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Survival Guide

Mozambique

December 2013 VOL.1





2013

Dear Readers, We hope that you enjoy this 2013 Survival Guide which would not have been possible without Vodacom and the Survival Guide Team.

The Vodacom Survival Guide will be updated quarterly and should you wish to submit your information please email your company name, full details and service to: survivalguide@ismoz.co.mz .

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Mozambique

Mozambique, officially the Republic of Mozambique, has an area of 801,537 km² making Mozambique the world's 35th largest country. The country was named Moçambique by the Portuguese after the Island of Mozambique, and appears to originate from the name Mossa Al Bique, said to be an Arab Trader. Mozambique is a multi-party democracy under the 1990 constitution with the President, Prime Minister and council of Ministers making the executive branch, with a National Assembly and municipal assemblies. The judiciary comprises a Supreme Court and provincial, district, and municipal courts.

Mozambique has proven to have incredible and large amount of natural resources with breathlessly beautiful beaches and islands, diverse culture, fascinating art, endless amounts of activities and one of the best dive sites in the world as well as welcoming and friendly people.

It is located on the Southeast coast of Africa. It is bound by Swaziland to the South, South Africa to the Southwest, Zimbabwe to the west, Zambia and Malawi to the northwest, Tanzania to the north and the Indian Ocean to the east. The country is divided into two topographical regions by the Zambezi River. Mozambique has tropical climate with two seasons, a wet season from October to March and a dry season from April to September. Climatic conditions, however, vary depending on altitude. Rainfall is heavy along the coast and decreases in the North and South. Annual precipitation varies from 500 to 900mm depending on the region with Cyclones are also common during the wet season.

The capital city is Maputo, formerly known as Lourenço Marques (LM), it offers a diverse and interesting culture, impressive architecture, enchanting art work, magnificent beaches with a country steeped in History. Maputo has a distinctly Latin atmosphere not found anywhere else in Southern Africa. The centre for business is Maputo, but many other cities like Nampula, Beira, Chimoio, Nacala and Pemba are developing rapidly and attracting investors. Bordering countries are Malawi, South Africa, Swaziland, Tanzania, Zambia and Zimbabwe.

Independence: 25 June 1975

Time: GMT + 2 hours

Official language: Portuguese is the official language, with indigenous dialects such as Shangaan (Southern Region), Swahili, Chokwe, Ronga, Sena and others that make up 60 different languages that are spoken. English is spoken in the business community.

Population: Approximately 23,93 million (2011) according to the World Bank

Area: 801 590km²

Currency: Metical (Mtn/Mt) - The official currency is the New Metical (as of February 2013) which replaced old Meticals at the rate of a thousand to one. The old currency was redeemable at the Bank of Mozambique until 2012. American Dollars and South African Rands are accepted and used in business transactions.



History

“A quest for discovering our past is to understand our present”. A clear and deep understanding of how present day human cultures behave lays the principle for learning how to interpret the cultures of the past, to view a people’s as a whole adaptation to and from their environment, such as language, education, judicial systems etc.

1200-1400

Mozambique consists of numerous kingdoms, originally Bantu hunters. The region is divided with natural boundaries by the two rivers: Zambezi and Limpopo. The area north of Zambezi river is dominated by the kingdoms of Makua, Yao, Maravi and others. The Shona Empire rules between the two rivers and this area later again becomes known as the kingdom of Zimbabwe. Most of the impressive stone Structures/Ruines known as Great Zimbabwe are situated in today’s State of Zimbabwe. South of Limpopo several Thonga kingdoms develop during the 1400’s.

1400’s

The Zimbabwe kingdom is followed by the Monomatapa Empire. The Monomatapa empire posses rich goldmines, which are later be-

lieved to be the legendary mines of King Salomon. It appears that Arab Traders settled along the coastline of East Africa. The new mixed Islamic-African culture leads to what is known as Swahili. It becomes known that the main source of gold was in Sofala, in the Buzi river. China and India are trading on the East Africa coast. Mozambique supplies copper, ivory and cotton.

1489

Bartolomeu Dias discovers the passage round the Cape of Good Hope, but never reaches Mozambique. Forced by a mutiny of his men he returns to Portugal.

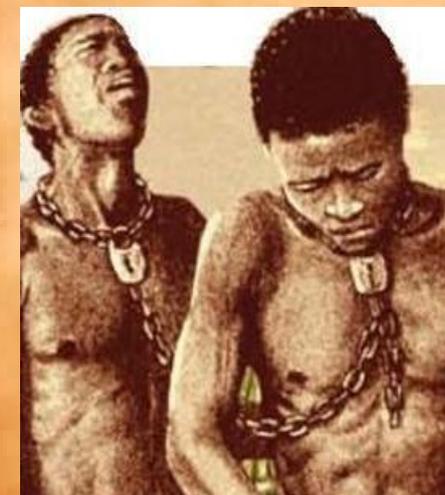
Vasco da Gama leaves Portugal and reaches Mozambique Island in February 1498.

1500 - 1800’s

Vasco da Gama returns to Mozambique with more ships and weapons. In 1507 Portugal decides to build a permanent settlement on Mozambique Island. By 1560 all Islands off Mozambique had Portuguese trading in local commodities. Portugal tried to control the gold trade through the take over of the Muslim settlements at Tete, Quelimane and Sena.

The Dutch East India Company (V.O.C) was formed and tried to take over Portugal’s Indian Ocean trade. In 1607 the Dutch tried to take over Mozambique Island in a six week siege that failed. Monomotapa died in 1597, followed by Gatse Lucere and then Inhamba who in 1628 murdered the Portuguese envoy to his Capital which lead to a war with Portugal, this was won by Portugal with them taking over Quelimane and Karangaland (Inhamba). Thereafter the Portuguese extend inland from the coast.

Explorations start from the Zambezi river. As more land is “discovered” Portuguese farmers are encouraged to settle in the country.



Portugal’s control ends by the late 1600’s when a Changamire chief called Dombo kills the Portuguese settlers in Dambarare and takes over the gold field in Manica. This becomes known as the Rozvi Kingdom. Omani Arabs start attacking the east Africa coast taking Mombasa and eventually the Portuguese lose the coast north of Cabo Delgado.

The Mazungu chieftans form estates (Prazo’s), this land is granted to settlers by the Portuguese crown and are run by Prazeiros. Portuguese settlers have free reign as long as they pay the “Prazo” tax to the Portuguese crown. The farmer paying this tax also gains the rights to use the people in his territory for labour.

As one of the few places in Africa it becomes common for the Portuguese landlords to adapt some degree of the African culture. The settlers become more “Africanised” and they refuse paying taxes to Portugal. Arab and Indian traders on the coast regain some of their power as control from Portugal is weekend. Maize and cassava are being introduced by the Portuguese in most of Africa.

Portugal announces that Mozambique is now their colony. The Portuguese raise a fort in Lourenço Marques and a town starts to develop around it. Severe droughts are experienced during the following years.

1800's

Slaves have become a major part of trade since the late 1700's. Many slaves are sent to Reunion, Mauritius as well as Brazil. The Portuguese slave trade blooms when Great Britain bans it. Approximately 1 million slaves are shipped from Mozambique during the 1800's. Conflicts between different African groups break out as some tribes are hunted while other groups function as slave traders.

The Monomatapa Empire finally collapses under the continuing pressure from both Portugal and the new generation of Arab traders. Nguni people from South Africa take over the Thonga kingdoms (south of Zambezi) and form the Gaza Empire. "Often archaeologists on certain finds draw conclusions by making comparisons with present-day cultural patterns. Mainly due to the relation between these cultures and the natural environment, the life stories of people who

lived long ago help us learn about our common heritage as human beings. Studying past cultures and comparing them to help to us understand how our own culture has developed. We find that each human society has developed its own technology to allow it to make the best use of its surroundings. The tools or documentation of everyday life in ancient times provide clues not only of the material finds but of their way of life, their ethnic development"



Photo: www.malhanga.com

1864

Banco Nacional Ultramarino is formed with a 15 year monopoly in colonial banking and the first branch is opened on Mozambique Island.

1867-9

Diamonds are discovered in the Orange River and two years later Portugal officially abolishes slavery. (In 1875 Mozambique Island was officially designated a depot for freed slaves and export of labour was officialised which meant all labourers had to receive contracts).

1878

Portugal can only control the Southern part of the country and chooses to lease out large territories in the North to trading companies, many of which are British. Britain and Germany had threatened to take over control of the colony, and this is the only solution for Portugal to hold on to their power.

Slavery is on return, but forced labour, known as "Chibalo", is used by these companies on plantations and for construction of roads and later railways.

1884-85

The European countries split up Africa at the Berlin conference. Portugal claims all the land between Mozambique on the east coast and Angola on the west coast. But the country is not among the strongest European countries and has to settle with less. The "scramble for Africa" has begun.

Portuguese East Africa is dominated by those Bantu kingdoms who had gained from the slave trade. Other groups have been more or less wiped out. A few Portuguese traders, officials and military are still in some of the coastal cities, but without much power and almost without contact to Portugal.

1879

Britain and Portugal finalise the Lourenço Marques Treaty. Britain was to underwrite the building of the railway. After many problems Portugal forms the Caminho de Ferro de Lourenço Marques (CFLM) and South Africa establishes Netherlands Railway Company (NZASM) the railway was in fact completed to the Transvaal border in March 1890.

1886

A railway is being built to connect Transvaal with the city Lourenço Marques. (The line from Lourenço Marques to Johannesburg was officially opened 01st January 1895). Gold has been found on the Witwatersrand.

1891

Portugal and Britain sign a treaty which lays out the current borders of Mozambique. The Gaza empire in the south gained from the slave trade. The empire had considerable political power resist all kinds of Portuguese influence. The resistance is carried out with both acts of violence, trade and diplomacy. Other kingdoms are also fighting the colonisers, but the different tribes and people never manage to put away their internal disputes and join forces. In 1895 Gungunhanas,

the last emperor of the Gaza empire is captured by the Portuguese and deported to the Azores.

1907

Portugal moves the colonial capital of Mozambique from Ilha de Moçambique (Mozambique Island) to Lourenço Marques. Most political and economic activities in Mozambique are also transferred to the south.

1915

After the fall of the Gaza Empire Portugal finally has military and political control of all Portuguese East Africa. For the first time all kingdoms and territories of Mozambique are under the same rule due mainly to Salazar's Prazos and Company's concessions.

1926

A fascist coup takes over in Portugal. António Oliveira Salazar comes to power, and this means an even tighter grip on the Mozambican population and more widely use of forced labour. The new Portuguese government has close ties with the neighboring countries such as Rhodesia and South Africa. Roads and railways are built to give the neighbors access to the big ports in Mozambique.



1932

Portugal takes over a more direct control of the colony, and decides to cancel all agreements with foreign trading companies.

Schools are still only for the Portuguese population. It is forbidden by law for Africans to start any kind of business and the majority is forced to work hard and dangerous labor on farms, mines and in cotton production.

The Catholic Church expresses a commitment to educate the Africans. But only on their own conditions which includes obligatory Christianity and support to the fascist regime. Mozambicans can only avoid being used as forced labour by becoming "assimilados" – meaning that they willingly give up their own culture and indigenous

beliefs. These assimilados in principle are allowed to get basic education.

1950's

Communism was gaining strength as was strong anti-colonial ideologies across Africa, many secret political movements were established in support of Mozambican independence. These movements claimed that since policies and development plans were primarily designed by the ruling authorities for the benefit of Mozambique's Portuguese population, little attention was paid to Mozambique's tribal integration and the development of its native communities who had suffered discrimination and years of oppression with little opportunity or resources given to the local population to upgrade their skills or improve their economic and social situation.

1960's

The Front for the Liberation of Mozambique (FRELIMO), initiated a guerrilla campaign against Portuguese rule in September 1964. This conflict, along with the two others already initiated in the other Portuguese colonies of Angola and Portuguese Guinea, became part of the so-called Portuguese Colonial War (1961-1974).

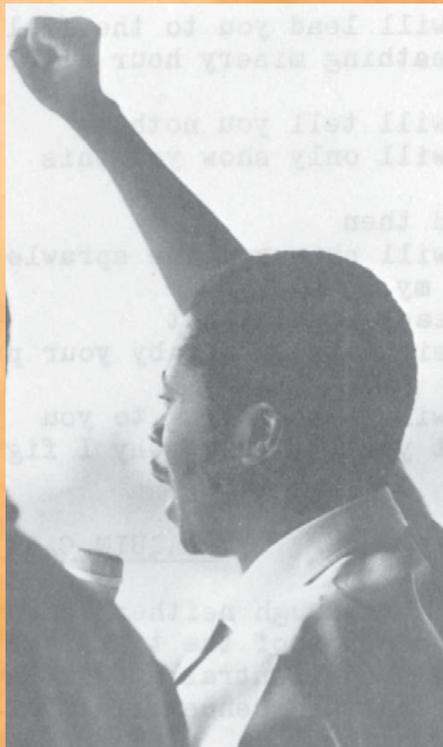
From a military standpoint, the Portuguese regular army maintained control of the population centres while the guerrilla forces sought to undermine their influence in rural and tribal areas in the north and west. As part of their response to FRELIMO the Portuguese government began to realise that they had to create better conditions for social development and economic growth.

After 10 years of sporadic warfare and Portugal's return to democracy through a leftist military coup in Lisbon which replaced Portugal's Estado Novo regime for a military junta (the Carnation Revolution of April 1974), FRELIMO took control of the territory. Within a year, most of the 250,000 Portuguese in Mozambique had left.

INDEPENDENCE

Mozambique became independent from Portugal on June 25, 1975. The new government, under president Samora Machel, gave shelter and support to South African (African National Congress) and Zimbabwean (Zimbabwe African National Union) liberation movements while the governments of first Rhodesia and later South Africa (at that time

still operating the Apartheid laws) fostered and financed an armed rebel movement in central Mozambique called the Mozambican National Resistance (RENAMO). Starting shortly after the independence, the country was plagued from 1977 to 1992 by a long and violent civil war between the opposition forces of anti-Communist RENAMO rebel militias and the Marxist FRELIMO regime - the Mozambican Civil War. Economic collapse marked the first years of Independence with over 1



Samora Moses Machel



million deaths with a further 1,7 million seeking refuge in neighboring states, and several million more were internally displaced. On October 19, 1986 Samora Machel was on his way back from an international meeting in Zambia in the presidential Tupolev Tu-134 aircraft when the plane crashed in the Lebombo Mountains, near Mbuzini. There were ten survivors but President Machel and thirty-three others died, including ministers and officials of the Mozambique government. The United Nations' Soviet Union delegation issued a minority report contending that their expertise and experience had been undermined by the South Africans. Representatives of the Soviet Union advanced the theory that the plane had been intentionally diverted by a false navigational beacon signal,

using a technology provided by military intelligence operatives of the South African government.

Machel's successor, Joaquim Chissano, continued the reforms and began peace talks with RENAMO. The new constitution enacted in 1990 provided for a multi-party political system, market-based economy, and free elections. The civil war ended in October 1992 with the Rome General Peace Accords, first brokered by the CCM, the Christian Council of Mozambique (Council of Protestant Churches) and then taken over by Community of Sant'Egídio. Under supervision of the ONUMOZ peacekeeping force of the United Nations, peace returned to Mozambique.



Joaquim Chissano

The Flag



The flag of Mozambique was adopted on May 1, 1983. It includes the image of an AK-47 and is the only national flag in the world to feature such a modern rifle. The original flag of the FRELIMO, the leading political party in Mozambique, also had green, black, and yellow horizontal stripes separated by white fimbriations. In the hoist was a red triangle.

The black, green, and yellow were derived from the flag of the African National Congress, used in South Africa. On independence the colors were rearranged to form the national flag, in rays emanating from the upper hoist. Over this was a white cogwheel containing the hoe, rifle, book, and star that appear on the present flag. The flag was altered in 1983; the colours were arranged in horizontal stripes, and the star of Marxism was made larger. It is likely that a new, non-partisan flag will be introduced. Green stands for the riches of the land, the white fimbriations signify peace, black represents the African continent, yellow symbolizes the country's minerals, and red represents the struggle for independence.

The rifle stands for defense and vigilance, the open book symbolizes the importance of education, the hoe represents the country's agriculture, and the star symbolizes Marxism and internationalism. The flag is based on the flag of the Mozambican Liberation Front (FRELIMO).

The FRELIMO flag, used for short period looks like the current flag but lacking the emblem, with green, black, and yellow horizontal stripes separated by white fimbriations and a red triangle in the hoist. On independence the colors were rearranged to form the national flag,



Pátria Amada is the National Anthem of Mozambique, it replaced Viva, Viva a FRELIMO in 2002.

