

## LOCAL AREA GUIDE

### Shops, Gyms, Bars & Restaurants — Madale Village & Tegeta

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Madale Village and Tegeta are neighbouring residential suburbs in northern Dar es Salaam, connected by Bagamoyo Road. Most day-to-day needs are covered locally and affordably. For a bigger night out or a larger supermarket shop, Tegeta is the nearest hub — and the city centre, Masaki, and Oyster Bay are a Bolt or dalla-dalla ride away.

### Madale Village

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#### Market & Shopping

Madale Market is the heart of the village — a busy open-air market where you can find everything from fresh produce, fish, and meat to household goods and clothing, all at very affordable prices. It is within easy walking distance or a short dalla-dalla ride from the Art in Tanzania house.

<b>Madale Market</b>	Open-air market for fresh produce, fish, meat, clothing and household goods. Very low prices. The main daily shopping spot for locals.
<b>Local Dukas</b>	Small neighbourhood shops scattered throughout the village. Good for snacks, drinks, basic groceries, and toiletries at any time of day.
<b>Street Vendors</b>	Fresh fruit, grilled corn, samosas, and other snacks available along the main roads throughout the day.

#### Restaurants & Local Eateries

There are numerous small local restaurants (mgahawa) and street food stalls throughout Madale. They don't have online listings but are easy to find along the main roads. Typical dishes and prices:

<b>Pai Pizzeria</b>	A pizzeria in Madale Village — great for a change from local food and a popular spot with volunteers.
<b>Local Mgahawa (restaurants)</b>	Small family-run restaurants throughout the village serving Tanzanian staples. Look for hand-painted signs along the main roads — no reservations needed, just walk in.
<b>Wali na Maharage</b>	Rice and beans — a staple meal, filling and cheap. Around TZS 2,000–3,000.

<b>Nyama Choma spots</b>	Grilled meat (beef, goat or chicken) cooked over charcoal — very popular in the evenings. Often served with ugali or chips.
<b>Pilau &amp; Biryani</b>	Spiced rice dishes, often served with a small salad. Around TZS 3,000–5,000.
<b>Chips Mayai stalls</b>	Tanzanian omelette with chips — a classic street food, filling and cheap. Widely available from late morning.
<b>Fresh Juice bars</b>	Small stands selling blended fresh fruit juice (mango, passion fruit, avocado) — great in the heat.
<b>Chapati &amp; Eggs</b>	A popular breakfast combination, widely available from early morning at roadside stalls.
<b>Mandazi stalls</b>	Fried dough triangles — a common morning snack with chai (tea), sold at street corners.

## Bars

Madale has a good number of small local bars — casual, social spots that are easy to find along the main roads and side streets. They are inexpensive, relaxed, and frequented mainly by locals.

<b>Local Pombe Bars</b>	Small neighbourhood bars serving Kilimanjaro, Safari, and Serengeti lager straight from the bottle. Benches outside, music playing, friendly atmosphere. Very affordable.
<b>Bar &amp; Grill spots</b>	Some bars also serve simple grilled food — nyama choma, mishkaki (skewers), and chips — making them good for an early evening meal and a drink combined.
<b>Clubs &amp; Music bars</b>	A few livelier spots with music (Bongo Flava, Afrobeat) that get going from Thursday to Saturday evenings. Ask locally for the current popular spot as these change.
<b>Chai &amp; Juice kiosks</b>	Not bars as such, but small open-fronted kiosks where locals gather for tea, juice, or soda — a great low-key social spot any time of day.

## Tegeta (5–10 Minutes Away)

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### Supermarkets & Shops

<b>VIVA Supermarket</b>	Another local supermarket in the Tegeta / Madale area — good for everyday groceries and household essentials.
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<b>Liquor Store (next to VIVA)</b>	Conveniently located next to VIVA Supermarket — stocks beer, spirits, and wine.
<b>TSN Supermarket</b>	On Bagamoyo Road, Tegeta. Good range of local and imported groceries, household items, and toiletries.
<b>Shoppers Supermarket</b>	Tegeta branch. A reliable mid-size supermarket with a broad product range including imported goods.
<b>Local Market</b>	Tegeta also has an active local market along Bagamoyo Road with fresh produce and everyday goods.

## Gyms

<b>Physical Fitness Gym</b>	Located at Kibo Complex, Tegeta. Local gym with weights and cardio equipment at affordable membership rates.
<b>Infinity Physical Fitness Centre</b>	First floor, Azania Amazon Building (opposite Azania Bank), Tegeta. Good equipment, experienced trainers, and fitness classes.

## Restaurants & Bars

Tegeta has a mix of local restaurants along Bagamoyo Road, plus a few more established dining spots. The vibe is neighbourhood rather than tourist, which keeps prices low.

<b>Local Restaurants (Bagamoyo Rd)</b>	Several mgahawa serving Tanzanian staples — rice, beans, grilled fish and meat — for TZS 2,000–5,000.
<b>Tegeta Wazo</b>	A local dining and social spot in the Tegeta area.
<b>Local Bars</b>	Casual bars along Bagamoyo Road serving local and bottled beer. Good for a relaxed evening close to home.

## Getting Further Afield

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For a wider choice of restaurants, beach bars, clubs, and upscale venues, the following areas are popular with volunteers:

<b>Masaki / Msasani</b>	Upscale area with beach bars, live music, international restaurants, and the Slipway complex. 25–40 min by Bolt.
<b>Oyster Bay</b>	Stylish bars, sunset spots, and good restaurants. Popular for weekend evenings. 30–40 min by Bolt.

<b>Mlimani City</b>	Large shopping mall with supermarket, food court, cinema, and shops. 20–30 min by Bolt.
<b>Coco Beach</b>	Casual beach bars and fresh seafood, very popular on weekends. 25–35 min by Bolt.

### Practical Tips

- Use Bolt (ride-hailing app) for trips to Masaki, the city centre, or Mlimani City — much cheaper than negotiating with individual taxis.
- Dalla-dalla (minibuses) run along Bagamoyo Road and are the cheapest way to get between Madale and Tegeta.
- Local SIM cards cost around USD 1 — pick one up in Tegeta or Madale Market for mobile data and Bolt access.
- Ask your coordinator for the latest recommendations — local spots open and close regularly.