

TANZANIA HEALTH OPPORTUNITIES

Activities Guide



www.thopportunities.org



Hello there!

Welcome to your activity guide!

We created this guide to help you make the most of your time in Tanzania, ensuring you create unforgettable memories.

Tanzania Health Opportunities (THO) does not profit from these recommendations—they are simply suggestions to help you explore and experience the best activities available.

You are completely free to manage your time as you wish! These activities are just options to consider, and you can decide what suits you best.

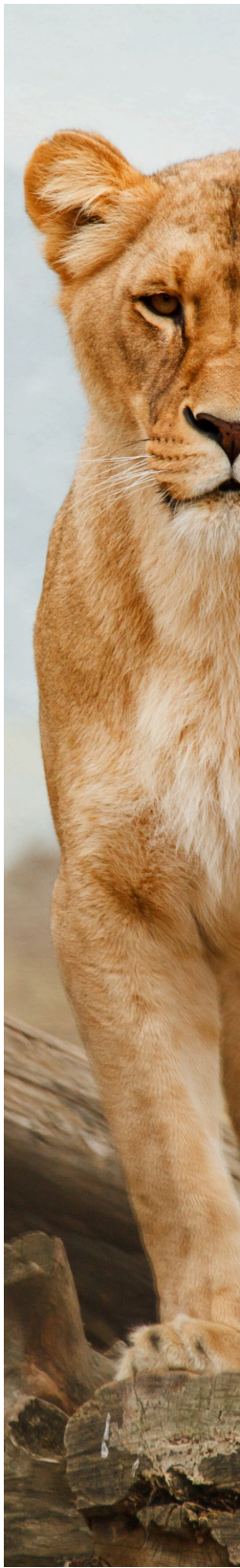
If needed, a guide or a member of the THO staff can accompany you, but please note that any activity costs should be covered by the volunteers.

Whether you're looking for adventure, cultural experiences, or simply time to relax, we hope this guide helps you discover the best that Tanzania has to offer!

Dr. William

Founder, Tanzania Health Opportunities





Safari

2 days/1 night stay at

Mikumi National Park

Mikumi National Park is one of Tanzania's most accessible and beautiful wildlife parks. Located approximately 280 km from Dar es Salaam, it offers a chance to witness Tanzania's incredible biodiversity in just a short trip. The park is home to a variety of wildlife, including lions, elephants, giraffes, and leopards, making it a perfect destination for a short but immersive safari experience.

Mikumi is part of the larger Selous ecosystem, and its open savannah landscapes are often compared to those of the Serengeti. This park is an ideal choice for first-time safari-goers, nature lovers, and photographers looking for an unforgettable adventure.

Wildlife to Expect in Mikumi National Park:

- **Big Mammals:** Elephants, lions, giraffes, buffalos, leopards, zebras, and hippos.
- **Predators:** Lions, leopards, hyenas, crocodiles, and snakes.
- **Antelopes & Herbivores:** Wildebeests, impalas, elands, and kudus.
- **Bird Species:** Over 400 different species, including hornbills, eagles, and herons.
- **Monkeys & Small Mammals:** Baboons, vervet monkeys, and mongoose.



Safari

Itinerary

Day 1: Train Journey & Maasai Cultural Experience

Morning – Departure from Dar es Salaam by train toward Morogoro, enjoying the scenic journey through the Tanzanian countryside.

Upon arrival, transfer by car and drive approximately 2 hours toward Mikumi National Park.

Late Morning – Breakfast stop upon arrival in the area.

Late Morning / Early Afternoon – Visit to a Maasai Village. Explore the culture of the Maasai, one of Africa's most well-known ethnic groups who still preserve their traditional way of life.

Enjoy a Maasai Cultural Tour (approximately 3 hours), interacting with the community and learning about their traditions, customs, and daily life.

Midday – Lunch stop before heading to the accommodation.

Afternoon – Check-in at the accommodation near the park and time to relax.

Evening – Dinner at the accommodation and overnight stay.

Day 2: Safari Game Drives & Return to Dar es Salaam

Early Morning – Breakfast at the accommodation followed by the first game drive in Mikumi National Park, exploring the park and spotting wildlife such as giraffes, elephants, zebras, and possibly lions.

Midday – Lunch break and time to rest.