PORTUGUESE

Na memória de África e do Mundo
Pátria bela dos que ousaram lutar
Moçambique, o teu nome é liberdade
O Sol de Junho para sempre brilhará

CORO (2x)

Moçambique nossa terra gloriosa
Pedra a pedra construindo um novo
dia Milhões de braços, uma só força
Oh pátria amada, vamos vencer

II

Povo unido do Rovuma ao Maputo
Colhe os frutos do combate pela paz
Cresce o sonho ondulando
na bandeira
E vai lavrando na certeza do amanhã

CORO (2x)

III

Flores brotando do chão do teu suor
Pelos montes, pelos rios,
pelo mar Nós juramos por ti,
oh Moçambique
Nenhum tirano nos irá escravizar

CORO (2x)

ENGLISH

In the memory of Africa and the World
Beautiful fatherland of those that dared to
fight Mozambique, your name is freedom
The Sun of June forever will shine

CHORUS (2X)

Mozambique, our Glorious Land
Rock by rock constructing the new day
Millions of arms in one only force
O Loved fatherland we will be successful

II

United people from Rovuma to Maputo
It harvests the fruits of the combat for
the Peace. The dream grows
waving in the flag
And goes cultivating in the certainty of tomorrow

Chorus (2x)

III

Flowers sprouting of the soil of your
sweat
For mounts, the rivers, the sea
We swear for you, O Mozambique
No tyrant in will enslave us

CHORUS (2X)

The Present Government



President of the Republic,
ARMANDO EMÍLIO GUEBUZA

Prime Minister,
ALBERTO CLEMENTINO VAQUINA

Finance Minister,
MANUEL CHANG

Minister of Planning and Development,
AIÚBA CUERENEIA

*Minister of Foreign Affairs
and Cooperation,*
OLDEMIRO MARQUES JÚLIO BALÓI

Minister of National Defense,
FIILIFE JACINTO NYUSI

Minister of the Interior,
ALBERTO RICARDO MONDLANE

*Minister for Coordination of
Environmental Affairs,*
ALCINDA ANTÓNIO DE ABREU

Agriculture Minister,
JOSÉ ANTÓNIO PACHECO

*Minister in the Presidency
for Social Affairs,*
FELICIANO SALOMÃO GUNDANA

Minister of Public Works and Housing,
CADMIEL FELIANE MUTHEMBA

Minister for Mineral Resources,
ESPERANÇA LAURINDA FRANCISCO
NHIUANE BIAS

*Minister in the Presidency to Affairs of
the Casa Civil,*
ANTÓNIO TRINDADE

Minister of State Administration,
CARMELITA RITA NAMASHULUA

Minister of Tourism,
CARVALHO MUÁRIA

Energy Minister,
SALVADOR NAMBURETE

Minister of Science and Technology,
LOUIS AUGUSTO PELEMBE

Minister of Labor,
MARIA HELENA TAIPO

Minister of Public Function,
VITÓRIA DIAS DIOGO

CURRENT GOVERNORS OF THE ELEVEN PROVINCES OF MOZAMBIQUE

CABO DELGADO
Eliseu Joaquim Machava

MAPUTO (PROVINCE)
Maria Elias Jonas

GAZA
Raimundo Maico Diomba

MAPUTO (CITY)
Lucília José Manuel Nota Hama

INHAMBANE
Agostinho Abacar Trinta

SOFALA
Félix Paulo

MANICA
Ana Comoana

TETE
Ratxide Abdala Ackyamungo Gogo

NAMPULA
Cidália Manuel Chauque

ZAMBEZIA
Joaquim Veríssimo

NIASSA
David Ngoane Marizane

*Minister of Transport and
Communications,*
GABRIEL MUTISSE

Minister of Combatants,
MATEUS ÓSCAR KIDA

Minister of Justice,
MARIA BENVINDA DELFINA LEVI

Minister of culture,
ARMANDO ARTUR JOÃO

*Minister in the Presidency for
Parliamentary Affairs,
Local and provincial assemblies,*
ADELAIDE ANCHIA AMURANE

Minister of Women and Social Action,
IOLANDA MARIA PEDRO CAMPOS
CINTURA

Minister of education,
AUGUSTO JONE

Minister of Youth and Sports,
FERNANDO SUMBANA JÚNIOR

Fisheries Minister,
VICTOR MANUEL BORGES

Minister of health,
ALEXANDRE LOURENÇO JAIME MANGUELE

Minister of Industry and Trade,
ARMANDO INROGA



Mozambique, officially the Republic of Mozambique is a multi-party democracy under the 1990 constitution. The executive branch consists of a President, Prime-Minister, and Council of Ministers. The legislative power is represented by 250 deputies in the National Assembly. In 2003 and 2008 Mozambique held local elections of the Municipal Assemblies and in 2009 elections for the Provincial Assemblies were held in 11 provinces and the city of Maputo. The judiciary power comprises a Supreme Court and provincial, district, and municipal courts. Suffrage is at eighteen.

Since the first multiparty democratic elections in 1994, two political parties have dominated in Mozambique: The Mozambique Liberation Front, *Frente de Libertação de Moçambique* (FRELIMO), which is the current ruling party and the Mozambique National Resistance, *Resistência Nacional Moçambicana* (RENAMO), the main opposition party. FRELIMO won all general elections. RENAMO did not succeed in structuring their former guerrilla movement into an organised political party.

In 1994 we had Elections where by Joaquim Chissano was elected President with 53% of the vote, and a 250-member National Assembly was voted in with 129 Liberation Front of Mozambique Frelimo deputies, 112 Mozambique National Resistance - RENAMO deputies, and nine representatives of three smaller parties that formed the Democratic Union (UD). Since its formation in 1994, the National Assembly has made progress in becoming a body increasingly more independent of the executive by 1999, more than one-half (53%) of the legislation passed originated in the Assembly.

In 1998 the country held its first local elections to provide for local representation and some budgetary authority at the municipal level. RENAMO (the opposition party) boycotted the local elections, citing flaws in the registration process. Independent slates contested the elections and won seats in municipal assemblies.

In the aftermath of the 1998 local elections, the government resolved to make more accommodations to the opposition's procedural concerns for the second round of multiparty national elections in 1999. Working through

the National Assembly, the electoral law was rewritten and passed by consensus in December 1998. Financed largely by international donors, a very successful voter registration was conducted from July to September 1999, providing voter registration cards to 85% of the potential electorate (more than seven million voters).

The second general elections were held December 3–5, 1999, with large amounts of citizens voting than previous years. International and domestic observers agreed that the voting process was well organized and went smoothly, even with some flaws it was generally agreed the votes reflected the peoples will.

President Chissano won the presidency with a margin of 4% points over the RENAMO-Electoral Union coalition candidate, Afonso Dhlakama, and began his five-year term in January, 2000. FRELIMO increased its majority in the National Assembly with 133 out of 250 seats. RENAMO-UE coalition won 116 seats, one went independent, and no third parties are represented.

The opposition coalition did not accept the National Election Commission's results of the presidential vote and filed a formal complaint to the Supreme Court. One month after the voting, the court dismissed the opposition's challenge and validated the election results. The opposition did not file a complaint about the results of the legislative vote.

The second local elections, involving thirty-three municipalities with some 2.4 million registered voters, took place in November 2003. This was the first time that FRELIMO, RENAMO-UE, and independent parties competed without significant boycotts. The 24% turnout was well above the 15% turnout in the first municipal elections.

FRELIMO won twenty-eight mayoral positions and the majority in twenty-nine municipal assemblies, while RENAMO won five mayoral positions and the majority in four municipal assemblies. The voting was conducted in an orderly fashion without violent incidents. However, the period immediately after the elections was marked by objections about voter and candidate registration and vote tabulation, as well as calls for greater transparency.

In May 2004, the government approved a new general elections law that contained innovations based on the experience of the 2003 municipal elections.

Presidential and National Assembly elections took place on December 1–2, 2004. FRELIMO candidate Armando Guebuza won with 64% of the popular vote. His opponent, Afonso Dhlakama of RENAMO, received 32% of the popular vote. FRELIMO won 160 seats in Parliament. A coalition of RENAMO and several small parties won the 90 remaining seats. Armando Guebuza was inaugurated as the President of Mozambique on 2 February 2005.



The National Emblem of Mozambique, which was adopted in 1990 in the Constitution of Mozambique article 194. The Article clearly states the design and meaning of the device. It shows a gear wheel, bordered by corn stalks and sugarcane. In the middle there is a red sun over a map of Mozambique in green and blue waves, an AK-47 crossed with a hoe, and a book. The wreath is tied with a ribbon bearing the name of the country. As described in the Mozambican constitution article 194[1], the various parts of the emblem have a special symbolism, i.e.

- the corn stalk and the sugar cane represent agricultural/wealth
- the cog wheel represents labor and industry
- the book represents education
- the hoe for “peasantry and agriculture production”
- the AK-47 for “defense and vigilance”
- the red star represents socialism, but is quoted in the Mozambican constitution to “symbolize the spirit of international solidarity of the Mozambican people”.
- the red sun symbolizes the building of a new life.

Useful Portuguese Phrases

USEFUL PORTUGUESE PHRASES TO GET YOU GOING

| | |
|---------------------|-----------------------|
| Good morning | Bom dia |
| Good afternoon | Boa tarde |
| Good evening | Boa noite |
| How are you? | Como está? |
| I am fine | Estou bem |
| What is your name? | Como é que te chamas? |
| My name is | Chamo-me |
| Thank you | Obrigado |
| No problem | De nada |
| You are welcome | Nada |
| Excuse me (Sorry) | Desculpa |
| Goodbye | Adeus/Tchau |
| I do not understand | Não compreendo |
| Please /Excuse me | Faz favor/Com licença |

WORDS, PHRASES AND GETTING AROUND...

| | |
|-------------------------|-----------------|
| Where are you going? | Para onde vais? |
| I am going to.... | Vou para... |
| Friend | Amigo/Amiga |
| Toilet | Casa de banho |
| When? | Quando? |
| Where? | Onde? |
| How much is....? | Quanto custa? |
| Can i have some change? | Peço troco? |
| How much | Quanto custa |
| Too expensive | Muito caro |
| I want to buy... | Quero comprar |
| Cheap | Barato |
| Can you help me? | Pode ajudar-me? |
| Go away! | Va-se embora! |

WORDS, PHRASES AND GETTING AROUND...

| | |
|-------------------------------|--------------------------------|
| I'm lost | Estou perdido |
| Please can you help me | Por favor pode ajudar-me |
| Right | Direita |
| Left | Esquerda |
| Front | Em frente |
| Back | A trás |
| I am a foreigner | Sou estrangeiro |
| Please come here | Chega aqui por favor |
| Do you understand my question | Percebes a minha pergunta |
| Please bring me a... | Por favor traga me a /ou o ... |
| Excuse my ignorance but... | Desculpe a minha ignorância |
| House | Casa |
| Do you have ...? | Tem...? |
| Dangerous | Perigoso |
| Now | Agora |
| Tomorrow | Amanha |
| Today | Hoje |
| Tonight | Esta noite |
| Yesterday | Ontem |
| In the morning | de amanhã |
| In the afternoon | à tarde |
| In the evening | à noite |

GREETINGS: ONE OF THE MOST USEFUL LANGUAGES IN MAPUTO AND SOUTHERN MOZAMBIQUE IS SHANGANA;

| | |
|----------------|---------------------------------|
| Good morning | Lixile (pronounced li-shee-leh) |
| Good afternoon | Ixhikane |
| Good evening | Lipelile |
| Thank you | Kanimambo |
| Good bye | Salane |

MONTHS OF THE YEAR

| | |
|-----------|-----------|
| January | Janeiro |
| February | Fevereiro |
| March | Março |
| April | Abril |
| May | Maio |
| June | Junho |
| July | Julho |
| August | Agosto |
| September | Setembro |
| October | Outubro |
| November | Novembro |
| December | Dezembro |

DAYS OF THE WEEK

| | |
|-----------|----------------|
| Monday | Segunda-feira |
| Tuesday | Terça - feira |
| Wednesday | Quarta - feira |
| Thursday | Quinta - feira |
| Friday | Sexta - feira |
| Saturday | Sábado |
| Sunday | Domingo |

IN THE FAR NORTH NEAR LAKE NIASSA, MOST PEOPLE SPEAK NYANJA

| | |
|---------------------|------------------|
| Good morning | Mwadzuka bwanje |
| Good afternoon | Mwa swela banje |
| Good evening | Mwa swela bwanje |
| How are you? | Muri bwanje |
| Thank you very much | Zikombo kwambile |

FOOD & DRINK

| | |
|---------------|------------------|
| Fruit | Fruta |
| Vegatables | Vegetais |
| Fish | Peixe |
| Beer | Cerveja |
| Mineral water | Água mineral |
| Bread | Pão |
| Milk | Leite |
| Meat | Carne |
| Rice | Arroz |
| Breakfast | Pequeno - almoço |
| Lunch | Almoço |
| Supper | Jantar |
| Bill | Conta |
| Potatoes | Batata frita |
| Soup | Sopa |
| Steak | Bife |
| Sugar | Açucar |
| Tea | Chá |



NUMBERS...

| | | | |
|---------------|----------------|----------------|-------------------|
| One | Um | Twenty -six | Vinte e seis |
| Two | Dois | Twenty- seven | Vinte e seis |
| Three | Três | Twenty - eight | Vinte e oito |
| Four | Quatro | Twenty -Nine | Vinte e nove |
| Five | Cinco | Thirty | Trinta |
| Six | Seis | Thirty -one | Trinta e um |
| Seven | Sete | Thirty - two | Trinta e dois |
| Eight | Oito | Thirty - three | Trinta e três |
| Nine | Nove | Thirty - four | Trinta e quatro |
| Ten | Dez | Thirty - five | Trinta e cinco |
| Eleven | Onze | Thirty - six | Trinta e seis |
| Twelve | Doze | Thirty - seven | Trinta e sete |
| Thirteen | Treze | Thirty - eight | Trinta e oito |
| Fourtee | Catorze | Thirty - nine | Trinta e nove |
| Fifteen | Quinze | Fourty | Quarenta |
| Sixteen | Dezasseis | Fourty - one | Quarenta e um |
| Seveteen | Dezassete | Fourty - two | Quarenta e dois |
| Eighteen | Dezoito | Fourty - three | Quarenta e três |
| Nighteen | Dezanove | Fourty - four | Quarenta e quatro |
| Twenty | Vinte | Fourty - five | Quarenta e cinco |
| Twenty-one | Vinte e um | Fourty - six | Quarenta e seis |
| Twenty-two | Vinte e dois | Fourty - seven | Quarenta e sete |
| Twenty -three | Vinte e três | Fourty - eight | Quarenta e oito |
| Twenty- four | Vinte e quatro | Fouty - nine | Quarenta e nove |
| Twenty- five | Vinte e cinco | Fifty | Cinquenta |
| Sixty | Sessenta | Seventy | Setenta |
| Eighty | Oitenta | Ninety | Noventa |
| Hundred | Cem | | |

Mozambicans are warm and general very respectful people, that are always willing to assist and hold their traditions highly. Respect is always shown to the elder generation and in a social environment it is common to shake hands, usually between men, with an additional shoulder to shoulder hug amongst the younger generation with a pat on the back. Women generally kiss on both cheeks as do children when greeting adults. Most young men in an informal setting have a variation of handshakes It's also common for men to kiss women on both cheeks. This is a sign of closeness, respect or friendship.

Business Greetings

Handshake is common between men and again kissing on both cheeks between men to women or woman to woman.

Dinner Invitation

Mozambicans enjoy long lunches or dinners, business negotiations are often concluded over a good meal, family problems resolved, friendships discussed and generally a reason to eat the fine cuisine available in most restaurants or hotels.

Mozambicans generally serve dinner late and are notorious for arriving late! If you are organizing a party expect your guest to arrive late and will confirm a day prior or on the day, this is not a sign of disrespect but a common occurrence.

When Mozambicans are invited to someone's house they bring along a small present be it a food dish, chocolates, a bottle of wine or flowers.

Business Transaction

In shopping, there are two types of shops; one where prices are written on the products such as in established shops and supermarkets hotels and so on and ones which do not have prices on them and can be negotiated such as the corner art markets, fresh fruit and vegetable markets and with the fisherman. Negotiation or bargaining, happens when two or more parties communicate in order to reach an agreement on a mutually acceptable outcome in a situation. This should be made clear that insulting or becoming aggressive is not a negotiation. Try using simple language if you do not speak Portuguese. Ask questions and observe behaviour. Most of all be patient as you are a visitor to this land.

Mozambicans will generally increase the price as much as they think the person can afford to pay. Bargaining and haggling down the price can be a fun experience if your expectations are not unreasonable. If buying more expensive items, it is best to have a Mozambican colleague present to negotiate the price. Taxi fares can also be haggled; however it is best to always determine the price with taxi driver in advanced.

Tips for negotiating with Mozambicans

One must be aware of the need to maintain patience in Mozambique. The most important factor is to always to show respect, build trust and also important is to be able to show goodwill.

