



SVERIGES AMBASSAD

Hjälp till Självhjälp

Uppdaterad Februari 2025

Om olyckan är framme

SOS-International, EuroAlarm & Europ Assistance

Om du har tecknat en reseförsäkring eller har en vanlig hemförsäkring och råkar ut för en olycka, stöld eller annat som kan tänkas täckas av försäkringen ska du så fort som möjligt ta direktkontakt med SOS-International, EuroAlarm eller Europ Assistance.

SOS-International a/s är de nordiska försäkringsbolagens serviceorganisation i samband med utlandsskador. Syftet med verksamheten är att hjälpa utlandsresenärer på de nordiska försäkringsbolagens vägnar.

SOS International AB

Berga Backe 2, 3.tr.
182 53 Danderyd, Stockholm,
Sverige
Tel: +46 8 625 44 00
Fax: +46 8 625 44 44
Organisationsnummer 556506-8581
E-post: stockholm@sos.eu
<https://www.sos.eu/se/>
Postadress:
Box 608
182 16 Danderyd
Sverige

SVERIGE Europ Assistance

c/o Falck TravelCare
Box 44024
100 73 Stockholm
Tel: + 46 8 50 10 24 81
+ 46 8 50 10 24 82
Fax: + 46 8 505 939 13
www.europ-assistance.se/

Falck Sverige

St Eriksgatan 113
113 43 Stockholm
Tel: +46 8 587 717 17
E-post: fga@se.falck.com
<https://www.falcksverige.se/>

Gouda Reisetförsäkring Alarmcentral

Box 3031
103 61 STOCKHOLM
Tel: +46 8 615 28 00
Kundservice: info@gouda-rf.se
<https://www.gouda-rf.se/>

SOS, EuroAlarm och Europ Assistances larmcentraler är öppna 24 timmar om dygnet, samtliga dagar. Man har där kontaktläkare som kan sätta sig i förbindelse med den behandlade läkaren i utlandet. Man accepterar dessutom "collect calls", dvs mottagaren betalar.

Polisen

DAR ES SALAAM

Emergency (Police/Fire/Ambulance)	111, 112, 114
Central Police Station, Gerezani St. DSM	+255 22 2117705 +255 22 2113461
Police Emergency Line, Police HQ	+255 22 2138177 +255 26 2323585
Inspector General of Police (IGP) Mr. Camillus Wambura	+255 22 2113461 0684 111 111, 0739 280 994
Tanzania Police Force Emergency Line	0787 668 306
Immigration Department Police, DSM	0754 972 234
Oysterbay Police Station, Toure Drive, DSM	+255 22 266 7322

Överföring av pengar

DAR ES SALAAM

Western Union Tanzania Commercial Bank, Head Office, 10 th floor LAPF Towers Bagamoyo Road, Kijitonyama P. O. Box 9300, Dar Es Salaam	Call Centre: 0765 767683 0788 767683 0658 767683 0773 767683 Email: info@tcbbank.co.tz, callcentre@tcbbank.co.tz Web: https://www.tcbbank.co.tz/
Western Union CRDB Bank, Head Office, Ali Hassan Mwinyi Road P.O. Box 268, Dar es Salaam	Customer Service: +255 22 2197700 0714 197700 0755 197700 Toll Free: 0800008000 Email: info@crdbbank.co.tz Web: https://crdbbank.co.tz/
Western Union Diamond Trust Bank, DTB Centre plot 991, Kahama Rd. Masaki P.O. Box 115, Dar es Salaam, Tanzania	Tel: +255 22 2218000 +255 22 2114892 Toll Free: 0800 110110 Email: customercare@diamondtrust.co.tz Web: https://diamondtrust.co.tz/

ZANZIBAR

Western Union KCB Bank, Malindi, Cine Afrique Building, Stone Town,	Tel: +255 800750002, +255 800780071 Email: customercare@kcbbank.co.tz Web: https://kcbbank.co.tz/
Western Union PBZ BANK, ZIC Building, Mpirani Zanzibar	Tel: 080 000 0004, +255 24 22 34571, +255 24 223118 Email: info@pbzbank.co.tz, support@pbzbank.co.tz Web: https://pbzbank.co.tz/