Afternoon – Second game drive in the park, exploring different areas and maximizing wildlife sightings.

Late Afternoon – Transfer to the train station and board the train back to Dar es Salaam.

Evening – Arrival in Dar es Salaam, marking the end of the safari experience.

Safari Pricing



WHAT YOU'LL GET:

Transfer to and from Mikumi National Park
Safari Jeep for the game drive
All meals (Breakfast, Lunch, and Dinner)
Daily bottled water
Park fees
Taxes & VAT
One-night accommodation after the game drive
Maasai Cultural Tour
Professional Safari Guide and Driver

PRICE

€350 pp

Packing List: Essentials for Your Safari

Passport – Required for travel identification.

Closed Shoes – Comfortable footwear for walking and exploring.

Mosquito Repellent – Protection from bites, especially in the evening.

Sunscreen – The sun can be strong, so protect your skin.

Sunglasses – Reduce glare and protect your eyes.

Power Bank – Ensure your phone and camera stay charged.

Cap/Hat – Protect your head from the sun.

Jacket – Mornings and evenings can be chilly.

Attention: If you're joining the safari, please pay as soon as you confirm. We need to book train tickets early, and things can fill up quickly: so the sooner, the better!

Zanzibar



Zanzibar is a stunning tropical paradise off the coast of Tanzania. Famous for its white sandy beaches, turquoise waters, rich culture, and vibrant nightlife, Zanzibar is the perfect getaway for relaxation and adventure.

Top Activities

Snorkeling & Diving – Explore the coral reefs at Mnemba Atoll.

Stone Town Tour – Discover the rich history and spice markets.

Prison Island – Visit the giant tortoises and enjoy a boat trip.

Spice Tour – Learn about Zanzibar’s famous spices and taste exotic fruits.

WHERE TO GO

Best Beaches:

Nungwi Beach – Crystal-clear waters, stunning sunsets, and lively beachfront bars. Great for snorkeling, diving, and sunset cruises.

Kendwa Beach – Soft white sand, less crowded, perfect for a peaceful and scenic beach experience. Home to the famous Full Moon Party every month.

Best Parties:

Paje Beach – The ultimate party hub! Known for its beach bars, reggae nights, and lively backpacker scene. Perfect for kite surfing by day and partying by night.

Zanzibar



HOW TO GET THERE

By Ferry (Azam Marine)

Taking the ferry is the most popular way to reach Zanzibar from Dar es Salaam. It's an affordable and scenic option, taking about 1 hour 45 minutes to cross.

Round-trip Fare: \$70

Mandatory Travel Insurance: \$40

Departure Port: Azam Marine Terminal, Dar es Salaam

Arrival Port: Zanzibar Ferry Terminal (Stone Town)

Ferry Timetable:

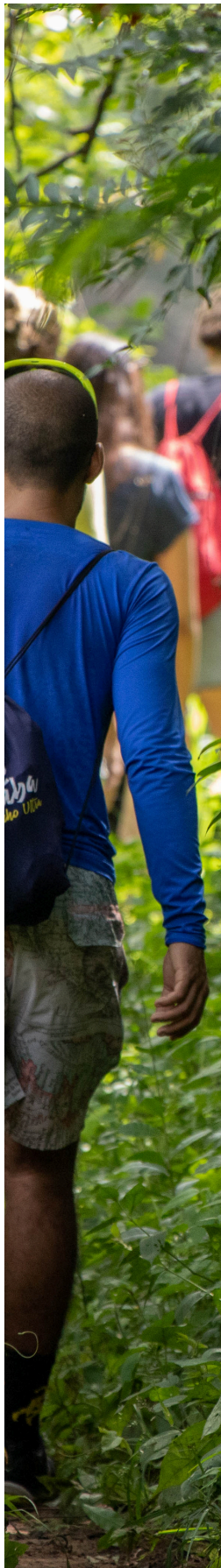
- From Dar es Salaam: 7:00 AM | 9:30 AM | 12:30 PM | 4:00 PM
- From Zanzibar: 7:00 AM | 9:30 AM | 12:30 PM | 4:00 PM
- Check-in Time: Arrive 30-45 minutes before departure to secure your seat.
- Booking: Purchase tickets online (reccomended) or at terminal.