Bank Facilities

Denominations of METICAIS

| | |
|------------------------------|---------------------|
| 1 - One Metical | Um Metical |
| 2 - Two Meticals | Dois Meticais |
| 5 - Five Meticals | Cinco Meticais |
| 10 - Ten Meticals | Dez Meticais |
| 20 - Twenty Meticals | Vinte Meticais |
| 50 - Fifty Meticals | Cinquenta Meticais |
| 100 - One Hundred Meticals | Cem Meticais |
| 200 - Two Hundred Meticals | Duzentos Meticais |
| 500 - Five Hundred Meticals | Quinhentos Meticais |
| 1000 - One Thousand Meticals | Mil Meticais |



BANKS, CREDIT CARDS AND FOREIGN EXCHANGE

CASH AND OTHER PAYMENT FACILITIES

Visitors to Mozambique should be aware that it is difficult to obtain large amounts of cash in Maputo with a credit, debit or cash card. There are various "ATM's" from various banks that allow for removal of local currency only. Cashing a traveler's cheque is expensive and facilities are not available everywhere in the Country. It is not possible to obtain fuel from filling stations with any card at all. It should also be noted that foreign currency is not freely available, as it is imported as required and as per law all negotiations/payments should be done in the local currency.

Most hotels and restaurants will accept credit cards, and US Dollars or Rands. Expect to have the exchange rate determined by the supplier or vendor!

BANKING FACILITIES

There are a number of commercial banks in Mozambique, with their head offices in Maputo, which provide bank account service to individuals and companies. The opening and maintaining of bank accounts by residents are subject to Mozambique Exchange Control Regulations - requirements and restrictions are applicable - which should be discussed with the bank before the opening of a bank account.

EXCHANGE CONTROL

Several Exchange Control Regulations apply to residents, non-residents and companies in Mozambique.

BANKS HEAD OFFICES: Maputo

MILLENNIUM BIM
Av. 25 de Setembro, nº 1800
Tel: +258 21 350035/21351500
www.millenniumbim.co.mz

BANCO DE MOÇAMBIQUE, SA.
Av 25 Setembro, Postal:423
Tel: +258 21 354600
Fax: +258 21 323712/
21 322849
Reclamacoes_bm@bancomoc.mz
www.bancomoc.mz

BARCLAYS BANK, SA
Av. 25 de Setembro, nº 1184
Tel: +258 21 308800/
21 351747
latifom@barclays.co.mz
Mauro.chiziane@barclas.co.mz
www.barclays.co.mz

STANDARD BANK, SA.
Praça 25 de Junho, nº 1
[Free]: 800412412
Fax: +258 21 300662
uac@standardbank.co.mz
www.standardbank.co.mz

BCI - BANCO COMERCIAL E DE INVESTIMENTOS, SA.
Praça 25 de Junho, nº 1
Rua Conselho Pedroso
Tel: +258 21 353700
Fax: +258 21 309831
bci@bci.co.mz
www.bci.co.mz

INTERNATIONAL COMMERCIAL BANK (MOZAMBIQUE) SA.
Av. 25 de Setembro, 1915
Rua da Mesquita
Tel:+258 21 311111/21 314801/2/3
Fax: +258 21 314797/8
enquiry@icbank-mz.com
www.icbank-mz.com

MCB - MAURITIUS COMMERCIAL BANK MOÇAMBIQUE, SA.
Av. Friedrich Engels, nº 400
Tel: +258 21494369/9900/21498680
Cel: +258 84 3051733
Fax: +258 21 498675
contact@mcbmozambique.com
www.mcbmozambique.com



**AFRICAN BANKING CORPORATION
(MOÇAMBIQUE), SA.**

Av. Julius Nyerere, nº 999
Tel: +258 21 482100
Tel: +258 21 482100
Fax: +258 21 487474
abcmoz@bancabc.com
www.africanbankingcorp.com

FNB MOÇAMBIQUE, SA

Av. 25 de Setembro nº 420,
1º Andar, Sala 8
Tel/Fax: +258 21 313047
www.fnb.co.mz

**SOCREMO BANCO
DE MICROFINANÇAS, SA.**

Av. 24 de Julho, nº 426
Tel/Fax: +258 21 499543/029/
21 497713
info@socrema.com
www.socrema.com

**BANCO MERCANTIL E
DE INVESTIMENTOS, SA.**

Av. 24 de Julho, nº 3549, 4º andar
Tel: +258 21 407979/80/21 307639
Fax: +258 21 313883
bmiftp@teledata.mz

BANCO PROCREDIT, SA.

Av. Vladimir Lenine, nº 210
Tel: +258 21 313 344
Fax : +258 21 313 345
Cel: +258 84 89 86 505
info@bancoprocredit.co.mz
www.bancoprocredit.co.mz

**BANCO OPORTUNIDADE
DE MOÇAMBIQUE, SA.**

Av. 24 de Julho, nº 4136,
Tel: +258 21 407474
www.oibm.org

BANCO TERRA, SA.

Av. Samora Machel, nº 47
Tel: +258 21 359900/901,
Fax: +258 21 316130
Cel: +258 84 3599000
info@bancoterra.co.mz
www.bancoterra.co.mz

MOZA BANCO, SA.

Av. Nkwame Nkrumah, nº 97
Tel/Fax: +258 21 485903
info@mozabanco.co.mz
www.mozabanco.co.mz

BANCO TCHUMA, SARL.

Rua de Bagamoio, nº 333, 2º andar
Tel: +258 21 300176/21 314875
Fax: +258 21 314881
bancotchuma@tchuma.co.mz

**BANCO NACIONAL DE
INVESTIMENTO, SA.**

Av. Julius Nyerere, nº 3504, Bloco A2
Tel: +258 21 498581
Fax: +258 21 498595
info@bni.co.mz

**UNITED BANK FOR AFRICA
MOÇAMBIQUE, SA.**

Edifício do INCM, Praça 16 de Junho,
nº 312, 2º andar
Tel: +258 21 408341

BANCO ÚNICO, SA.

Av. Julius Nyerere, nº 590
Tel: +258 21 488400/ 21 305111

**BANCO AFRICANO DE
DESENVOLVIMENTO, SA.**

Av Zedequias Manganhela,
Jat IV, 267 3º,
Tel: +258 21 326409

**BANQUE FRANÇAISE
COMMERCIALE, SA.**

Av. Friedrich Engels 420,
Tel: +258 21 495184





Transfer money for free

It's easy and free. Go to a M-Pesa agent to activate your account and send money for free up to 100MT

tudo bom pra ti



Terms and conditions applied

Send money for free with Vodacom M-Pesa

With Vodacom M-Pesa your life gets simpler. It's easy to send money to your family and friends whenever you need. And more! **Sending up to 100MT is free for registered customers.**

Price Table

| | Value (MT) | Tariff (MT) |
|---|----------------------|-------------|
| Deposit money for registered customers | From 20 to 25.000 | Free |
| Send money to registered customers | From 5 to 100 | Free |
| | 101 to 500 | 5 |
| | 501 to 1.000 | 5 |
| | 1.001 to 2.000 | 5 |
| | 2.001 to 5.000 | 5 |
| | 5.001 to 10.000 | 10 |
| | 10.001 to 25.000 | 10 |
| Send money to non registered customers | From 20 to 100 | 3 |
| | 101 to 500 | 15 |
| | 501 to 1.000 | 15 |
| | 1.001 to 2.000 | 20 |
| | 2.001 to 5.000 | 25 |
| | 5.001 to 10.000 | 80 |
| | 10.001 to 25.000 | 100 |

It's free, follow the instructions on your cell phone and send money for free

Send money to M-Pesa customers for free up to 100MT
 Sending money up to 100MT for unregistered customers costs 3MT
 All other prices remain unchanged

***111#**

- M-Pesa
- Jackpot
- Internet and BlackBerry
- My Vodacom
- Mudar o idioma

- Send Money
- Withdraw Money
- Buy Airtime
- Pay Service
- My Account

| | | |
|-----------------------------|---|--|
| 1. Choose Number 2. Find | Dial the number of the receiver 84 X XXX XXX (example) | Enter value 100 (example) |
|-----------------------------|---|--|

| | | |
|--|--|---|
| Dial your PIN **** Don't share your PIN | Dial 1 (confirm) or 2 (cancel) | You will receive confirmation text Money sent |
|--|--|---|

M-Pesa Agent List

Maputo City

| Agent | Address | | | | |
|--|----------------------|-------------------------------|---------------------------|--|------------------------|
| Verao Amarelo | Avenida das FPLM | Philipe Rukabya Torero | Bairro Ferroviario | Barraca Bela's Bar | Bairro de Maxaquene A |
| Minerva Central Shopping Mares | Bairro Costa do Sol | Salão de Corte Chauque | Bairro Ferroviario | Dalcieza Filomena Ndimande | Bairro de Maxaquene B |
| Barraca Odiario | Bairro da Mavalane A | Loja Vodacom Karl Marx | Bairro da Mafala | Domingos Alfredo Matavele | Bairro de Maxaquene B |
| Mini Merceria Adelia Mariso J. Manicua | Bairro das FPLM | Flo comercial | Bairro da Mafala | Leonor Ofico | Bairro de Maxaquene B |
| Papelaria Chivite | Bairro das Mahotas | Mornic Entretenimento | Bairro da Mafala | Merceriaia Guift | Bairro de Maxaquene B |
| Vasco Gomes Levis Pacule | Bairro das Mahotas | Barraca 35 | Bairro da Mafala | Merceriaia Jean Pierre | Bairro de Maxaquene B |
| Shersley Comercial | Bairro de Albazine | Mini Merceriaia Armina Ismael | Bairro da Mafala | Mini Merceriaia e Boutique AlbertinaManhique | Bairro de Maxaquene B |
| Merceriaia Cossa | Bairro de Albazine | UT Auto Link | Bairro da Mafala | Mini Merceriaia Maria | Bairro de Maxaquene B |
| Mini Merceriaia Cacilda Banze | Bairro de Albazine | Loja Vodacom Grupo Sea Maputo | Bairro da Maxaquene A | Sarita Comercial | Bairro de Maxaquene B |
| Mini Merceriaia Kaciaphe | Bairro de Albazine | Godfrey comercio | Bairro da Maxaquene C | Contentor de Eusebio Armando Maquequele | Bairro de Maxaquene C |
| Mini Merceriaia Moises | Bairro de Albazine | Loja Raul Banze | Bairro da Maxaquene C | Florentina Esteveao Langa | Bairro de Maxaquene C |
| Quiosque Menina Deixa me | Bairro de Albazine | Mente interprises | Bairro da Maxaquene C | Joao Jacinto Sumbane | Bairro de Maxaquene C |
| Mini Merceriaia Lucilia Antonio Conjo | Bairro de Hulene A | Merceriaia Saul | Bairro da Maxaquene C | Maida Judite Tchau | Bairro de Maxaquene C |
| Quiosque Filomena Mota | Bairro de Hulene A | Delta Compone | Bairro da Maxaquene C | Maria Tchambule | Bairro de Maxaquene C |
| Joaoa Armando Monjane | Bairro de Hulene B | Pedro Fotine Mandaniule | Bairro da Maxaquene C | Maria Vicente Timana | Bairro de Maxaquene C |
| Merceriaia Oumar | Bairro de Hulene B | Babiloja | Bairro da Maxaquene D | Mini Merceriaia de Eusebio Maquequele | Bairro de Maxaquene C |
| Mini Merceriaia Delson Manhice | Bairro de Hulene B | Daniel Paulo Machava | Bairro da Maxaquene D | Mini Merceriaia Eulalia Damiao Simão | Bairro de Maxaquene C |
| Fernando Chibjana | Bairro de Hulene B | Beleza Pura | Bairro da Maxaquene D | Mini Merceriaia Joao Mafunhute | Bairro de Maxaquene C |
| Farmacia Milu | Bairro de Laulane | Ifeanyi interprises | Bairro da Maxaquene D | Mini Merceriaia Patricio | Bairro de Maxaquene C |
| Incredible Connection Internet Cafe | Bairro de Laulane | Salão Chic | Bairro da Maxaquene D | Tomas Aquino Tualufo | Bairro de Maxaquene C |
| Comercio | Bairro de Magoanine | Delta Hulene | Bairro da Polana Canico B | Helder Arlindo Cossa | Bairro de Maxaquene C |
| Mini Merceriaia Quiosque | Bairro de Magoanine | Delta Xiquelene | Bairro da Polana Canico B | Adelina Macie | Bairro de Maxaquene C |
| Mini Merceriaia Albertina | Bairro de Mavalane A | Banch Dos Chefes | Bairro da Urbanizacao | Arcanjo Moises Matonse | Bairro de Maxaquene D |
| Mini Merceriaia Alice | Bairro de Mavalane A | Ferragem Mahulumba | Bairro da Urbanizacao | Barraca Mini Merceriaia Jose Ferro | Bairro de Maxaquene D |
| Mini Merceriaia de Florindo Uax | Bairro de Mavalane A | Lucrecio Agostinho Bila | Bairro da Urbanizacao | Lurdes Joaquim Machita | Bairro de Maxaquene D |
| Mini Merceriaia Filomena | Bairro de Mavalane A | Marcelino Pedro Sunde | Bairro da Urbanizacao | Malida Luis Chache | Bairro de Maxaquene D |
| Mini Merceriaia | Bairro de Mavalane A | Merceriaia Contentor Verde | Bairro da Urbanizacao | Mini Merceriaia Felix | Bairro de Maxaquene D |
| Quiosque Mauai | Bairro de Mavalane A | Merceriaia Nshimiyimanu | Bairro da Urbanizacao | Mini Merceriaia Marta | Bairro de Maxaquene D |
| Quiosque Ngoca | Bairro de Mavalane A | Merceriaia Safari | Bairro da Urbanizacao | Jose Carlos Mabote | Bairro de Maxaquene D |
| Merceriaia Onessimo | Bairro do Albazine | Merceriaia Sania | Bairro da Urbanizacao | Mumbi Comercial | Bairro Polana Canico A |
| Mini merceriaia Dona Angelica | Bairro do Albazine | Mini Merceriaia Luisa Malhoe | Bairro da Urbanizacao | Merceriaia de Nelson Vemane 2 | Bairro Polana Canico A |
| Electrodomestico | Bairro do Albazine | Daniel Super Mix | Bairro de Maxaquene A | Merceriaia Maria | Bairro Polana Canico A |
| Merceriaia Maria Djedje | Bairro Ferroviario | Julia Angelica Gumende | Bairro de Maxaquene A | Merceriaia Ndeve | Bairro Polana Canico A |
| Quiosque Eva | Bairro Ferroviario | Merceriaia Ivo Mathe | Bairro de Maxaquene A | Merceriaia Promise Shop | Bairro Polana Canico A |
| Mini Merceriaia Afonso Cuna | Bairro Ferroviario | Moçambique Representações | Bairro de Maxaquene A | HUO | Bairro Polana Canico A |
| | | Salão Cabelereiro Bucucha | Bairro de Maxaquene A | Loja Derick Tanto | Bairro Polana Canico B |
| | | Tome Boaventura Nhancale | Bairro de Maxaquene A | Merceriaia Dusabe | Bairro Polana Canico B |
| | | Zeca Afonso Duvane | Bairro de Maxaquene A | | |
| | | Cervejaria Tiva-Tako | Bairro de Maxaquene A | | |

