

**STAFF WELFARE INDEX**  
**GUIDE DE L'AIDE SOCIAL AU PERSONNEL**

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UNITED NATIONS  
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**REGISTRY**

**DIVISION OF ADMINISTRATIVE SUPPORT SERVICE**

**HUMAN RESOURCES AND PLANNING SECTION**

**TRAINING, STAFF WELFARE AND COUNSELING UNIT**

**INTERNATIONAL CRIMINAL TRIBUNAL FOR RWANDA**  
**TRIBUNAL PÉNAL INTERNATIONAL POUR LE RWANDA**

The welfare Index is also available on the ICTR Training and Staff Development Information System.

The electronic copy will be updated on a regular basis while the hard copy will be published on an annual basis.

Le présent guide est également disponible sur le système d'information sur la formation et l'évolution de la carrière.

La version électronique sera mise à jour régulièrement et la version imprimée sera publiée annuellement.

## **GREFFE**

### **DIVISION DE L'ADMINISTRATION**

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#### **SECTION DES RESSOURCES HUMAINES ET DE LA PLANIFICATION**

#### **GROUPE DE LA FORMATION, DE L'AIDE SOCIALE ET DE L'APPUI PSYCHOLOGIQUE AU PERSONNEL**

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## **Preface**

I wish to welcome you to the International Criminal Tribunal for Rwanda (UN-ICTR). The tribunal has its headquarters in Arusha, Tanzania and other offices in Kigali; Rwanda, The Hague; Netherlands and a support team in New York; UNHQ-USA.

The International Criminal Tribunal for Rwanda was established by the UN Security Council resolution 955 of 8 November 1994. The Tribunal was established for the prosecution of persons responsible for genocide and other serious violations of international Humanitarian Law committed in the territory of Rwanda between 1 January 1994 and 31 December 1994. It may also deal with the prosecution of Rwandan citizens responsible for Genocide and other violations of international law committed in the territory of neighbouring States during the same period.

The Tribunal consists of the Chambers, the Office of the Prosecutor and the Registry. Currently the tribunal has a total incumbency of 893 staff members. In terms of geographical diversity, a total of 86 countries are represented in the ICTR's staffing, 49 countries from outside Africa and 37 from the continent.

The management of the Tribunal, as part of the human resources plan of action, is keen in promoting initiatives which aim at improving the living and working conditions of its staff members. This approach is in support of the United Nations Secretary-General's approved human resources management reform.

The development, training and installation of the Staff Outreach program (SOS) is one such initiatives by management to better working conditions of its staff by encouraging peer support networks that foster human relations among staff.

Similarly, the management of the Tribunal is also keen in ensuring that in such a time of rapid change, "we build a multi-skilled, versatile, and mobile international civil service and an organizational culture that promotes managerial excellence, high performance, and continuous learning". This should be coupled with the development of management information system that will enhance monitoring, reporting and analysis on career development activities, internship and legal research programs and other programs that enhance partnerships and alliances with occupational networks that support career advancement for staff of the tribunal, particularly in view of the completion strategy of the Tribunal.

It is my belief that you will find the ICTR Staff Welfare Index a useful tool while you work and live in Arusha, Tanzania. This index is electronically accessible from the Training and Staff Welfare Information System.



**Adama Dieng**

Assistant-Secretary General  
Registrar, ICTR  
May 2005.

## Préface

Bienvenue au Tribunal pénal international pour le Rwanda (TPIR). Le Tribunal a son siège à Arusha (Tanzanie), mais aussi d'autres bureaux à Kigali (Rwanda) et à la Haye (Pays-Bas), ainsi qu'une équipe d'appui au Siège de l'Organisation des Nations Unies à New York.

Le Tribunal a été créé par la résolution 955 du Conseil de sécurité de l'Organisation des Nations Unies, en date du 8 novembre 1994, pour juger les personnes présumées responsables d'actes de génocide ou d'autres violations graves du droit international humanitaire commis sur le territoire du Rwanda entre le 1<sup>er</sup> janvier et le 31 décembre 1994. Il peut également poursuivre les citoyens rwandais présumés responsables de tels actes ou violations commis sur le territoire d'États voisins pendant la même période.

Le Tribunal se compose des Chambres, du Bureau du Procureur et du Greffe. Actuellement, son effectif total est de 913 fonctionnaires. La diversité géographique y est assurée avec un personnel provenant de 88 pays, dont 48 hors d'Afrique et 40 du continent.

Les autorités du Tribunal, dans le cadre du plan d'action en matière de ressources humaines, portent un vif intérêt à la promotion des initiatives visant à améliorer les conditions de vie et de travail du personnel. Cette orientation appuie la réforme de la gestion du personnel approuvée par le Secrétaire général de l'Organisation des Nations Unies.

La conception, l'élaboration et le lancement du Programme d'information du personnel est l'une de ces initiatives prises par les autorités en vue d'améliorer les conditions de travail du personnel en encourageant la création de réseaux de soutien mutuel afin de promouvoir les relations humaines en son sein.

De même, les autorités du Tribunal sont également soucieuses de tout mettre en œuvre, en cette époque de mutations rapides, pour « mettre en place une fonction publique internationale mobile, polyvalente et pluri-qualifiée et promouvoir une culture d'excellence en matière de gestion, des prestations de haut niveau et l'apprentissage continu ». Cette mesure doit s'accompagner du développement des systèmes de gestion de l'information qui permettra de renforcer le suivi, l'information et l'analyse des activités axées sur l'évolution de la carrière, les stages et les programmes de recherches juridiques et autres de nature à consolider le partenariat et les alliances avec les réseaux professionnels qui soutiennent l'évolution de la carrière du personnel du Tribunal, en particulier, en raison de la stratégie de fin de mandat du Tribunal.

Je suis persuadé que ce guide sur l'aide sociale au personnel du TPIR vous sera un outil utile pour votre travail et tout au long de votre séjour à Arusha, (Tanzanie). Vous pourrez le consulter électroniquement à partir du système d'information du Groupe de la formation et de l'aide sociale au personnel.



**Adama Dieng**

Sous-secrétaire général  
Greffier du TPIR  
Mai 2005.

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## Introduction

The Welfare Index has been compiled by the Training, Staff Welfare and Counselling Unit of Human Resources and Planning Section. It contains valuable information for ICTR staff members and their dependants on various aspects of the living condition in Arusha, its facilities and institutions.

This guide contains information on housing, domestic workers, hospitals, chemists, security firms, physical-fitness and health centers, educational institutions, banks and other financial institutions, hotels, restaurants, lodges and automobile sales agents, markets centers, supermarkets, entertainment and recreational centers.

Every effort has been made to ensure that the information contained herein is as accurate as possible. On each service or institution, we have indicated the physical addresses, telephone contacts, and in most cases, the names of individuals to be contacted.

We would like to take this opportunity to profoundly thank all those who have made it possible for us to publish this guide. Particular appreciation is extended to the Registrar; Mr. Adama Dieng, the Chief, Division of Administrative Support Services (DASS); Ms. Michelle Lee, the Chief, Human Resources and Planning Section; Mr. Esono Anguesomo and all program managers for their critique and feedback.

## Introduction

Le guide sur l'aide sociale au personnel a été élaboré par le Groupe de la formation, de l'aide sociale et de l'appui psychologique au personnel relevant de la Section des ressources humaines et de la planification. Il contient des renseignements précieux pour le personnel du TPIR et leurs familles en ce qui concerne divers aspects des conditions de vie à Arusha, les infrastructures et les institutions de la place.

Ce guide contient des informations relatives au logement, au personnel domestique, aux hôpitaux, pharmacies, sociétés de surveillance, banques et autres institutions financières, hôtels, restaurants, pensions, agences de location et de vente de véhicules, marchés, supermarchés, et centres de divertissement et de loisirs.

Tout a été mis en œuvre pour s'assurer que les informations contenues dans le présent guide soient aussi exactes que possible. Les adresses physiques et les numéros de téléphone des services ou institutions sont indiqués, et dans la plupart des cas, les noms des personnes à contacter.

Avec la publication du guide sur l'aide sociale de cette année, nous voudrions également porter à l'attention de tout le personnel que grâce au lancement du système d'information sur la formation et l'évolution de la carrière, ils peuvent maintenant avoir accès aux renseignements sur les rubriques suivantes : éducation mutuelle, aide sociale, bibliothèque de l'aide sociale, les services immobiliers, le personnel domestique ainsi que la vente et l'achat de biens, en faisant leurs offres dans le module aide sociale du système d'information.

Nous saisissons cette occasion pour remercier très sincèrement tous ceux qui ont permis la publication de ce guide. Nous remercions en particulier le Greffier, M. Adama Dieng, la Chef de la Division des services d'appui à l'administration (Dass), M<sup>me</sup> Michelle Lee, le Chef de la Section des ressources humaines et de la planification, M. Esono Anguesomo, et tous les responsables de programme pour leurs critiques et observations.

Le Greffier, la Chef de la Division des services d'appui à l'administration (Dass), le Chef de la Section des ressources humaines et de la planification et autres responsables de programme après le lancement du Programme d'information du personnel au TPIR.

## EMERGENCY NUMBERS IN TANZANIA

### UNICTR SECURITY

MAIN SECURITY DESK (ARUSHA).....Tel: 2565027 / 2565212; 0748 400859

### POLICE

Central Police Station Arusha.....Tel: 112 / 111 / 2544901

PDF Njiro.....Tel: 2506506

Tengeru.....Tel: 2553024

USA.....Tel: 2553604

### Security Firms

Ultimate.....Tel: 2506594 / 0748 510911 / 0748 123189

KK Guards.....Tel: 2507250 / 0748 450600

Group 4.....Tel: 0748 346271 / 0748 781522 / 0748 401297

Fire Brigade.....Tel: 2502333 / 0744 845706

### Hospitals

AICC.....Tel: 2544113 / 0744 299381

AAR.....Tel: 2508020 / 0748 510079

Mount Meru.....Tel: 2503352-3 / 2544904

Selian.....Tel: 2503726 / 0744 299306/480275

Isthnasheri.....Tel: 256206 / 2507692 / 0744 510079

Flying Doctor.....Tel: 2508583

Ambulance.....Tel: 2504367 Ex. 5027/5212 / 0748 400859

### Car Breakdown Service

4WD Centre Ltd.....Tel: 0748 443322 / 908070

Simba Trucking Co.....Tel: 2503966/2501833 / 0744 287700

Kamal Enterprises.....Tel: 0744 380525

## EMERGENCY NUMBER IN NAIROBI, KENYA

UN Security Control Room – Gigiri ... Tel: 212000 / 520203 / 622999 / 622344 / 626666 / 622344

Police (Emergency service) .....Tel: 999

Police Nairobi Area, Headquarters ..... Tel: 714995 / 717777 / 724201

Police Headquarters ..... Tel: 335124 / 240000

Flying Squad/Car Theft Unit ..... Tel: 761111 / 767730 / 760142

Central Police Headquarters ..... Tel: 222222 / 225685

Gigiri Police Headquarters ..... Tel: 521353 / 521446

### Ambulance (while in Nairobi)

UN Gigiri ..... Tel: Ext. 5999/2268

Nairobi city ..... Tel: 999 or 222181 / 2 / 3

Ambulance Accident Service ..... Tel: 222222

St. John's Ambulance Service ..... Tel: 222396 / 224066

### Hospitals

AAR Health Services: .....Tel: 715319  
Emergency Fax: 711639

Aga Khan Hospital .....Tel: 3742531 / 747676

MP Shah Hospital ..... Tel: 3742763 4 / 5 / 6

Nairobi Hospital ..... Tel: 254 2 352101 / 2722160

Gertrude's Garden Children's Hospital ..... Tel: 254 2 763474 / 763477 / 764097

Kenyatta National Hospital .....Tel: 254 2 726300 / 726556



## THE UNITED DEMOCRATIC REPUBLIC OF TANZANIA

### Country Description and History

Tanzania is located in Eastern Africa between longitude 29° and 41° East. Latitude 1° and 12° South. This East African nation was formed out of the union of two sovereign states: Tanganyika and Zanzibar. Tanganyika became a sovereign state after its independence in December 1961 and became a republic in 1962. Zanzibar became independent in December 1963 and the two states formed a union that turned them into the United Republic of Tanzania in April 1964. The Government of the United Republic of Tanzania is a unitary republic based on multiparty parliamentary democracy. The legislative capital is Dodoma and the commercial capital is Dar es Salaam. Administratively, Tanzania is partitioned into 26 regions which are further sub-partitioned into 123 districts. The country is politically stable, socially peaceful and has a great mineral potential.



### Geography

Tanzania (including the Islands of Mafia, Pemba and Zanzibar) covers an area of 945,090 sq km (368,585 sq miles), with a population of about 36 million people. It lies within the coast of the Indian Ocean in the east, stretching up to 1,423 km between Kenya in the North and Mozambique in the south. It is then bordered by The Democratic Republic of the Congo, Rwanda and Burundi in the West; Mozambique, Malawi and Zambia in the south; and Uganda and Kenya in the North. Mount Kilimanjaro (5,895 m), the highest in Africa, is located in Moshi district, Kilimajaro region, North East of the country and lies within the tips of 3 great Lakes; Victoria in the north, Tanganyika in the west and Nyasa in the southeast.

### Climate

The country's climate varies from tropical within the coastal regions and temperate in the highlands. Rains fall during the months of March-May, then September-October. The rest of the year is dry and hot with temperatures rising up to 30 degrees Centigrade.

### Tanzania's Parliament

The Republic's government consists of the Executive, Legislative and Judicial branches. The President is both the chief of state and head of Government. The Legislative branch is the National Assembly (Bunge), comprising 274 seats of 232 elected members, 37 women nominated by the President, and 5 members from the Zanzibar House of Representatives. The assembly enacts laws that apply only to the mainland. Zanzibar's laws are made by its elected members of the House of Representatives.

The Judicial branch comprises the Permanent Commission of Enquiry (the official Ombudsman); Court of Appeal, headed by a Chief Justice and 4 judges; High Court led by a chief justice and 29 judges appointed by the President; District Courts; and Primary Courts.

### Language

Kiswahili is the national language. English is frequently used for official communication.

With regard to the National Consumer Price Index (NCPI), inflation rate for January 2004 slightly increased by 4.7 percent in comparison with the figures for January the previous year. The NCPI is a statistical measure of goods and services bought by persons in urban areas, including all expenditure groups and both families and single persons. It measures changes in price which constitute the most important cause of changes in the cost of living.

Official Public Holidays in Tanzania		ICTR Public Holidays – Arusha - 2005	
1 <sup>st</sup> January	New Year's Day	1 <sup>st</sup> January	New Year's Day
12 <sup>th</sup> January	Zanzibar Revolution Day	21 <sup>st</sup> January	Idd-el-Hajj
1 <sup>st</sup> February	Eid El Haji*	25 <sup>th</sup> March	Good Friday
7 <sup>th</sup> April	Heroes Day	28 <sup>th</sup> March	Easter Monday
9 <sup>th</sup> April	Good Friday	9 <sup>th</sup> April	Maulid Day
12 <sup>th</sup> April	Easter Monday	*3 <sup>rd</sup> November)	Idd-el-Fitri
26 <sup>th</sup> April	Union Day	*4 <sup>th</sup> November)	
1 <sup>st</sup> May	Worker's Day	9 <sup>th</sup> December	Independence & Republic Day
2 <sup>nd</sup> May	Maulid Day*	25 <sup>th</sup> December	Christmas Day
7 <sup>th</sup> July	Dar es Salaam International Trade Fair Day	26 <sup>th</sup> December	Boxing Day
8 <sup>th</sup> August	Farmer's Day		
14 <sup>th</sup> October	Nyerere Day		
15 <sup>th</sup> November*	Eid El Fitri Celebration*		
16 <sup>th</sup> November*	Eid El Fitri Celebration*		
9 <sup>th</sup> December	Independence and Republic Day		
25 <sup>th</sup> December	Christmas Day		
26 <sup>th</sup> December	Boxing Day		

\* Dependent upon sighting of the moon

**Notes:**  
New Year holiday will be observed on Monday, 3<sup>rd</sup> January  
\*Idd-el-Hajj, Maulid and Idd-el-Fitri are subject to the Lunar Phase (sighting of the moon)

### Arusha

Arusha city is considered a tourist destination. It is located in the north eastern part of Tanzania. Major sites for tourist attraction include; wildlife, game reserves, and mountain climbing. The city also hosts the Arusha International Conference Center (AICC) where the Tribunal has its headquarters and the Secretariat of the East African Community (EAC).

Arusha is also referred to as the "City of the Accords" or the "Geneva of Africa" because of the so many international accords that have been made, signed and named after it. The city is approximately 250 Kms from Nairobi the capital city of Kenya. Its climate is moderately cooler compared to other parts of Tanzania.

Arusha district has an approximate population of 282,712 people. It neighbours the districts of Monduli, Arumeru, Karatu, and Ngorongoro.

## ACCOMMODATION

Guest houses



Alton Inn (Guest Hous, Bar & Restaurant)

Seith Benjamin Street, near Crustall Club

P.O. Box 933 .....Tel: 2502544

Coyote Guest House

P.O. Box 1032, Azimo Street opposite Ottu Building .....Tel: 2544261, 0748 600252

Meru House Inn

Sokoine Road, near Meru Post Office (Robert Mbise-Director)

P.O. Box 1530, Arusha.....Tel: 2507803

Millennium Lodge

Located in Cheap atTown Building, P.O. Box 7356

E-mail: meltourslodge@yahoo.com .....Tel: 2501432/9404-6; 0744 284620/430404

Victoria House

Along AICC Kijenge Estate

Director: Mr. Minde; Manager: John Mboye; i/c Ms. Betha Kimaro

P.O. Box 7319, Arusha.....Tel: 2501716; 0744 756724

Williams Inn

P.O. Box 11710, Arusha, Tanzania .....Tel: 2503578 / 0744 089831

YMCA Hostel

India Street, P.O. Box 658, Arusha, Tanzania .....Tel: 2544032

Housing Agents

Arusha Estate & Housing Agent Ltd

3<sup>rd</sup> Floor, NIC Building, Boma Road

P.O. Box 2628, Arusha .....Tel: 0744 368774/2906060

E-mail: aejhousingagents@hotmail.com,

And arushaestate@yahoo.co.uk

Mr. Bulengo (Housing Agent, Manager)

P.O. Box 10651, Ugana Ltd, Esso Road.....Tel: 0748 654695

Mr. Paul Laizer .....Tel: 0744 667058

Mr. Nicholas Mneney/Puffin.....Tel: 0744 753272

Mt. Meru Commission Agents Ltd

Estate Agents, Rent collectors, House management, Gardening

P.O. Box 2628, Arusha, Moshi-Arusha Road, Close to Philips Petrol

Station, adjacent to Mt. Meru Hotel/Opposite PAPU New Bldg.....Tel: 0744 85788/269702

Naazneen Investments Ltd /Tanga General

Ms. Maria Mohammed

P.O. Box 2764, Arusha..... Tel: 250 6398/2507371/0748 660786

E-mail: tgi@cybernet.co.tz Fax: 250 8128

Naura Appartments Arusha

Off Sokoine Road, turning left at Metropole BP

Junction towards, Arusha Secondary School, next to

Hindu Temple. Attn: Godbless, Wilson, Tasha.....Tel: 0744 461428/278583/263250

Pegasus Management Ltd.