AZAM FERRY

[LINK](#)

TRAVEL INSURANCE

[LINK](#)



Hiking at Pugu Hills

Pugu Hills Forest Reserve is a hidden gem just outside Dar es Salaam, offering a perfect blend of adventure, nature, and relaxation. One of Tanzania's oldest forests, it is home to diverse wildlife, scenic hiking trails, and breathtaking viewpoints.

What to expect:

Wildlife Spotting: Keep an eye out for colobus monkeys, dik-diks, and colorful birds.

Lush Nature: Walk through thick bamboo forests and enjoy the fresh, clean air.

Bat Caves: Explore the mysterious caves that shelter thousands of bats!

Kayaking & Relaxation: Enjoy a peaceful paddle on Minaki Dam or grab a meal at the lakeside restaurant.

Scenic Views: Hike up to panoramic viewpoints overlooking Dar es Salaam and the surrounding landscapes.

Included

Transport: about 1 hour from Dar es Salaam

Entrance Fees

Guide fee

Forest fee

Parking fee

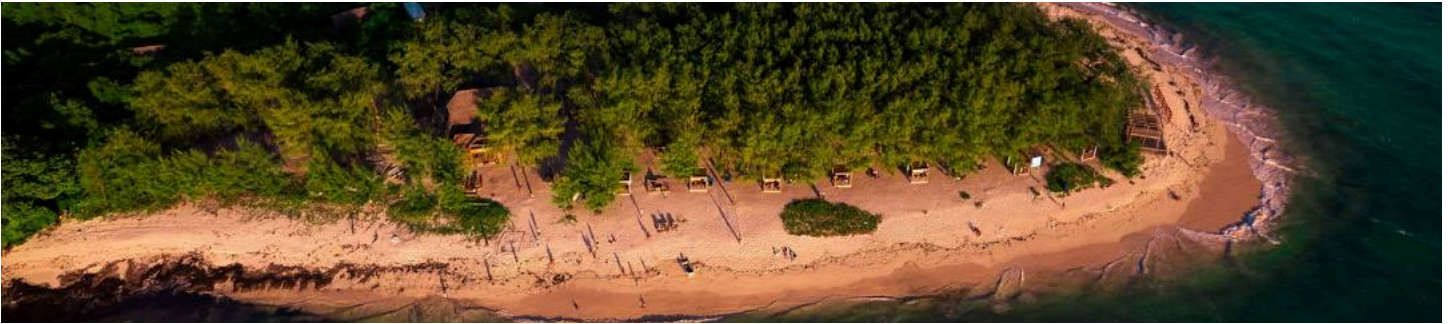
Optional Kayaking +30,000 TZS

Pack your own lunch or enjoy the restaurant on the dam.

PRICE

€45_{pp}

Islands : Mbudya & More



Dar es Salaam is home to breathtaking tropical islands perfect for a relaxing day trip! If you're looking for white sandy beaches, snorkeling, or simply soaking up the sun, Mbudya and Bongoyo Islands are must-visit destinations.

MBUDYA ISLAND

Mbudya Island is part of the Dar es Salaam Marine Reserve and offers crystal-clear waters, soft sandy beaches, and a peaceful atmosphere.

Take a boat from Mbezi Beach
– No fixed timetable, just show up!

Boat Ride: ~20 minutes

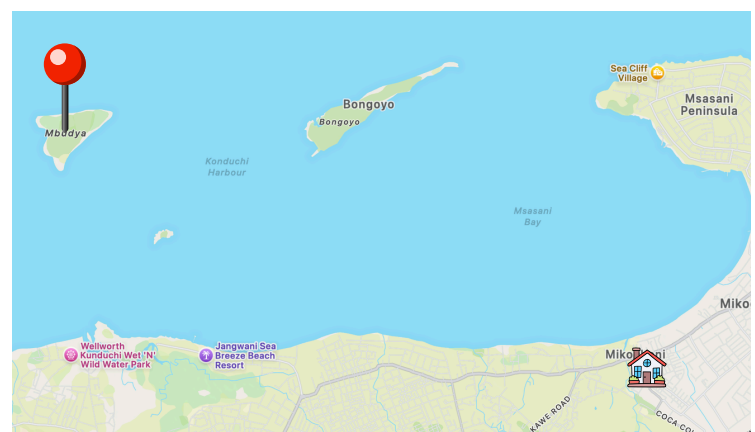
Restaurant available or you
can bring your own food