| | | | | | |
|--|--------------------------|--|--------------------------|--------------------------------------|----------------------------------|
| Pap e Tabacaria Lacia | Bairro Polana Canico B | Linda Atalia Zefanias Siteo | Bairro Polana Cimento B | Mini merceriaia Ana Gilda | Bairro de Magoanine |
| Internet Cafe | Bairro Polana Canico B | Oner Air Lda Sucursal Eduardo Mondlane | Bairro Polana Cimento B | Merceriaia a Familia | Bairro de Magoanine |
| Loja Familia | Bairro Polana Canico B | Anita Delicious Serviços | Baixa | Salão de Cabelereiro | Bairro de Magoanine |
| Maria Helena Joao Massingue | Bairro Polana Canico B | Snack Bar Dimas | Baixa | Barraca Rosalina Cumbane | Bairro de Magoanine |
| Merceriaia Benjamin | Bairro Polana Canico B | Adina Import & Export | Baixa | Mini Cantina Angelica Cossa | Bairro de Magoanine |
| Quiosque Ximite | Bairro Polana Canico B | Centro de cópias, Sociedade Comercial de Manica e Sofala | Baixa | Mini Merceriaia Agostinho Mandamule | Bairro de Magoanine |
| Loja Vodacom 25 de Setembro | Bairro Central A | Compuworks Informatica Lda | Baixa | Mini Merceriaia Horacio Macamo | Bairro de Magoanine |
| Afrikings Moçambique | Bairro Central A | Kellys Papelaria e Grafica | Baixa | Mini Merceriaia Inocencia | Bairro de Magoanine |
| Bios & Minds, Lda | Bairro Central A | Moz Times Limita | Baixa | Quiosque Vasco Gomes | Bairro de Magoanine |
| Computer Solution LDA | Bairro Central A | Ologa Sistemas Informaticos | Baixa | Vavas Car wash | Bairro de Magoanine |
| Lucky Star Super Market | Bairro Central A | Tabacaria Monte Carlo | Baixa | Merceriaia Victeur | Bairro de Malhazine |
| Nitesh Gopalji | Bairro Central A | Tabacaria Soraya | Baixa | Mine Cantina Delfino | Bairro de Malhazine |
| Pratical Office Service | Bairro Central A | Delta 4 | Baixa | Schadracn Nsengin | Bairro de Malhazine |
| Quiosque Maria da Graça | Bairro Central A | Delta Khan | Baixa | Loja Aminagy | Bairro de Malhazine |
| Tabacaria Anish | Bairro Central A | Oxigen | Baixa | Mario Augusto da Silva | Bairro de Malhazine |
| Tabacaria Inguane | Bairro Central A | Vodashop Julius Nyerere Setmec | Baixa | Agent de peças Agostinho | Bairro de Zimpeto |
| Take Away Ermelinda | Bairro Central A | Maputo Shop | Baixa | Loja de peças Neves | Bairro de Zimpeto |
| Eric Holdings LDA | Bairro Central B | Minerva Central Loja Sede | Baixa | Tiger Shopping Noemia | Bairro de Zimpeto |
| Kalu's Esplanada | Bairro Central B | Afriglobal Lda | Baixa | Barraca Alberto samuel Mucambe | Bairro do Jardim |
| Mercado Valabds, Lda | Bairro Central B | Casa ginabhai | Baixa | Dan Comercio | Bairro do Jardim |
| Africom Limitada Sucursal Baixa | Bairro Central B | Casa Perfumaria Costa do Marfim Lda | Baixa | Dziva Taku | Bairro do Jardim |
| Delta 24 | Bairro Central B | Tabacaria Palmar | Baixa | Frescata e Talho | Bairro do Jardim |
| Delta 3 | Bairro Central B | M-Pesa Loja 25 Setembro | Baixa | Leo's Bar | Bairro do Jardim |
| Esquina Latife | Bairro Central B | Casa Campeao | Baixa | Merceriaia Chirindja A.M. | Bairro do Jardim |
| Pastelaria Ali Abubakar | Bairro Central C | Oner Air Lda Sucursal 24 de Julho | Baixa | Quiosque 4x4 | Bairro do Jardim |
| Alto Mae Minerva Central | Bairro Central C | Fiammeta Sociedade Unipessoal | Baixa | Quiosque Flauzina Langa | Bairro do Jardim |
| 84 Cetular Lda | Bairro da Malhangalene A | Tabacaria Victoria | Bairro da Malhangalene A | Quiosque mini cantina Francisco Gemo | Bairro do Jardim |
| Muhatele Ida | Bairro da Malhangalene A | Merceriaia Burgers da Maya | Bairro da Malhangalene B | Car Wash | Bairro do Jardim |
| Abdul Raufu Lda | Bairro da Malhangalene A | Mini Merceriaia Patricio I | Bairro da Malhangalene B | Mini Merceriaia Tacusse | Bairro do Jardim |
| Merceriaia Sociedade | Bairro da Malhangalene A | Salão de Cabelereiro Maimuna | Bairro da Sommerschild | Merceriaia together as one | Bairro do Zimpeto |
| Parque de Estacionamento do Xipamanine | Bairro de Xipamanine | Parque de Estacionamento do Xipamanine | Bairro de Xipamanine | Mini cantina Matsimbe | Bairro do Zimpeto |
| Africom Limitada Sucursal Xipamanine 2 | Bairro de Xipamanine | Delta Xipamanine | Bairro de Xipamanine | Merceriaia Pierre Gwira | Bairro do Zimpeto |
| Delta Xipamanine | Bairro de Xipamanine | Salão de Cabeleiro e Boutique Melita | Bairro de Xipamanine | UK Mobile in Zimpeto Lda | Bairro do Zimpeto |
| Salão de Cabeleiro e Boutique Melita | Bairro de Xipamanine | Celing Consultorias e Serviços | Bairro Polana Cimento B | UK Mobile Lda in Baixa | Bairro do Zimpeto |
| Barbearia Gira Volta | Bairro de Jardim | Engen Sagnes Tinsay | Bairro Polana Cimento B | JP Trading | Bairro George Dimitrov (Benfica) |
| Barraca Laurinda Jose | Bairro de Magoanine | Papelaria e Livraria Temel | Bairro Polana Cimento B | Casa Beleza | Bairro George Dimitrov (Benfica) |
| Merceriaia JB | Bairro de Magoanine | Teofoto Joao da Fonseca Take Away | Bairro Polana Cimento B | Merceriaia e Cantina | Bairro George Dimitrov (Benfica) |
| Mini Cantina Raymond | Bairro de Magoanine | | | Salão de Cabelereiro | Bairro George Dimitrov (Benfica) |
| | | | | Quiosque Sonho Real | Gwachene |
| | | | | Barraca Mael Bié | Bairro da Malanga |
| | | | | O Brinde Perfeito e Beleza | Bairro da Malanga |
| | | | | Merceriaia Gulengue | Bairro da Munhuana |
| | | | | Suzy Bar | Bairro da Munhuana |

| | | | | | |
|------------------------------------|------------------------|------------------------------|------------------------|------------------------------|---------------------|
| Antonio Ernesto Simbine | Bairro de Chamanculo A | Tabacaria Stelio | Matola 700 | Teka Way Amade | Cidade de Inhambane |
| Cyril Produtos de Beleza | Bairro de Chamanculo A | Sondela Software | Matola Santos | Inhambane Shop | Cidade de Inhambane |
| Africom Limitada Sucursal Alto Mae | Bairro de Chamanculo A | Delta Matola | Matola Santos | Oner Air Lda Sucursal Maxixe | Cidade de Inhambane |
| Mercearia Claudio | Bairro de Minkadjuine | Gerente Grafica | Matola Santos | Banca Amor | Vilanculos |
| Electro - Fusivel Nhavele | Bairro do Aeroporto B | Loja Vodacom Matola Shoprite | Matola Shoprite | Novo Continente | Inhassoro |
| Josina Jorge Magaia | Bairro do Aeroporto B | Ressano Garcia Shop | Ressano Garcia | Icloud Internet Cafe | Vilanculos |
| | | Merciaria Crusamento | Namaacha | No To | Vilanculos |
| | | Delta Patrice | Bairro Patrice Lumumba | Rafael Chuva Massingue | Vilanculos |

Maputo Province

| Agent | Adress |
|-------------------------------------|---------------------------|
| Comercio Langa | Michafutene |
| Comercio Sergio | Michafutene |
| Mercearia Ermelinda Mandlates | Michafutene |
| Andre Carlos | Bairro da Liberdade |
| Super Talho Liberdade E1 | Bairro da Liberdade |
| Salão de Cabelereiro Fernando Langa | Bairro da Liberdade |
| Julieta Miguel | Bairro da Machava Sede |
| Africom Machava | Bairro da Machava Sede |
| Merciaria Bigirimana Hanza | Bairro da Machava Socimot |
| Balcao de Alimento Unig | Bairro da Machava Socimot |
| Maria da Conceicao Abilo Rosse | Bairro da Machava Socimot |
| Quiosque Julia Macassa | Bairro da Machava Socimot |
| Jotely Prestacao Servicos | Bairro de Fomento |
| Luis Matola | Bairro de Fomento |
| Take Away Guilherme Nhabinde | Bairro de Fomento |
| Barraca Chukwuma | Bairro de Infulene |
| Barraca Evacuacao | Bairro de Infulene |
| Star Grafica | Bairro de Infulene |
| Banca Celso | Bairro Patrice |
| Lumumba | Bairro Patrice Lumumba |
| Ferragem feliz | Bairro Patrice Lumumba |
| Ngutoneto E.J Guambe | Bairro Patrice Lumumba |
| Pastelaria Pairirime Jamissiane | Bairro T3 |
| Quiosque Bar Jamissiane | Bairro T3 |
| Fabrica de Gelo Geraldo | Bairro T3 |
| Quiosque Francisco Vasco | Bairro T3 |
| Fernando Chiponela Laice | Bairro Zona Verde |
| Deposito de Bebidas Lorenzo | Machava Socimot |
| Merciaria e Bar Locomotiva | Machava Socimot |
| Mini Merceria Dolcinda | Machava Socimot |
| Matola Print | Matola 700 |
| Nailand Hair | Matola 700 |
| Escondinho Filimao Mazive | Matola 700 |

Gaza

| Agent | Adress |
|-----------------------------|-------------------|
| Africom Lda Chokwe | Cidade de Chokwe |
| Macia Shop | Macia |
| Barraca Mutsupi | Cidade de Xai Xai |
| Bar round house | Cidade de Xai Xai |
| Barraca Cunhada | Cidade de Xai Xai |
| Barraca Tuana Setkhane | Cidade de Xai Xai |
| Barraca Xipila | Cidade de Xai Xai |
| Bazar Limpopo | Cidade de Xai Xai |
| Casa Suelmia LDA | Cidade de Xai Xai |
| Chim Bas Bar | Cidade de Xai Xai |
| Hotel Kaya ka Hina | Cidade de Xai Xai |
| Isma cell | Cidade de Xai Xai |
| Loja Chicanjuanine | Cidade de Xai Xai |
| Machavisse Center MC | Cidade de Xai Xai |
| Raj Trading Merceria | Cidade de Xai Xai |
| Salão Chivas | Cidade de Xai Xai |
| Samima Investimentos | Cidade de Xai Xai |
| Sombra das Acacias | Cidade de Xai Xai |
| Tabacaria Manusse | Cidade de Xai Xai |
| Tabacaria Nativo | Cidade de Xai Xai |
| Xipamanine | Cidade de Xai Xai |
| Salão de Cabelereiro Suzy | Cidade de Xai Xai |
| One Air Lda Sucursal Chokwe | Cidade de Xai Xai |
| Banca Amazon | Cidade de Xai Xai |
| Banca Amisse | Cidade de Xai Xai |
| Big Tony | Cidade de Xai Xai |
| Jumani Comercial | Cidade de Xai Xai |
| Twingo comercial | Cidade de Xai Xai |
| Comercial | Cidade de Xai Xai |
| Zanbuco | Cidade de Xai Xai |

Inhambane

| Agent | Adress |
|--------------------------------|---------------------|
| Casa de Beleza | Cidade de Inhambane |
| Loja Janeiro Gabriel Munovambe | Cidade de Inhambane |
| Momen Alexandre Vitimane | Cidade de Inhambane |

Sofala

| Agent | Adress |
|-----------------------------------|----------------------------|
| Winy's Bar | Vilanculos |
| Zivane Comercial | Vilanculos |
| Vilanculo Shop | Vilanculos |
| Almogobo Mussa Ibraimo Faquir Bay | Vilanculos |
| Armazem Grupo Sea | Vilanculos |
| Augusto Tangune | Vilanculos |
| Banca Stop | Vilanculos |
| Bashir's Bar | Vilanculos |
| Carlos Pedro Dauce | Vilanculos |
| Simeon Mongane | Bairro da Manga |
| Barraca Mario Simão Mafico | Bairro da Munhava |
| Betinho & Filhos Comercial | Bairro da Munhava |
| Mercearia Quinze | Bairro da Munhava |
| Npones | Bairro da Munhava |
| Prozy Comercial | Bairro da Munhava |
| Binyamin Comercial | Bairro de Chaimite - Baixa |
| Cardosinho Antonio Machado | Bairro de Macurungo |
| Merciaria Moniz | Bairro de Macuti |
| Delta Samsung Beira | Bairro de Maquinino |
| Quiosque Tereza | Bairro dos Pioneiros |
| Salão Cabelereiro Fura Omar | Bairro dos Pioneiros |
| Quiosque Pina Mola | Bairro Munhava |
| Manhate Barber | Bairro Palmeiras II |
| Publigráfico Wilson | Baixa Chaimite |
| Loja Vodacom Beira | Baixa Chaimite |
| Abusufian Salimbhai | Esturo |
| Asif Muhammadd Ali AS Commercial | Esturo |
| Barbearia Meneses | Esturo |
| Barraca Joao Salvador | Esturo |
| Barraca Luis Manuel Pinto | Esturo |
| Kamani Comercial | Esturo |
| Kherani Trading | Esturo |
| Mercearia Machava 2 | Esturo |

| | |
|-------------------------------|-------------------|
| Merciaria Domingos | Esturo |
| Merciaria Mamady | Esturo |
| Delta Feira | Esturo |
| Merciaria Ilda Inacio | Esturo |
| Oner Air Lda Sucursal Beira | Esturo |
| Baptista | Passagem de Nivel |
| Barraca Carlos Alberto Roseta | Passagem de Nivel |
| Mercearia Jaime | Passagem de Nivel |
| Marte Papelaria e Seregrafia | Ponta Gea |

Manica

| Agent | Adress |
|---------------------------------------|-------------------|
| Banca fixa operador economico | Cidade de Chimoio |
| Banca Fixa sitio Tambara 2 | Cidade de Chimoio |
| Banca repouso da velha | Cidade de Chimoio |
| Bar Galo negro | Cidade de Chimoio |
| Bonga Comercial | Cidade de Chimoio |
| Botequim Boston | Cidade de Chimoio |
| Botequim Leju | Cidade de Chimoio |
| Botequim Luz Verde | Cidade de Chimoio |
| Cesarito bar | Cidade de Chimoio |
| Excelente | Cidade de Chimoio |
| Foto S.K.P | Cidade de Chimoio |
| K.B Executivo | Cidade de Chimoio |
| Kayane salão das crianças | Cidade de Chimoio |
| Livraria e papelaria chimoio Rondinho | Cidade de Chimoio |
| Lucia Take Away | Cidade de Chimoio |
| Muhammad Amir | Cidade de Chimoio |
| Noor Centre 2 | Cidade de Chimoio |
| O Botequim o Padrinho 1 | Cidade de Chimoio |
| O botequim Padrinho 3 | Cidade de Chimoio |
| Pao Manica Aliane | Cidade de Chimoio |
| Restaurante Miri | Cidade de Chimoio |
| Retiro da feira | Cidade de Chimoio |
| Salão Wanga | Cidade de Chimoio |
| Delta Chimoio | Cidade de Chimoio |
| Pet lar computech | Gondola Vilage |
| Salão Maezinha | Vila de Gondola |
| ILM Malate Companhia Informicrosoft | Machipanda |
| Manica Centre | Machipanda |
| West Side Multimedia e Modas | Cidade de Chimoio |

Tete

| Agent | Adress |
|--|----------------------|
| Ganossi Paulo | Bairro de Furancungo |
| Banca Basta Viver | Moatize |
| Banca Domingos Manuel Marques | Moatize |
| Banca Familia Manejo | Moatize |
| Dnzeru Za A Gogo | Moatize |
| Estação de Serviço Granizo | Moatize |
| Ferragem Zayan Lda | Moatize |
| Supermercado 2 Sociedade unipessoal LDA | Cidade de Tete |
| Zambeze o paraíso misterioso | Cidade de Tete |
| Centro Social Escola Primaria de Nhamabira | Cidade de Tete |
| Centro Social UCM | Cidade de Tete |
| Frescata Dindo | Cidade de Tete |
| Happy Hour Barber Shop | Cidade de Tete |
| Ado Logistica Limitada | Cidade de Tete |
| Bracarense Comercial | Cidade de Tete |
| Pastelaria Romani, Lda | Cidade de Tete |
| Pensao Baobap | Cidade de Tete |
| Prince Mega Center | Cidade de Tete |
| Raicha Rui Santos | Cidade de Tete |
| Restaurante Baobap | Cidade de Tete |
| Sarah Trading | Cidade de Tete |
| Talho bracarense | Cidade de Tete |
| Transporte Aissa Lda | Cidade de Tete |
| Transporte Aissa Lda - Sucursal | Cidade de Tete |
| Africom Limitada Sucursal Tete | Cidade de Tete |
| Delta Tete | Cidade de Tete |
| Executive Logistics | Cidade de Tete |
| Auto Cell Tech | Cidade de Tete |
| Oner Air Lda Sucursal Tete | Cidade de Tete |
| Take Away Geracao da Viragem | Cidade de Tete |
| Loja Vodacom Tete | Cidade de Tete |
| Motrabro | Cidade de Tete |

Zambezia

| Agent | Adress |
|---------------------------------|---------------------|
| SN Commercial | Cidade de Quelimane |
| Farhana Trading | Cidade de Quelimane |
| Farhana Trading Akima | Cidade de Quelimane |
| Farhana Trading Akima 2 | Cidade de Quelimane |
| Farhana Trading Mercado Central | Cidade de Quelimane |

| | |
|--------------------------------|---------------------|
| Farhana Trading Patrice | Cidade de Quelimane |
| Hoque Comercial | Cidade de Quelimane |
| Inal Comercial Lda | Cidade de Quelimane |
| Paramijit Pal | Cidade de Quelimane |
| Africom Lda Sucursal Quelimane | Cidade de Quelimane |
| Delta Quelimane | Cidade de Quelimane |
| Loja Vodacom Quelimane | Cidade de Quelimane |