Läkare

DAR ES SALAAM / ARUSHA

<p>IST Clinic Ruvu Street, adjacent to International School of Tanganyika Campus Dar es Salaam, Masaki, Tanzania</p>	<p>Emergency lines: 0754 783393, 0782 783393 Tel: 0684 783392, 0688 783391, 0718 783393, 0784 783393</p> <p>Email: reception@istclinic.com</p> <p>Web: https://www.istclinic.com/</p>
<p>Premier Care Clinic & Pharmacy Plot 1717, off Slipway Road - near the Double Tree Hotel, Masaki, Dar es Salaam</p>	<p>Tel: 0758 907500, 0682 564400, 0711 265676</p> <p>Email: info@premiercareclinic.com</p> <p>Web: https://premiercareclinic.com/</p>
<p>Flying Doctors Julius Nyerere International Airport, Terminal 1 P.O. Box 65413, Dar es Salaam</p>	<p>Tel: 0787 747464</p> <p>Email: info@dsmflyingdoctors.com</p> <p>Web: https://dsmflyingdoctors.com/index.php</p>
<p>AMREF Flying Doctors TANZANIA OFFICE Summit Center, 2nd Floor West Wing Block A, Sokoine Road, Arusha</p>	<p>Tel: 0745 716581, 0684 818071</p> <p>Email: info@flydoc.org Emergency number: +255 789133133</p> <p>Emergency Email: emergency@flydoc.org</p> <p>Web: https://flydoc.org/</p>
<p>Arusha Medivac P.O. Box 10906, Arusha Airport, Arusha</p>	<p>Emergency lines: 0767 996996, 0683 996996</p> <p>Email: info@arushamedivac.org</p> <p>Web: http://arushamedivac.org/</p>

ZANZIBAR

Urban Care Clinic Fumba Town, Nyamanzi, Zanzibar	Tel: 0622 820011 Email: contact@urbancare.clinic Web: https://urbancare.clinic/
Tourist Medical Quality Services (TMQ) Paje, near roundabout, Zanzibar	Tel: 0776 209469, 0673 299671 Email: tmqzanzibar@gmail.com Web: http://tmqzanzibar.com/
ZanAid Clinic 60 Chukwani Road, close to Zanzibar Airport, In front of ZanFresh Supermarket	Tel: 0777 777112 Web: https://zanaid.org/
Medstar Center Matmwe Kiwengwa road - Pwani Michangani, Zanzibar	Tel: 0776 777788 Email: info@medstarznz.com Web: https://medstarznz.com

Större Sjukhus

DAR ES SALAAM

Muhimbili National Hospital Malik Road, P.O Box 65000, Dar es Salaam	Tel: +255 22 2151367/9 Email: info@mnh.or.tz Web: http://www.mnh.or.tz/
Aga Khan Hospital P.O. Box 2289, Ocean Road Barrack Obama Drive, Ufokoni Street, Dar es Salaam	Tel: +255 22 211 5151/53 (ext. 4893) +255 22 234 4100 0699 116136, 0699 532816 Emergency hotline: 0782 004 001 Email: patientcare@akhst.org Web: https://www.agakhanhospitals.org/en/dar-es-salaam
Sali International Hospital Plot 589, Yatch Club Road, Masaki, Dar es Salaam	Emergency No: +255 22 260 1296 Tel: +255 22 260 1283 0786 217938 Email: info@salihospital.com Web: https://salihospital.co.tz/
Saifee Hospital Tanzania Plot 4, Ali Hassan Mwinyi Road, Next to Jangid Plaza, Dar es Salaam, Tanzania	Tel: 0747 535353, 0748 772930 +255 22 266 5353 Email: info@saifeehospital.co.tz Web: https://www.saifeehospital.co.tz/

ZANZIBAR

Mnazi Mmoja Hospital P.O. BOX 672, Stone Town, Vuga Street, Zanzibar	Tel: 0773 833768, 0627 600600 Ambulance line: 0773 204740 Email: info@mmh.go.tz Web: https://mmh.go.tz/
TMQ Paje Hospital Paje Roundabout Zanzibar	Tel: 0776 209 469, 0673 299 671 Email: tmqzanzibar@gmail.com Web: https://tmqzanzibar.com/
Ampola Tasakhtaa Global Hospital Victoria St, Vuga, Stone Town, Zanzibar 1116	Emergency No: +255 24 223 2222 Tel: 0774 073009, +255 24 223 2341 Email: info@tasakhtaahospital.co.tz customercare@tasakhtaahospital.co.tz Web: https://tasakhtaahospital.co.tz/