PRICE

€50_{pp}

WHAT'S INCLUDED

- Round-trip transport from volunteer accommodation to the boat departure point
- Boat transfer to and from Mbudya Island
- Entrance fee for the island (Marine Reserve Fee)
- THO coordinator support to ensure smooth organization and return on time
- Banda (beach hut) rental and sunbeds



Islands : Bongoyo & Sinda



BONGOYO ISLAND

Located off the coast of Msasani Peninsula, Bongoyo is a more adventurous island with beautiful beaches and great snorkeling spots.

Depart from Slipway

Boat Ride: ~30 minutes

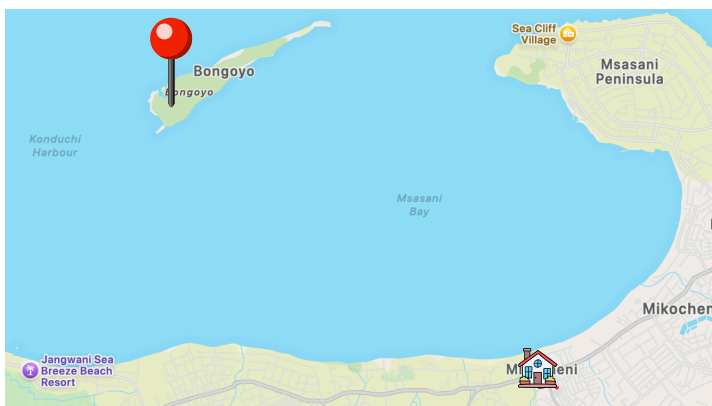
- Beach Umbrella Rental

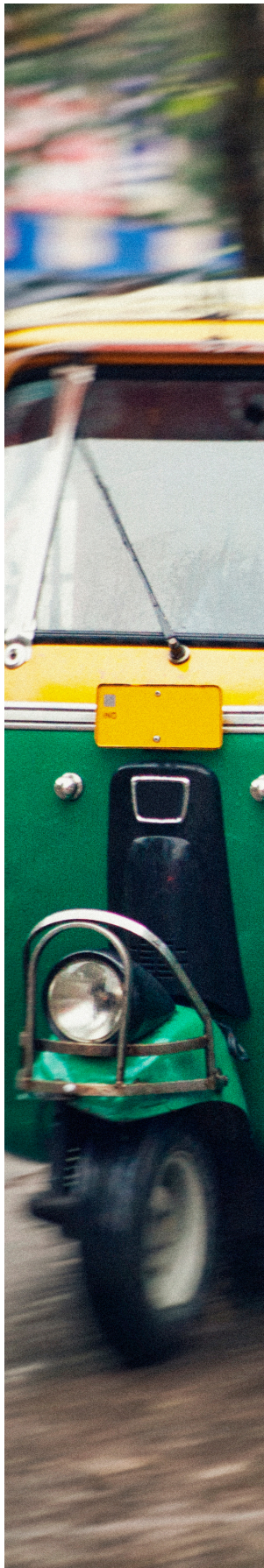
Restaurant available or you can bring your own food

PRICE
€50 pp

SINDA ISLAND

Coming soon...





City Tour

Want to explore Dar es Salaam like a local?

This city tour will take you through bustling markets, cultural hotspots, and hidden gems—all with the guidance of a local!

Where You'll Go & What You'll See:

Kariakoo Market – The City's Lively Shopping Hub

One of the biggest & busiest markets in Tanzania!

Find everything—clothes, shoes, electronics, and fresh produce!

Experience local life and the true energy of Dar!

Fish Market – A Unique Coastal Experience

Watch fishermen bring in fresh catches straight from the ocean!

Explore the lively seafood auction—a must-see!

Try local seafood dishes if you're feeling adventurous!

Mwenge Market – The Best Place for Local Crafts & Souvenirs

Find handmade crafts, paintings, jewelry, and wooden carvings!

Perfect gifts for friends & family back home!

Bargaining is key! Don't be afraid to negotiate for the best deals!