Nampula

| Agent | Adress |
|--------------------------------------|---------------------|
| Talho Selemane Tabu Kara | Distrito de Meconta |
| Mini Bar Wapapa Restaurante | Cidade de Nampula |
| Xipamanine 2 | Micolene |
| Ali Comercial | Nacala-a-Velha |
| Zaidi comercial, Lda | Nacala-a-Velha |
| Nacala Shop | Nacala-a-Velha |
| Barraca Milleniumm | Nacala-a-Velha |
| Hassan Juma | Nacala-a-Velha |
| Moçambique Comunicações Nacala Porto | Nacala-a-Velha |
| Moda Ney | Nacala-a-Velha |
| Abdoul Wahab Thioye | Cidade de Nampula |
| António Dias | Cidade de Nampula |
| Kels informatica e servicos | Cidade de Nampula |
| Alfaiataria do Mercado | Cidade de Nampula |
| Barbearia Backstreet boys | Cidade de Nampula |
| Barraca Aissa Madebe | Cidade de Nampula |
| Barraca Ali soulomane | Cidade de Nampula |
| Barraca Ali Zeeshan Muhammed | Cidade de Nampula |
| Barraca Bissimiliah Diallo Drubaine | Cidade de Nampula |
| Barraca Chabane Saide | Cidade de Nampula |
| Barraca Claudia | Cidade de Nampula |
| Barraca Claver Mushegezi | Cidade de Nampula |
| Barraca Eddy Banza | Cidade de Nampula |
| Barraca Gihoganya | Cidade de Nampula |
| Barraca Ju e Regi | Cidade de Nampula |
| Barraca Justin | Cidade de Nampula |
| Barraca Muamudo | Cidade de Nampula |
| Barraca Mundu Kashindi | Cidade de Nampula |
| Barraca Ndabaneze | Cidade de Nampula |
| Barraca numbe | Cidade de Nampula |
| Barraca Rachid | Cidade de Nampula |
| Edy Mupandzy | Cidade de Nampula |
| Jeremias Martins B Matos | Cidade de Nampula |
| Kiba barber shop | Cidade de Nampula |
| Kioske Evaristo Dusabe | Cidade de Nampula |
| Kiosque Zaina Sualehe | Cidade de Nampula |

Mercearia Abdjicamf Mohamed Sedou Cidade de Nampula

Mercearia Ali Assane Cidade de Nampula

Mercearia Derick Kuramba Cidade de Nampula

Mercearia predio simão Cidade de Nampula

Mercearia Toure Sekou Cidade de Nampula

Monade Aliasse Cidade de Nampula

Mov Cell Shop Cidade de Nampula

No major Cidade de Nampula

Nova Base LDA Cidade de Nampula

Quiosque Masudi Portas Cidade de Nampula

Sadliki Rukwakwanya Cidade de Nampula

Salão de Cabelereiro Germana Cidade de Nampula

Yuri Comercial Fernando A Joao Cidade de Nampula

Delta Warehouse Cidade de Nampula

Genuine Comercial Cidade de Nampula

A L S Recorde (Movimento) Multimedia Cidade de Nampula

Aboubacary Sileye Cidade de Nampula

Amir Selemane Cidade de Nampula

Amisi Bahati Cidade de Nampula

Armazem 5 Sipal Cidade de Nampula

Armazem 6 Faive Cidade de Nampula

Autrasse Lda Cidade de Nampula

Awa Ajibo Sequece Cidade de Nampula

Bakary Yattabare Cidade de Nampula

Barraca 137 Cidade de Nampula

Barraca Artur Ali Momade Cidade de Nampula

Barraca de Kimcel Cidade de Nampula

Barraca do Sr Carlos Amisse Cidade de Nampula

Barraca do Sr Sorriso Cidade de Nampula

Barraca Kalala Kabiona Mudumo Cidade de Nampula

Barraca Pokito Manzy Cotokuane Cidade de Nampula

Barraca Semanaye Cidade de Nampula

Barraca Shakil Cidade de Nampula

Barraca Unidade Cidade de Nampula

Barraca Vai e Vem Cidade de Nampula

Cabdi Wahid Cidade de Nampula

Cabeleira Salão Ellen Cidade de Nampula

Cabeleira Boa Beleza Cidade de Nampula

Casa de Amigos Cidade de Nampula

Centro de Copia Cidade de Nampula

Certeza Cidade de Nampula

Chaucate Comercio Cidade de Nampula

Classica Lda Cidade de Nampula

Dinis Assane Cidade de Nampula

Djibril Koita Cidade de Nampula

Epseco De Amuri Ali Cidade de Nampula

Galeria Mateus Cidade de Nampula

Garba Comercial Cidade de Nampula

Happy Baby Cidade de Nampula

IFESTRELA Prestacao de Serviços Cidade de Nampula

Infotec Cidade de Nampula

Isabel Boina Ernesto Mavira Cidade de Nampula

Jacinto Janeiro Cidade de Nampula

Jose Abdul Amade Cidade de Nampula

Kabala Comercial Lda Cidade de Nampula

Lane Comercial Lda Cidade de Nampula

Lia Comercial Cidade de Nampula

Loja de Sr. Theophile Expansão Cidade de Nampula

Loja de Toure Ibrahim Muahivire Cidade de Nampula

Mab Trading Cidade de Nampula

Mercearia Afonso Cidade de Nampula

Mercearia Faume Issa e Irmãos Cidade de Nampula

Mercearia Marhaba Cidade de Nampula

Mercearia Nice Cidade de Nampula

Mercearia Ricardo Cidade de Nampula

Mercearia VIP Cidade de Nampula

Merciaria Natural Cidade de Nampula

Mini Mercearia Amade Cidade de Nampula

Mira-flor Cidade de Nampula

Moçambique Comunicações Lda Nampula Cidade de Nampula

Moçambique Comunicações Lda Nampula 2 Cidade de Nampula

Mohamed Konate / Konate Comercial Cidade de Nampula

Naaleeye Cidade de Nampula

Netbook Cidade de Nampula

Okeke Comercial Cidade de Nampula

Padaria do Norte Cidade de Nampula

Papelaria da Escola S Nampula Cidade de Nampula

Peixaria Marina Namutequeliua Cidade de Nampula

Relax I Cidade de Nampula

Rilayans Comercial Cidade de Nampula

Saada Comercial Cidade de Nampula

Saada Commerciant Cidade de Nampula

Saaid Cidade de Nampula

Salão de Cabelereiro Amaska Cidade de Nampula

Salão Ramses Cidade de Nampula

Sitaube Service Cidade de Nampula

Sonho Real Cidade de Nampula

Tabacaria Sucessos Cidade de Nampula

Tabacaria Zibia Cidade de Nampula

Tecnarfa Cidade de Nampula

Teixeira Sociedade Unipessoal Cidade de Nampula

Zubair Fakir Cidade de Nampula

Loja Vodacom Nampula Cidade de Nampula

Greon Internacional Moçambique Cidade de Nampula

Hitman Sylvestre Cidade de Nampula

Merciaria Raul Francisco Ibraimo Cidade de Nampula

Ibrahim Camara Cidade de Nampula

Marejo Tecno Service Cidade de Nampula

Mario Muhapo Vilaneque Cidade de Nampula

Delta Lopes Cidade de Nampula

Delta Trading Avenida de Trabalho Nampula Cidade de Nampula

Kamara Bakari Cidade de Nampula

Niassa

Agent

Semies Investment Cidade de Cuamba

Dennis Handsets and Electronic Mitucue

Africom Lda Sucursal Lichinga Cidade de Lichinga

Cabo Delgado

Agent

Africom Lda Sucursal Pemba Cidade de Pemba

Chemuchi Issa Cidade de Pemba

Ibrahim Ba Cidade de Pemba

Khamis Salim Abdullah Cidade de Pemba

Kiyago Barraca Cidade de Pemba

Mamadou Amadou Sy Cidade de Pemba

Mansour Dias Cidade de Pemba

Mercado das Batatas Cidade de Pemba

Mercearia Abdi Cidade de Pemba

Moçambique Comunicações Pemba Cidade de Pemba

Muhanija Urungo Cidade de Pemba

Mussa Assane Cidade de Pemba

Nova Estrela De Priyes Amratlal Gandhi Cidade de Pemba

Oumar Sy Cidade de Pemba

Paquite Investimento Cidade de Pemba

Procabo Service Cidade de Pemba

Sharif Store Cidade de Pemba

Thioume Mama Cidade de Pemba



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HIV/AIDS

WHAT IS IT? HOW DO YOU GET IT? FREQUENTLY ASKED EASY Q&A'S

AIDS - Acquired immune deficiency syndrome or acquired immunodeficiency syndrome (AIDS), a term referring to the two stages of the world's most serious immune system disease caused by the human immunodeficiency virus (HIV). This condition progressively reduces the effectiveness of the immune system and leaves individuals susceptible to opportunistic infections and tumors. HIV is transmitted through direct contact of a mucous membrane or the bloodstream with a bodily fluid containing HIV, such as blood, semen, vaginal fluid, preseminal fluid, and breast milk. AIDS is now a pandemic. In 2007, it was estimated that 33.2 million people lived with the disease worldwide, and that AIDS killed an estimated 2.1 million people, including 330,000 children.

Over three-quarters of these deaths occurred in sub-Saharan Africa, retarding economic growth and destroying human capital. Genetic research indicates that HIV originated in west-central Africa during the late nineteenth or early twentieth cen-



ture.[9][10] AIDS was first recognized by the U.S. Centers for Disease Control and Prevention in 1981 and its cause, HIV, identified in the early 1980s. Although treatments for AIDS and HIV can slow the course of the disease, there is currently no vaccine or cure. Antiretroviral treatment reduces both the mortality and the morbidity of HIV infection, but these drugs are expensive and routine access to antiretroviral medication is not available in all countries.

Due to the difficulty in treating HIV infection, preventing infection is a key aim in controlling the AIDS pandemic, with health organizations promoting safe sex and needle-exchange programmes in attempts to slow the spread of the virus.

What is AIDS?

It is the collapse of the immune systems HIV that causes AIDS.

How is the virus transmitted?

In order for the virus to attach to a person's immune system, it has to enter the blood stream. These are various ways in which it is transmitted such as Sexual intercourse - Injecting drugs - Pre-natal transmission - Blood transfusion - Organ transplant recipient - Household contacts eg, blood contact and body secretion.

How does HIV/AIDS differ from most other epidemics and diseases?

It is a new epidemic. AIDS was first recognised in 1981 but it was in 1984 that the cause was identified, It has a long incubation period. It could take up to 20 years.

The prognosis for people infected with AIDS is bleak. The disease is found mainly in two specific age groups. Children

under 5 and adults between the ages of 20 to 40, The scale of the epidemic is different from most other diseases. HIV is mainly sexually transmitted. It is passed on through one of the most fundamental human activities, There are links between HIV and other diseases, most notably, tuberculosis.

What are the typical symptoms of HIV/AIDS?

* Fever, Adenopathy, Pharyngitis, rashes, Myalgia or Arthralgia;

* Diarrhoea, headaches, nausea and vomiting;

* Hepato-splenomegaly, thrush, neurological features

Who is at risk to contract HIV/AIDS?

Generally there are five main areas of concern: Building and transport maintenance infrastructure workers People who operate transport service - truck drivers, train crew and sailors who are a long way from home and families.

Management personnel - evidence suggests that In Africa the levels of HIV among managers and professionals are as high as or higher than in the general population. Travelers - mobility is associated with a greater opportunity for sexual encounter.

Which body fluids are considered at risk?

Blood, Semen, Cerebrospinal, Synodical fluid, Peritoneal fluid, Pleural fluid, Pericardial fluid, Amniotic fluid.

Which body fluids are not considered to be at risk?

Urine, Stool, Sputum, Saliva, Tears, Vomit, Nasal secretions

Can I get HIV through casual contact?

No - you cannot get HIV through casual contact such as:

- * Sharing food, utensils or plates or touching or shaking hands;
- * Touching someone who is infected or Donating blood;
- * Using public rest rooms or Being bitten by mosquitoes or any other insect.

What is the best approach to prevent HIV/AIDS?

Right now, the best approach in preventing AIDS lies in behavior modification, repeated educational messages about AIDS, intelligent programme of sex education in schools.

- Risk of sexual transmission can be reduced by use of a condom, cutting down on the number of sexual partners and treating other sexually transmitted infections.
- For now, condoms are the most effective.
- There are anti-HIV drugs available for infected people, As yet, no cure or vaccine exists.

How can I protect my family and myself?

The safest way to avoid being infected by the AIDS virus is to avoid promiscuous sex and illegal drugs. Couples who are not infected, do not use drugs and have a mutually faithful single partner sexual relationship, are protected from AIDS. You can get AIDS from one sexual experience. Your risk of becoming infected increases dramatically if you have more than one sexual partner. If you or your partner has more than one sexual partner, you can reduce your risk by using condoms. In the end, the sad reality is that a significant number of people are already infected. Prevention must remain a priority.

MALARIA

Malaria is a vector-borne infectious disease caused by a eukaryotic protist of the genus Plasmodium. It is widespread in tropical and subtropical regions, including parts of the Americas, Asia, and Africa. Each year, there are approximately 350–500 million cases of malaria, killing between one and three million people, the majority of whom are young children in Sub-Saharan Africa. Ninety percent of malaria-related deaths occur in Sub-Saharan Africa. Usually, people get malaria by being bitten by an infective female Anopheles mosquito. Only Anopheles mosquitoes can transmit malaria, and they must have been infected through a previous blood meal taken on an infected person.

When a mosquito bites an infected person, a small amount of blood is taken, which contains microscopic malaria parasites. About one week later, when the mosquito takes its next blood meal, these parasites mix with the mosquito's saliva and are injected into the person being bitten. The parasites multiply within red blood cells, causing symptoms that include symptoms of anemia (light-headedness, shortness of breath, tachycardia, etc.), as well as other general symptoms such as fever, chills, nausea, flu-like illness, and, in severe cases, coma, and death. Malaria transmission can be reduced by preventing mosquito bites with mosquito nets and insect repellents, or by mosquito control measures such as spraying insecticides inside houses and draining standing water where mosquitoes lay their eggs.

Anti-malaria Tablets (Prophylaxis)

Work has been done on malaria vaccines with limited success and more exotic controls, such as genetic manipulation of mosquitoes to make them resistant to the parasite have also been considered. Although some are under development, no vaccine is currently available for malaria that provides a high level of protection; preventive drugs must be taken continuously to reduce the risk of infection. These prophylactic drug treatments are often too expensive for most people living in endemic areas.

Most adults from endemic areas have a degree of long-term infection, which tends to recur, and also possess partial immunity (resistance); the resistance reduces with time, and such adults may become susceptible to severe malaria if they have spent a significant amount of time in non-endemic areas. They are strongly recommended to take full precautions if they return to an endemic area. Malaria infections are treated through the use of antimalarial drugs, such as quinine or artemisinin derivatives. However, parasites have evolved to be resistant to many of these drugs. Therefore, in some areas of the world, only a few drugs remain as effective treatments for malaria.

Malaria is encountered throughout Mozambique, in South Africa (mainly in Mpumalanga and Kwa-Zulu Natal) Swaziland, Zimbabwe, most of Botswana and the north of Namibia. The transmission is higher during the warmer and wetter months from November through to April. May to October the risks of Malaria are reduced. If you are visiting a malaria area on a temporary basis, it is advisable to

take one of the following prophylactic drugs: Doxycycline, Mefloquine (Iariam) and Chloroquine and Paludrin combination. Remember that the parasite most commonly found in Mozambique is mostly chloroquine resistant, but you will still have a good, if not full, protection against severe cerebral malaria. If you are sensitive to these medications, it is advisable to take them in the mornings with breakfast. Taking this medication at night could cause restless nights and vivid dreams.

Keeping in mind that it is still possible to contract malaria and you should have a blood test done as soon as you recognise any of the symptoms. People who live in a malaria area for longer than 2 to 3 years, and suffer from side effects of the prophylactics, should consider how high the risk factor is and if the personal protection method by itself would be effective enough without prophylactics). In that case it is necessary to have a blood test done as soon as you feel feverish, to ensure that malaria treatment is started straight away if necessary. The faster the treatment is started after contracting malaria, the quicker the recovery will be.

How do you get malaria?