P.O. Box 12675, Arusha, Tanzania,

New building before Shoprite

E-mail: Pegasus@habari.co.tz Web: www.pegasus.com .....Tel: 254 8736/8368; 0744 73962  
0748 320199

PPF Nairobi Road/ PPF Njiro

Valuers, Estate & Property Managing Agents, Land

Developing Consultants (Mr. Heriel Muro)

P.O. Box 1250 Arusha, Tanzania

E-mail: hmorro@yahoo.com.....Tel: 2548172/8196; 0744-260864

Continental House – AGM

Mr. Andrew Mollel, Joel Laiser & Andrew Kamere

E-mail: Jlaiser@yahoo.com.....Tel: 0744 270384; 0744 284622; 0744 598134

James Deus (Working with KK Guards)

P.O. Box 10675, Arusha.....Tel: 2507250; 0741 510024

## ART & CRAFT PRODUCTS, DEALERS & GALLERIES ANTIQUES SHOP



Antique Makonde Carvings Workshops (Amacacop Ltd)

P.O. Box 7168, Arusha

Wood carvers, Furniture artists & other wood wares

Anthony J. Munishi (Artisan /Secretary)

E-mail: antimuni@yahoo.com... .....Tel: 0744 393441

Fotini

Kisongo, above Braeburn (Arusha's First Antique Shop, at the stables)

E-mail: vrontamitis@habari.co.tz.....Tel: 0744 317090; 0748 292977

Accessories

Maezeke



Florida Inn, Colonel Middleton Road, (Mr. Justin)

Hiring of tents, chairs & Tables.....Tel: 0744 447020

Florists and Decorators

Little Roses – Florists Décor Gardners

Seith Benjamin Road .....Tel: 2508367; 0741 653133; 0748 653133

Mrs.Martha Lyatuu

Trade as abl Leaves & Petals

Old Moshi Road, between AWF & AICC Hospital.....Tel: 0744 318116

Ms. Julie Minda.....Tel: 0744 360907

Mrs. Evaline Mollel.....Tel: 0744 812534

Mr. Fakhri

Goliondoi Road.....Tel: 2501681

Little Roses – Florists Décor Gardners

Seith Benjamin Road .....Tel: 2508367; 0741 653133; 0748 653133

Continental Flowers (T) Ltd.

Njiro PPF.....Tel: 2504429/8478/4430/4432; Fax: 2508478  
Kili Flora Ltd .....Tel: 2504121

La Fleur d'Afrique Ltd  
Moshono, E-mail: fda@yako.habari.co.tz.....Tel: 2504480; 0741 512266  
Tengeru Flowers.....Tel: 2553834; 0744 306878; 0748 326066

#### FASHION

Tailoring Matt & Boutique  
Art Graphics  
At Kijenge, Saidi Nanga Premises  
P.O. Box 14328  
Screen Printung, T-Shirts, Art works, Logo Designs & Capes  
E-mail: webb37@hotmail.com.....Tel: 0744 260534

Betdove Boutique  
PPF Commercial Centre, Shop No. 10, Njiro  
West African Outfits, Wax Prints, Traditional Beads ect.  
(Ms. Reventa, Cheku Kaaya) .....Tel: 0744-971380

J's Fashions  
Njiro PPF, Exclusive International Fashions.....Tel: 0744 473011

J.J. Black Fashion Wear  
Boma Road, P.O. Box 13938, Arusha (Mr. Titus Ngwalu} .....Tel: 0744 378448; Fax: 027 2509854

Madame Thureiya Boutique  
Swahili Street, opp. Joshua International - (Has modern collection)  
P.O. Box 6151, Arusha.....Tel: 027 2548664; 0744 281381  
E-mail: nmbaraka@yahoo.com Fax: 027 2544158

Perfect Choice Boutique (1)  
Swahili and Pangani Street, near Mwenge Monument Round-About  
(Ladies & Gents wear & accessories)  
P.O. Box 11282, Arusha .....Tel: 0744 211114

Perfect Choice Boutique (2)  
Majengo Street, P.O. Box 11282, Arusha.....Tel: 0744 898238/447601

Motherland Creations  
(Fashion designing, tailoring services, embroidery, corporate wear, African Prints  
Traditional outfits, special occasions and upholstery)  
PSA Complex Near Shoprite  
P.O. Box 1047, Arusha ..... Tel: 0744 090078  
E-mail: afrodig@hotmail.com

Souvenirs & Curio Shops  
Artefacts  
P.O. Box 2457.....Tel: 2548823

Arusha Art.....Tel: 2502012; 2542028/3123; 2543149/3525/4491-6

Arusha Art Gallery.....Tel: 2544590; Fax: 2548593

Cente for Educational Development in Health (CEDHA)  
Nairobi Road (Before Dr. Mohammed's Hospital)  
P.O. Box 1162. Arusha  
Graphic Design, Computer Documentation & Lithographic Technology  
E-mail: cedhatz@habari.co.tz..... Tel: 2504028/4327; 2548281; Fax: 2544088

Cultural Heritage.....Tel: 2507496/6648; 0741 510429; Fax: 2548698/2335

Jamalee Curio & Crafts  
P.O. Box 394, Arusha, (Opposite Air Tanzania, Boma Road Street).  
Dealers in Oil Paintings, Batiks, Makonde Carvings, Jewelleries &  
Gift Items. (Director: Mr. M. Eshaqali, M. Essajee Saifuddin)  
E-mail: s-essaji@yahoo.com.....Tel: 0744 591721

Mt. Meru Curio Marketing  
Opposite Arusha Regional Director's Office (large group of Art & Craft shops

Jit Gems Ltd. ....Tel: 2546962; 0741 510767; Fax: 2544415

Lukmanji Curio Shop .....Tel: 2506807

The Craft Shop  
Hasina A. Pishori (Manager)  
African Arts & Crafts Picture framing  
Goliondoi Road, P.O. Box 897, Arusha  
E-mail: pishori@ark.eoltz.com .....Tel: 2548565; 0741 652648, 0744 319533; Fax: 2548278

Outdoor Catering  
Mrs. Laurence.....Tel: 0744 296495; 0744 370051

Editha.....Tel: 0744 361621

Vicky.....Tel: 0744 297495

Anna Mushi.....Tel: 0744 477310

Mrs. Grace Mushi .....Tel: 0744 294359

Mr. James Lyatuu.....Tel: 0744 281450

Mrs. Joanna Fernandes.....Tel: 0748 486458

Mrs. Lucy Wegoro.....Tel: 0744 288889

Coffee Café (Gloria Mushi) .....Tel: 0744 692689

Mrs. Mary Edward (Mama Amar)  
c/o Mrs. Pallangyo/AICC Flats Kijenge.....Tel: 0744 839432

Youths Professional Caterers  
E-mail: ypc6ps@yahoo.co.uk .....Tel: 0744 875860/476067; 0748 319651

Cente for Educational Development in Health (CEDHA)  
Catering Services  
P.O. Box 1162.....Tel: 2504028/4327/2548281  
E-mail: cedhatz@habari.co.tz Fax: 2544088

#### BANKS & FINANCIAL INSTITUTIONS

Banks  
Bank of Tanzania  
Makongoro Road.....Tel: 2502928/8341-3





CRDB  
Sokoine Road.....Tel: 2507241/7239

Kenya Commercial Bank (KCB)  
Uhuru Street, (Mr. Dan Chone (Corporate Rel. Manager).....Tel: 2507241/7239  
Arusha Branch  
P.O. Box 3053, Arusha05  
E-mail: arusha@kcb.co.tz .....Tel: 2501912-3  
Web: http://www.kcb.co.ke ..... Fax: 2501904

National Bank of Commerce (Uhuru Bank)  
Sokoine Road.....Tel: 2508081/3751

National Microfinance Bank (Clock Tower)  
Micro-Finance.....Tel: 2508521/2596

Stanbic Bank Tanzania Limited  
Sokoine Road, P.O. Box 3062, Arusha, Tanzania  
Mrs. Lilian Bulengo (Area Business Manger)  
Personal e-mail: bulengol@stanbic.com .....Tel: 254 4025; 0748 654695;2509713-6  
2544784/4011-2  
E-mail: stanbicarusha@habari.co.tz ..... 0741 574455, 0744 577976; Fax: 2508809

Standard Chartered Bank  
Sykes Building, Goliondoi Road (Has ATM Machine)  
Ms. Joyce Malai (Branch Manager).....Tel: 2504708, 2544703-5

Barclays Bank Tanzania Limited  
Sopa Plaza, Serengeti Road (Has ATM Machine) (Melly Naganga-Manager).....Tel: 2509320/9214

EXIM Bank  
Subzali House, Goliondoi Road  
E-mail: enquiry@eximbank-tz.com.....Tel: 2504910-1; 0744 600226  
Web: www.eximbank-tz.com ..... Fax: 2504912

United Nations Federal Credit Union (UNFCU)  
820 Second Avenue, 12<sup>th</sup> Floor, New York, NY 10017, USA.....Tel: 212-338-8100  
e-mail@unfcu.com, www.unfcu.org ..... Fax: 212-682 5569

Tanzania Postal Bank  
Western Union Money Transfer.....Tel: 2503193

Bureaux de Change  
National Bureau de Change  
Sokoine Road (after Metropole)  
Apalome Bureau de Change  
AICC Building, Kilimanjaro Wing, opposite DHL(Contact: Abraham Olais.).....Tel: 0744 841564

Arusha Forex Bureau  
At the corner of Boma Road/Makongoro Road  
On X-Ray Centre Building, Opposite Municipal Council.....Tel: 2544667; 0744 696819

Classic Bureau de Change  
Impala Hotel, Old Moshi/Moshi Road  
E-mail: Impala@cybernet.co.tz ; Impala@habari.co.tz.....Tel: 2508448/49/51/51; 2502962/7083  
Web: www.impalahotel.net and www.impalahotel.net ..... Fax: 2508680/8220

Clock Tower Bureau de Change (Paper Mart)  
Next to Mac's Patisserie.....Tel: 2504142

Hedal Bureau de Change  
On X-Ray Centre, Opposite Equator Hotel, Boma Road.....Tel: 2508236; 0744 270308

Kings Bureau de Change  
Boma Road, On X-Ray Centre Building.....Tel: 0744 298880

Northern Bureau De Change  
On Uhuru Road, next to Qutbii Art Gallery.....Tel: 2507119

Roica Bureau de Change  
Next to Arusha Naaz Hotel, E-mail: roika@habari.co.tz.....Tel/Fax: 2509994; 0744 669999/001444

#### BLACKSMITHS

Locksmith  
Arusha Auto Printers  
Banduki Bros. (Opposite Railway Station  
(Offers Car repairs, Repairs of Locks & Safes & Key Cutting Services).....Tel: 2501606; 0741 650651

Grills/Buglar Proofing  
Wulkan Engineering  
Sokoine Road just before Metropole.....Tel: 2508301/2586



#### COMMUNICATION AND POSTAL SERVICES

Celtel Tanzania Limited, Arusha Branch  
P.o. Box 15280, Nyerere Road, Dar Es Salaam  
Regional Sales Manager (Gaudens Mushi).....Tel: 0748 670397  
E-mail: gmushi@celtel.co.tz ..... Fax: 0 27 2748191



Celtel House,  
Ali hasan Mwinyi Road.  
P.O. Box 9623, Dar Es Salaam  
(Regina Luhanga, Area Sales Executive)  
E-mail: rluhanga@celtel.co.tz.....Tel: 255 22 2748181; 0748 670951  
Web; www.msi-cellular.com ..... Fax: 255 (O) 748 104217

Aubrey Mawalla  
Celtel House, Ali Hasan Mwinyi Road  
P.O. Box: 9623, Dar es Salaam  
E-mail: amwalla@celtel.co.tz.....Tel: 255 27 48181, Ext: 4600; 255 748 670955  
Web: www.msi-cellular.com ..... Fax: 748 104601

Vodacom, Arusha (Services Tanga)  
(M. Mashee, Elifuraha, Jeanette -Country Rep.) Tel/Fax: 2548168; 0744 710119; 0744 710077; 0744 71016  
Mobitel-Buzz, Arusha Branch

PPF Complex- Nairobi-Kaloleni Road.....Tel: 0741 123103; Fax: 0741 510510  
Postal Services (Tanzania Postal Services)  
Main Post Office  
Clock Tower/Boma Road  
Meru Post Office  
Sokoine Road

Pan African Postal Union (PAPU)  
Nairobi Road, P.O. Box 6025/6026, Arusha.....Tel: 2509650/3129

#### COURIER SERVICES

DHL Tanzania Limited  
Sokoine Road, & AICC Building (Kilimanjaro Wing entrance).....Tel: 2506749/4113/7509



Worldwide Express  
Sokoine Road and AICC Building –Simeon Road.....Tel: 2507509; 0741404534

Skynet  
Simeon Road, AICC Complex, Ngorongoro Wing, 2<sup>nd</sup> Floor Room # 208  
E-mail: sales@skynet.co.tz .....Tel: 0744 306281; 0741 784226  
Web: www.skynet.co.tz ..... Fax: 2508356

TNT –International Express Mail  
Sokoine Road.....Tel: 2508043-4; 0744 695029  
E-mail: kearsleyarusha@tz2000.com ..... Fax: 2508044

East African Courier (T) Limited (FEDEX)  
Main Post Off/Clock Tower Round About.....Tel: 0744 287173

Expedited Mail Service (EMS)  
Domestic and International Courier Services.....Tel: 2506792/3006/8416; 2548416

United Parcel Service (UPS)  
International Express Delivery.....Tel: 0748 341388

#### **DIPLOMATIC MISSIONS (EMBASSIES & CONSULATES)**

Consulates in Arusha  
British Consulate  
c/o Kudu Safaris.....Tel: 2506065/2938/8338

Royal Danish / Norwegian Consulate  
c/o Scan Tan Tours - Geert Holm (Hon. Consul).....Tel: 2504133/8170/6691; 0744 276980

French Consulate  
c/o Le Jacaranda - Mark Basseport (Hon. Consul).....Tel: 2546529/4624

Greek Consulate  
c/o St. Constantine School - Burka, Dodoma Road.....Tel: 2508581/3696

Embassies in Dar es Salaam  
Embassy of Algeria  
34 ally H. Mwinyi Road  
P.O. Box 2963, Dar es Salaam.....Tel: 022 211 7619

Embassy of Angola  
72 Lugalo Road, Upanga  
Samora Maktaba Street, IPS Building, 10<sup>th</sup> Floor  
Dar es Salaam (E-mail: ngola@cats-net.com) .....Tel: 022 2117674 / 26689

Embassy of Austria  
1684/2 Msasani, Dar es Salaam ..... Tel: 022 2601492

Embassy of Bangladesh  
Morogoro Road, Dar es Salaam ..... Tel: 022 2126027

Embassy of Belgium  
5 Ocean Road - Upanga  
P.O. Box 9210, Dar es Salaam, Tanzania  
E-mail: DarEsSalaam@diplobel.org .....Tel: 022 2113466 / 602291; Fax: 255 22 117621

Burundi Embassy  
1007 Lugalo Road – Upanga, Dar es Salaam ..... Tel: 022 2117615

British High Commission  
Umoja House  
P.O. Box 9200, Dar es Salaam, Tanzania .....Tel: 022 2110101/2117659; Fax: 2116703

Canada High Commission  
38 Mirambo Street  
P.O. Box 1022, Dar es Salaam, Tanzania.....Tel: 022 2112831 / 5

Embassy of The Peoples Republic of China  
2 Kajificheni Close  
P.O. Box 1649, Dar es Salaam, Tanzania .....Tel: 022 266 7586 / 2667694

Embassy of the Democratic Republic of Congo  
Malik Road - Upanga  
P.O. Box 975, Dar es Salaam, Tanzania.....Tel: 022 2150282 / 211 5927

Embassy of Cuba  
313 Lugalo Road - Upanga  
P.O. Box 9282, Dar es Salaam, Tanzania .....Tel: 022 2115928

Honorary Consulate of Cyprus  
Royal Palm Hotel 417, Dar es Salaam ..... Tel: 022 2113119

Embassy of Denmark  
Ghana Avenue  
P.O. Box 9171, Dar es Salaam, Tanzania..... Tel: 022 211 3887 / 92

Honorary Consulate of Djibouti  
#428 Mbezi Ind. Area

Embassy of the Arab Republic of Egypt  
24 Chana Avenue,  
P.O. Box 1668, Dar es Salaam ..... Tel: 022 2113591 / 2628180 / 53

Embassy of the State of Eritrea  
Indira Gandhi Street, Dar es Salaam ..... Tel: 022 2115540 / 2

Embassy of Finland  
Mirambo Street,Garden Avenue,  
P.O. Box 2455, Dar es Salaam, Tanzania .....Tel: 255 22 2119170

French Embassy in the United Republic of Tanzania  
34 Ali Hassan Mwinyi Road  
P.O. Box 2349, Dar es Salaam  
E-mail: ambftrtz@cats-net.com .....Tel: 051 2666021 / 3; Fax: 051 2668434

Embassy of the Federal Republic of Germany  
Umoja House, Samora Avenue, P.O. Box 9541, Dar es Salaam  
E-mail: german.emb.dar@raha.com  
Web: http://www.german-embassy-daressalam.de ..... Tel: 022 2110101 / 2117409; Fax: 022 2112944

Greek Consulate (Hon. Counsel, Mr. George Ferentinos)  
Palm Beach Hotel, Dar es Salaam ..... Tel: 022 2122931

Embassy of Hungary  
204 Chake Chake Road  
P.O. Box 672, Dar es Salaam .....Tel: 022 2112831 / 5 & 2668573

Indian High Commission  
1349 Haile Selassie Road, P.O. Box 2688, Dar es Salaam  
E-mail: hcti@cats-net.com Web: http://www.hcindiatz.org ..Tel: 022 2600714 / 2117175; Fax: 022 2600697

Embassy of Indonesia  
299 Ali Hassan Mwinyi Road, P.O. Box 572, Dar es Salaam.....Tel: 022 2119119

Embassy of the Islamic Republic of Iran  
31 Ally Hassan Mwinyi Road, P.O. Box 9171, Dar es Salaam .....Tel: 022 2117623 / 2112255 / 2113887

Embassy of Ireland  
353 Toure Drive, Dar es Salaam ..... Tel: 022 2602355 / 2602361

Embassy of Italy  
316, Lugalo Road, P.O. Box 2106, Dar es Salaam  
E-mail: italdipl@raha.comWeb: <http://www.italdipl-dar.org> .....Tel: 255 22 2115935/6; Fax: 022 2115938

Embassy of Japan  
1018 Ally Hassan Mwinyi Road, P.O. Box 2577, Dar es Salaam .....Tel: 022 21 5827 / 9

Kenya High Commission  
Plot No. 14 Ursino, P.O. Box 2918, Dar es Salaam .....Tel: 022 2701747 / 9 & 211 2955/56

Embassy of Libya  
Mtitu Stree – Upanga, P.O. Box 9413, Dar es Salaam .....Tel: 022 2150166 / 2150188

Malawi High Commission  
Zambia House, P.O. Box 7616, Dar es Salaam .....Tel: 022 211 3238 / 0748 481740

Mozambique High Commission  
25 Garden Avenue  
P.O. Box 9370, Dar es Salaam.....Tel: 022 2116502

Royal Netherlands Embassy in Tanzania  
Umoja House, P.O. Box 3004, Dar es Salaam, Tanzania  
Web: <http://www.netherlands-embassy.go.tz> .....Tel: 022 2110000 Fax: 022 5146189