Costs & Logistics

A local guide will take you around! You'll only need to:

Cover transportation costs (bajaji rides around the city)

Offer lunch to the guide if you stop for a meal

Cost: Around 15,000 TZS pp (around 5€)

One day trips

KIPEPEO BEACH

Looking for a peaceful beach escape just outside Dar es Salaam?

Kipepeo Beach is the perfect spot to unwind, swim, and soak up the sun!

Location: South Beach, Kigamboni, Dar es Salaam

Travel Time: ~40-50 minutes from the city (around 70k for round trip)

Entry Fee: Free (10k for enjoying the resort)

Why Visit Kipepeo Beach?

Soft sandy beach & crystal-clear waters

Great for swimming & relaxing

Beachfront bar & restaurant serving fresh seafood & drinks

Beach volleyball & bonfires available for an extra fun vibe!

BAGAMOYO

One of Tanzania's most historic coastal towns. Once a major slave trade hub, today it's a cultural gem with stunning ocean views and ancient ruins.

Location: Bagamoyo, ~1.5-2 hours from Dar es Salaam

Entry Fees: Vary by site and we share the fuel cost (there is no Bolt)

Why Visit Bagamoyo?

Historic sites – Explore the old slave market, German ruins, and Kaole

Ruins

Beautiful beaches – Relax by the Indian Ocean & enjoy fresh seafood

Catholic Museum & Mission – One of East Africa's oldest churches, full of history

Sandbank & boat trips – Take a traditional dhow to nearby sandbanks & enjoy the ocean!

Fun & Entertainment



Cinema at Mlimani City, IG: [cctanzania](#)

Mlimani City Mall offers a modern cinema experience with comfortable seats and the latest movies in a lively shopping environment.

Location: Mlimani City Mall

Ticket Prices:

- Monday: 6,000 TZS
- Thursday (Discount Day!): 5,000 TZS
- Tuesday – Friday: 8,000 TZS
- Weekend (Saturday & Sunday): 10,000 TZS



KUNDUCHI WET 'N' WILD

Water Park – Fun for Everyone!

Looking to cool off and have an action-packed day? The Water Park is the perfect place to enjoy slides, pools, and relaxation under the sun!

Entry Fee: 40,000 TZS – Includes:

Park access

Lunch from the Fast Food Menu

Soda or Water

Half an hour away – around 20k round trip

Fun & Entertainment



DAR ES SALAAM ZOO

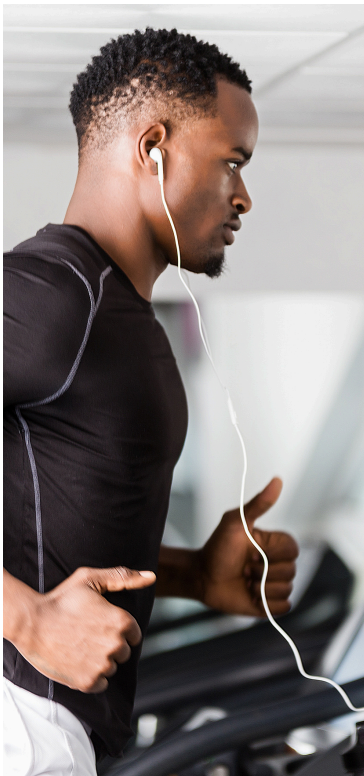
A great place to see local and exotic animals while learning about Tanzania's wildlife!

Location: Dar es Salaam Zoo (Kibaha area, ~1 hour from the city)

Entry Fee: 6,000 TZS

What You'll See: Lions, zebras, monkeys, crocodiles, birds, and more!

One hour away - around 60k round trip



AZURA GYM

Azura Gym is the perfect spot to stay active and refreshed in Dar es Salaam!

Location: Azura Gym- 15 min by walk

Entry Fee: 15,000 TZS for:

Full Gym Access – Train in an air-conditioned space with modern equipment!

Fitness Classes – Join a Yoga or Zumba!

Pool Use – Cool off with a swim after your workout!

Restaurant Available



CHAMPION GYM

Location: Palm Village mall- 15 min by walk

Day pass: 20,000 TZS: Modern gym

Fun & Entertainment



GOLDEN TULIP INFINITY POOL

Looking for a relaxing day by the pool with stunning ocean views?