Tandläkare

DAR ES SALAAM

Esnan Dental Turkish Clinic Old Bagamoyo RD, Plot 137, Mikocheni B, P.O.Box 65236, DSM	Tel: 0782 759 749, 0655 376 361 Email: contact@esnandental.co.tz Web: https://esnandental.co.tz/
Elite Dental Clinic 6th Floor, Oasis Office Complex Plot No. 14/15, Haile Selassie Road, Masaki, Behind Puma Petrol Station, Opp. Best Western Plus Peninsula Hotel	Tel: 0788 938 740 0764 616 993 Emergency line: 0784 228 089 Email: info.eliteclinic@gmail.com Web: https://elitedental.co.tz/
Empire Dental Clinic 1st Floor Faykat Tower Ali Hassan Mwinyi Road Near Airtel HQ (Morocco Junction)	Tel: 0788 479 534 0756 257 321 Web: https://www.empiredental.co.tz/
Dental Studio, 1st Floor, Sea Cliff Village, Masaki, Dar es Salaam	Tel: 0753 601 155 Email: info@dentist.co.tz Web: http://www.dentist.co.tz/

Begravningstjänster och Krematorier

DAR ES SALAAM / ARUSHA

Shree Hindu Mandal P.O. Box 581, Kijitonyama, near Shree Hindu Mandal Primary School, DSM	Tel: 0753 746376, 0676 816685 0754 374888 +255 22 2114991-4 Email: manager@shm.or.tz secretary@shm.or.tz Web: http://www.shm.or.tz/
Shree Hindu Union Crematorium P.O. Box 423, Eso Road, Plot No. 144 Arusha	Tel: 0784 510789, 0713 510789 +255 27 2545719 Email: arushaart@cybernet.co.tz hemalsachdev1@gmail.com
Serenity Funeral Services Muhimbili Kalenga street, House number 12, DSM	Tel: 0653 405893, 0715 183234 Email: info@serenityfunerals.co.tz operations@serenityfunerals.co.tz serenity.funeralservice.tz@gmail.com Web: https://serenityfunerals.co.tz/
Corona Tanzania Ltd. Industrial Way Road 80, Mikocheni B, Dar es Salaam	Tel: +255 76 52 66 666, +255 22 2781426, 0757 180500, 0754 296217 E-Mail: services@coronafunerals.com coronafunerals@gmail.com Web: https://www.coronafunerals.com/

ZANZIBAR

Serenity Funeral Services Maisara; opposite Zura Building, Zanzibar Unguja	Tel: 0653 405 893, 0715 183 234 Email: info@serenityfunerals.co.tz operations@serenityfunerals.co.tz serenity.funeralservice.tz@gmail.com Web: https://serenityfunerals.co.tz/
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Advokater

DAR ES SALAAM

Eden Law Chambers * Has an office in Zanzibar	Samora Tower Building, 10th Floor, Unit 1003, Samora Avenue, Kivukoni Area, P.O. Box 77124, DSM	Tel: 0672 655 666 Email: info@edenlawchambers.co.tz Web: https://www.edenlawchambers.co.tz/
Joachim & Jacobs	House No. 37, Ali Hassan Mwinyi Road. P. O. Box 3979, Dar es Salaam	Tel: +255 222 111 445, +255 22 211 1444 0787 399 199, 0688 242 344 Email: info@joachimandjacobs.co.tz Web: http://joachimandjacobs.co.tz/
Clyde & Co Dar es Salaam	3rd Floor, OFIVE Plaza, Haile Selassie Road- Masaki, P.O Box 80512, DSM	Tel: 0768 983 000 Email: peter.kasanda@clydeco.co.tz Web: https://www.clydeco.com/en/locations/africa/dar-es-salaam
FB Attorneys	8th floor, Amani Place, Ohio Street P.O. Box 19813, Dar es Salaam, Tanzania	Tel: +255 22 2135994, +255 22 2135995 Email: info@fbattorneys.co.tz Web: https://fbattorneys.co.tz/
Tanganyika Law Society	Plot 391, Regent Estate, Chato Street, P.O Box 2148, Dar Es Salaam	Tel: +255 22 2775313 Email: info@tls.or.tz Web: https://tls.or.tz
IMMMA Advocates * Have an office in Zanzibar	IMMMA House, Plot No. 357, 102 United Nations Road, Upanga P.O. Box 72484, Dar es salaam, Tanzania	Tel: +255 22 2211080, +255 22 2211081, +255 22 2211082, +255 22 2211083 Email: info@immma.dlapiper africa.co.tz Web: https://www.dlapiper africa.co.tz/en/tanzania
Mawalla Advocates * Have an office in Arusha	Ali Hassan Mwinyi Road Conservation House, Plot No. 245, P.O. Box 4490, Dar es Salaam	Tel: +255 222 664 693 +255 222664 692 Email: info.dar@mawalla.co.tz Web: https://mawalla.co.tz/