Nigeria High Commission  
83 Haille Selassie Road  
P.O. Box 9214, Dar es Salaam .....Tel: 022 2666000

Embassy of North Korea  
5 Kawawa Road, P.O. Box 2690, Dar es Salaam .....Tel: 022 2775396

Embassy of Norway  
Mirambo Street, P.O. Box 2646, Dar es Salaam .....Tel: 022 2118807 2113366

Embassy of Pakistan  
149 Malik Road, P.O. Box 2925, Dar es Salaam ..... Tel: 022 2117630

Embassy of the Republic of Poland.  
63 Ally Khan Road - Upanga  
P.O. Box 2188, Dar es Salaam ..... Tel: 022 2115271

Embassy of Romania  
11 Ocean Road, Dar es Salaam .....Tel: 022 2115899

Russian Embaassy  
73 Ally H. Mwinyi Road  
P.O. Box 1905, Dar es Salaam .....Tel: 022 266005/6 & 266 8203

Embassy of Rwanda  
32 Ally H. Mwinyi Road  
P.O. Box 2918, Dar es Salaam .....Tel: 022 2130119

Embassy of Turkey  
306 Ally H. Mwinyi Road, Dar es Salaam ..... Tel: 022 2134332

Embassy of Saudi Arabia  
61 Kimerweri Road  
P.O. Box 238, Dar es Salaam .....Tel: 022 2668203

Honorary Consulate of the Republic of Seychelles  
P.O. Box 32100, Dar es Salaam ..... Tel: 022 2774527 2667399

South Africa High Commission  
Mwanya Road Masasani, P.O. Box 10723, Dar es Salaam ..... Tel: 022 2601800

Embassy of South Korea  
8/1 Tumbawe Road  
P.O. Box 1154, Dar es Salaam..... Tel: 022 2600496 / 2602000

Embassy of Spain  
99 B Kinondoni Road  
P.O. Box 842, Dar es Salaam .....Tel: 022 2666936 / 2666018

Embassy of Sudan  
64 Ally H. Mwinyi Road  
P.O. Box 2266, Dar es Salaam .....Tel: 022 2117641

Embassy of Sweden  
Mirambo, Garden Avenue  
P.O. Box 9274, Dar es Salaam.....Tel: 022 2111235

Embassy of Switzerland  
Plot No.79, Kinondoni Road, P.O. Box 2452, Dar es Salaam.....Tel: 022 2666008/9 & 2666736

Embassy of Syria  
276 Ally H. Mwinyi Road  
P.O. Box 2442, Dar es Salaam .....Tel: 022 2117656 / 2118782

Uganda High Commission  
25 Msasani Road  
P.O. Box 2525, Dar es Salaam .....Tel: 022 2667391 / 211 7676

Embassy of United States of America  
686 Old Bagamoyo Road  
P.O. Box 9123, Dar es Salaam.....Tel: 022 2668001 / 2666010

Embassy of Yemen  
135 UN Road, P.O. Box 4646, Dar es Salaam .....Tel: 022 2110615 / 2117650

Embassy of Yugoslavia  
35/36 Ally H. Mwinyi Road, Dar es Salaam ..... Tel: 022 2115891 / 2

Zambia High Commission  
Ohio Street, Sokoine Drive  
P.O. Box 2525, Dar es Salaam .....Tel: 022 2118481 / 2

Zimbabwe High Commission  
296 Upanga East  
P.O. Box 20762, Dar es Salaam .....Tel: 022 2116789

European Union .....Tel: 022 2113277

Embassies in Nairobi, Kenya  
Embassy of Algeria  
Muthaiga Road, 37  
P.O. Box 64140 Mobile Plaza 00620, Nairobi, Kenya .....Tel: 254 2 310440 / 310430  
Fax: 254 2 310450

Embassy of Argentina Republic  
Kitsuru Estate, Kitsuru Road 3, 9c  
P.O. Box 30283 00100, Nairobi, Kenya .....Tel: 254 2 583119  
Fax: 254 2583054

Australia High Commission  
ICIPE House, Riverside Drive  
P.O. Box 39341, Nairobi, Kenya .....Tel: 254 2 4445034-39  
Fax: 254 2 4444718 / 4444617

Embassy of Austria  
City House, Wabera Street  
P.O. Box 30560, Nairobi, Kenya ..... Tel: 254 2 228281 / 2  
Fax: 254 2 342290

High Commission of the Republic of Bangladesh  
Ole Odume Road, Kilimani  
P.O. Box 41645, Nairobi, Kenya .....Tel: 254 2 570467 / 562816  
Fax: 254 2 574133

Embassy of the Kingdom of Belgium  
Limuru Road  
P.O. Box 30461, Nairobi, Kenya ..... Tel: 254 2 522011 / 522166 / 522181 / 523093  
Fax: 254 2 523050

Honorary Consulate of Botswana  
Riverside Drive Lane, Westland  
P.O. Box 754, 00606 Sarit Centre, Nairobi, Kenya ..... Tel: 254 2 4447735 4448726  
Fax: 254 2 4449782

Embassy of Brazil  
Eagle Court 2<sup>nd</sup> Floor, Vulii Lane (off Muranga Rd), Lavington  
P.O. Box 30754, Nairobi, Kenya .....Tel: 254 2 337722 / 337723  
Fax: 254 2 523050

Canadian High Commission  
Limuru Road  
P.O. Box 1013, 00621 Nairobi, Kenya .....Tel: 254 20 3663000  
Web: www.cic.gc.ca ..... Fax: 254 2 3663914 / 3663900

Embassy of Chile  
James Gichuru Road (Opposite Convent Drive), Lavington  
P.O. Box 45554, Nairobi, Kenya ..... Tel: 254 2 577390 / 577658 / 4349706  
Fax: 254 2 4349707

Embassy of The Peoples Republic of China  
Woodlands Road  
P.O. Box 30508, Nairobi, Kenya .....Tel: 254 2 2722559 / 2726851  
Fax: 254 2 2726402 / 2711540

Embassy of Colombia  
International House, 8<sup>th</sup> Floor  
P.O. Box 30661, Nairobi, Kenya ..... Tel: 254 2 246770 / 246771  
Fax: 254 2 246772

Consulate of the Islamic Republic of Comoros  
Jamia Plaza, 1<sup>st</sup> Floor, Kigali Street  
P.O. Box 43912, Nairobi, Kenya ..... Tel: 254 2 222964 / 226503  
Fax: 254 2 222564

Embassy of the Democratic Republic of Congo  
Electricity House, P.O. Box 48106, Nairobi, Kenya .....Tel: 254 2 229771 / 2 & 223893 Fax: 254 2 334539

Consulate of Costa Rica  
Gigiri Road, Off Limuru Road  
P.O. Box 76639, Nairobi, Kenya ..... Tel: 254 2 520330  
Fax: 254 2 52225

Embassy of Cuba  
International House, 13<sup>th</sup> Floor  
Mama Ngina Rd  
P.O. Box 198, Nairobi, Kenya .....Tel: 254 2 241003 / 241005  
Fax: 254 2 241023

Cyprus High Commission  
Eagle House, Kimathi Street  
P.O. Box 30739, Nairobi, Kenya ..... Tel: 254 2 220881  
Fax: 254 2 331232

Embassy of the Czech Republic  
Jumuia Place, 2<sup>nd</sup> Floor, Lenana Road  
P.O. Box 48785, Nairobi, Kenya .....Tel: 254 2 273 / 2731010 / 2731011 / 2731012  
Fax: 254 2 2731013

Embassy of Denmark  
HFCK Building  
P.O. Box 40412, Nairobi, Kenya.....Tel: 254 2 2331088/89/90 & 4451460-3  
Fax: 254 2 331492

Embassy of the Arab Republic of Egypt  
Kingara Road, Lavington  
P.O. Box 30285 , Nairobi, Kenya .....Tel: 254 2 570360 570278 /4445933 / 446604  
Fax: 254 2 570383

Embassy of Eritrea  
Kirkdale House  
P.O. Box 38651, Nairobi, Kenya ..... Tel: 254 2 4443163 / 4  
Fax: 254 2 4443165

Embassy of the Federal Democratic Republic of Ethiopia  
State House Avenue  
P.O. Box 45198, Nairobi, Kenya ..... Tel: 254 2 2732052 / 3  
Fax: 254 2 2732054

Delegation of the Commission of European Union (EU)  
Union Insurance House, 2<sup>nd</sup> Floor  
Ragati Road, Off Haile Selassie Avenue  
P.O. Box 45119, Nairobi, Kenya ..... Tel: 254 2 713020 / 1 and 712860 / 712905 / 6

Embassy of Finland  
International House  
P.O. Box 30379, Nairobi, Kenya ..... Tel: 254 2 334777 / 336717 / 336740 / 334408  
Fax: 254 2 335986

French Embassy in Kenya  
Loita Street, Barclays Plaza, 9<sup>th</sup> Floor  
P.O. Box 41784, Nairobi, Kenya ..... Tel: 254 2 339783 / 4 and 339977 / 8  
Fax: 254 2 217013 / 330789

Embassy of the Federal Republic of Germany  
Riverside Drive 113, Waiyaki Way  
P.O. Box 30180, 00100, Nairobi, Kenya ..... Tel: 254 2 4262100 / 912527 / 4451700  
Fax: 254 2 4262129

Honorary Consulate of Ghana  
International House  
P.O. Box 41931, Nairobi, Kenya ..... Tel: 254 2 228073 / 215316  
Fax: 254 2 229265

Embassy of Greece  
IPS Building, Kimathi Street  
P.O. Box 30543, Nairobi, Kenya ..... Tel: 254 2 340722 / 340744  
Fax: 254 2 216044

Embassy of the Republic of Hungary  
Kabarsiran Road, Lavington  
P.O. Box 61146, Nairobi, Kenya ..... Tel: 254 2 4442612 / 4442624  
Fax: 254 2 4442101

Honorary Consulate of Iceland  
Bendera Lane, Off Spring Valley Road  
P.O. Box 45000, Nairobi, Kenya ..... Tel: 254 2 521790  
Fax: 254 2 521487

High Commission of India  
Jeevan Bharati Building, Harambee Avenue  
P.O. Box 30074, Nairobi Kenya .....Tel: 254 2 222566 / 7 and 224500  
Fax: 254 2 316242

Embassy of Indonesia  
P.O. Box 48868, Nairobi, Kenya .....Tel: 254 2 2714196 / 9  
Fax: 254 2 2713475

Embassy of the Islamic Republic of Iran  
State House/Denis Pritt Road  
P.O. Box 49170, Nairobi, Kenya .....Tel: 254 2 720343 / 720796  
Fax: 254 2 713966

Embassy of Israel  
Bishops Road, P.O. Box 30354, Nairobi, Kenya .....Tel: 254 2 722182 / 3  
Fax: 254 2 715966

Embassy of Italy  
International Life House  
P.O. Box 30107, Nairobi, Kenya ..... Tel: 254 2 337356 / 7 and 227843  
Fax: 254 2 337056

Embassy of Japan  
ICEA Building  
P.O. Box 60202, Nairobi, Kenya .....Tel: 254 2 332955  
Fax: 254 2 216530

Embassy of Korea  
Anniversary Towers  
P.O. Box 30455, Nairobi, Kenya ..... Tel: 254 2 333581  
Fax: 254 2 217772

Charge d'Affaires, State of Kuwait  
Muthaiga Road  
P.O. Box 42353, Nairobi, Kenya ..... Tel: 254 2 3761614 / 3767144 / 37632275  
Fax: 254 2 3767053 / 3762837

Honorary Consulate of Lebanon  
Maendeleo House  
P.O. Box 55303, Nairobi, Kenya ..... Tel: 254 2 229981  
Fax: 254 2 340944

Honorary Consulate of Liberia  
Maendeleo House  
P.O. Box 6095, Nairobi, Kenya ..... Tel: 254 2 229354  
Fax: 254 2 249316

Embassy of the Libyan Arab Jamahiriya  
P.O. Box 47190, Nairobi, Kenya ..... Tel: 254 2 250380 / 221625  
Fax: 254 2 243730

Honorary Consulate of Luxembourg  
C/O Belgium Embassy, Limuru Road  
P.O. Box 30461, Nairobi, Kenya ..... Tel: 254 2 3741564  
Fax: 254 2 3741568

Consulate of the Republic of Madagascar  
AACC Building, Westlands  
P.O. Box 14205, Nairobi, Kenya ..... Tel: 254 2 4441483; Fax: 254 2 4443241

High Commission of the Republic of Malawi  
Westlands, Off Waiyaki Way  
P.O. Box 30453, Nairobi, Kenya ..... Tel: 254 2 4440569 (8 lines)  
Fax: 254 2 4440568

Embassy of Mexico  
Kibagare Way, Loresho Ridge  
P.O. Box 14145, Nairobi, Kenya ..... Tel: 254 2 582850 /582593 /583009  
Fax: 254 2 581500

Embassy of the Kingdom of Morocco  
Jabavu Road, Hurlingham  
P.O. Box 61098, Nairobi, Kenya ..... Tel: 254 2 710647  
Fax: 254 2 719840

High Commission of Mozambique  
Bruce House, 3<sup>rd</sup> Floor, Standard Street  
P.O. Box 66923, Nairobi, Kenya ..... Tel: 254 2 221979 / 214191  
Fax: 254 2 222446

Embassy of the Kingdom of the Netherlands  
Riverside Lane, Off Riverside, Westlands  
P.O. Box 41537, Nairobi, Kenya ..... Tel: 254 2 4447412  
Fax: 254 2 4447416

High Commission of the Republic of Nigeria  
Lenana Road, P.O. Box 30516, Nairobi, Kenya ..... Tel: 254 2 570226 / 576895 / 562805  
Fax: 254 2 575871

Embassy of Norway  
International House, 1<sup>st</sup> Floor  
P.O. Box 46363, Nairobi, Kenya ..... Tel: 254 2 337121 / 2 / 4 / 7  
Fax: 254 2 216009

High Commission of Pakistan  
P.O. Box 30045, Nairobi, Kenya ..... Tel: 254 2 4443911 / 4443912 / 4447170  
Fax: 254 2 4446507 4443803

Charge d'Affaires of the Republic of Peru  
Lagutrop House, Enterprise Road  
P.O. Box 59446, Nairobi, Kenya ..... Tel: 530156 / 7 / 8  
Fax: 254 2 534114

Embassy of the Republic of the Philippines  
Mugumo Road, Lavington  
P.O. Box 47941, Nairobi, Kenya ..... Tel: 254 2 575604  
Fax: 254 2 576233

Embassy of the Republic of Poland  
Kabarnet Road, P.O. Box 30086, Nairobi, Kenya ..... Tel: 254 2 572812 / 572811  
Fax: 254 2 572814

Embassy of Portugal  
Reinsurance Plaza, P.O. Box 34020, Nairobi, Kenya ..... Tel: 254 2 338990 / 339853  
Fax: 254 2 214711

Charge d'Affaires of Romania  
Gardenia Road, Gigiri  
P.O. Box 63240, Nairobi, Kenya ..... Tel: 254 2 520607  
Fax: 254 2 522061

Embassy of the Russian Federation  
P.O. Box 30049, Nairobi, Kenya ..... Tel: 254 2 728700 722462  
Fax: 254 2 721888



Embassy of the Republic of Rwanda  
International Life House  
P.O. Box 30619, Nairobi, Kenya ..... Tel: 254 2 317400 / 1  
Fax: 254 2 317403

Embassy of Saudi Arabia  
Muthaiga Road, P.O. Box 58297, Nairobi, Kenya ..... Tel: 254 2 3762781 2 /3 /4  
Fax: 254 2 214527 / 3760939

Honorary Consulate of the Republic of Seychelles  
114, Jame Gichuru Road, Lavington  
P.O. Box 13780, Nairobi, Kenya ..... Tel: 254 2 562346  
Fax: 254 2 562346

Honorary Consulate of the Republic of Sierra Leone  
P.O. Box 30682, Nairobi, Kenya ..... Tel: 254 2 530230 / 8 & 541442  
Fax: 254 2 533095 533772

Embassy of the Republic of the Slovak Republic  
Milimani Road, P. O. Box 30204, Nairobi, Kenya ..... Tel: 254 2 717415  
Fax: 254 2 712956

High Commission of the Republic of South Africa  
Lornho House, 17<sup>th</sup> Floor  
P.O. Box 42441, Nairobi, Kenya ..... Tel: 254 2 215616 / 8 & 228469  
Fax: 254 2 32063219 3206329

Embassy of Spain  
3<sup>rd</sup> Floor, International House  
P.O. Box 45503, Nairobi, Kenya ..... Tel: 254 2 335711 / 2 & 226568 / 336330  
Fax: 254 2 246009 / 332858

High Commission of the Democratic Socialist  
Republic of Sri Lanka  
L.R. No. 1/1102, Lenana Road  
P.O. Box 48145, Kilimani, Nairobi ..... Tel: 254 2 566681 / 572627  
Fax: 254 2 572141

Embassy of the Republic of Sudan  
Minet ICDC House, P.O. Box 48784, Nairobi, Kenya ..... Tel: 254 2 720853 / 4 & 720883 / 9  
Fax: 254 2 710612

High Commission of the Kingdom of Swaziland  
Silopark House, P.O. Box 41887, Nairobi, Kenya ..... Tel: 254 2 339231 / 2  
Fax: 254 2 330540

Embassy of Switzerland  
International House, P.O. Box 30752, Nairobi, Kenya ..... Tel: 254 2 228735 / 6 & 227736  
Fax: 254 2 217388 / 218416

High Commission of Tanzania  
Taifa Road, Re-Insurance Plaza  
P.O. Box 47790, Nairobi, Kenya ..... Tel: 254 2 311948 / 312027  
Fax: 254 2 218269

Embassy of Thailand  
Rose Avenue, Off State House Road  
P.O. Box 58349, Nairobi, Kenya ..... Tel: 254 2 714276 /715796 / 715800  
Fax: 254 2 715801

Embassy of the Republic of Turkey  
Gigiri Road, Off Limuru Road  
P.O. Box 64748, Nairobi, Kenya ..... Tel: 254 2 522562  
Fax: 254 2 522778

High Commission of Uganda  
Riverside Paddocks, Off Riverside Drive  
P.O. Box 60853, Nairobi, Kenya ..... Tel: 254 2 4445420 / 4449096  
Fax: 254 2 444377

Embassy of Ukraine  
Limuru Road, P.O. Box 63566, Nairobi 00619 ..... Tel: 254 2 3748922  
Fax: 254 2 3756028

High Commission of the United Kingdom of Great Britain (UK)  
Upper Hill Road,  
P. O. Box 30465, Nairobi, Kenya ..... Tel: 254 2 2844000  
Fax: 254 2 2844080

Embassy of the United States of America (USA)  
UN Avenue, Gigiri  
P.O. Box 606, Village Market 00621, Nairobi, Kenya ..... Tel: 254 2 36360000  
Fax: 254 2 3636427

Charge d'Affaires  
Bolivarian Republic of Venezuela  
International House  
P.O. Box 34477, Nairobi, Kenya ..... Tel: 254 2 340167 / 340134 / 340178  
Fax: 254 2 337487

Charge d'Affaires of the Republic of Yemen  
P.O. Box 44642, Nairobi, Kenya ..... Tel: 254 2 574646 / 574650 / 574656  
Fax: 254 2 574680

High Commission of the Republic of Zambia  
Nyerere Road, Opposite Uhuru Park  
P.O. Box 48741, Nairobi, Kenya ..... Tel: 254 2 724796 / 724799 / 724850  
Fax: 254 2 718494 / 710664