The Golden Tulip Hotel in Dar es Salaam offers an infinity pool experience with top-notch facilities!

What's Included?

Pool access with a breathtaking view

Free towel rental

Changing rooms with showers

Tasty restaurant on-site – Jiko (Highly recommended!)

Entry Fee: 20,000 Tzs (around 7 €)



SAMAKI SAMAKI – KARAOKE & PARTY NIGHT!

Love singing and dancing? Every **Wednesday** night, Samaki Samaki in Masaki transforms into the ultimate karaoke and party spot!

What to Expect?

Karaoke until midnight – Show off your singing skills!

DJ set at 12AM – The party continues!

Delicious food & drinks – Prices based on what you order

Fun & Entertainment



SLIPWAY – SHOPPING, FOOD & SUNSET VIEWS!

Slipway is a must-visit waterfront spot in Dar es Salaam, offering a mix of shopping, dining, and relaxation by the sea.

What You Can Do?

Shop for souvenirs – Handicrafts, jewelry, clothes & more!

Dine with an ocean view – Plenty of great restaurants

Catch a beautiful sunset – One of the best spots in Dar!



COCO BEACH WALK

Want to unwind with a peaceful walk by the beach? Coco Beach is a great place to:

Feel the ocean breeze & watch the waves

Walk along the coastline – Great for sunsets!

Try local street food – Roasted corn, mishkaki (grilled meat skewers) & more!

Perfect for: A laid-back experience where you can enjoy the local beach atmosphere!

Fun & Entertainment



BARRA BEACH RESORT

Barra Beach Resort is a seaside hangout where you can dine, unwind, and dance. Perfect for chill afternoons and tropical nightlife vibes.

What You Can Do?

Eat & Drink – Your entry fee counts as a coupon! 20k weekdays / 30k weekends to spend on food & drinks.

Swim – Pool access for 30k.

Day-to-Night Vibes – Chill by day, lively party spot by night.

Getting There – About 35k round trip by bajaji. It takes arounds 40-50 minutes.

Ocean Views – Ocean and sea breeze make it the perfect backdrop.



GARDEN 79

It's a cozy outdoor spot, set in a green garden filled with sofas and chairs; the perfect place to chill with friends.

What You Can Do?

Vibe – You can bring a speaker and set the soundtrack for your hangout.

Drink and Eat– Enjoy cold drinks and try authentic Tanzanian food while you unwind.

Hang out & socialize – A simple, friendly space made for good times with friends.

Fun & Entertainment



Q2-BAR IN MASAKI

A popular local bar and restaurant, perfect for unwinding after a day of volunteering. The venue offers a friendly atmosphere with pool tables, darts, and plenty of space to relax with friends.

Weekly events:

- Thursday: Karaoke night – show off your singing skills or cheer for others.
- Friday: Dine & Wine – special menu and complementary wine.
- Saturday: Live Band – enjoy great music from local artists.



APOLLO COCKTAIL BAR

A vibrant rooftop bar in Palm Village, perfect for drinks. Known for its relaxed atmosphere, good food and creative cocktails, it's also a great spot to watch live soccer matches on the big screen.

Challenge friends at the pool table for some friendly competition.

Location: Palm Village rooftop – access via the elevator in front of the Chinese restaurant, on the way to Sawa Sawa Bay.

African Dance Class

Looking to learn new dance moves, have fun, and break a sweat? Join our amazing dance classes and experience the rhythm of Africa!

Duration: 1 hour – Includes:

Warm-up Dance session and cool-down & stretching

Dance Styles Offered:

Singeli (fast & energetic Tanzanian street dance)

Amapiano (smooth South African groove)

Afro-dance (high-energy, Afrobeat-inspired moves)

Levels Adapted for Everyone!

Bonus! If you're comfortable, the instructor can record your moves & share them!

Pricing Per Person:

15,000 TZS (around 5 €)



Maasai Jewelry Class

In this workshop, volunteers will learn the traditional art of Maasai beadwork, one of the most symbolic and colorful forms of jewelry in East Africa. Guided by Maasai women artisans, participants will discover the meaning behind the colors, patterns, and materials used, and create their own handmade bracelet or necklace to take home.

Duration

3 - 4 hours ; You can keep the materials and keep creating in your spare time!