Humans get malaria from the bite of a malaria-infected mosquito. When a mosquito bites an infected person, it ingests microscopic malaria parasites found in the person's blood. The mosquito then bites another person, the parasites go from the mosquito's mouth into the person's blood. The parasites then travel to the person's liver, enter the liver's cells, grow and multiply. During this time when the parasites are in the liver, the person

has not yet felt sick. The parasites leave the liver and enter red blood cells; this may take as little as 8 days or as many as several months. Once inside the red blood cells, the parasites grow and multiply. The red blood cells burst, freeing the parasites to attack other red blood cells. Toxins from the parasite are also released into the blood, making the person feel sick. If a mosquito bites this person while the parasites are in his or her blood, it will ingest the tiny parasites.

What are the signs and symptoms of malaria?

Symptoms of malaria include fever and flu-like illness, including shaking chills, headache, muscle aches, and tiredness. Nausea, vomiting, and diarrhea may also occur. Malaria may cause anemia and jaundice (yellow coloring of the skin and eyes) because of the loss of red blood cells. Infection with one type of malaria, *P. falciparum*, if not promptly treated, may cause kidney failure, seizures, mental confusion, coma, and death.

How soon will a person feel sick after being bitten by an infected mosquito?

For most people, symptoms begin 10 days to 4 weeks after infection, although a person may feel ill as early as 8 days or up to 1 year later. Two kinds of malaria, *P. vivax* and *P. ovale*, can relapse; some parasites can rest in the liver for several months up to 4 years after a person is bitten by an infected mosquito. When these parasites come out of hibernation and begin invading red blood cells, the person will become sick.

How is malaria diagnosed?

Malaria is diagnosed by looking for the

parasites in a drop of blood. Blood will be put onto a microscope slide and stained so that the parasites will be visible under a microscope.

Any traveler who becomes ill with a fever or flu-like illness while traveling and up to 1 year after returning home should immediately seek professional medical care. You should tell your health care provider that you have been traveling in a malaria-risk area.

Who is at risk for malaria?

Persons living in and travellers to, any area of the world where malaria is transmitted may become infected.

What is the treatment for malaria?

Malaria can be cured with prescription drugs. The type of drugs and length of treatment depend on which kind of malaria is diagnosed, where the patient was infected, the age of the patient, and

how severely ill the patient was at start of treatment.

How can malaria and other travel-related illnesses be prevented?

- » Visit your health care provider 4-6 weeks before foreign travel for any necessary vaccinations and a prescription for an anti malarial drug.
- » Take your anti-malarial drug exactly on schedule without missing doses
- » Prevent mosquito and other insect bites. Use insect repellent on exposed skin and flying insect spray in the room where you sleep
- » Wear long pants and long-sleeved shirts, especially from dusk to dawn. This is the time when mosquitoes that spread malaria bite
- » Sleep under a mosquito bed net if you are not living in screened or air-conditioned housing.

CHOLERA

Mainly diseases of the under-privileged, denied clean water and proper sewerage, residents of squatter camps, or people living in rural areas. Cholera outbreaks are regularly reported from Mozambique. The most recent began in Maputo in October 2008 and had spread to all but two provinces by February 2009, causing more than 4000 cases and 52 deaths. The highest fatality rates were recorded in the northern and central provinces of Nampula, Cabo Del Gado, Manica, and Tete. Previous outbreaks were reported in October 2008 from the town of Cuamba, in the northern province of Niassa, and in March 2008 from Nampula.

The main symptoms of cholera are profuse watery diarrhea and vomiting, which in severe cases may lead to dehydration and death. Most outbreaks are related to contaminated drinking water, typically in situations of poverty, overcrowding, and poor sanitation. Most travelers are at extremely low risk for infection. All travelers should bring along an antibiotic and an anti diarrheal drug to be started promptly if significant diarrhea occurs, defined as three or more loose stools in an 8-hour period or five or more loose stools in a 24-hour period, especially if accompanied by nausea, vomiting, cramps, fever or blood in the stool.

Antibiotics which have been shown to be effective include ciprofloxacin (Cipro), levofloxacin (Levaquin), rifaximin (Xifaxan), or azithromycin (Zithromax). Either loperamide (Imodium) or diphenoxylate (Lomotil) should be taken in addition to the antibiotic to reduce diarrhea and prevent dehydration. If diarrhea is severe or bloody, or if fever occurs with shaking chills, or if abdominal pain becomes marked, or if diarrhea persists for more than 72 hours, medical attention should be sought.



VACCINATIONS

| | |
|-------------------------------|--|
| Hepatitis A | Recommended for all travelers |
| Typhoid | Recommended for all travelers |
| Yellow fever | Required for all travelers arriving from a yellow-feverinfected area in Africa or the Americas |
| Hepatitis B | Recommended for all travelers |
| Rabies | For travelers spending a lot of time outdoors, or at high risk for animal bites, or involved in any activities that might bring them into direct contact with bats |
| Measles, mumps, rubella (MMR) | Two doses recommended for all travelers born after 1956, if not previously given |
| Tetanus-diphtheria | Revaccination recommended every 10 years |

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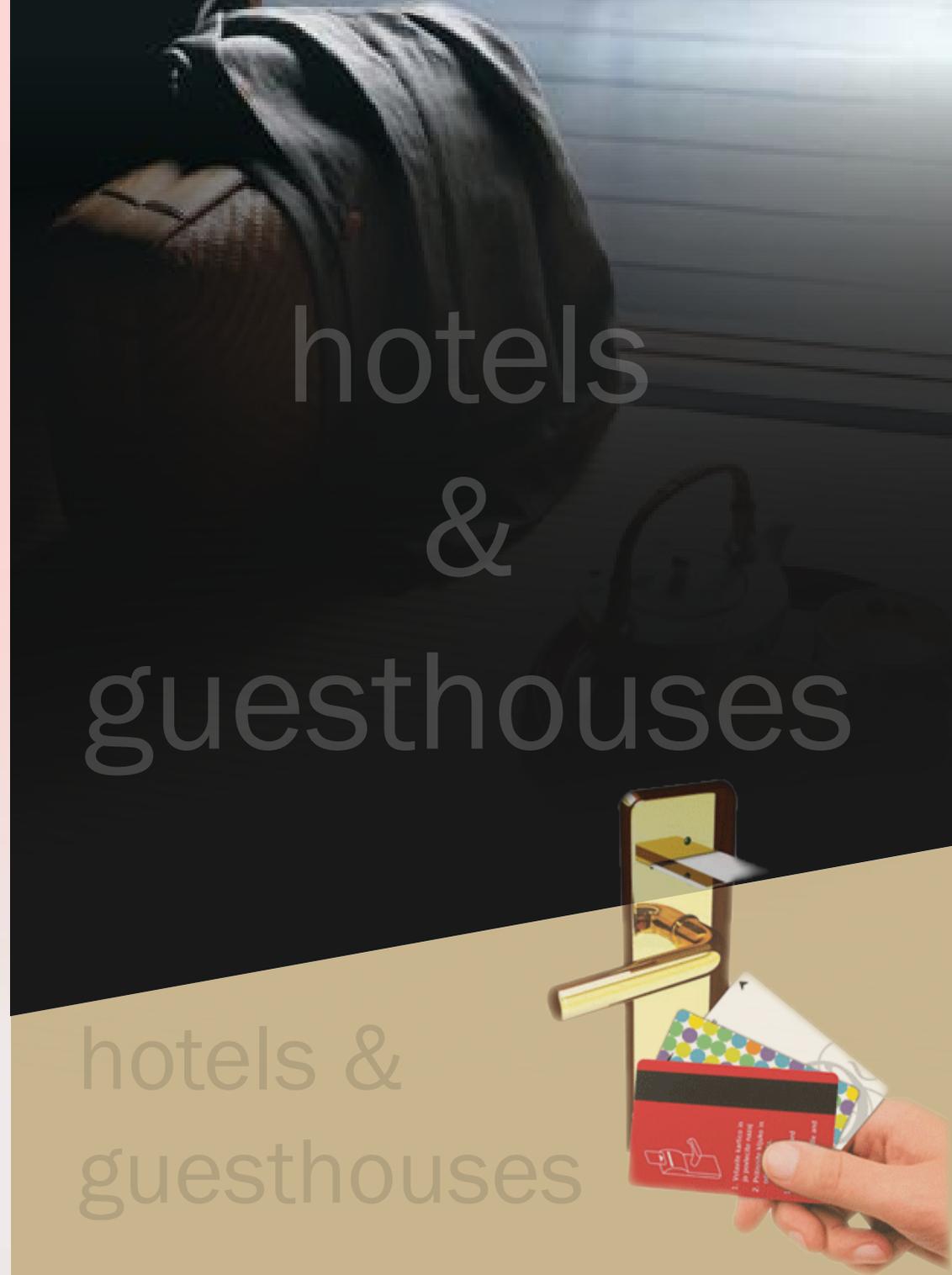
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AGUIA D'OURO BAR

Av. Eduardo Mondlane, 2545

ALFACINHA'S BAR

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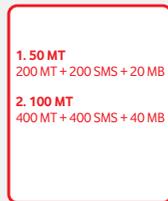
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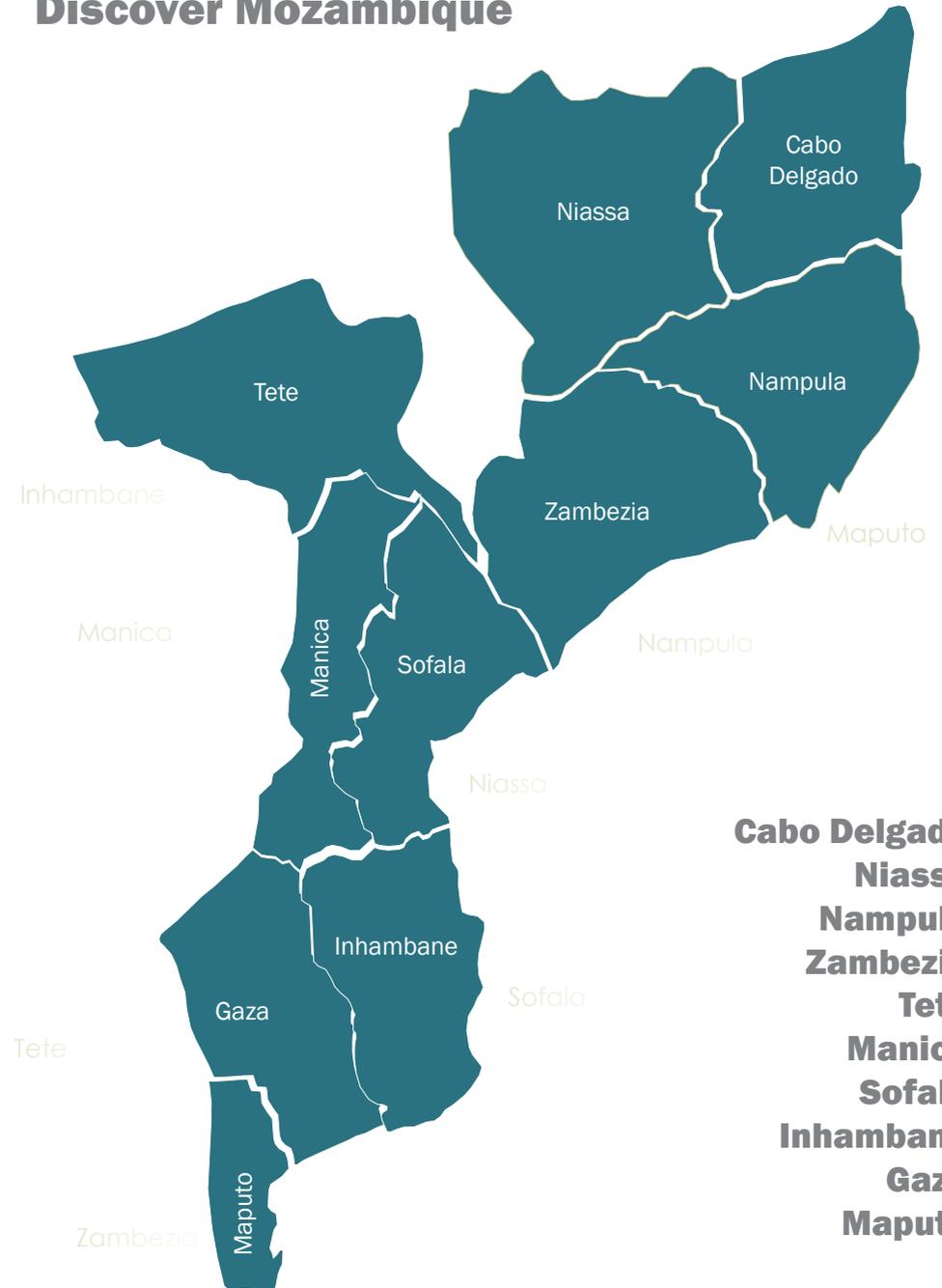
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Provinces & Accommodation Discover Mozambique



- Cabo Delgado**
- Niassa**
- Nampula**
- Zambezia**
- Tete**
- Manica**
- Sofala**
- Inhambane**
- Gaza**
- Maputo**



1. Cabo Delgado

Cabo Delgado is the north-eastern province of Mozambique. The Capital is Pemba City. The province is bordered by Tanzania to the north, the Indian Ocean to the east, Mozambique's Nampula province to the south and its Niassa province to the west.

Pemba is a port city in Mozambique. It is the capital of the province of Cabo Delgado and lies on a peninsula in Pemba Bay.

The town was founded by the Niassa Company in 1904 as Porto Amélia, after a queen of Portugal, at the peninsula's south western tip and has grown around a port. The city is renowned for its Portuguese colonial architecture. It was renamed Pemba at the end of Portuguese rule, in 1975.

The city's inhabitants are primarily

Makondes, Macuas and Mwanis. Local languages that are spoken are Kimwani and Macua, although Portuguese is widespread.

In the centre of Pemba, there is an authentic local market or Souk, where arts and crafts, as well as traditional silverware can be bought.

Pemba is also renowned as being a prime destination for water sport and diving enthusiasts as a coral reef lies close to the shore. Pemba has increasingly become a tourist destination, particularly for upper-middle class Mozambicans and South Africans. There is now a weekly flight from Johannesburg to Pemba, a hotel, the Pemba Beach Hotel, restaurants, and other forms of entertainment. Pemba is the closest major city and

airport for those who wish to visit Quirimbas Islands and Quirimbas National Park.

Although Pemba receives a fair amount of tourism, most of which arrives by air, Cabo Delgado is one of the least visited provinces in Mozambique. Despite this, it has an impressive array of attractions, most of which are along or just off its approximately 300km of coastline. The Makua are the main ethnic group of the Cabo Delgado province and Makonde are known as artists, particularly for their wood and ivory carvings.

The city of Pemba, located on the large bay of the same Pemba, has little industrial activity and thus its natural beauty has been preserved and its beautiful beaches are untouched by pollution e.g. Praia do Wimbe is a palm-

lined beach with white sand and blue clear waters.

The old town contains several traditional markets where you can admire the silversmiths at work on their verandas. These craftsmen transform coins into silver necklaces, bracelets and ear-rings. If you walk around Pemba you'll notice the local women walking around with white paste on their face. This is nothing more than a skin-softening mask just like those worn by Western women. The only difference is that Makua women don't hide theirs and have become well known for this practice. Ibo Island is a beautiful island and part of the idyllic Quirimbas Archipelago. In historic times, it was an important Portuguese trade post. To visit the island you can hire a boat in Pemba for the crossing.