High Commission of the Republic of Zimbabwe  
Zimbabwe House, Westlands Close  
P.O. Box 30806, 00100 Nairobi, Kenya ..... Tel: 254 2 3744052 / 3746546  
Fax: 254 2 3748079 / 3748882

#### DOMESTIC WORKERS SERVICES & SUPPLIES

Domestic Help  
Gardener, House-keeper, Watchman /Guard (See Agents Below)  
Staff strongly urged to seek these through the ICTR Staff Welfare Office



Agents  
Indigenous Women  
TAN ROADS near Idara ya Maji - Provides training to all types of domestic  
Workers (house keeper, baby seaster, gardener, security guard etc.)  
& looks for placement for them; also provides Office, Town Cleaning Services.....Tel: 0744 317868

Churches  
Hans Seidel Foundation.....Tel: 2508923/6809  
Estate Agents (See also: Accommodation)

#### EDUCATIONAL INSTITUTIONS

International Schools  
Braeburn  
Kisongo, Dodoma Road  
P.O. Box 14268, Arusha, Tanzania.  
British Education in Tanzania. Head of Secondary: Mr. T. Gerbett  
Head of Primary & Early Years: Mrs. J. A. Valentine  
E-mail: braeburnst.georges@tz2000.com .....Tel: 2544006; 2505716-9; 0741 510299



St. Constantine International School  
 At Burka, Dodoma Road  
 P.O. Box 221, Arusha, Tanzania  
 E-mail: constantine@cybernet.co.tz .....Tel: 2503696  
 (British Syllabus and Cambridge IGCSE) ..... Fax: 2508581

Silver Mountain Learning Center  
 PPF Olorien-Njiro, Arusha, Tanzania.....Tel: 2548649

National Schools  
 Arusha School  
 After The Arusha Hotel & TFA.....Tel: 2542436; 0744 275436

Arusha Day Secondary School  
 After The Arusha Hotel& TFA.....Tel: 2507480

Arusha Modern School (Secondary)  
 Kisongo/Dodoma Road, P.O. Box 1240.....Tel: 2500960/9853; 2546966; 0744 463135

Arusha Modern School (Primary)  
 Sakina/Nairobi –Moshi Road, P.O. Box 1240, Arusha.....Tel: 2509853; 2544980; 0744 375476  
 E-mail: arushamodernschool@habari.co.tz ..... Fax: 2548186

Green Acres Academy  
 Arumeru/Opposite Novotel..... Tel: 2506763

Green valley Academy..... Tel: 2505529

Jaffery High School  
 Njiro Behind ESAMI, P.O. Box 3031.....Tel: 2501820

Mukidoma Academy  
 Tengeru (Headmistress).....Tel: 0744 315172; 0748 321084

Naasha Junor Academy  
 Oloirien, P.O. Box 12449.....Tel: 2509593

St. Jude  
 A little past Maasai Camp, Moshono, P.O. Box 11875, Arusha.....Tel: 0744362006/566136  
 E-mail: gemma2365@hotmail.com ..... Fax: 2544004

St. Thomases Nursery & Primary  
 A little past Maasai Camp, Moshono, P.O. Box 11060.....Tel: 0744 466379

USA River Academy  
 USA River

Other Specialised Higher Institutions of Learning  
 Hotel Management/Tour Operation Institutions  
 Hans Seidel Foundation (Cesy Massawe).....Tel: 2508913

Language Institutions  
 Alliance Françe  
 For French Language learning & French Movies (every Thursdays)  
 You can also borrow books and videos if you are a member  
 (membership fee is Tshs.5,000/= or US \$10).....Tel: 2503756; 2546529/4624; 0744 287656

Music Tuition  
 Ms. Aida Ndekirishwa.....Tel: 0744 023646

Mr. Liheta Marcelini  
 Arusha School.....Tel: 2503421; 2542436; 0744 378205

Agape Technical Enterprise Ltd.  
 P.O. Box 2771.....Tel: 2500935

Aptech Worldwide/JR Electronics Ltd  
 E-mail: aptechars@ark.eoltz.com .....Tel: 2506461/8902  
 Web: www.aptech-globaltraining.com ..... Fax: 2508902

Arusha Institute of Accountancy.....Tel: 2503284/8421/2157/3187

Arusha Technical College.....Tel: 2542075

Cente for Educational Development in Health (CEDHA)  
 Nairobi Road Before Dr. Mohammed's Hospital  
 Medical education, health management and planning public health,  
 research methodology, graphic design, computer documentation  
 ithographic technology  
 P.O. Box 1162, E-mail: cedhatz@habari.co.tz .....Tel: 2504028/4327; 2548281; Fax: 2544088

Horizon Computers  
 InformationProcessing/Computer Hardware.....Tel: 0744 301409/296324  
 Momesco training Centre  
 P.o. Box 2741, Arusha.....Tel: 2504520

NIIT  
 Sokoine road, opposite Tanga General  
 University Computing Center  
 University of Dar es Salaam (Arusha Branch), Sakina,  
 Nairobi Road (Open University (all subjects).....Tel: 2509469; 0744 782120; 22 2410645/2410500  
 E-mail: ucc@udsm.ac.tz ..... Fax: 22 241690

Private Tuition  
 Ms. Atulla.....Tel: 2544181; 0744 895531  
 Ms. Joyce Shoo.....Tel: 0744 377398  
 Mr. Maro.....Tel: 0744 463839

Book Shops and Stationery Stores  
 Book Point Stationery  
 Swahili Street (Stationery & Text Books).....Tel: 2548272

Case Stores Ltd..  
 Boma Road.....Tel: 2548980/2640

Case Bookshop  
 Uhuru Road.....Tel: 2544838

Arusha Stationers  
 India Str.....Tel: 2544838; 2500625/2195; 2544059

Book Point  
 Swahili Street.....Tel: 2548272

House of Stationery  
 Kan General Supply, Swahili Street near Azimio Monument.....Tel: 0744 882845/898360

Setelife Ltd.  
 Corner of India Rd.....Tel: 2500050/1

Tahfff Stationery.....Tel: 2543242

#### School Bus Services

M. A. Chagani & Son.....Tel: 0744 269844

Munes.....Tel: 0744 650650

Sharma Panel Works .....Tel: 2543633

Sharma.....Tel: 0744 292536

#### School Uniforms

N.D. Karia/ D.J.Gadhia Ltd.

Sokoine Road, P.O. Box 216, Arusha Tz.....Tel: 027 2502425; 0744 473001; Fax: 027 2548176

#### ELECTRICAL APPLIANCES & GENERATORS

Household Appliances (Music Systems, Refrigerators, Cookers etc.)

ABB Tanalec Ltd.

Njiro, Behind SACON.....Tel: 2507432/3950/4168; 2507899/8027/8550/7891/8727

Arusha Electra House

Sokoine Road.....Tel: 2503609

Automated Generator Services TZ Ltd. (AGS).....Tel: 0744 271547; 07441 650713

Sound & Vision Ltd.

Sokoine Road (Ultimate place for electronics) (Managing Director: Raza A)

P.O. Box 645, Arusha; E-mail benson@cybernet.co.tz .....Tel: 2548447/8553; 0744 744746  
Fax: 2544071

Conny Electronics

Opposite the Stadium (Mama Emma/Mrs. Addafu) .....Tel: 2509163; 0744 268979; 0744 282114

Said Mohammed Kondo

Opposite the Stadium.....Tel: 2502323

Siemens Electronics

Opposite the Mosque (For Hand Set; Mr. Abraham).....Tel: 0744 444546

Sound & Vision Ltd

Sokoine Road

E-mail: soundvision@cybernet.co.tz.....Tel: 2544118; Fax: 2544071

#### ENTERTAINMENT

Casinos

Heart to Heart

Nyerere Road, Next to Impala Hotel.....Tel: 0748 422722/0744 292544

Twin Peak Casino

Swahili Street

Lounge with wide Screen TV, Satellite TV showing big sporting

events, betting on sports, poker, slot machines are also available

Incharge: John/Pilli, Web: www.ladbros.com.....Tel: 2509111/2; 0744 463117

Game Parks & Game Reserves

Arusha National Park

For professionally guided Canoe Safaris.....Tel: 255 3995

Canoe Safaris

(at Arusha National Parks).....Tel: 253 9267 / 0744309963; 0744 203000/624184

National Parks Office/Tanzania National Parks

At Burka on Dodoma Road.....Tel: 2503471/1939/2747; 2504082/4465

#### Pubs & Night Clubs

The New Colobus

Old Moshi Road, after Kijenge Market, next to Bonite Bottlers.....Tel: 0744 478646

Tripple AAA

Nairobi Road, Mianzini Mr. Mnomba/Okili .....Tel: 0744 592807

Heart to Heart Club.....Tel: 0748 422722/0744 292544

La Fiesta

PPF Njiro .....Tel: 0744 282116; 0748 28216

Hotel Seventy Seven

Nyerere Road.....Tel: 2548407

Club Africo Hotel

Kwa Ngulelo, Nairobi – Moshi Road,

P.O. Box 12248, Arusha

Web: www.klubafriko.com.....Tel: 2509205; 0744 369475

Crystal Club Ltd.

P.O. Box 11573, Arusha – Tz (Mike G.Mhina)

E-mail: onyangobiro2001@yahoo.com).....Tel: 2504196; 0744 264912

#### FUMIGATION COMPANIES

Rentokil initial Tanzania Ltd.

P.O. Box 1227, Arusha - TZ

Rentokil Initial Pest Control & Hygiene Services.....Tel: 2544266; 0744 850853; 0744 400727

E-mail: rentokilarusha@cybernet.co.tz Fax: 701175/667856

#### HEALTH AND PHYSICAL FITNESS INSTITUTIONS

Hospitals

AAR Hospital (AAR Health Services Ltd.)

Haile Selassie Road

P.O. Box 3112, Arusha

Dr. Godfrey Chamba (Mob: 0741 510079)

Unit Manager: Mary Clara Aswile (Mob: 0744 301212).....Tel: 2501593-4/2508020/0741 510079

E-mail: maswile@aru.aar.co.tz Fax: 254831

AICC Hospital

Old Moshi Road.....Tel: 2544113 / 0744 299381

Dental Clinic (Nairobi-Moshi Road)

Dr. Shabana's Dental Surgery

Kituoni Street, near Jogoo House/Scandinavian office

E-mail: Sabrina\_azad@hotmail.com.....Tel: 0748 430286

Ithnasheri Charitable Hospital

Nairobi-Moshi Road, P.O. Box 475, Arusha .....Tel: 2502320; 0748 459600

#### KAM MEDICS

Kam Medconsult & Laboratory Services

Xray Center (KAM MEDICS).....Tel: 2502345 /2878/2080

KCMC Hospital (Moshi).....Tel: 2508654/4615/8020/1593-44; 2754723/5484/54063

Marie Stopes Hospital

Arusha Branch.....Tel: 2503910; 0744 318539

Marie Stopes Health Centre

Moshi.....Tel: 2750028; 0744 305877

Mt. Meru Govt Hospital  
Simeon Road.....Tel: 2503351-4

Seventh Day Adventist Hospital  
Njiro Road, Before ESAMI, v.good dental facilities.....Tel: 2507030-35; 2502693/8496; 2507886-90

Selian Lutheran Hospital  
Opposite Golden Rose Hotel.....Tel: 2503726 / 0744 299306/480275

St. Thomas Hospital  
Arusha by Night Building (Dr. Makando)  
P.O. Box 8003, Arusha.....Tel: 0744 380200  
E-mail: makando200@yahoo.com; Fax: 2506056

Urafiki Hospital (Chinese Hospital)  
Behind The Former Chic King Restaurant.....Tel: 0744 496619

Pharmacies  
Acacia Pharmacy  
Col. Middleton Road.....Tel: 2503240

Ben Pharmaceutical.....Tel: 2543124

Hakimia Pharmacy.....Tel: 2503583; 0744 301522

Khanbhai Pharmacy Ltd.  
Sokoine Road.....Tel: 2502140/3316; 2544022

Mak Medics Ltd.  
Seth Benjamin Road, P.O. Box 2335, Arusha.....Tel: 2500234

MMT Pharmaceuticals  
Goliondoi Road.....Tel: 2501659/7184

Moonas Pharmacy  
Sokoine Road.....Tel: 0741334567/510590

Moonlight/Moon Medics  
Kijenge Shopping Center/Old Moshi Road.....Tel: 2507785

Quality Pharmacy.....Tel: 2508021; 0744 282164

Reflexology and Bioenergy  
Medical Missionaries of Mary.....Tel: 2504423; 0744 560901

Pysiotherapy and Beauty Shops  
Barber Shop & Hairdressers  
Beauty Salon  
Arusha Coffee Lodge/REDDs – Beauty Salon  
Dodoma Road.....Tel: 2509277-81

Martina Classic Beauty Salon  
(Hair Dressing, Body Massage & Beauty Therapy)  
AICC Complex, Wooden Building behind Ngorongoro Wing.....Tel: 0744 616777

Ms Agatha Marmo  
(Free Lance Body Massage & Beauty Therapy)  
Manicure & Pedicure; Mary Kay Products (America's best selling brand of skin  
care& colour cosmetics)House No. 308/15, AGM Estate, Njiro.....Tel: 0744 578244; 0744 598163

The Place at House No. 308/15  
Manicure & Pedicure; Mary Kay Products (America's best  
selling brand of skin care& colour cosmetics).....Tel: 2508493; 0741 511116; 0744 497075

Vero Kibasa – Beauty Salon  
Fire Road.....Tel: 0741 247228

Sports & Physical Fitness Centres /clubs  
Arusha Gymkhana Club.....Tel: 2502155/5134

Bodytech Gym.....Tel: 2543124; 0744 372160

Divnet Ltd.....Tel: 0744 360381

Genesis Club  
Dr. Theo (Physiotherapist) room within the club (Tel: 0748 460613)  
E-mail: hris@habari.co.tz.....Tel: 0744 578244

Noble Fitness Centre.....Tel: 2502418/3435; Fax: 2504024

The Body Toning Studio.....Tel: 0744 360381

#### HOTELS, LODGES AND RESTAURANTS

In Arusha

A.M. Hotel  
Sokoine Road, near town bus stand, (H. B. Massawe -Manager)  
P.O. Box 10045, Arusha Tanzania.....Tel: 2507873; 0741 342392

Arusha Naaz Hotel  
Sokoine Road (Mustafa Yusuf Ali - Manager)  
P.O. Box 1060, Arusha .....Tel: 2502087; 0744 282799

Arusha Resort Centre  
Along fire Road (Mrs. Upaikunda Jonas-Manager)  
E-mail: reservations@bluebayzanzibar.com ; arusharesort@habari.co.tz  
philipht@africaonline.co.tz ; www.arusharesortcenter.com .....Tel: 2508333; Fax: 2548233

Dik Dik  
A swiss-owned hotel along Nairobi-Moshi Road, set in attractive grounds  
with bungalows, a swimming pool and a restaurant. Has viewing tower  
Approximately 20 km. out of town (Manager: Erich Buchmann)  
E-mail: dikdik@mail.vtx.ch and dikdik@ATGE.automail.com .....Tel: 2553499; Tel/Fax: 2553498

Eland Motel  
Nairobi Road, P.O. Box 7226 (Manager: Gerarc Munawa).....Tel: 2507967/6892/7868  
0741510091; 0744 551687; Fax: 2508468

Emayani Beach Lodge (Kwa Toni)  
For Contact & Booking  
E-Mail: emayani@habari.co.tz Web: www.emayanilodge.com.....Tel: 2501741; 2544222

E. Unoto Retreat  
P.O. Box 15234, Mto wa Mbu,  
(Harold Mamkwe - S&M Manager; Wilfred Zacharia - Manager)  
E-Mail: eunoto@maasaivillage.com, and maasairetreat@email.com  
Web: www.maasaivillage.com.....Tel: 0744 360908/837404/624299 Fax: 254 8542

Spices and Herbs Ethiopian Restaurant'n Lodge  
Located near Impalla Hotel on Nyerere Road, between Bushback  
Safaris & DSTV, P.O. Box 2732, Arusha.....Tel: 2502279; 0744 281320; 0744 313162  
E-mail: axumspices@hotmail.com & www.theethiopianhotel.com

Gibb's Farm – Ngorongoro Safari Lodge  
Haile Selassie Road, e-mail: ndutugibbs@habari.co.tz.....Tel: 2506702/8930

Hills Hotel (former Hotel G&T International)  
Sakina-Nairobi Road (Lowasa Area)  
P.O. Box 2133, Arusha , Tanzania.....Tel: 2548045; 2505265-6, Fax: 2548887  
E-Mail: estimationtz@yahoo.com .....Hotlines: 744 607676/408580/317158; 0741 337816

Hotel Manor  
Nairobi Road (Has Conference Facilities)  
P.O. Box 1702, Arusha.....Tel: 250 0613/14; Fax: 250 8746

Hotel Fort De Moines and Safaris Ltd.  
Situating near the Main Market (Soko Kuu)  
P.O. Box 7321, Arusha.....Tel: 0744569406/284682; Fax: 254 8523  
E-mail: bimel@cybernet.co.tz & Web: www.bimel.co.tz

Golden Rose Hotel & Conference Centre  
Col. Middleton Road, P.O. Box 361, Arusha - Tanzania  
E-mail: goldenrose@habari.co.tz.....Tel: 2507959/8861/0684; 0741 651168  
Web: www.goldenrose.20.com .....Hotline: 0741 510696; Fax: 2508862

Ilboru Safari Lodge  
P.O. Box 8012, Arusha, Tanzania  
Situating in the Green Belt, north of Arusha Municipality, approx. 2.5 klm from Arusha town centre (Clocktower); 2 kms from Arusha International Conference Center - Dubbed "a home away from home." Has a beautiful swimming pool and can be used for Swimming Gallars. No Credit Card facilities but accepts Traveller's Cheques & can change some money.  
E-mail: ilboru-lodge@habari.co.tz; reservations@habari.co.tz .....Tel: 7334/7834 (without 250); 2509658  
Email: info@ilborusafarilodge.com, admin@ilborusafarilodge.com 0741 3437560; 0744 270357  
Web: www.ilborusafarilodge.com Fax: 2509658

Hotel Palsons & Safaris Ltd.  
Market Street (Manager: Mr. Isaac Mushi)  
P.O. Box 14597, Arusha .....Tel: 0744 314732

Hotel Seven Eleven (711)  
Zaramo Street Bus Stand, P.O. Box 10219, Arusha.....Tel: 2501261/0744 578459

Hotel Seventy Seven  
Nyerere Road (Gen. Manager-Mr. Kanaeli Nanyoro; Manager: Mark) P.O. Box 1184  
E-mail: hotel77@tz2000.com.....Tel: 25038000-02/0744 381047/261847

Impala Hotel  
Moshi Road  
Accepts all Major Credit Cards & Traveller's Cheques;  
has a Foreign Exchange service and a Swimming Pool.  
E-mail: impala@cybernet.co.tz and impala@habari.co.tz.....Tel: 2508448-51; 2502962  
Web: www.impalahotel.net 2508220/8680/7083/7197  
Web: www.impalahotel.com Fax: 2508680/8220

Ngurdoto Mountain Lodge, USA  
P.O. Box 7302, Arusha, Tanzania .....Tel: 2555217-26 ; Fax: 2555227/28  
E-mail: ngurdoto@thengurdotomountainlodge.com Web: www.thengurdotomountainlodge.com