ARUSHA

Maxiserve Attorneys	Plot No 49, Corridor Area, Ingira Road Block No. II House No 26, P. O. Box 2440, Arusha, Tanzania	Tel: 0659 964 663, 0744 000 073 Email: info@maxiserve.co.tz Web: https://maxiserve.co.tz/
Matrix Attorneys, Advocates and Legal Consultants	King Solomon's House – 1st Floor, Corridor Area, Kanisa Road, P.O. Box 7104, Arusha	Tel: 0754 017 504 0655 181 186 Email: info@matrix.co.tz Web: https://matrix.co.tz/
Mawalla Advocates *Have an office in Dar es Salaam	Mawalla Road, Mawalla Heritage Park, Plot No. 175/20, P. O. Box 6101, Arusha, Tanzania	Tel: 0754 282 038 0732 978 610 Email: info.arusha@mawalla.co.tz Web: https://mawalla.co.tz/

ZANZIBAR

Eden Law Chambers * Have an office in Dar es Salaam	Taste Me Building, 1st Floor, Mbweni Road, Zanzibar	Tel: 0672 655 666 Email: info@edenlawchambers.co.tz Web: https://www.edenlawchambers.co.tz/
Rukazibwa & Associates Advocates	House NO. 14, Plot No. 168, Mombasa Roundabout, Kisauni Road P.O. Box 3483 Zanzibar	Tel: +255 24 223 4702 0773 917 853 0787 711 632 Email: info@rukazibwaadvocates.com Web: http://www.rukazibwaadvocates.com/
AJM Solicitor & Advocate Chambers	ZAFIPE House, Amani Roundabout P.O. Box597 Zanzibar	Tel: 0777 410 426 Email: ajmchamber@yahoo.co.uk
IMMMA Advocates * Have an office in Dar es Salaam	ZSTC Investment Building, 5th Floor Kinazini, P.O. Box 242, Zanzibar	Tel: +255 024 2234 175 +255 22 22 11 080 Email: protase.ishengoma@immma.dlapiper africa.co.tz sadock.magai@immma.dlapiper africa.co.tz info@immma.dlapiper africa.co.tz Web: https://www.dlapiper africa.co.tz/

Transport

STÖRRE FLYGPLATSER

<p>Julius Nyerere International Airport P.O. Box 18000, Dar es Salaam</p>	<p>Tel: +255 22 284 4324/8 Terminal 1: Tel: +255 22 2842402/3 Terminal 2 : +255 22 2844212 Terminal 3: Tel: +255 22 221 6600 Airport immigration office: Tel: +255 22 284 2018 Customer service: +255 222 844 212, +255 222 844 371 Email: info@airports.go.tz jnia@airports.go.tz Web: https://www.taa.go.tz</p>
<p>Abeid Amani Karume International Airport P.O. Box 1981, Zanzibar</p>	<p>Tel: +255 24 223 36 74 +255 24 223 1336 +255 759 377229 Email: info@zaa.go.tz</p>
<p>Kilimanjaro International Airport P.O. Box 10, KIA, Hai-Kilimanjaro</p>	<p>Tel: +255(0)272554252 Email: kadco@go.tz Web: https://www.kilimanjaroairport.go.tz/</p>

