIA) accredited veterinarian must complete a Veterinary Certificate for Kenya.



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Conclusion – Why to select this destination

Dar es Salaam is one of the best destinations in the Eastern Coast of Africa. From the mountains to the beaches, it offers a range of options across all age groups to enjoy. Dar es Salaam is visited often by Italians and Europeans and also has a wide variety of cuisines on offer. Tanzania is also famous for its offering of local African cuisine and attracts a number of tourists. Shopping options especially with respect to the local artefacts and textiles are in plenty and must be well bargained for. Tourists and visitors are however, advised to stay aware of the surroundings due to the continuous scenario of turmoil and tension in the city of Dar es Salaam.



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