Leisure Safari Lodge  
Sakina, Nairobi Road, Opposite Hills Hotel (Manager: Mr. G. Mbise)  
Has excellent local food; 2 large dining areas, minimal traffic  
but call to place order.....Tel: 0744 420426/874187

Le Jacaranda (French) Hotel & Restaurant  
Opposite Mezzaluna Restaurant & Safari Bookings. Has a few rooms,  
French Restaurant & is famous for their pancakes. ....Tel: 2506529; 2544624

Le Barbeque Restaurant  
Opposite Novotel, on Nairobi Road, (Man. Dir.: Mr. Lazarus Mirisho Mafie)  
P.O. Box 1436, Arusha.....Tel: 2547089

L'Oasis  
Sekei, Off Nairobi Road/Opposite Novotel (Ms. Juliet)  
E-mail: info@loasislodge.com www.loasislodge.com .....Tel: 2547089; 0744 286731-2

Mezza Luna  
Moshi Road, Has some rooms but is better known for its Italian Restaurant.....Tel: 2544381

Moivaro Coffee Plantation Lodge and Restaurant  
USA River, 5 Kilometres out of town A charming Lodge with small bungalows,  
restaurant and a small swimming pool.  
E-mail: moivaro@habari.co.tz, Web: www.moivaro.com.....Tel: 2553242/3

Momella Wildlife Lodge  
Off Nairobi-Moshi road at USA River.....Tel: 2506423  
E-mail: lions-safari@safaristal.com Web: www.afaristal.com Fax: 2508261

Mountain Village Lodge  
Tengeru, Nairobi- Moshi Road, approximately 12 km. out of town. Consists of  
cottages overlooking Lake Duluti & gives views to Mt. Meru & Kilimanjaro.....Tel: 2502799, 2553313

Mount Meru Lodge & Game Sanctuary  
Approximately 20 km. out of town - A small relaxing lodge with bungalows  
surrounded by a unique sanctuary of zebras, buffaloes, eland, ostriches  
and a large variety of wild birds.  
E-mail: mmg@habari.co.tz.....Tel: 2548106; 0741 510195

The Equator Hotel  
Boma Road.....Tel: 2504379

Novotel/Mount Meru Hotel  
Nairobi Road. Accepts all Major Credit Cards, Traveller's Cheques.  
Has Foreign Exchange Service; Swimming Pool, two Restaurants,  
Business Center & small Tourists Shops. ....Tel: 2502711/12/17/19/28  
E-mail: mtmeruho@africaonline.com 254822/8304/8737/8502-3

NYIKA Treks & Safaris Ltd.  
AICC, Ngorongoro Wing, 4<sup>th</sup> Floor R# 427 (Mr. Hussein M. Msangi)  
E-mail: nyikatreks@arusha.com Web: http://nyika.hyermart.net.....Tel/Fax: 2501956; 0741 405306

O'Lasiti Campsite & Lodge  
Oljoro Road/Mbauda.....Tel: 250 7832

Serena Hotels  
AICC, Ngorongoro Wing, Simeon Road.....Tel: 2504058/4159

Sopa Lodges  
Sopa Plaza, The Pent House, 99 Serengeti Road.....Tel: 2500630-9/0601  
E-mail: info@sopalodges.com Web: www.sopalodges.com Fax: 2506703



The Arusha Hotel  
Old Moshi Rd, Clock Tower Round-about (Ms.Veronica - Sales & Marketing Manager)  
E-mail: marketing@newarusha.com.....Tel: 2508889/7777/8890-2

Restaurants  
Arusha Chinese Restaurant Ltd.  
Sokoine Road.....Tel: 2507860

Amar Cuisine(Indian)  
Sokoine Road.....Tel: 2502463; 2542463

Big Bite.....Tel: 0741 650222

Café Bamboo Restaurant  
Boma Road.....Tel: 2506451/4478

Dolly's Patisserie  
Sokoine Road.....Tel: 0741 606967

The Dragon Pearl  
Kijenge/Old Moshi Road.....Tel: 2544107

Everest Chinese Restaurant  
Old Moshi Road.....Tel: 2548419

Indiana  
PPF Shopping Center, Njiro.....Tel: 0744 479785

Jambo Café  
Boma Road.....Tel: 0744 305430

La Fiesta  
PPF Njiro.....Tel: 0744 282116; 0748 28216

Le Jacaranda (French) Hotel & Restaurant  
Vijana Road. Opp. Mezzaluna, Restaurant & Safari Bookings.....Tel: 2506529/2544624; 0744 378153  
E-Mail: alsaux@yahoo.com

Les Jardins  
Contact person: Annie le Soux Olorien  
E-mail:alsoux@yahoo.com Web: www.jardin.com.....Tel: 0744 378153

MacMoody's .....Tel: 2543791/2

Mc's Patisserie.....Tel: 2544352/3469; 0744 420105

Mambo Jazz Café  
Old Moshi Road.....Tel: 2546995

Masai Camp  
Moshono/Old Moshi Road.....Tel: 2548299

Mezza Luna  
Moshi Road.....Tel: 2544381

Moivaro Coffee Plantation  
USA River  
E-mail: moivaro@habari.co.tz, Web: www.moivaro.com.....Tel: 2553242/3

Mountain Village Lodge  
Tengeru/Nairobi Moshi Road.....Tel: 2553313/14

Mount Meru Lodge & Game Sanctuary.....Tel: 2548106; 0741 510195

The New Colobus Night Club  
Kijenge/Old Moshi Road.....Tel: 0744 478646

Ndutu Safari Lodge  
Haile Selassie Road  
E-mail: ndutugibbs@habari.co.tz.....Tel: 2506702/8930

Ngaresero Mountain Lodge Ltd.  
(A country house on Mt. Meru)  
E-mail: ngare-sero-lodge@habari.co.tz .....Tel: 2553638; 0741 512138; 2504616/8361/8052

Redds  
On Dodoma Road, close to St.Constantine Int. School  
E-mail: res@halcyontz.com.....Tel: 2544574/4521/2506143; 0741 485808

Scandinavian Restaurant - Mr. Gideon.....Tel: 0744 265448/294354

Shanghai Restaurant - Sokoine Road.....Tel: 2503224

Sopa Lodges (Hotels & Inns)  
Sopa Plaza, Serengeti Road  
E-mail: info@sopalodges.com, Web: www.sopalodges.com.....Tel: 2500601/6703/0630-9

Soweto Garden  
Nairobi Road, within the AICC Estate in Soweto immediately after  
Dr. Mohammed's Hospital ( Mr. William Marandu)  
(Nyama choma & drinks, disco on weekends only).....Tel: 0744 273769

Spices and Herbs Ethiopian Restaurant 'n Lodge  
Nyerere Road, after Impala Hotel, between Bush Buck Safari & DSTV  
P.O. Box 2732, Arusha  
E-mail: axum\_spices@hotmail.com .....Tel: 2502279; 0744 281320/313161

Stiggy's and George's  
Old Moshi Road/Kijenge.....Tel: 0741651129

The Flame Tree.....Tel: 2501580; 0744 370474; 0744 377399

Via Via Restaurant  
Boma Road, Behind the national Meuseum  
P.O. Box 11132, Arusha  
E-mail: arusha.tanzania@viaviacafe.com .....Tel: 0748 213750

Hotels in Dar es Salaam  
Golden Tulip  
Toure Drive, Msasani Peninsula  
E-mail: goldentuliptanzania@afsat.com.....Tel: 022 2600288  
Web: www.goldentuliptanzania.com Fax: 022 2601443

Holiday Inn  
Garden Avenue  
E-mail: hidar@hidar.co.tz.....Tel: 022 2137575; Fax: 022 2139070

Hotel Sea Cliff  
Peacock Hotel Limited  
P.O. Box 70270, Dar es Salaam, Tanzania .....Tel: 022 2114071 / 2114033  
E-mail: info@peacock-hotel.co.tz Web: www.peacock-hotel.co.tz ..... Fax: 022 2117962  
Toure Drive Msasani Peninsular.....Tel: 022 2600380  
E-mail: information@hotelseacliff.com Fax: 022 2600476

New Africa Hotel (1993) Ltd.  
Corner of Azikiwe Street/Sokoine Drive.....Tel: 022 2117050

Oysterbay Hotel  
E-mail: oysterbay-hotel@twiga.com .....Fax: 022 2600347

Protea Hotel, Theatre Square  
E-mail: proteadar@africaonline.co.tz ..... Tel: 022 2600352/3/4; 022 2666665/2666/60  
Web: www.proteahotel.com ..... Fax: 022 2667760

Royal Palm  
Ohio Street.....Tel: 022 2112416/2113700  
E-mail: dirsales@cats-net.com ..... (Reservations) Tel/Fax: 022 2113532  
Web: www.royalpalmdar.com ..... (Admin) Fax: 022 2110725

White Sands Hotel  
Hotels & Inns, Jangwani Beach.....Tel: 022 2113678/2647621/2647622; 2118483/4  
E-mail: whitesandshotel@raha.com ..... Fax: 022 2118483/4

The Courtyard  
Seaview, Ocean Road, Dar es Salaam. Has a swimming pool  
credit card facilities .....Tel: 022 2130101  
E-mail: courtyard@raha.com ..... Fax: 220 2130100

Hotels in Moshi  
Karama Hotel/Lodge  
Suye Hill- Old Moshi Road-Arusha  
E-mail: info@karama-lodge.com.....Tel: 2500359; 0744 475188

Kilimanjaro Cranes Hotels Ltd.  
Kaunda Street, (2<sup>nd</sup> Str after Clock Tower towards the Railway Station)  
E-mail: kilicrane@eoltz.com.....Tel: 027 2751114/3037  
Web: www.geocities.com/the\_tropics/cove/7585 ..... Fax: 27 275 4876

Kilimanjaro Tourist Inn  
Kilimanjaro Road, Moshi.....Tel: 027 275 3252

Kindoroko Hotel  
Hotels & Inns, Mawenzi Road,  
P.O. Box 8682, Moshi  
E-mail: kindoroko@kilionline.com & kindoroko@yahoo.com  
Web: www.kindoroko.com .....Tel: 2754054; 0744 377795; Fax: 2754062

Nakara Hotels  
Marangu – Moshi.....Tel: 027 5756571/027 275 4054  
E-mail: kindoroko@africaonline.co.tz ..... Fax: 027 2754062

New Coffee Tree Hotel Ltd.  
Hotels & Inns, KNCU, Moshi.....Tel: 27 55040/54911

Hotel Da'Costa, P.O. Box 8682, Moshi; E-mail: hoteldacosta@yahoo.com .....Tel: 2755159; 0744 377795

Hotels & Lodges in Tanga  
Grant's Lodge  
Mkizi, Lushoto; Web: www.grantslodge.com.....Tel/Fax: 027 2642491

Korogwe Transit Hotel  
E-mail: transit@hotel.com .....Tel: 027 2640640; 744 462676

Mkonge Hotel  
Hospital Road. Bombo area.....Tel: 027 2643440; Fax: 027 2643440

Protea Hotel Pangani River  
E-mail: proteapangani@africaonline.co.tz .....Tel: 027 2630112/2630111  
Web: www.proteahotels.com ..... Mob/Fax: 741 410099

Hotels and Lodges in Zanzibar  
Blue Bay Beach Resort  
Kiwengwa, Zanzibar.....Tel: 24 2240240/1-4; Fax: 24 2240245

Ras Nungwi-Zanzibar  
Nungwi Beach.....Tel: 24 2233767/2232512/2233615; 2233889  
E-mail: rasnungwi@zanzibar.net Web: www.rasnungwi.com ..... Fax: 24 2233098

Visiwani Lodge.....Tel: 2505143; Mob: 0741 510554

Hotels in Nairobi, Kenya  
**CENTRAL BUSINESS AREA**

Boulevard Hotel ..... Tel: 227567 / 337221

Fairview Hotel ..... Tel: 2723211

Grand Regency Hotel .....Tel: 211199 / 219481 / 220386

Hilton Hotel ..... Tel: 250000

Inter-Continental Hotel ..... Tel: 335550

Nairobi Safari Club ..... Tel: 251333

Norfolk Hotel ..... Tel: 250900

Panafric Hotel ..... Tel: 2720822 / 3

The Stanley ..... Tel: 228830 316377

Serena ..... Tel: 2710511

Panafric Hotel  
Kenyatta Avenue, Nairobi ..... Tel: 254 2 2716688; Fax: 254 2 2715566

**WESTLANDS**

Jacaranda Hotel ..... Tel: 4448713 / 7

Holiday Inn Nairobi ..... Tel: 3740920 / 1

**HARLINGHAM AREA**

Silver Springs Hotel  
Argwings Kodak Rd, Nairobi..... Tel: 254 2 2722451

Lenana Mount Hotel  
Ralph Bunche Road, Nairobi i..... Tel: 254 2 271044

**KIAMBU/RUARAKA**

Safari Park Hotel ..... Tel: 802493

Utalii Hotel ..... Tel: 802540 / 1 / 2

Windsor Hotel ..... Tel: 862300

For more information on tour companies and hotels contact

The Kenya Tourism Federation (KTF) .....Tel: Helpline: 254 020 604767

E-mail: safetour@wananchi.com .....Tel: Mobile: 0722 745645 /0733 617499  
Fax: 254 020 604730



#### INFORMATION SERVICES

Radio & Broadcasting Stations/Companies

TV Broadcasting Stations

##### Africa Media Group

Zaramo Street - P.O. Box 21122, Dar es Salaam.....Tel: General: 022 2116341-6; Fax: 022 2113112

E-mail: dtv@raha.com/ and amgl@raha.com .....Tel: Newsroom: 0741 363977; Fax: 022 2116347

CNN ( if you have Cable or Dish) and many other stations)

##### DTV

DSTV/Multi Choice (T) Ltd. Arusha Branch

Near Impala Hotel

P.O. Box 1181, Arusha.....Tel: 2509134; 0748 505503

E-mail: nchuma@t201.mck.co.za / ftarimo@t201.mck.co.za

##### Milan

On Noble House, Near Main Market.....Tel: 2504527/6428

##### TV Burudani

PPF Nairobi Road, P.O. Box 1528, Arusha

E-mail: tvb@habari.co.tz

20 Channels: News, Entertainment and Sport.....Tel: 2503149; 2542028/4491-6; 0744 361581

##### TV (Independent Television)

P.O. Box 4374, Dar es Salaam.....Tel: 022 2775914 //2775916; 27773980; Fax: 022 2775915

E-mail: itv@ipp.co.tz .....Advertising: Tel: 022 2118611; Fax: 022 2129655

##### Star TV (Star Television)

Affiliated to Radio Free Africa (RFA) & Kiss FM

Postal Road, P.O. Box 1732, Mwanza.....Tel: 028 2503262/40538; 0741 640375

E-mail: inforafrica.co.tz ; Web: www.radiofreeafrica.co.tz .....Fax: 028 2500713

##### Radio Broadcasting Stations

###### Clouds FM

Clouds Entertainment; Samora Avenue, NIC Building,

P.O. Box: 31513, Dar es Salaam.....Tel: 022 2123919

##### EAST African Radio

Mikocheni Light Industrial Area

P.O. Box 4374, Dar es Salaam.....Tel: 022 2775914

##### Kiss FM (See Star TV)

Radio Free Africa (RFA)(Swahili Service) KISS FM\_(English Service)

Mwanza 88.8MHZ 88.7MHZ

Shinyanga 88.2MHZ -

Mbeya 88.8MHZ 96.4MHZ

Disalaam 98.6MHZ 89.0MHZ

Arusha 89.0MHZ 89.9MHZ

AM/MW 1377KHZ Great Lake Region

##### Radio One -AM/FM Stereo

On meter band: 1440 AM & 89.5 FM

24 hrs on air, streamlined live on www.ippmedia.com

(See also 101.4 FM Stereo & ITV)

101.4 FM

Dar es Salaam, BBC World Service

Light Industrial Area, Mikocheni

P.O. Box 4374, Dar es Salaam.....Tel: 022 2775916/2773980; 273998; 0741-533895

Web: ippmedia.com

Studio: Tel: 022 2700588/2700440

##### Newspapers

Arusha Times

AICC Ngorongoro Wing, 1<sup>st</sup> Floor Rm. 129.....Tel: 2506438

E-mail: arushatimes@habari.co.tz and Web: www.arushatimes.co.tz

##### Business Times Ltd.

P.O. Box 11100 .....Tel: 2503171

##### Cultural Information

Arusha Declaration Museum

P.O. Box 7423, Arusha .....Tel: 2507800/2507540

Email: nnhm@habari.co.tz Web: habari.co.tz/meuseum

##### National Natural Historical Museum

Boma Road, between the Regional Director's Office & the

Municipal Council Office, P.O. Box 2160, Arusha .....Tel: 250-7540

##### NSK Tanzania LTd.

P.O. Box 3114, Arusha.....Tel: 2503923

#### INSURANCE COMPANIES

Alliance Insurance Corporation Ltd

Goliondoni Road, Arusha .....Tel: 255 27 2504085 / 6

Imperial Insurance Company Ltd

PPF House, 8<sup>th</sup> Floor, Samora Avenue

P.O. Box 21228, Dar es Salaam .....Tel: 255 22 2120188 / 2120191 / 2120193

##### Jubilee Insurance

AICC Building, Ground Floor, Ngorongoro Wing

P.O. Box 1836, Arusha .....Tel: 255 27 2507307 / 2504085 / 6

##### Jubilee Insurance

3<sup>rd</sup> Floor, TEFL Building Phase II, Ohio Street

P.O. Box 20524, Dar es Salaam .....Tel: 255 22 2135129 / 2135116

National Insurance Corporation of Tanzania Ltd

Boma Road, P.O. Box 3090, Arusha .....Tel: 255 27 2502852 / 2508241

Reliance Insurance Company

Tanzania Farmers Association Building, Foya Road

P.O. Box 15241, Arusha .....Tel: 255 27 2501552 / 3

#### LAUNDRY & DRY CLEANING SERVICES

Falcon Enterprises (T) Ltd.

Falcon Dry Cleaners, Seith Benjamin Road

P.O. Box 244.....Tel: 2548836; 2502003; 0744 508846

Laundry Service.....Tel: 2504478; 0744 691353



VIP Laundry & Drycleaners  
Near A. M. Hotel, P.O. Box 952, Arusha – Tz  
E-mail: ft2ke@hotmail.com.....Tel: 027 2507616; 0744 456888

Laundry Services  
At Novotel/Mt. Meru Hotel.....Tel: 2502711/12/17/19/28

Superclean  
Laundry & Drycleaning Services  
Wapare Street, P.O. Box 744, Arusha – Tz  
E-mail: supaclean2003@yahoo.com.....Tel: 0744 506499

VIP Laundry & Dry Cleaners  
Next to AM Hotel, P.O. Box 952, Arusha  
Email: ft2ke@hotmail.com.....Tel: 2507616; 0744 456888

**MARKETS/SUPERMARKETS/GROCERY STORES**

**Markets**

Kilombero Market, Sokoine Road

Main Market  
Makua St., Nyamwezi St. & Azimio St.