FLYGBOLAG – UTRIKESFLYG

Emirates Haidery Plaza Complex, Kisutu Street, Ilala Municipal, Ali Hassan Mwinyi Road P.O.Box 9594, Dar es Salaam	Tel: +255 22 219 7900 Web: https://www.emirates.com/tz/english/
Kenya Airways Viva Towers 1st Floor Ali Hassan Mwinyi Road Dar es Salaam	Viva Towers Office: Tel: +255 22 216 3917 & 8 +254 705 474 747; 0786 390005 Airport office (JNIA): Ticketing office: 0786 390003 Airport Operations: 0786 390002 Web: https://www.kenya-airways.com/en-tz/
Air Tanzania, P.O. Box 543, ATC House, Second Floor, Ohio Street, Dar-es-Salaam	Tel: +255 222 117500, 0748 773 900 Email: info@airtanzania.co.tz contactcentre@airtanzania.co.tz darairport.station@airtanzania.co.tz Web: https://www.airtanzania.co.tz/
Qatar Airways Diamond Plaza, 4th floor, Samora Avenue and Mirambo Street Junction, Dar es Salaam	Tel: +255 22 2198300 0787 770122/3 Email: darreservation@tz.qatarairways.com Web: https://www.qatarairways.com/en/homepage.html
Turkish Airlines Mkatoba Square Business park, 4th floor Azikiwe street	Tel: 0754 933000, +255 22 2116681/82/83 Email: daressalaam@thy.com Web: https://www.turkishairlines.com
Ethiopian Airlines T.D.F.L Building, Upanga Street, P.O. Box 3187, DSM	Tel: +255222125443, +255 22 2117063/4/5, 0786 285 899 Email: darcto@ethiopianairlines.com , darres@ethiopianairlines.com , darcto1@ethiopianairlines.com Web: www.ethiopianairlines.com

Transport

FLYGBOLAG – INRIKESFLYG

Precision Air Diamond Plaza,1st Floor, Plot no 162/38, Mirambo Street/Samora Ave, DSM	Tel: +255 22 2191000 +255 222 168000 0746 984100 0784 108800 Email: contactcentre@precisionairtz.com Web: www.precisionairtz.com
Coastal Air Slipway, Masaki, Dar es Salaam	Tel: +255 699 999 999 ext 100 0679 009 999 Email: info@coastal.co.tz reservations@coastal.co.tz Web: https://coastal.co.tz/
Flightlink 3rd Floor Room No 309, Oyster Pearl Galleria, Chole Road Masaki, PO Box 2858, DSM	Tel: 0782 354448 / 0782 354449 0782 354450 Email: customerservice@flightlink.co.tz dar-reservations@flightlink.co.tz Web: https://www.flightlink.co.tz/
Safari Air Link Terminal 1, Julius Nyerere International Airport, Dar es Salaam	Tel: 0783 397 235 Email: flights@flysal.com Web: https://www.flysal.com/

Transport

FÄRJA/BÅT

Azam Marine & Kilimanjaro Fast Ferries Opposite Saint Joseph Cathedral, Sokoine Drive, P.O. Box 2517, DSM	Tel: +255 22 212 3324 0743 009 007 Toll Free: 0800 785 555 Email: cs@azammarine.com Web: https://azammarine.com
Azam Marine & Kilimanjaro Fast Ferries (Zanzibar Office) Mizingani Rd, P.O. Box 744, Zanzibar	Tel: +255 24 2231655 Email: info@azammarine.com Web: https://azammarine.com
Zan Fast Ferries P.O. Box 271, Posta, Dar es Salaam * Head office in Malindi, Zanzibar	Tel: +255 696 112 233 0678 644 773 Email: bookings@tripsiri.com Web: https://zanfastferries.co.tz/

BUSS

Esther Luxury Coach Urafiki Bus Stop, P.O. Box 1957, DSM <i>- Trips to & from DSM, Moshi, Arusha, and other locations.</i>	Tel: 0765 987009, 0759 130 130 +255 222 211610 Email: estherluxurycoach680@gmail.com Online booking: https://www.estherluxurycoach.co.tz/
Kilimanjaro Express Shekilango, Dar es Salaam <i>-Trips to & from DSM, Moshi, Arusha, and other locations.</i>	Tel: 0752 400026, 0762 938511 0767 213231, 0715 144301 Email: info@kilimanjarotruck.co.tz Online booking: https://kilimanjaroexpress.com/
New Force Plot No. 22, Block No. F, Opposite Shekilango Business Park, Morogoro Road, Shekilango, P.O. Box 55166, Dar es Salaam <i>-Trips to & from DSM, Morogoro and other locations.</i>	Tel: 0719 959 212 Email: newforce@163.com Online booking: https://www.newforcebus.co.tz/

Personuppgifter

Utlandsmyndigheterna ansvarar för att dina personuppgifter behandlas i enlighet med gällande lagstiftning.

För att läsa mer om personuppgifter och hur ambassaden arbetar, hanterar och bearbetar personuppgifter kan du få mer information på anslagstavlan vid biometrirummet. Du kan även besöka:

<https://www.swedenabroad.se/sv/dataskyddspolicy/>

eller scanna QR-kod så kommer du till hemsidan