Accommodations - Cabo Delgado

| | |
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| <p>PEMBA WIMBE PEMBA BEACH HOTEL & SPA HOTEL Wimbe Beach - Pemba Tel: +258 27 221770 www.pembabeachresort.com</p> <p>COMPLEXO TURISTICO NAUTILUS Wimbe Beach - Pemba Tel: +258 27 221520</p> <p>PEMBA APARTHOTEL Wimbe Beach - Pemba Cell: +258 27 220104</p> <p>SAL SIMPLES ALDEIA Lda Wimbe Beach - Pemba Tel: +258 27 220134</p> <p>COMPLEXO TURISTICO CARACOL Wimbe Beach - Pemba Tel: +258 27 220147 suleimane@teledata.mz www.centroturisticocaracol.com</p> <p>RESIDENCIAL REGGIO AMELIA Pemba - Mozambique Wimbe Beach Tel: +27 11 791 0519</p> | <p>RESIDENCIAL WIMBE SUN Situated opposite Wimbe Beach Tel: +27 11 791 0519</p> <p>PEMBA PEMBA DIVE & BUSH CAMP Tel: +258 27 229525. pembadive@gmail.com www.pembadivecamp.com</p> <p>PEMBA MAGIC LODGE Tel: +258 26 862730 Marginal Avenue/Nhanhimbe - Pemba www.pembamagic.com</p> <p>CHUIBA PALMS Praia do Chuiba - Pemba Tel: +258 26 961123 chuibapalms@gmail.com chuibapalm.webs.com</p> <p>KAURI RESORT LDA B. Nhanhimbe - Pemba Tel: +258 27 220936</p> <p>PEMBA GUESTHOUSE Rua do Chai, 656 Caracol - Pemba Tel: +258 27 221417 www.pembagesthhouse.com</p> |
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Accommodations - Cabo Delgado

| | |
|--|--|
| <p>LONDO LODGE Parque Nacional das Quirimbas - Pemba Tel: +258 27 22904 info@londolodge.com www.londolodge.com</p> <p>QUILALEA Arquipelago das Quirimbas - Pemba Tel: +258 27 241007</p> <p>ARQUIPELAGO DAS QUIRIMBAS 1031 Rua 12 - Pemba Tel: +258 27 220954</p> <p>ROVUMA RESOURCES LDA R. Base Mozambique - Pemba Tel: +258 27 220407</p> <p>ORA RESORT SAVANA BEACH QUIRIMBAS - PEMBA 3202, TEL: +258 25 070000</p> <p>COMPLEXO RESIDENCIAL LYS Tel: +258 27 220951</p> <p>GULUDO EXPERIENCE LDA Ancuabe - Pemba Tel: +258 26 960536</p> <p>NACOLE GARDENS Gateway to the Quirimbas Archipelago Islands Tel: +27 11 791 0519</p> <p>MEDJUMBE ISLAND MEDJUMBE PRIVATE ISLAND Ilha de Medjumbe - Pemba Tel: +258 25 070000</p> | <p>MOCIMBOA DA PRAIA CHEZ NATALIE LODGE Mocimboa da Praia Tel: +258 27 281092</p> <p>NATALIE BOCKEL B. Pamunda-Mocimboa da Praia Tel: +258 27 281093</p> <p>MATEMO ISLAND MATEMO ISLAND RESORT Ilha de Matemo Arquipelago das Quirimbas Tel: +258 21 715001</p> <p>VAMIZI ISLAND VAMIZI ISLAND LODGE Vamizi Island Tel: +258 27 220506</p> <p>MONTEPUEZ RESIDENCIAL GEPTX R. Julius Nyerere-Montepuez Tel: +258 27 251114</p> <p>IBO ISLAND IBO ISLAND LODGE Tel: + 27 21 7855498 +258 26 960549/22 enquiries@iboisland.com www.ibosiland.com</p> <p>MITI MIWIRI Rua Antonio de Almeida, Vila do Ibo mail@mitimiwiri.com Tel: +258 26 960530</p> |
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The Quirimbas Islands lie in the Indian Ocean off northeastern Mozambique, close to Pemba. The archipelago consists of about 27 islands, including Ibo, Matemo, Medjumbe, Quirimba, Metundo, Quisiva and Rolas Island. Today, many of the islands are uninhabited. Breathtaking takes on it's true meaning when you fly over Mozambique's boundless ocean off the Pemba coast. Scattered island's surrounded by hues of blues and green, coral reefs so clearly visible from the sky and if you need a few days to unwind on a secluded white beach, or if you just do not know how to unwind then go Kayaking on the open ocean between dolphins and turtles, dive on Cabecas or Salaama banks. Snorkel for hours by just walking out of your room from any of these Island Hotels, snorkel and view this ocean kaleidoscope with Thorny sea-horse, Giant puffer fish, Short fin lionfish, Potato Grouper, Sea grass ghost piper fish, Zebra shark, striped eel catfish, Manta ray, Gold spot herring, Treadfin fairy basslet ..the list is endless. For the bird lovers, there is a plethora of indigenous bird-life, from: Black headed heron, Senegal coucal, white stork, Cardinal quelea, march sandpiper, meyers parrot, bronze manikin, greater flamingo, buffy pipit, martial eagle and more, which is true, the bird life is just as bountiful as what the ocean offers you. Have I mentioned that there is sport fishing, deep sea angling and fly fishing (catch and release). Big game fish to be found are: Yellow fin Tuna, Wahoo, Dorado, Kingfish, Mackerel and Barracuda.

These islands are known for their high-quality diving sites, including phenomenal drop-offs, some up to 400 meters. The Quirimbas National Park, spanning an area of 7 500 km², includes the 11 most southerly islands, which are partly surrounded by mangroves. The park was established in 2002.

Matemo Island forms part of the pristine Quirimbas Islands and is located northeast of Ibo island, in northern Mozambique, about 100 km from the city of Pemba. It is approximately 24 square kilometres in area, with palm groves and beaches.

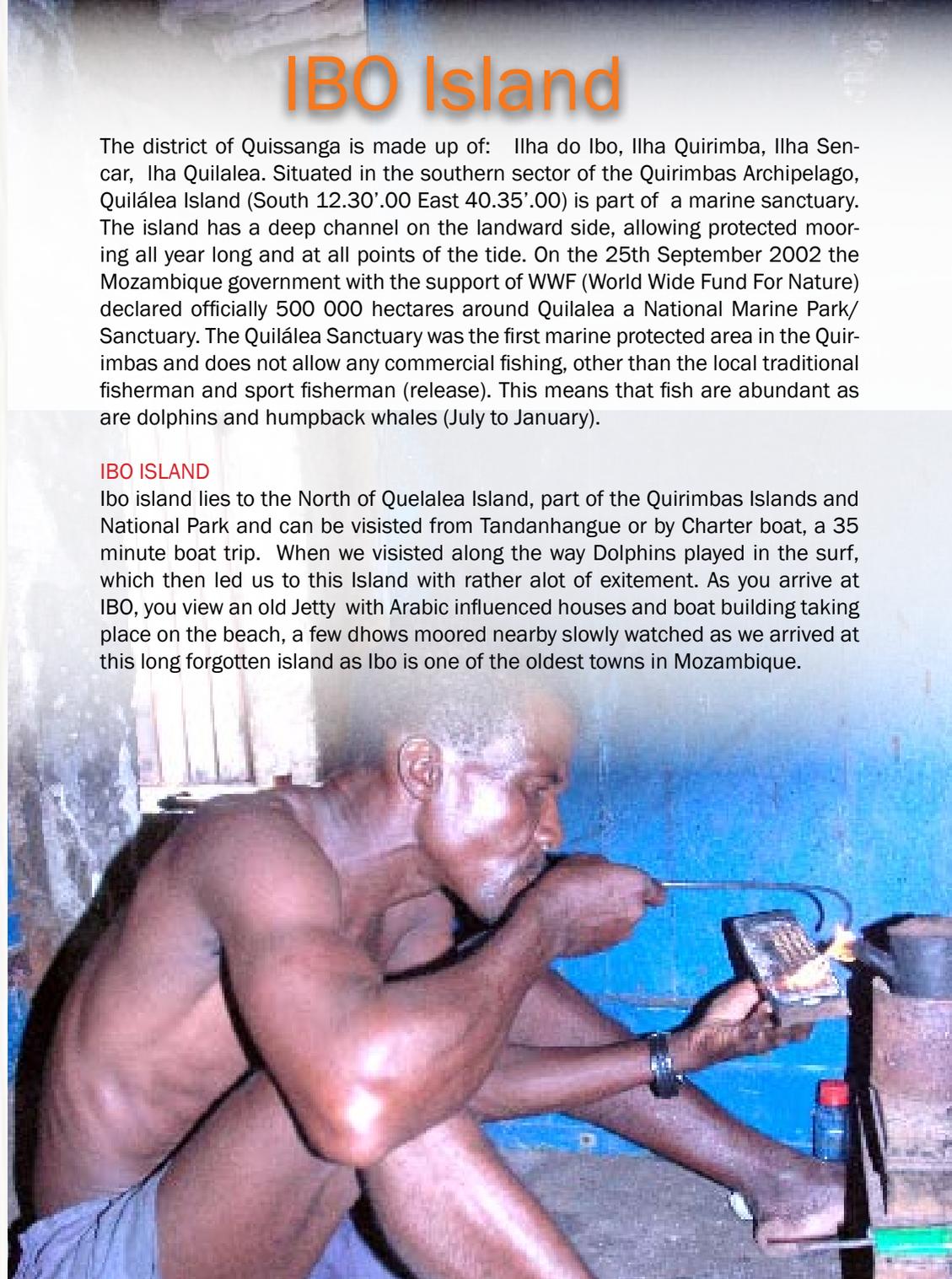
The Quirimbas National Park is the largest marine protected area in Africa and home to pristine coral reefs, five species of turtles, calving humpback whales and grazing dugongs. Within the Park are eleven islands of the Quirimbas Archipelago which stretches all the way up to Tanzania. These tropical, coral islands have enormous cultural and historical value, with a combination of Arabian, Portuguese, and African influences.

IBO Island

The district of Quissanga is made up of: Ilha do Ibo, Ilha Quirimba, Ilha Sen-car, Ilha Quilalea. Situated in the southern sector of the Quirimbas Archipelago, Quilálea Island (South 12.30'.00 East 40.35'.00) is part of a marine sanctuary. The island has a deep channel on the landward side, allowing protected mooring all year long and at all points of the tide. On the 25th September 2002 the Mozambique government with the support of WWF (World Wide Fund For Nature) declared officially 500 000 hectares around Quilalea a National Marine Park/Sanctuary. The Quilálea Sanctuary was the first marine protected area in the Quirimbas and does not allow any commercial fishing, other than the local traditional fisherman and sport fisherman (release). This means that fish are abundant as are dolphins and humpback whales (July to January).

IBO ISLAND

Ibo island lies to the North of Quilalea Island, part of the Quirimbas Islands and National Park and can be visited from Tandanhague or by Charter boat, a 35 minute boat trip. When we visited along the way Dolphins played in the surf, which then led us to this Island with rather a lot of excitement. As you arrive at IBO, you view an old Jetty with Arabic influenced houses and boat building taking place on the beach, a few dhows moored nearby slowly watched as we arrived at this long forgotten island as Ibo is one of the oldest towns in Mozambique.



Once we were on the Island, Ahmed a young salesman in training, showed us silver intricate worked jewellery for sale, which started the island visit in high spirits. Containing myself we first decided to visit the fortress based nearest to the Dock (Star shaped Fortress built by Antonio de Melo e Castro, strategically placed to protect Ibo), as you start walking past houses plastered with shells, small buildings with antique tiles, immediately you feel drenched in history, this atmospheric town, if only could talk would tell of Arabic traders, Chinese settlers, Dutch Invaders and Portuguese Military who in fact ruled seven of the nine Islands by 1590, Ivory, silk and cloth trading (woven cloth called Maluane), turtle shells and of course the famous slave trading with Hundreds of slaves having past this Island on route to hardships and unknown futures and well it is said that there is Sunken Treasure in the crystal blue waters around this Historic Island, in fact treasure that would rival the lost treasure's of Alladin's cave...

At the Fortress we were shown how the intricate silver jewellery is made. Bracelets vary from 1000 mets per necklaces up to 5000mets.. Arabic influence is strong in the design and the ancient melting technique dating back to 600AD. Small silver circles are placed carefully on a mould/base and then by a pipe which a wizened old man blows though and using a blow torch in the other hand, melts the silver to form various pieces of art.

There is large plaza surrounded by Public buildings evidence of the prosperity of this thriving trading centre. In 1763 Ibo gained Municipal status and in 1770 the New District of Cabo Delgado was created on Ibo Island with it's own Governor, a Christian Church was erected, a customs house dating to 1786. The Portuguese built rainwater cisterns and Ibo produced various commodities. Three forts were built to protect the island:- Fort of São João Batista (St. John Baptist) was completed in 1791. The little chapel housed inside of the fort was built in 1795, followed by the Fort Santo Antonio (St. Anthony) and Fort of the Bairro de Rituto built in 1847. In 197 Ibo Island was incorporated in to the Niassa Company

It wasn't until 1897, when Ibo Island was integrated into the administration of the Niassa Company that the island and population enjoyed relative safety and peace.

In 1902 the capital District of Cabo Delgado was transferred from Ibo Island to Port Amelia, currently the city of Pemba, which remains the capital until today. Sadly



Ibo Island as Ilhe de Mozambique slowly declined and it's history and magic kept hidden until the late 20th Century.

The Island is under going major reconstruction and there appears to be 2 schools with a new one under construction. Facilities such a clinic are required but The major of the city Elsa Rudolpho has truly brought this Island along a great path. Elsa has implemented a plan by giving fisherman food in return for keeping the beaches clean, Cell phone network is available and there are 2 internet computers, foreign investment is evident in the rebuilding of homes using local artisans and keeping to tradional architecture.

The Quirimbas Archipelago is without a doubt drenched in History and unrivalled in beauty that must be preserved but without a doubt experienced by all.

2. Niassa

Niassa is Mozambique's largest province with the Ruvuma River shapes the northern boundary with Tanzania and Lake Niassa forms the western border separating it from Malawi. It has an area of 129,056 km² and the most sparsely populated province with Lichinga as it's capital.

In the north west bordering with Lake Malawi you will find Lake Niassa which is 365 km long and over 250 species of Fish identified along pristine beaches with a few luxury lodges on the Mozambican side. Lake Niassa has small islands scattered and beautiful secluded beaches make this area one of the most stunningly picturesque areas. In Niassa you will also find the Niassa Wilderness Reserve situated 160km northeast from Lichinga.

The reserve is 42000 km² making it the largest in Southern Africa. The Manda Wilderness Reserve is located in this province which is a privately owned project and promotes nature conservation. An amazing area with diverse flora & fauna and excellent bird life.

The 15 districts of Niassa Province include: Cuamba District, Lago District, Lichinga District, Majune District, Mandimba District, Marrupa District, Maúa District, Mavagoago District, Mecenhelas District, Mecula District, Metarica District, Muembe District, N'gauma District, Niipepe District, Sanga District.

NIASSA NATIONAL RESERVE

Niassa - Mozambique
Tel: +258 21 329807
Fax: +258 21 329808



ACCOMMODATIONS - NIASSA LAKE

NKWICHI LODGE
Cobue - Lago Niassa
Província do Niassa
Tel: +258 27 220371
info@mandawilderness.org
www.mandawilderness.org/lodge.html

LICHINGA

HOTEL/POUSADA LICHINGA
R Milagre Mabote - Lichinga
Tel: +258 27 120176

LE - LURIO LODGE
Praça da Liberdade - Lichinga
Tel: +258 27 128010

HOTEL CHIWINDI
Av. Julius Nyerere - Lichinga
Tel: +258 27 120345/85

RESIDENCIAL REST HOUSE
B. Muchenga - Lichinga
Tel: +258 27 120592

QUINTA PESSEGUEIRO
Lichinga
Tel: +258 27 120159

MANDA WILDERNESS COMMUNITY
Lago Niassa
Província do Niassa
info@mandawilderness.org
www.mandawilderness.org/lodge.html

CASA DE HÓPEDES LALY
Av. Julius Nyerere - Lichinga.
Tel: +258 27 121461

GIRASSOL LICHINGA HOTEL
R. Filipe Samuel Magaia - Lichinga
Tel: +258 27 121280

RAMALHA, HILÁRIA ALMEIDA
Av. Julius Nyerere - Lichinga
Tel: +258 27 121719

RESIDENCIAL PAPY BENDIAK
Av. do Trabalho - Lichinga

RESIDENCIAL E CATHERING 2 + 1
Av. Samora Machel - Lichinga
Tel: +258 27 121632

ACCOMMODATIONS - NIASSA

PENSÃO PONTO FINAL
Av. Filipe Samuel Magaia - Lichinga
Tel: +258 27 120912
ccm.lichinga@teledata.mz

CETUKA
Lago Niassa, Praia Chiwanga - Lichinga
NiassaTourism.com

CUAMBA
PENSÃO RESIDENCIAL CARIACÓ
Rua 5 Novembro - Cuamba
Tel: +258 27 162595

PENSÃO SOSSEGADO
Av. Eduardo Mondlane - Cuamba
Tel: +258 27 162055

HOTEL VISION 2000
Av. 25 Junho - Cuamba
Tel: +258 27 162632

PENSÃO NAMULI
Av. Municipio - Cuamba
Tel: +258 27 162584

PENSÃO SÃO MIGUEL
R. 3 Fevereiro - Cuamba
Tel: +258 27 162152

MBUNA BAY LODGE
Niassa Lake
info@mbunabay.ch

LUGENDA WILDERNESS CAMP
Tel: +258 21301618
www.ranirisort.com

3. Nampula

Nampula is the capital city of Nampula Province in Mozambique. It is the third largest city in Mozambique after Maputo and Beira and based inland with its districts of Nampula Province include: Angoche District, Eráti District, Lalaua District, Malema District, Meconta District, Mecubúri District, Memba District, Mogincual District, Mogovolas District, Moma District, Monapo District, Mossuril District, Muecate District, Murrupula District, Nacala-a-Velha District, Nacarôa District, Nampula District, Ribáuè District.

Nampula Province has incredible landscapes with vast plains and rocky mountains with the port of Nacala approx 140 km from Nampula which is situated at Longitude 40° 40' E and 14° 27' S, on the south side of Baía de Bengo, a large and sheltered bay 60m deep and 800m wide at the entrance. Nacala is the deepest natural port on the east coast of Africa. It serves as the terminal for the Nacala Railway, a rail link to the landlocked Malawi. South of Nacala is Mozambique Island, at one time the capital of Mozambique and now a World Heritage site.