Mbauda Market  
Ol Joro Road, off Sokoine Road  
Grocery Shops

Kijenge Self Service Super Market  
On Moshi Road..... Tel: 2506139

Rushda Super Market  
Sokoine Rd.....Tel: 2506812

Stop & Shop  
Next to Impala, on Old Moshi Road.....Tel: 0744 298864

Supermarkets  
Arusha Meat Co. Ltd.  
Goliondoi Road.....Tel: 2548191

ARTC Co. Ltd.  
Clock Tower Round about/Sokoine Rd/Uhuru Rd.....Tel: 2503219

Duty Free Shop  
Goliondoi Road.....Tel: 2504879

Ikhwan traders  
Opposite the Stadium.....Tel: 2507960

Kijenge Self Service Supermarket  
Moshi Road.....Tel: 2506139

Kitchen Point (KP)  
Sokoine Road, P.O. Box 688, Arusha  
Director: Adnan Karimjee (Home Tel: 2548187)  
E-mail: kitchenpoint@hotmail.com.....Tel: 2544309; 0744 264495

Johari Shop  
Opposite Philips Petrol Station Nairobi-Moshi Road (Furniture (Hand woven).....Tel: 0744 563574



London Bazaar  
Sokoine Road.....Tel: 2502509

Najmi Super Market  
Azimio Str.....Tel: 2544675 2501628

Rushda Super Market  
Sokoine Rd.....Tel: 2506812

S.H. Amon  
Sokoine Road (Cosmetics Supermarket).....Tel: 2544692/8221

Shoprite  
Sokoine/Dodoma Road.....Tel: 2544516

Other Shopping Centres in Arusha  
Arusha Fancy Store Ltd. - Sokoine Road ..... Tel: 2544950; 2508590

Shaheens  
Sokoine Road (For Curtains & Carpets).....Tel: 2502601

ABB Tanalec Ltd.  
Themi Industrial Area (Mr. Ian Robertson-2508608, 2508726)  
P.O. Box 7156, Arusha.....Tel: 2507892/7894; 2508027/3950; 0744 400530  
E-mail: irobertson@tanalec.co.tz Fax: 2508212/8725

Meru Glassworks & Hardware  
P.O. Box 955, Arusha  
Dealers in all types of glass: aluminium windows & doors, picture frames  
(Mr. Khuzaima Tapyia) (Shop opens from 8:30-4:30)  
E-mail: meru@cybernet.co.tz, .....Tel: 250775; 0744 389852  
And Katpost52@hotmail.com Fax: 2502572

Wines & Spirit Supermarkets  
J.M. Enterprises  
Stadium Building (Opposite Ikhwan Supermarket)  
P.O. Box 161, Arusha.....Tel: 2506818

Upper Zonal Trading Co. Ltd.  
Unga Limited, Esso Road.....Tel: 2544313; 0748 654695

Masobe Trading Co. Ltd  
CCM Building, P.O. Box 14352, Arusha.....Tel: 2509512

ARTC - Uhuru Road/Sokoine Road.....Tel: 2503219

House of Wine  
India Street, near Clock Tower, P.O. Box 817, Arusha – Tz

Y & H  
Sokoine Road, Dealers in Wines & Spirits (Pangani Street) ..... Tel: 0744 885810; 0744 298420  
Stop & Shop Super Market  
Old Moshi Road.....Tel: 0744 298864

**BAKERS & PASTRY SHOPS**

Confectionary & Candy  
Arusha Naaz Hotel-Sokoine Road.....Tel: 2506484/2087

Dolly's Patisserie-Sokoine Road.....Tel: 0741 606961  
(Doreen - Tel: 2506234; Mob: 0741 652082)



Han's Seidel Foundation  
Sakina-Nairobi Road) .....Tel: 2508923/6809

Mac's Patisserie-Sokoine Road  
AICC Estate (Kijenge), c/o Mrs. Pallangyo.....Tel: 0744 839432  
Mrs. Elsa Teclé (Dr. Teclé-SDA Hospital).....Tel: 0744 479836

Mac's Patisseri  
Sokoine Road/Clock Tower (Has Internet Caffé).....Tel: 2503469/7727; 0741 510175

Dolly's Patisserie  
Sokoine Road..... Tel: 0741 606961

Sunkist Bakery.....Tel: 2503602/6889/3601;2500431-33/2544039

Supa Foods Corporation Ltd.  
Supa Loaf..... Tel: 2507066; 2543288; 2548753/7821

The Ice Cream Parlour & Snack  
Sokoine Road..... Tel: 2502724

Diana Ice Cream Parlour Njiro  
Njiro Road.....Tel: 2506624

Beverage Shops  
Bonite Bottlers Limited  
Arusha Depot, (Coca Cola), Old Moshi Road after Colobus Soda & Ice Blocks.  
Email: bblar@meruonline.com.....Tel: 2503216; 2548354; 0744 285671

TBL (Tanzania Breweries (T) Ltd.)  
Off Njiro Rd, Behind Ultimate Security.....Tel: 2504662/8880/8744/7809; 2507435/60756145/4661

#### HIRE PURCHASE & CREDIT FACILITIES

Credit Shop  
Arusha Credit Shop..... Tel: 2506604

Tunakopesha Ltd.  
Sokoine Road.....Tel: 2509343

Shopping Centres in Nairobi  
Yaya Centre

SaritShopping Centre

The Mall, Westlands

UCHUMI – Ngong Road

UCHUMI – Mombasa Road

Nahmat – Ngong Road

Nahmat – Mombasa Road

#### NGOs AND CHARITY ORGANISATIONS

Lions Club International

Lions Club Arusha

Mt. Meru Rotary Club Arusha

Secretary: Ms. Kasori Sarakikya- Meetings at Impala  
Mondays at 7.30 p.m.....Tel: 0744 757717

Rotary Club of Arusha

Meets at Gymkhana/Novotel every Wednesday at 12:30 p.m

World Vision International  
Njiro, near A & K.....Tel: 2503921; 2544459/7384

World Vision International  
P.O. Box 6399, Dar es Salaam .....Tel: 022 2111375/2118620

#### PHOTOGRAPHIC SERVICES



Photographic Labs/Studio Photography  
Astab Colour Lab (instant passport photos).....Tel: 2501376; 2548112

Big Five Photo Lab  
P.O. Box 12504.....Tel: 2509618; 2544626

Burhan Photo Lab (instant passport photos)  
Near Soko Kuu.....Tel: 2507106

Burhani Photographic Services  
Nyerere Road (near Impala Hotel(instant passport photos).....Tel: 254 8623; 0744 743326  
E-mail: chomoko@cybernet.co.tz Fax: 2544995, 2501781

Naaz Photo Studio (instant passport photos)  
India Street, P.O. Box 1014, Arusha – Tz.....Tel: 2503687; 0744 290135

Kwik Photo Lab & Business Centre  
Swahili Street/Sokoine Road, opposite Book Mark/ next to Casino  
P.O. Box 10211, Arusha – Tz .....Tel: 2544616/4414; 2503205  
E-mail: kwik@kwik.co.tz (Printing Press -Tel: 2507944) Tel/Fax: 2544414

Photographers Recognized by ICTR Staff Association  
Venance Chapaulingo  
Cameraman/Photography & Video Shooting.....Tel: 0744 299311

Photo-Me  
Impala Hotel – Mr. Peter Kimaro.....Tel: 0744 290541

Professional photographer for conferences & group portraits  
P.O. Box 10211, Arusha – Tz.....Tel: 2544414; 0744 490434

Simeon Mwakunja.....Tel: 0741 301645

#### CHURCHES & PLACES OF WORSHIP – ACCORDING TO DENOMINATION



Churches  
All Nations Christian Centre.....Tel: 2544151

Anglican Church -.St. James Church  
Kaloleni.....Tel: 2503448

Apostle of Jesus Novitiate  
Lake Duluti.....Tel: 2544148

Archdiocese of Arusha.....Tel: 2509330

Archdiocese of Arusha Women Development.....Tel: 2509235

Arusha Church of Christ.....Tel: 2506842



Arusha Community Church  
 Inter-dinominational Church, Inside the Selian Lutheran Hospital  
 opposite Golden Rose Hotel.....Tel: 0744 510656

Arusha Lutheran Church.....Tel: 2507436

Arusha Moravian Church.....Tel: 2548180

Assemblies of God Church  
 P.O. Box 523, Arusha.....Tel: 2506110

Evangelical Assemblies of God of Tanzania.....Tel: 2506023

Baptist Church/Baptist Mission of Tanzania.....Tel: 2503708/2151

Baptist Mission of Tanzania  
 P.O. Box 808, Arusha.....Tel: 2503708/2151

Baptist Theological Seminary.....Tel: 2506308

Calvary Assemblies of God.....Tel: 2501964

Catholic Mission Arusha.....Tel: 2503718

Christ Church (Anglican)  
 Old Moshi Road/Opposite Chinese Restaurant.....Tel: 2502476

Holy family Catholic Church  
 Parish Priest (Father Tarimo).....Tel: 0744 374051

International Evangelism Centre.....Tel: 2544405/8321

Ngarenaro Holy Spirit Catholic Church.....Tel: 2503718

Orthodox/Hellenic  
 c/o St. Constantine International School/Operations Manager  
 Mr. Dimitrus Tsakiris.....Tel: 2503696; 0744 587770

Pentecostal Assemblies of God.....Tel: 2502057

Pentecostal Evangelistic Fellowship.....Tel: 2548975

Pentecostal Church.....Tel: 2502199

St. Teresa Catholic Church  
 Jimbo la Arusha ( St. Teresa), Off Sokoine Road, behind Wulkan  
 Engineering/Behind Central Police Station.....Tel: 2502186;2544358/4362

St. Peter & Paul Parish  
 Kijenge/Opposite Bonite Bottlers.....Tel: 2502158

Seventh Day Adventist Church  
 along the road Kijenge ya juu, P.O. Box 1091  
 Pastor: Willes Senguo.....Tel: 2505917; 0744 845512

Seventh Day Adventist Church  
 Njiro Road, Before ESAMI (Church Elder: Mr. Limbe)  
 Service (Eng): 8:00 – 9:00 a.m.; (Kiswahili): 11:00 a.m.- 12:00 noon  
 Tanzania Union.....Tel: 2507025; 2507030-35; 2502693/8496; 2507886-90

Zion Temple  
 Church opposite Kiltex, Breweries Area  
 Pastor John Shumbusho & Pastor Trice Shumbusho.....Tel: 0744 421413/020945

Mosques  
 Ijumaa Mosque, Arusha Islamic Center.....Tel: 2506910

Arusha Mudir Azhar Madrasa.....Tel: 2543557

Places of Worship – According to Denomination

Anglican Churches  
 Christ Church Cathedral  
 At corner of Old Moshi & Kanisa Road  
 Services: English – 11:00 – 12:30 (Pastor: Cannon rev. Paul Mtowe).....Tel: 2502476; 0744 47744

St. Peter & Paul Church  
 Kijenge/Opposite Bonite Bottlers Depot  
 Service:(English) Saturday 5:00 to 6:30 p.m.  
 Parish Priest: Father Jean-Marie Chuvi Adubango.....Tel: 2502158/2544008

St. James Church  
 Kaloleni (on the right hand side of the round-about after the Police Station)  
 Service:00 to 2:30 p.m. (Pastor: Rev. Father Andrew W. Kajembe).....Tel: 0744 381022

Baptist churches  
 Arusha International Baptist Church  
 P.O. Box 808, Arusha  
 Pastor Harris Olang'- Service: 10:30 a.m.; Sunday school – 9:25-10:25 a.m.  
 Child care for babies & toddlers during serviceand Vacation Bible School  
 (July/Aug. school holidays) .....Tel: 2503708/2151; 0744 510656

Unga Limited Church  
 P.O. Box 7089, Arusha (Pastor: Justin Timothy) (3 masses).....Tel: 2509362

Lutheran Churches  
 Arusha Lutheran Church (Mjini Kati Church )  
 On Uhuru Road, Just before the Duty Free Shop (English Service: 09:30– 1:00 a.m.)  
 P.O. Box 569, Arusha.....Tel: 2502414; 2503718

Holy Spirit Catholic Church  
 Ngarenaro Adjacent to St. Elizabeth Hospital  
 English Service: 09:30 – 11:00 a.m. (Parish Priest :Father E. Tarimo).....Tel: 0744 374051

Ngarenaro Baptist Church  
 On the Road that connects Nairobi and Dodoma (Pastor: Isaya Solomon)  
 Services Days: Sunday; 1<sup>st</sup> 07h00 to 08h30, 2<sup>nd</sup> 09h00 to 10h30, 3<sup>rd</sup> 11h00-12h30  
 Have women's group which conducts various activities, including visiting the sick..... Fax: 2548319

Kijenge Church  
 P.O. Box: 772, Arusha (Pastor: Daniel Molle).....Tel: 2507622

Roman Catholic Churches  
 St. Theresa Catholic Church  
 Jimbo la Arusha ( St. Teresa)Off Sokoine Road, behind Wulkan Engineering  
 Behind Regional Police Station  
 Service:Swahili-7:00-8:30 a.m., 8:30-10:00a.m.,  
 10:00-11:30 a.m., 11:30-1:00 p.m., 1:00-2:30 p.m.  
 Children: 4:00-5:30 p.m. (Parish Priest: Fr. Rochus Mroba).....Tel: 0744 475944

Ngarenaro Church  
 P.O. Box: 8172, Arusha  
 Service Days: Sunday 1<sup>st</sup> -06h30 to 8h00 (Pastor: Mathias Mushi).....Tel: 2507436

Holy Family Catholic Church, Njiro

Non-denominational Churches

Arusha Community Church

Inside the Selian Lutheran Hospital/opposite Golden Rose Hotel

Sunday Services: begins at 10:30 a.m.; All-age Sunday School begins at 9:15 a.m.

Junior Church (ages 4-8) held during the sermon

Last Sunday of month: Family Service, 2<sup>nd</sup> – 8.30-12; 3<sup>rd</sup>- 11- 12.30

A compassionate group helping children from poor families, orphans and abandoned children

Non- Denominational Fellowship

Lunch – Hour Fellowship at ICTR, Clinton Room after DHL and Bureau De Change;

Time 1&2:00 p.m., Monday – Thursday – I/C Ms. Kate Aboagye &

Ms. Anastasia Kamande; Pastor: John Shumbusho

Arusha Community Church

Orthodox/Hellenic

c/o St. Constantine International School

Operations Manager Mr. Dimitrus Tsakiris.....Tel: 2503696; 0744 587770

Pentecostal Churches

Calvary Temple

Service: 10:00 - 12:00 noon (Pastor: Phil).....Tel: 2501964; 0744 322962

Bethel Christian Centre

Kijenge (near Kijenge Primary School & police station, after Impala Hotel)

Sunday Services: Swahili-12:30-3:30 p.m. Eng/Swahili - 3:30-6:30 p.m.

Children: Swahili: 8:00-10:10 a.m.; Evening (Swahili) 10:30 12:00 midnight

Contact: rev. Oral Sossy .....Tel: 0744 316308

Zion Temple Church

Opposite Kiltex, Breweries Area

English Service: Monday to Thursday: 5:15-6:30pm

Friday (Overnight); Sunday: 9:00-10:30 a.m.

Pastors: John Shumbusho, Trice Shumbusho, Tobi A.....Tel: 0744 020945; 0744 421413; 0744 090160

Seventh Day Adventist Churches

Seventh Day Adventist Church

Njiro Road, Before ESAM.....Tel: 2507030-35; 2502693/8496; 2507886-90

Seventh Day Adventist Church

(along the road Kijenge ya juu) P.O. Box 1091 Arusha

Pastor: Willes Senguo.....Tel: 2505917; 0744 845512

Jehova's Witnesses

Sanawari, 250 metres up from tarmac, above Sanawari Market.

English congregation, Sundays 12.30 p.m. Free home bible study

for whole family. (Mr. Martin Muxlow).....Tel: 254 8501 / 0744 447 080

Islamic Heads, Institutions and Mosques

P.O.Box 255, Arusha (Regional Sheikh: Mr. Kisiwa Ally).....Tel: 0744 273285

BAKWATA Regional Secretary,

P.O. Box 255, Arusha.....Tel: 2506825; 0748 319636

Imam Masjid Taqwa,

P.O. Box 15188, Arusha.....Tel: 0744 494427

Arusha Mudir Azhar Madrasa.....Tel: 2543557

Arusha Islamic Center .....Tel: 2506910

Juma Mosque

Situated close to the main market

Ismaili Mosque,

On Seth Benjamin Road (Barabara ya Seth Benjamin)

Ishnasheri Mosque, On Sokoine Road opposite Metropole

Bohora Mosque, On Barabara ya Sikh – Union (Sikh - Union Road)

Temples

Hindu Temple

Situated off Sokoine Road, on the first street after Mertopole Cinema

coming from the Clock Tower round-about.

Sikh Temple

Along Sikh - Union Road, off Sokoine Road

P.O. Box 20, Arusha .....Tel: 2502550

Jain Temple

On Barabara ya Jakaranda(Jakaranda Road), next to Arusha Secondary School

#### SECURITY COMPANIES



Group 4 .....Tel: 0748 781522/401297

KK Guards

Moshi Road, Opposite Mezzaluna Hotel.....Tel: 2507250; 0742 401293; 0742 450600(24hrs)

Ultimate Security

Njiro Road Opposite AICC Kijenge Estate.....Tel: 2506594 / 0741 510911 / 0741 123189

Securicor Security Company

Nairobi (Mr Jestomore Wafula Wanyama)

(ICTR Arusha).....Tel: 005 2 4440984/9/57; 005 0722 738768

Website: www.securicor.com Bedan Njuguna (Mob: 0748 522280) Fax: 0052 4441028

#### SEWERAGE DISPOSAL & GARBAGE COLLECTION



Professor Joshua Nkhululi.....Tel: 0744 285049

(Sewerage disposal & garbage collection) E-Mail: hjmsia@yahoo.com

Garbage Collection Company.....Tel: 0744 691616

Garbage Collection (Mr. Moshu) .....Tel: 2503188

#### SHIPPING, CLEARING & FORWARDING AGENTS

Peter Justesen Company

Attn: Ms. Nina Vellage, Dar Es Salaam.....Tel: 22 2 600 233

E-mail: na@africaonline.co.tz Fax: 22 2 600 233

AGS FRASERS International Removals

Dodoma Road (ICTR appointed shipping agent)

P.O. Box 10669, Arusha (Mr. Patrick Lebrun).....Tel: 2505888 / 0744 768235

Frasers International Removals (AGS) (Mr. Patrick Lebrun)

E-Mail: agstz@africaonline.co.tz Web: www.ags-worldwide-movers.com.....Tel: 0744 839277

African Scan Group (ASG)- (Tanzania) Ltd.