Objectives

- Learn about Maasai culture and symbolism through jewelry design
- Support local women's empowerment and income generation
- Encourage cultural exchange and appreciation of Tanzanian traditions
- Create a unique souvenir with your own hands

What's Included

- All materials (beads, threads, wire, tools)
- Step-by-step guidance from local Maasai artisans
- Cultural storytelling and explanations

Cost

Approx. 30k per person
(around 10 €)



Yoga at sunrise

Start your day in the most peaceful way — practicing yoga at sunrise by the Indian Ocean. Guided by a certified instructor, this session helps volunteers reconnect with their bodies and minds, relieve stress, and fully embrace the serenity of Tanzanian mornings. Whether you're a beginner or an experienced yogi, this class is for everyone.

Duration

1.5 hour

Objectives

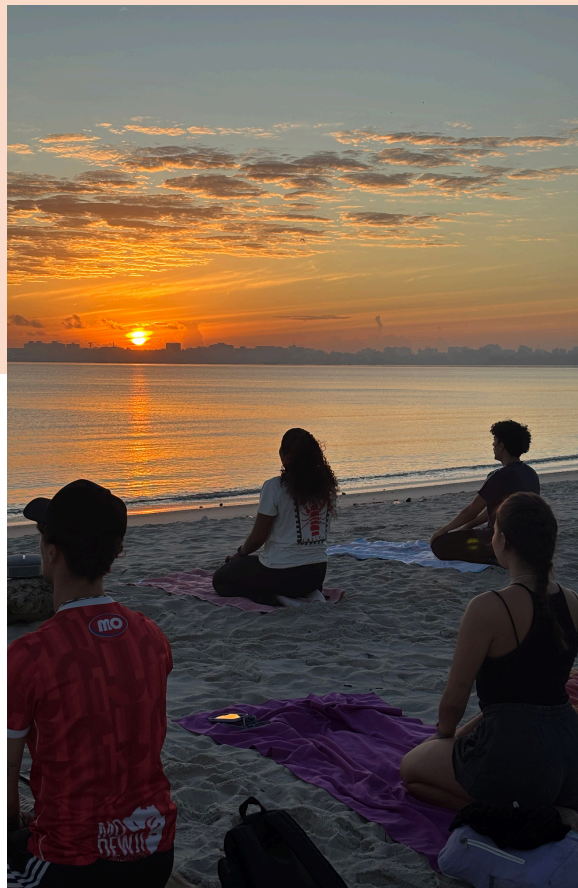
- Promote mindfulness and relaxation after hospital or outreach work
- Improve flexibility, balance, and breathing techniques
- Strengthen mental focus and emotional well-being
- Experience the beauty of Tanzanian sunrise in a peaceful atmosphere

What to Bring / Wear

- Comfortable sportswear
- Water bottle
- Towel

Cost

35k per person
(around 12 €)



Activities

COOKING TRADITIONAL TANZANIA FOOD CLASS

Want to experience Tanzanian culture through food? Join Asha as she teaches you how to cook authentic Swahili dishes from scratch!

How It Works:

We go together to the market to buy ingredients and share the cost.

Asha will guide us step by step to prepare traditional meals like:

Ugali & Nyama Choma (cornmeal with grilled meat)

Chapati & Maharage (flatbread with beans)

Pilau (spiced rice with meat or vegetables)

Mchuzi wa Samaki (fish in coconut sauce)

After cooking, we enjoy the meal together!

Cost: Included!

ORPHANAGE VISIT

Want to give back while in Tanzania? A visit to the orphanage is a meaningful way to support local children in need.

How It Works:

We collect money together and buy essential food items that won't expire quickly, for example:

Flour

Sugar

Cooking Oil

Canned Food

Once we arrive, we spend time with the children, play games, dance and share positive energy!

Cost: Voluntary contribution towards food items.

Activities

SWAHILI LANGUAGE CLASS

Want to dive deeper into Tanzanian culture? Learn the language to truly understand and connect with the local way of life!

How It Works:

Join a professional Swahili teacher for interactive lessons tailored to beginners.

Learn practical vocabulary, common phrases, and conversational skills for daily life.

Discover Tanzanian culture through language, traditions, and local expressions explained by your instructor.