(Mr. Ulf Nilsson) E-mail: asgtz@acexnet.com.....Tel: 22 2139435-7/2136091; 0744 282480

## TRANSPORTATION AND MOTORVEHICLE SERVICES

### Air Travel

Air Excel (Safaris).....Tel: 2501595/1597; 2548429; 0741 511227/510857

Air Tanzania Corporation.....Tel: 2503201/2, 2503793/7957; 2544574/3319

Ethiopian Airlines.....Tel: 2507512/6167/4231

Eagle Air (Safaris).....Tel: 2509909

Fleet Air (Safaris).....Tel: 2500368

### Kenya Air Ways

Nairobi..... Tel: 005 20 229291/210771; 005 0722/33 32074767

Arusha Office.....Tel: 2508059 / 0748 402005

Dar es Salaam.....Tel: 02 22 2117070/211336-7

### KLM

Boma Road.....Tel: 2508062/8062/4747 ICTR Ext. 5271

Northern Air Charter (Safaris).....Tel: 2508059/8060

### Precision Air Services

Boma Road.....Tel: 2502836/6903/2818/7319/ 0748 402005

### Regional Air (Safaris)

P.O. Box 14755, Arusha, Tanzania

E-mail: info@regional.co.tz / resvns@regional.co.tz .....Tel: 2502541/4477/4164; 0744 285754  
Kilimanjaro Airport) Tel/Fax: 2554130

### ZanAir

Zanzibar's Premier Aviation Company. Air Charter Service,

Cargo Transport, Aerial Photography, Surveys & Mapping

Emergency Air Evacuation

Head Office: P.O. Box 2113, Zanzibar – Tanzania

E-mail: zanair@zitec.org ...Tel/Fax: 00255 24 2233670; 2233768; 0747 410077; 0747 413718, 0742 750478

Web: www.zanair.com Znz Airport: 24 2232993; Dar Airport: 22 2843297

Arusha Office: Sokoine Rd., Summit Center, near Shoprite, Left Wing

P.O. Box 2113, Zanzibar, Tanzania, East Africa.....Tel/Fax: 254 8877

E-mail: arusha@zanair.com

Mob: Michael de Mello 0748 320818

Web: www.zanair.com

Mob: Revocatus 0741319068

### Car Rental

AGS.....Tel: 0741 650713

### Fortes Safaris Ltd.

Land Rover (TDI 110), \$100/Day without fuel & driver

135 with fuel& driver) .....Tel: 2506094/8002

### Lion Safaris International

Mr. Rashid Rathod.....Tel: 2506423/6426; 2548986; 0741 338469

Rashid Rathod.....Tel: 0741 338469

The Friends of Kilimanjaro Safaris & Car Hire.....Tel: 2503289

### Serena Car Hire Transport

India Street

For Car Hire, Tour Operator & Shuttle Services.....Tel: 2509833/6593; 0744 286066

E-mail: serenacarhire@habari.co.tz Web: www.serenacarhire.com

Fax: 2509834

### Vehicle Breakdown Services

4WD Centre Ltd.

Breakdown/Recovery Unit

E-mail: Kevin@habari.co.tz.....Tel: 0748 443322/240966; 0744 300470

### Kamal Enterprises

Opposite the Water Department (Mr. Mohammed Kamal) .....Tel: 0744 380525

### Simba Trucking Co. Ltd.

Mbauta Jr. Road.....Tel: 2503966/1833; 2544508 / 0744 287700

### Car Repair

AGS.....Tel: 0741 650713

Day & Night Auto Garage Ltd.....Tel: 2503390

Sharma Panel Works.....Tel: 2543633

### Wulkan Engineering Ltd.

Sokoine Road.....Tel: 2508301/2586

### Public Road Transporters

Bus & Coach Service

Akamba Public Road Services.....Tel: 2548095 / 2505646

### Scandinavia Express Services Ltd

Jogoo House Building.....Tel: 2500153 / 0744 276662

### Royal Coach

Golden Rose/Colonel Middleton Road.....Tel: 2507959/2508862

### Mini-Bus Shuttle Services

Davanu.....Tel: 2548142

Impala Shuttle Services.....Tel: 2502398/2508448-9

Riverside Shuttle .....Tel: 2542639/2543916

Pallsons Shuttle Service.....Tel: 250248/2508603

Serena Car Hire & Transport.....Tel: 2509833/4

### Taxi Shuttle Service

Dominique Mkumbo.....Tel: 0744 693180

Shaffi Mkiti.....Tel: 0744 766829

Moses Mhando.....Tel: 0744 821799

### Car Sales Agents / Representatives

Automated Generator Services TZ Ltd. (AGS).....Tel: 2503609; 0741 650713

### Auto Master Ltd.

Website: www.automaster.co.jp

### Autorec

Website: www.autorec.com

### Japanesevehicle

Website: www.japanesevehicles.com

### Kawamura

Website: http://homepage2.nifty.com/autoworks ; E-mail: kawa.wks@sweet.ocn.ne.jp

Mt. Meru Commission Agents Ltd.  
Moshi Arusha Road, Close to Philips Petrol Station  
Adjacent to Mt. Meru Hotel/Opposite PAPU New Bdg.....Tel/Fax: 2500297; 0744 885788/269702

Toyota Sales & Services  
Uhuru Rd./India Str.....Tel: 2548426

Trust  
Website: www.trust-ltd.co.jp  
Unique Motors Ltd.....Tel: 2547335/7121; 0741 653077

Wilson International Company Ltd.....Tel: 2548426; 0748 401107

Travel Agents/Tour Operators  
Abercrombie & Kent (T) Ltd.  
Njiro, Behind ABB Tanalec.....Tel: 2503245/8988/8346-8/83051706-12

Adventure Tours & Safaris .....Tel: 2501126/5039/7600; 2548195; Fax: 2548195

Travel & Tours, Goliondoi Road  
E-mail: adventuretours@tz2000.co  
African Trails.....Tel: 2506752/3683

Albatros Travel  
Sekei Village Road-opposite Mount Meru Hotel.....Tel: 2548659/4526  
E-mail: Albatros@habari.co.tz Fax: 2544526

Arab Emirates  
Nairobi .....Tel: 005-22-215076/224271

Big Game Safaris  
P.O. Box 7553.....Tel: 2548259

East West Ttravel & Tours Ltd.  
Boma Road.....Tel: 2508839/0043; 0741 670692  
E-mail: ewtravel@cybernet.co.tz Fax: 2504324/3525

Easy Travel & Tours Ltd  
Clock Tower Center, Emslies  
E-mail: easytravel@habari.co.tz.....Tel: 250110

American Society of Travel Agents (IATA)  
P.O. Box 24, Goliondoi Rd., Arusha, Tanzania  
E-mail: emslies.ark@ark.eoltz.com.....Tel: 2548048; 2506097

Head Office: Old Moshi Street, Moshi (Moshi –Kilimanjaro  
P.O. Box 29, Moshi, Tanzania.....Tel: 2752701/2751742  
E-Mail: emslies.sales@eoltz.com Fax: 2750236

Fortes Safaris Ltd  
E-mail: arushafortes@habari.com .....Tel: 2508096/6094/3439  
Emailfortes@africaonline.co.tz Fax: 2508002

Car Hire, Travel & Tours  
Sakina-Nairobi Road  
Globe Inter Safaris  
AICC Ngorongoro Wing, 1<sup>st</sup> Floor.....Tel: 2507850

J. M. Tours & Limited  
Old Moshi Road, Kijenge  
Travel Planners, Tours & Safaris, Exchange Programmes.....Tel: 2506773; 0742 421395  
E-mail: jmtours@habari.co.tz Tel/Fax: 2548801

Kearsley Travel & Tours.....Tel: 2508034; 0741 338469; Fax: 2508044

Kihansi Tours & Safaris Ltd.  
Molle Building, Col. Middleton Street.....Tel: 2509930

Let's Go Travel.....Tel: 2547111/2814; Fax: 2544199/8997

Lion's Safaris International  
Sakina-Nairobi Road.....Tel: 2506423/6426/8104; Fax: 2508264

Camel Safaris  
Meserani, Dodoma Road, Kisongo  
Meserani Snake Park  
Dodoma Road, Kisongo

Nature Beauties Safaris  
E-mail: nature.beauties@habari.com ; Website: www.nature-beauties.com

Budget & Luxury Camping/Lodges Safaris, Mountain Climbing,  
Walking & Photographic Safaris, transport, Reservation & Bookings  
Goliondoi Road Near Round about.....Tel: 0744 272102/263216; Tel/Fax: 2504083

Peacock Tours & Safaris Ltd.  
Regional CCM Building, Makongoro Road.....Tel: 2507884  
E-mail: peacock@habari.co.tz Website: www.peacocksafaris.com

Nature Discovery  
Goliondoi Road.....Tel: 2544063; Fax: 2548406

One - Day Nature Hikes - (VISIWANI TREK)  
To Kilimanjaro and Arusha Water Falls (try Maasai local drink &  
see their Boma, Chaga local drink, Mt. Meru & Mteruni Water Falls,  
view black & white colobus monkeys-endangered monkeys)  
E-mail: lenken55@hotmail.com.....Tel: 0744 654198

Raj Air  
ICTR/AICC.....Tel: 4367/72, Ext.5575

Ranger Safaris Ltd.  
AICC Ngorongoro Wing, 3<sup>rd</sup> Floor  
E-mail: ranger@rangersafaris.co.tz.....Tel: 2503023/3074/3738  
Website: www.rangersafaris.com Fax: 2508205/8749

SKYLINK  
Travel & Tours Ltd  
Rent- A- Car  
Dar-es-Salaam International Airport Branch  
E-mail: skylink-dia@cybernet.co.tz .....Tel/Fax: 255 02 22 2842738; 255 748 540881  
Arusha Branch  
E-mail: skylink.arusha@cybernet.co.tz .....Tel: 255 27 2509108; 255 744 845796

Takims Holidays  
AICC Ngorongoro Block Rm. No. 422.....Tel: 2508026/4630; Fax: 2508211

The Friends of Kilimanjaro Safaris.....Tel: 2503289

The Rickshaw Travels Limited  
Marshalls Bldg., Sokoine Rd. - Deshpal Grewal (Manager)  
P.O. Box 13959, Arusha, Tanzania  
E-mail: ricktours@twiga.com ..... Tel: 2506655/6208; 0744 287618  
Website: www.transkibo.com ..... Fax: 2548827

Mount Climbing Tours & Safari,  
Camping Safaari & Lodge Booking  
YMCA Building, Kilimanjaro Road-Moshi  
Safari Makers Ltd.  
India Street  
E-mail: safarimakers@habari.co.tz.....Tel: 0744 318520

Scan Tan Tours  
AICC Complex, Ngorongoro Wing.....Tel/Fax: 2508170/4133

Serengeti Select Safaris Ltd  
E-mail: sss@yako.hhabari.co.tz  
Customised Safaris, Plot 50, Haile Selassie Road  
E-mail: sss@yako.hhabari.co.tz .....Tel/ Fax: 2507182; 0742 401199

Ultimate Safaris Ltd.....Tel/Fax: 2544177; 0741 650047; 0744 282181

Game Safaris, Car Hire & Mt. Climbing  
Swahili Street  
E-mail: ultimatesafaris@habari.co.tz and Website: www.habari.co.tz/ultimatesafaris

Road Transport  
Bus & Coach Services  
Akamba Public Road Services.....Tel: 2548095; 2505646

Scandinavia Express Services Ltd.  
Jogoo House Building .....Tel: 2500153; 0744 276662

Royal Coach  
Golden Rose/Colonel Middleton Road.....Tel: 2507959/8862

Mini-Bus Shuttle Services  
Davanu.....Tel: 2548142/ 0742 400318

Impala Shuttle Services.....Tel: 2502398/8448-51

Riverside Shuttle Services.....Tel: 2542639/391; 0742 400031/402069

Pallsons Shuttle Services.....Tel: 2502485/8603

Peageot Shuttle Services to Namanga  
Opposite the Stadium  
Serena Car Hire & Transport.....Tel: 2509833/4

Taxi Shuttle Services  
Dominique Mkumbo,  
E-mail:hamisaidi@yahoo.com.....Tel: 0744 693180

Shaffi Mkiti.....Tel: 0744 766829

Moses Mhando.....Tel: 0744 821799

Peter Turuka.....Tel: 0744 569995

Limousine Service  
Reliable Taxi service in Town – AICC Taxi Stand  
Mr Kilamisi Said SWED.....Tel: 0744-498311

Mr. Shaffie ZEPHANIA  
E-mail: shaffie72@yahoo.com.....Tel: 0744-368765

Mr. Jaha MILANZI  
E-mail: mazome2000@yahoo.com.....Tel: 0744-305368

Mr Isack MUNUO.....Tel: 0744-282124

Peter Meja.....Tel: 0744 290438

Ibrahim Athuman.....Tel: 0744 452262

Emmanuel Chaula.....Tel: 0744 290625

#### VETERINARY SERVICES

(Animal Health Care)  
Roy Vet Clinic (Dr. Rogers).....Tel: 2547542; 0748 650554



Tierhilfe Tanzania Verterinary Services.....Tel: 0748 510462

Pets (Puppies) Norwegian Hounds.....Tel: 027 2765405; 0744 202946

#### OTHER USEFUL TELEPHONE NUMBERS

UN - ICTR Arusha  
P.O. Box 6016, Arusha.  
Tel: 2504367-72/4207; (1-212) 963 2850 (Via New York)  
Fax: 2504000/4373 or 91-212) 963-2848/9  
AICC Complex, Simeon Road, Opposite Mt. Meru Hospital

ICTR – Kigali  
P.O. Box 749, Kigali  
Tel: 250-84265-66-68-69/84270-73-74-75 or 1(212) 963-2663/963-9906  
Fax: 250-86877 or (1-212) 963-3090/9633092/963-4001

ICTR The Hague  
P.O. Box 749, Kigali  
Tel: 250-84265-66-68-69/84270-73-74-75 or 1(212) 963-2663/963-9906  
Fax: 250-86877 or (1-212) 963-3090/9633092/963-4001

ICTR – UN HQ  
P.O. Box 749, Kigali  
Tel: 250-84265-66-68-69/84270-73-74-75 or 1(212) 963-2663/963-9906  
Fax: 250-86877 or (1-212) 963-3090/9633092/963-4001

Government Institutions  
Arusha Municipal Council  
Boma Road.....General Tel: 2503631

Education Officer.....Tel: 2502856

National Parks Office/Tanzania National Parks  
At Burka on Dodoma Road.....Tel: 2503471/1930/2747; 2504082/4465

Tanzania Tourist Board  
Boma Road.....Tel: 2503842-3; Fax: 2548256  
Tanzania Electricity Supply Company Ltd. (TANESCO).....Tel: 2503551-3



UN Agencies in Dar es Salaam, Tanzania  
 United Nations Children's Fund (UNICEF)  
 P.O. Box 4076, Dar es Salaam ..... Tel: 2150680; 2150811-15; Rep: 022 2666587  
 Fax: 022 2150139; Rep's Fax: 022 2666587

United Nations Development Programme (UNDP)  
 P.O. Box 9182, Dar es Salaam ..... Tel: 022 2118266; 2110236 Fax: 022 2113272  
 Res. Cord. 022 2602735/2600827; Rep's Fax: 022 2118073

United Nations Educational Scientific & Cultural  
 Organisation (UNESCO)  
 P.O. Box 9182, Dar es Salaam ..... Tel: 022 2775705; 2775706  
 United Nations High Commission for Refugees (UNHCR)  
 P.O. Box 2666, Dar es Salaam ..... Tel: 022 2150108; 2150077; Rep: 022 266687  
 Fax: 022 2152814/252817

United Nations Population Fund (UNFPA)  
 P.O. Box 9182, Dar es Salaam ..... Tel: 022 2128690/2128685-7/266303  
 United Nations World Food Programme (UNWFP)  
 No. 82 Kinondoni Road  
 P.O. Box 77778, Dar es Salaam ..... Tel: 022 2666700/2118957/2119512/2117003/2113415/2113035  
 Fax: 022 2119521

World Health Organisation (WHO)  
 P.O. Box 9292, Dar es Salaam ..... Tel: 022 2113005/2113184/2113180  
 Fax: 022 2132784/2116412

United Nations Information Centre  
 P.O.Box 9224, Dar es Salaam ..... Tel: 022 2119510/2112923/2126055

UN Agencies in Nairobi, Kenya  
 United Nations Office at Nairobi (UNON) (Mission Code 124 + Extension)  
 UN Complex, Gigiri  
 P.O. Box 67578, Nairobi, Kenya ..... Tel: 254 2 621234 / 212000  
 Fax: (Admin.) 254 2 623933 ; Fax: (HRMS) 254 2 624134 ; Fax: (Security): 254 2 623939  
 OIOS – UN Office of Internal Oversight Services  
 P.O. Box 67578, Nairobi, Kenya ..... Tel: 254 2 623303  
 Fax: 254 2 624125

UN-HABITAT United Nations Human Settlements Programme (UNHSP)  
 United Nations Avenue, Gigiri  
 P.O. Box 30030, Nairobi, Kenya ..... Tel: 254 2 621234  
 Web: www.unhcr.org ..... Fax: 254 2 624266

UNESCO - United Nations Educational, Scientific & Cultural Organisation  
 United Nations Avenue, Gigiri  
 P.O. Box 30592, Nairobi, Kenya ..... Tel: 254 2 621234  
 E-mail: NAIROBI@UNESCO.ORG ..... Fax: 254 2 622750

UNICEF – United Nations Children's Fund  
 Eastern & Southern African Regional Office (ESARO)  
 United Nations Avenue, Gigiri  
 P.O. Box 44145, Nairobi, Kenya ..... Tel: 254 2 621234  
 Fax: 254 2 622678 / 9

Kenya Country Office, United Nations Avenue,  
 P.O. Box 44145, Nairobi, Kenya ..... Tel: 254 2 621234  
 Fax: 254 2 622746 / 622045

UNICEF, OLS (Operation Lifeline Sudan) ..... Tel: 254 2 621234  
 Fax: 254 2 215246

UNEP – United Nations Environment Program  
 United Nations Avenue, Gigiri  
 P.O. Box 30552, Nairobi, Kenya ..... Tel: 254 2 621234  
 Fax: 254 2 624489 / 90

ICAO – International Civil Aviation Organisation  
 Eastern & Southern African Office – Nairobi  
 UNON, Limuru Road, Gigiri  
 P.O. Box 46294, Nairobi, Kenya ..... Tel: 254 2 622395 / 6  
 E-mail: icao@icao.unon.org ..... Fax: 254 2 623028 / 520135  
 WFP - World Food Programme  
 Gigigi ..... Tel: 254 2 621234  
 Fax: 254 2 622263 / 622102 / 622334

UNDP – United Nations Development Programme  
 United Nations Avenue, Gigiri  
 P.O. Box 30218, Nairobi, Kenya ..... Tel: 254 2 621234  
 Internet: registry.ke@undp.org ..... Fax: 254 2 624489 / 90

UNV – United Nations Volunteers ...

UNIFEM – United Nations Development Fund for Women ...

IMO – International Maritime Organisation ...

UNAIDS – United Nations AIDS .....