Practice with group activities and role-plays to build confidence speaking Swahili.

Cost: 15,000 TZS (around 5€) per person per lesson.

Whether you want to chat with locals, order food, or explore independently, this class gives you the tools and cultural insight to do it!

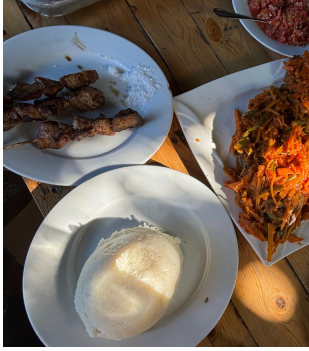
VOLLEYBALL AT UTAMU BEACH

Come join us for some fun and friendly volleyball games at beautiful Utamu Beach!

- Where: Utamu Beach
- Cost: Free!
- We provide: Volleyball net and ball — just bring your energy and friends!

Whether you're a pro or just want to have fun, everyone is welcome. Let's enjoy the sun, sand, and good vibes together!

Restaurants



PANTALEO

\$

The best, cheap and delicious restaurant to try original Tanzanian cuisine! Don't miss out on the Ugali with Samaki Makange (fish) or their famous skewers (beef, chicken or fish).



RORO BEACH BAR

\$\$

A good restaurant on the beach, with good cocktails and delicious food. Perfect to enjoy the beach while playing some board games!



CIAO PIZZA MASAKI

\$\$

They serve the real Italian pizza, the absolute best in town. Every Tuesday, if you buy 2 pizzas, the second one has 50% discount! That's why every Tuesday is Pizza day at THO!



NGALAWA SURF & TURF

\$\$\$

The location is absolutely stunning. It's a fancy restaurant in a Hotel and they serve very good fish (and more). Perfect to go watch the sunset and feel a little fancy!

Restaurants



KUKU RICO

\$

“Kuku” means chicken in Swahili but they offer also beef and more! It’s convenient because it’s very close to your accommodation and the food is tasty! Perfect if you need a quick but delicious meal!



KARAMBEZI CAFE

\$\$

Stunning location on a cliff! The food is good but the view is even better. Suggested for lunch or sunset. They even have a live band on Saturday Night.



WOODBERRY CAFE

\$\$

The nicest cafe with a cute, relaxing garden. Perfect to have brunch, coffee or to eat pancakes! The perfect chill cafe to spend time studying or chatting with your friends.



THE WATERFRONT

\$\$\$

Fancy little restaurant in Slipway. Their seafood is just delicious and offers the best view (especially during sunset) on the water.

Restaurants



MERCY RESTURANT

\$

Another super tasty local restaurant to enjoy typical Tanzanian food. It's definitely the cheapest in the guide but absolutely amazing. Just get anything, they never go wrong!



BRAVO COCO

\$\$

Another super-chic beachfront spot to enjoy a fusion of Swahili flavors and global bites. It might not be the cheapest place, but honestly, the location and vibe makes it worth it!



THE FISHMONGER

\$\$

Do you miss sushi? They make delicious sushi and here's the catch (pun intended): from Tuesday to Friday at lunch, it's 50% off! Plus, they offer an amazing rooftop with a great view of Masaki!



CAPE TOWN FISH MARKET

\$\$\$

It's a restaurant, not a market! A gem by the waterfront, perfect for seafood and sushi lovers. Fresh sushi and seafood are a must, all served up with a killer view of Msasani Bay.

Restaurants



BURGER BUDDIES

\$

A budget-friendly restaurant in Dar for when burger cravings kick in. Burgers here are cheap, delicious, and always satisfying, from juicy classics to fully loaded.



SALA THAI

\$\$

This one is for authentic Thai food lovers. Sala Thai serves up fresh stir-fries it's all at a good price. Their pad thai is to die for!



ORCHID CAFE

\$\$

Cozy spot perfect for breakfast, brunch, or a coffee break. Orchid Café serves fresh, tasty dishes and great coffee at fair prices. Sweet or savory. Wifi available to study or chill there for some time.



AKEMI REVOLVING RESTURANT

\$\$\$

Dinner with THE view. Akemi is Tanzania's only revolving restaurant (it's moving while you eat), serving dishes high above the city skyline. It's pricier than most, but it's worth for the experience.