FAO – United Nations Food & Agricultural Organisation  
 Kenya Country Office, Utumishi Co-op House, Mamlaka Rd  
 P.O. Box 30470, Nairobi, Kenya ..... Tel: 254 2 725128  
 E-mail: fao-ken@field.fao.org ..... Fax: 254 2 727584 / 725069

UNHCR – United Nations High Commissioner for Refugees  
 Kenya Country Office  
 UNHCR House, Chiromo Road, Westlands  
 P.O. Box 4380, Nairobi, Kenya ..... Tel: 254 2 443028 / 9 ; 443030  
 E-mail: kenna@unhcr.ch ..... Fax: 254 2 443037

UNIDO – United Nations Industrial Organisation  
 Country Office for Kenya, Uganda and Eritrea  
 UNON Limuru Road, Gigiri  
 P.O. Box 41609 – 00100 GPO Nairobi, Kenya ..... Tel: 254 2 624369 / 624370  
 E-mail: Office.kenya@Unido.org ..... Fax: 254 2 624368 / 624138

UNFPA – United Nations Population Fund  
 Block Q, UN Complex, Gigiri  
 P.O. Box 30218, Nairobi, Kenya ..... Tel: 254 2 624405  
 E-mail: UNFPA.Kenya@unon.org ..... Fax: 254 2 624422

UNOPS – United Nations Office for Project Services  
 P.O. Box 30552, Nairobi, Kenya ..... Tel: 254 2 621234  
 Fax: 254 2 623540

UNSO Regional Office ..... Tel: 254 2 621234

UNIDCP – United Nations International Drug Control Programme  
 Regional Office for Eastern Africa  
 P.O. Box 30218, Nairobi, Kenya ..... Tel: 254 2 623739 / 623686  
 E-mail: UNIDCP.Kenya@undcp.unuon.org ..... Fax: 254 2 623667

**UNDRD – United Nations Centre for Regional Development  
Africa Office**

P.O. Box 30218, Nairobi, Kenya ..... Tel: 254 2 621234  
E-mail: uncrd.admin@uncrd.org ..... Tel: 254 2 621234

**OSRSG – Office of the Special Representative for the Secretary General  
Great Lakes Region of Africa**

UNCAS – United Nations Common Air Services ..... Tel: 254 2 621234

**UNOCHA – United Nations Office for Coordination for Humanitarian Affairs  
Regional Support Office for Central and EastAfrica (RSO-CEA)**

Gigiri Crescent, Off United Nations Avenue  
P.O. Box 30218, Nairobi, Kenya ..... Tel: 254 2 622166  
E-mail: ochaglr@ocha.unon.org ..... Fax: 254 2 622895 / 622632

**UNPOS – United Nations Political Office for Somalia ...**

**WHO – United Nations World Health Organisation, Office for Somalia**  
P.O. Box 63565, Nairobi, Kenya ..... Tel: 254 2 623197 / 9  
E-mail: wr.office@whosom.unon.org ..... Fax: 254 2 623725 / 623640 / 623146

**WHO South Sudan Section**

P.O. Box 63565, Nairobi, Kenya ..... Tel: 254 2 623197 / 9  
E-mail: wr.office@whosom.unon.org ..... Fax: 254 2 623725 / 623640 / 623146

**Nairobi Staff Union (NSU)**

P.O. Box 67578, Nairobi, Kenya .....Tel: 254 2 621234 / 622706/7  
Fax: 254 2 622755 / 226886

**WHO Kenya Country Office**

Capital Hill Tower, Cathedral Road  
P.O. Box 45335, Nairobi Kenya ..... Tel: 254 2 717902  
E-mail: Kenya@whonbo.unon.org ..... Fax: 254 2 719141  
United Nations Information Centre, Nairobi, Kenya ..... Tel: 254 2 621234

**Other Institutions**

Commonwealth Rural Health Center.....Tel: 2504616/8361/8052  
United States Agency for International Development (USAID)  
P.O. Box 117542, Dar .....Tel: 022 2117543/2771726/21189272117538/2115374

**United States Information Service (USIS)**

P.O. Box 9170, Dar .....Tel: 022 2667993/2119299/2118461/2119300/2137194/2110874

**United States of America Peace Corps**

P.O. Box 9123, Dar .....Tel: 022 2601918/2601689/2668631/2667172/2667365

**USEFUL WEBSITES**

**Medical Information**

info@realage.com  
offers@ediets.com  
coral\_calcium@mtsbp227.email-info.net

**International Schools**

braeburnst.georges@tz2000.com  
greensteads@net200ke.com  
school@moshiismoshi.org  
constantine@cybernet.co.tz  
arushamodernschool@habari.co.tz

**Radio & TV**

www.radiofreeafrica.co.tz  
www.ippmedia.com

**Newspapers**

www.arushatimes.co.tz

**Courier Services**

www.skynet.co.tz

**Car Sales Agents/Dealers**

www.automaster.co.jp  
www.autorec.com  
www.japanesevehicles.com  
www.trust-lnd.co.jp  
www.fareastnet.co.jp

## SOS PROVIDERS, ICTR ARUSHA & KIGALI

	ICTR Tel. Ext.
1. Albertina Mununga	5193
2. Aminatta N'gum	5038
3. Amos Yohana	5027 / 5085
4. Anna Matafu	5302 / 5790
5. Annabelle Borg	5146
6. Anna-Maria Mchaki	5698
7. Annick Ahirwe Rutaganwa	5755
8. Asha Omary	5977
9. Bigazi Nsanzabera	5261
10. Brigitte Mukayiranga (K)	
11. Charles Gabikwa	5785 / 5799
12. Charles Kalumo	5280
13. Constant Hometowu	5360
14. Edith Ndirangu	5207
15. Editha Minja	5188
16. Fadila Tidjani	4038
17. Francois Mbappe	5057
18. Gaudance Mukakigeli	
19. Ingeborg Sommerfeld	5338
20. Ingrid Phillip-Bristol (K)	6043
21. Irene Olila	5053
22. Jacqueline Crawford	5503
23. Jane Shetto	5333
24. Jean-Pele Fomete	5041
25. John Shumbusho	5180
26. Jovenales Njuguna	5425
27. Juma Ramadhani	
28. Kouambo Roger	
29. Leontine Mabika	5508
30. Lois Kibera	5570
31. Martin Roberts	5015
32. Mary Jean Akello	5905
33. Mary Murage	5778
34. May Nwanze	5291
35. Michel Okitapoy	5008
36. Momodou Ceesay	5973
37. Nadine Magali-Ufitinema (K)	
38. Nina Mgeni	5922
39. Omar L.M Camara	5273
40. Patrick Enow	5140
41. Peace Akwei-Brock	5199
42. Renifa Madenga	5489
43. Rima Al-Alamy	5142
44. Rosemary Oyoko	5605
45. Saida Joy Kessy	5202
46. Sergey Cherepko	5337
47. Valbert Rutasitara	5903

## FIRE WARDENS

Title	Name	Office No.	Tel Ext.	Call Sign
Chief Fire Warden Chief of Security & Safety Section	Mr. Djiby Diop	M-116	5059	Sierra
Deputy Fire Warden Deputy Chief, Security & Safety	Mr. Lanceni Diakite	M-115	5040	Sierra One
After Wirjubg Hours	Duty Security Team Leader	Security Desk	5085/5027	Sierra Victor
<b>MEZZANINE FLOOR</b>				
In Charge	Beyan Harris	M-112	5495/5988	Echo
Assistant	Danford Mpumilwa	M 123	5091	India Two
<b>KILIMANJARO WING</b>				
First Floor				
In Charge	Helen Batiouk	K-128	5102	Echo Two
Assistant	Rex Lear	K-114A	5238	
Second Floor				
In Charge	Charity Stewart	5213		
Assistant	Chase Aaron	K-223B	5695	
Third Floor				
In Charge	Moustapha Hassouna	K-319	5752	Romeo 6
Assistant	Bilepo Odette	K-333	5378	Lima Oscar One
Fourth Floor				
In Charge	Close Protection Officers (Maiguisa Paul Silver Ntarambigwa John Maji, Ali Haliduo)	Corridor	5486	
Assistant	Robina Muguma	K-401	5248	
Seventh Floor				
In Charge	Jacqueline Crawford	K-753	5503	Whiskey Papa 3
Assistant	Samwell Igogo	K-714	5798	Whiskey Papa 9
Assistant	Sabel Ndureabarry	K-705	5347	
<b>SERENGETI WING</b>				
Second Floor				
In Charge	Felicien Freeman	S-217	5308	
Assistant	Simon Kilamlya	S-244	5524	Charlie Oscar One
Third Floor				
In Charge	Jerry Mhuri	S-313	5375	Romeo Six
Assistant	Wazzziri Waziri	S 317 A	5408	
Assistant	Manuel Bouwknecht			
Fourth Floor				
In Charge	Ibukunola Babajide	S-442	5426	Papa One-One
Assistant	Didace Nyirikwaya	S- 722	5580	
Fifth Floor				
In Charge	Nyong Nyee	S-518A	5083	Foxtrot 11
Assistant	Clement Kiriga	S-526	5104	Bravo Seven
Assistant	Annbehle Borg	S-511	5146	
Assistant	Hudson Mbunya	S-539	5186	

Sixth Floor In Charge	Alfred Mcwest	S-645	5620	
Assistant	John Fombang	S-664	5433	Yankee 16
Seventh Floor In Charge	Rashid Rashid	S-708	5234	
Assistant	Frederick Nyiti	S-722	5976	
<b>LOG BASE</b>				
In Charge	S. Wathugala	LC-01	5404	Hotel
Assistant:	Milton Correia	LC-10	5543	Hotel 12
<b>NGORONGORO</b>				
Sixth Floor In Charge	Marcel Ngoma-Muoya	N-608	5649	
<b>TRANSPORT WORKSHOP</b>				
Fuel Depot In Charge	Mohammed Mambo	Transport	TD 24	
		Workshop		
<b>XRAY-UNDF</b>				
In Charge	Saidu Guindou		5802	X-1

## Security Zones and Wardens

The country has been divided into areas. Arusha & Kilimanjaro Regions are in Area Five (5). For the purposes of the warden system for International Staff/National Staff, the town of Arusha is divided into five (5) zones and one (1) in Moshi.

**Zone 1:** Sakina, Sanawari, Mianzini, Ngarenaro, Unga Ltd, Town Centre & Makaomapyra

**Zone 2:** Sekei, Kijenge, Kimandolu, Baraa, Corridor Area & Tengeru.

**Zone 3:** Themis Hill, Olerieni & Njiro.

**Zone 4:** Njiro Blocks C, D, E & 88 Grounds.

**Zone 5:** Njiro Blocks G, F, J & H & Great Njiro

**Zone 6:** Moshi Town

### Designated Chief Warden:

Mr. Oscar Tanifum Tel: Office Ext: 5507 Vodacom: 0744299345

### Designated Deputy Chief Warden:

Mr. Harris Beyan Tel: Office Ext: 5495 Vodacom: 0744281369

### List of International Wardens

Zone 1:	Claude Bouchard	Tel: Office Ext: 5814
	Etienne Hakizimana	Tel: Office Ext: 5173
	Phillip Kerr	Tel: Office Ext: 5394
Zone 2:	Emmanuel Ntoko	Tel: Office Ext: 5484
	Ajabnoor Habibi	Tel: Office Ext: 5902
	Kizito Khisa	Tel: Office Ext: 5182
Zone 3:	Clement Kiriga	Tel: Office Ext: 5104
	Sugan Naidoo	Tel: Office Ext: 5045
	Momodou Ceesay	Tel: Office Ext: 5973
Zone 4:	Moussa Sane	Tel: Office Ext: 5387
	John Shumbusho	Tel: Office Ext: 5180
	Anne Behle	Tel: Office Ext: 5246
Zone 5:	Abdou Kader Diakhate	Tel: Office Ext: 5812
	Mary Murage	Tel: Office Ext: 5778
	Haruna Farage	Tel: Office Ext 5442
	John Fombang	Tel: Office Ext: 5168
	Omar Camara	Tel: Office Ext: 5373

## LIST OF NATIONAL WARDENS:

Zone 1:	Joyce Mbwambo	Tel: Office Ext: 5107
	Roggers Mziray	Tel: Office Ext: 5239
	Jenifer Kisila	Tel: Office Ext: 5062
	John Haule	Tel: Office Ext: 5239
Zone 2:	Samwell Igogo	Tel: Office Ext: 5998
	Steven Letara	Tel: Office Ext: 5239
	John Osunga	Tel: Office Ext: 5927
Zone 3:	Saida Kessy	Tel: Office Ext: 5202
	Anna Rose Mutui	Tel: Office Ext: 5407
	Charles Gabikwa	Tel: Office Ext: 5239
Zone 4:	Beatrice Makenge	Tel: Office Ext: 5373
	Evelyn James	Tel: Office Ext: 5002
	Abraham Koshopa	Tel: Office Ext: 5230
Zone 5:	Gerald Krischtein	Tel: Office Ext 5610
	James Weda	Tel: Office Ext: 5239
	Adwell Mwaluanda	Tel: Office Ext: 5239

## SAFE HAVEN / RELOCATION OPTIONS

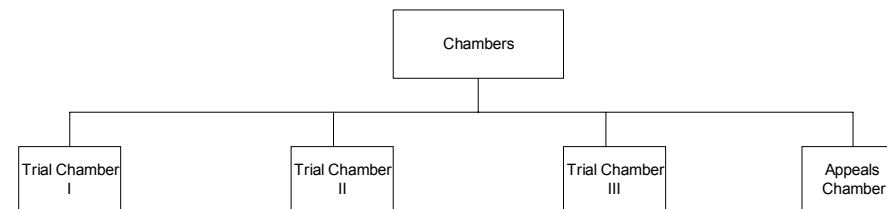
The Safe Haven for all UN-ICTR personnel in Arusha and Moshi is Nairobi, Kenya. During relocation / evacuation, the SMT and the Registrar will ensure appropriate measures are taken to avoid risk of travel to a safe haven inside or outside Tanzania. This concept involves the orderly movement as quickly as possible of all UN personnel. Road movement out of Arusha is desirable when possible. The following options apply: -

1. By Road to Kenya – Nairobi (via Namanga) or Mombasa (via Moshi) (see map showing routes out **Annex G**)
2. By Air to Nairobi or International Destination.
3. By Road to Malawi - Lilongwe (Via Iringa, Mbeya to through the boarder to any pre-designated safe haven.)

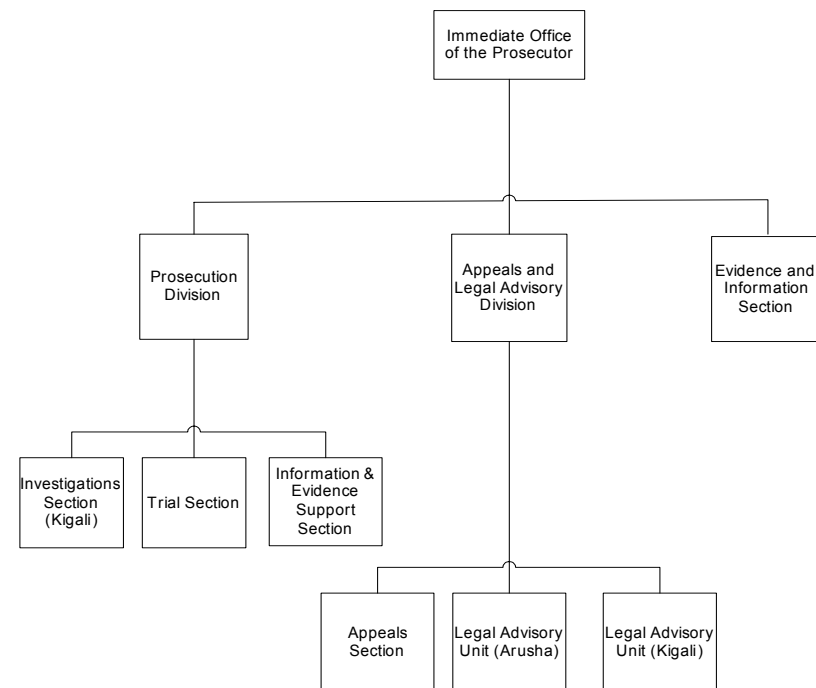
## ANNEX

### ICTR Organigram

#### Chambers

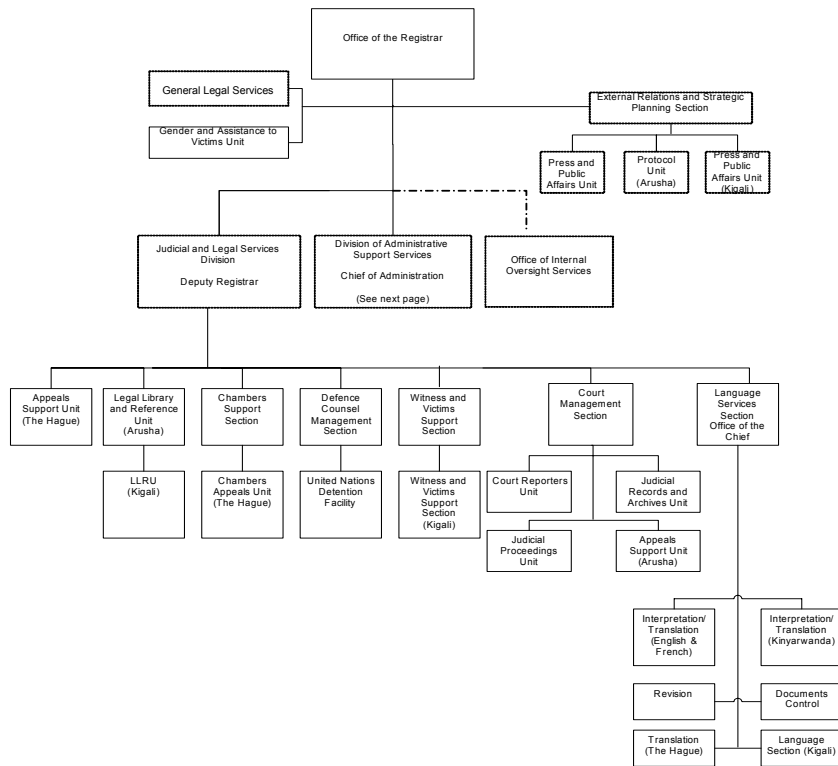


#### Office of the Prosecutor

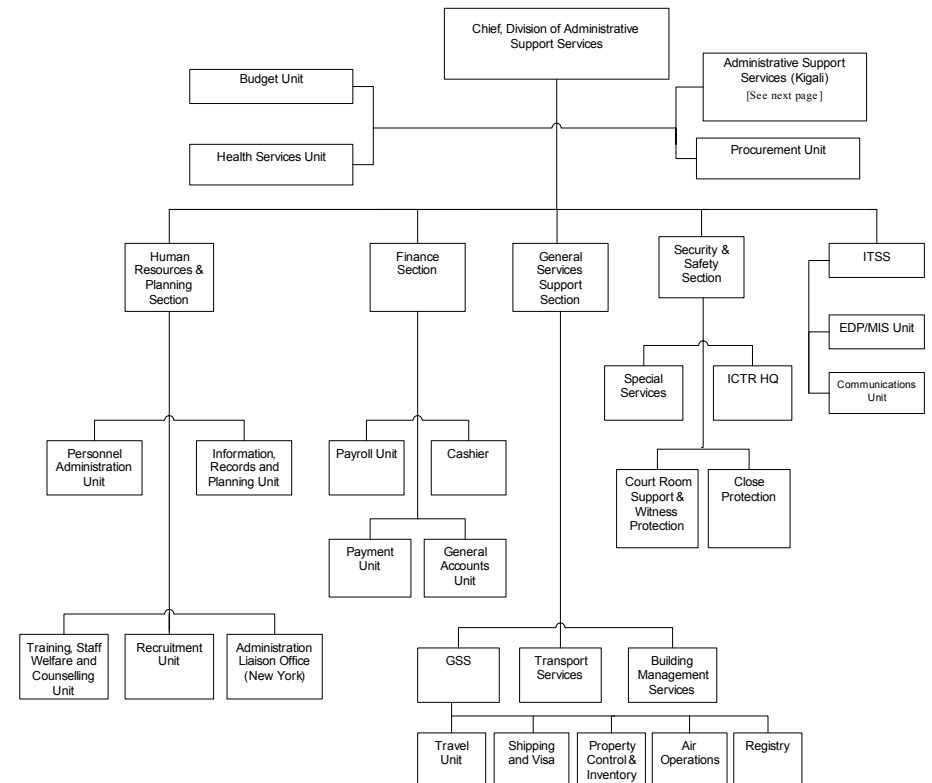




## Registry



## Division of Administrative Support Services



ICTR - Organigram - provided by Budget Unit.