3. Nampula

ACCOMMODATIONS

NAMPULA

HOTEL MILÉNIO
Av. 25 de Setembro, 842 – Nampula,
Tel +258 26 218877,
Fax: +258 26 218990,
hotelmilenio@tdm.co.mz

GIRASSOL NAMPULA HOTEL
Av. Eduardo Mondlane, 326-Nampula
Tel: +258 26 216000

HOTEL LURIO
Av. da Independencia, nr. 544,
hotelurio@gmail.com

HOTEL EXECUTIVO
370 R. Tete, B. Limoeiros - Nampula
Tel: +258 26 219004

HOTEL BAMBOO
Estrada Rapale, 1465 - Nampula
Tel: +258 26 216595

HOTEL BRASILIA
26 Rua dos Continuadores - Nampula
Tel: +258 26 212126

PÉROLA RESIDENCIAL
Rua Pemba Jardim Careca-Nampula
Tel: +258 26 217001

RESIDENCIAL EXPRESSO
Av. Independência, 574-Nampula
Tel: +258 26 218808

RESIDENCIAL QUALITY
Av. do Trabalho, 953-Nampula
Tel: +258 26 217872

SOL & MAR LODGE
Praia Nhaherengue
Nacala
Cell: +258 84 7852574

PENSÃO PARQUE
Av. Paulo Samuel Kankhomba-Nampula
Tel: +258 26 214619

PENSÃO RESIDENCIAL ESTRELA
Av. Paulo Samuel Kankhomba-Nampula
Tel: +258 26 214902

RESIDENCIAL MARISQUEIRA
Av. Paulo Samuel Kankhomba -Nampula
Tel: +258 26 213611

RESIDENCIAL PRIMAVERA
Rua 1024, Nampula
Tel: +258 26 214600
Fax: +258 26 214593
Residencial.primavera@tvcabo.co.mz
www.residprimavera.com

NACALA
HOTEL MAIAIA
R. Correios, B. Maiaia - Nacala
Tel: +258 26 526827/26 526044

CENTRO TURÍSTICO DE NAPALA
B° Naherenque
Praia Fernão Veloso - Nacala
Tel: +258 26 501033

COMPLEXO NAHERENGUE
B° Naherenque – Nacala
Tel: +258 26 520739

COMPLEXO TURÍSTICO JAMILA
Zona Industrial – Nacala
Tel: +258 26 526578

COMPLEXO TURÍSTICO NAMARRALO
R. Principal – Nacala
Tel: +258 26 660049

MOZAMBIQUE ISLAND

This fascinating and picturesque island with its heterogeneous cultural heritage is a World Heritage Site (UNESCO). One could say it is a unique jewel registered in the navigational routes of the Indian Ocean. During the last few hundred years it had been a thriving trading settlement dealing in slaves, gold and ivory.

At different periods in time the island has been the bastion of conquerors, a pirate's paradise, an important boat-building centre, a religious and missionary centre (for a variety of creeds), and an administrative capital, with palaces and offices. It had the prestigious position as the capital of Portuguese East Africa, and as you see it today, is the accumulation of cultural influences assimilated over the centuries.

Evidentially there is treasure to be found here, not only in the shipwrecks found off the coast but in the unique architecture, in antique coins, handmade jewellery, artifacts drenched in history such as a Damodar Door of Arabic influence hiding on a small road. I wish to dedicate this article firstly to the wild and the romantic image of conquering pirates, to the original Muslim and Arab settlers and the Chinese, who all traded in beautiful cloth, exotic perfumes, semi-precious stones, spices and more, the Portuguese traders (1507), to the Dutch Navy (1607), the English Navy (1628) the Arab traders (1670), French Navy (1793) who have either had control of this Island or who have arrived at the Ilha in peace or in conquest...

On route to India, Vasco da Gama was one of the first Europeans to write his findings on his travels which took him to Mozambique first in 1498 and then later in 1502. An extract taken from Vasco da Gama's diary gave a rather clear explanation to where Ilha de Moçambique was to be found..."Moçambique Island lies in a wide bay which is partly sheltered by two islets 3 miles to seaward, which Vasco da Gama named São Jorge. By 1538 the southern isle was called São Tiago. The 19th century charts showed São Jorge as Ilha de Goa and the southern one as Ilha de Sena". Situated in the Nampula province, to the south of Mossuril and Nacala, the Ilha is approx. 1½ miles long, in latitude 15° 02'S, and is made up of the Stone town (north) – originally coral and limestone and the Makuti area (South) – houses made out of mainly reed.



This area supports approx 7000 to 10 000 people.

To reach this treasure island you would have to fly first to Nampula, and then from there you drive to the Ilha. Driving from Nampula takes approx 2.5 hours in the direction of Nacala, Go past Namialo and towards Monapo, turn right to Lumbo (airstrip) and onto the Ilha (which is connected to the mainland by a 3.5km bridge). In the event you take a bus from Nampula, you would find them at Av. Filipe Samuel Magaia and Avenida do Trabalho, here the buses leave around 4:30 am and stops at Monapo before arriving at the Ilha. A bridge has linked the island to the mainland since 1967.

Nampula province, with its capital Nampula city, consists of a triangular land area covering 81.603km². During the old colonial regime Nampula province had the status of a district, the capital being Ilha de Moçambique, but this was to change. First slave trade was abolished in the late 19th century. In 1907 the colonial government was transferred to Lourenço Marques (now Maputo), and in the mid 20th century,

Mozambique's maritime trade was transferred to Nacala. The extension of the railway from Lumbo to Nampula took place and Nampula city was designated as the new district capital in 1933. Ilha de Moçambique slowly faded into dilapidated beauty.

Ilha de Moçambique district is divided into two localities; Ilha de Moçambique locality and Lumbo locality. The Ilha locality consists of the Moçambique Island itself together with three smaller islands, St Lourenco, the island of Goa (or S.Jorge) and the island of Sena (or S. Tiago). The names of the two latter islands originate from the course taken by sailing ships when they left the Ilha on their way to Goa or Sena Lumbo.

The Ilha is an ethnic mix of Islamic influence, Muslim population, Hindu, Christian, Arabic and a Makua culture. This mix is seen in the unique architecture and construction techniques. Ilha de Moçambique is going to become a very popular and sought after destination not only for its unique beauty but for the following sites to be found...

1. S. Sebastião Fortress

Dates back to 1557, built by Diogo De Sousa by order of King João III. Fort of São Sebastião had four bulwarks with a large battery of cannons. This fortress if only it could speak, it would tell of how the Dutch Navy in 1607 tried to capture the fort even though they had control of the Island, they left and returned a year later with 13 ships, yet again they did not succeed. In 1618 the captain was stabbed fatally, and in 1671 an Omani attack was also unsuccessful.

2. Chapel of Nossa Senhora de Baluarte

The chapel of our Lady of the Bastion was built in 1522, just on the outside of the fortress. It is the oldest European building/chapel in the southern hemisphere in Manuelino architecture with small crucifix shaped windows in the nave. The Chapel of our Lady of the Bulwark is at the far end of the Fortress of St. Sebastian, facing the channel, on the spot where formerly there was built a Bulwark made up of three parts.

3. St. Paul's Palace

The Palace and Chapel of São Paulo is a museum. This reddish brick building is connected to the chapel. Recently renovated and decorated in period style, will give you a brilliant idea of that period's life style, with furniture from Goa, Indo-Portuguese pieces and pieces of Chinese porcelain. There is a large tableau in the banquet hall depicting aspects of shipwrecks which probably explains how the early settlers felt...

Built originally in 1674 as a Jesuit convent on the site of a Jesuit monastery, and destroyed when Omani Arabs attacked the Island in 1759, it was then used as the house of the governor. It should be note that according to the "Ilha de Moçambique" published by Banco de Moçambique, states that – The Palace of St. Paul resulted from a major extension and transformation of the Jesuits College of St. Francis Xavier, it was built about 1618-20 on the ruins of the Old Tower, and its walls were fortified...Old engravings show that the chapel and the palace were different and separate constructions.

Apart from the maritime museum found on the ground floor (unique and interesting documents) there is a pulpit which is unusual in that it has a serene collection of the apostles but then a rather strange collection of dragons and gargoyles (just for Da Vinci fans)

Tel: +258 26 610081 or ilha@teledata.mz

4. - Religious Art Museum (Museu de Arte Sacra)

Is housed in the former hospital wing of the Holy House of Mercy Church

5. Church of Mercy (Igreja da Misericórdia)

Building dates to 1635. Here you can view 17th century sculptures of Santa Isabel, Queen of Portugal and St. Francis, chalices. Eighteen century pieces of St. Anne and the Virgin, an old wooden image – 5 cm high, of the apostle of the Indies. A religious sculpture of St. Francis, its origin is unknown, although it is attributed, according to the greatest probability, to the Capuchin Fathers who have founded the church of Our Lady of Good Health a Maconde Christ.

6. Statue of Luis Vas de Camões:

This 16th century Portuguese poet, wrote The Lusiedas. Born in about 1524, sailed on the São Bento in 1553 and traveled to Mozambique in 1567. Lived as a pauper but created an epic poem which was published in 1572 “Os Lusiedas” 773 pages long. The Lusiedas was based on Vasco da Gama’s voyage. The opening words of the Lusiedas were “This is a story of heroes who, leaving their native Portugal behind them opened a way to Ceylon and further across seas no man had ever sailed before...”

Richard Fanshawe was the first to render the Lusiedas into English, in 1655.

Stanzas from Canto 5 were taken from the “Diary of Vasco Da Gama” throughout African Waters, by Eric Axelson & Stephan Phillips.

To tell thee all the danger of the deep (Which humane judgment cannot comprehend?)
Suddain and fearful storms, the Ayre that sweep;
Lightning’s, that with Ayre the fires do blend.

7. Church of Nossa Senhora de Saude – Graveyard

This church was founded in 1633 and was renovated in around 1801 this graveyard is remarkable as there are tombstones marking Christians, Muslims and Hindu’s. South-East Side

8. Fortress - Church of Santo Antonio

Dates to 1820 when it replaced the original built in 1587. The construction of the fortress is due to Joao da Costa de Brito Sanches, who was the first Governor.

9. Fortress of São Lourenço

On an island on the south part of the Ilha sits the most exceptional fortification. You can walk to it at low tide. The fortification dates back to 1588 and then in 1695 a new fort was built over the original one.

*In the different books I have seen it written as Muciro of Makua women or Mussiro or even Mcirro. In the Lonely planet they have mentioned that it is taken from a branch of the Olax Dissitiflora tree, known as Ximbuti or Msiro, and then ground with water.

Tufo: A brilliant ethnic energetic dance with Islamic influences, performed by women and girls.

The original name of the Ilha is derived from, (some say the Ilha was called Muipiti), a Muslim Sheikh, MOUSSA BEN MBIKI. 5km east of the Ilha is Goa Island with a lighthouse, 2km south of Goa Island is Sena Island or Ilha das Cobras.

Tourist information centre

Contact: +258 26 610081 – Palace Museum

ACCOMMODATIONS

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RESIDENCIAL MONTE CARLO

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VILLA SANDS

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CASA DAS ONDAS

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DUGONG GUEST HOUSE

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Zambezia is the second most populated province of Mozambique, with its Capital Quelimane on the Bons Sinais River. It is situated in the central coastal region and Borders Nampula and Niassa to the north, Sofala to the south, Malawi and Tete to the west and the Indian Ocean to the east, with an area of 103,127 km². The Chuabo and Macua are the main ethnic groups in this region.

Zambezia Province has the 2nd highest mountain in Mozambique, Mount Namuli (2419m above sea level) Mount Mabui and Gili Reserve.

The Zambezia Province has 16 Districts Alto Molocue District, Chinde District, Gilé District, Gururé District, Ile District, Inhassunge District, Lugela District, Maganja da Costa District, Milange District, Mocuba District, Mopeia District, Morrumbala District, Namacurra District, Namarroi District, Nicoadala District, Pebane District. Agricultural products produced in Zambezia include rice, sugarcane, cotton and is famous for its Tea Plantations especially in Gurue. The second highest point of Mozambique, Namuli Mount (2,419 m), is found here or find the Hot springs near Morrumbala, Lugela, Mocuba, Nicoadala, Pebane, Maganja da Costa and Gilé. Within a 1 hour drive you can visit the beautiful beach of Praia de Zalala or try Visiting Gile Game Reserve which is a wildlife conservation area or Derre nature reserve, Located in the district of Morrumbala, with a huge variety of wildlife.

For more information contact : Direcção Provincial de Turismo
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dpictventura@teledata.mz



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HOTEL 1 DE JULHO
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Gurue
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MOCUBA
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Mocuba
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Tete Province know as the hottest province with Tete city as the capital city of Tete Province and is located on the Zambezi River, along the western border of Malawi. It has one kilometre long suspension bridge, one of three bridges across the Zambezi river in the entire country and links Tete to Moatize. Furthermore you will find in Tete Province the massive Cabora Bassa dam in Songo about 150km from tete, which is the second largest dam in Africa and the fifth largest in the world. The surface area of the reservoir behind the dam is more than 2,000sq km and to visit permission must be given by "Hidroeléctrica de Cabora Bassa" (HCB) office. An incredible engineering project that has created an artificial lake abundant with fish and wildlife and ofcourse water water storage and irrigation, apart from being Africa's largest supplier of hydro-electrical energy. Tete has a wealth of mineral reserves including Coal, Coal, Coal and Coal aswell as gold and iron. Lastly the famous Boroma Jesuit Church is situated here which is about 30km from Tete that was built at the end of the 19th century

Tete Province's districts include: Angónia District, Cahora-Bassa District, Changara District, Chifunde District, Chiuta District, Macanga District, Magoé District, Marávia District, Moatize District, Mutarara District, Tsangano District, Zumbo District.

ACCOMMODATIONS

| | |
|--|--|
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| HOTEL KASSUENDE Av. 25 Julho B° Josina Machel-Tete Tel: +258 25 222531 | UGEZI TIGER LODGE Tete Province-Songo Tel: +27 82 5396411/ +27 82 8091407 +27 83 6276058/ +27 83 3055694 info@ugezitigerlodge.com |
| PENSÃO BAOBAD B° Chingodze -Tete Tel: +258 25 220092 | CLUNY LODGE Cluny Lodge P.O. Box 1320 Lilongwe, Malawi Tel: + 26 51 751633 Fax: + 26 51 751635 bev.taale@africa-online.net www.clunylodge.net |
| PENSÃO RESIDENCIAL TELES B° Seretse Khama, Songo - Tete Tel: +258 25 282666 | THE PUMPKIN HOTEL in Zimbabwe Tel: +263 77 2806 715 www.pumpkinhotel.com |
| AURA LDA B° Matundo - Tete Tel: +258 25 220323 | MKULUMADZI Malawi Safari Lodge in Malawi Tel: +44 16 22670189 www.holidaytoafrica.co.uk |
| CASINDIRA LODGE Magué - Tete Tel: +258 25 222333 | |
| CHICO'S LODGE B° Matundo - Tete www.tetemoz.com/accomodation.html | |
| EXECUTIVE LOGISTICS LDA Estrada Nacional n° 7 - Tete Tel: +258 25 220508 | |
| G&L NHUNGUÉ B° Francisco Manyanga - Tete Tel: +258 25 224071 | |

6. Manica

CHIMANIMANI NATIONAL RESERVE
Chimanimani Conservation Area
Manica - Mozambique
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Manica is situated on the western side of Mozambique, South of Tete province. Chimoio is the capital of Manica Province and is the fifth-largest city in Mozambique that sits at an altitude of 750 metres. Located 95km from the Zimbabwe border, on a railway line from Beira to Harare, makes Chimoio easily accessible from Zimbabwe and from their crisis in 2000 it has been a major destination for Zimbabwean immigrants who are looking for work in Mozambique.

Chimoio's name under Portuguese administration was Vila Pery that was an important agricultural and textiles centre. The Capital Chimoio is now an important commercial centre for trading in Agricultural products with a wide range of fruits and Vegetables. The city is now growing rapidly with excellent food and a speciality from the region is "codornizes" a small bird that is sold at most outlets. Wonderful art can be found in Chimoio and items made from Bamboo such as unique light fittings. The city's main tourist attractions now is the Mount Bêngo or Cabeça do Velho/face of the Old Man which is the natural stone formation that can in fact be climbed and has incredible views of the city. The mountain has great spiritual significance and is considered a sacred place.

The Arabs came up the Búzi and Revué rivers heading towards the lands of the Mwenemutapa Empire, in search of gold as well as slaves and they marked

their route with palms, On this route you can see an old fortress on the top of the Zembe Mountains to the south east of Chimoio. In the 15th century Portuguese settled here as this region. Vila Barreto was established on 24 February 1893, close to the current Chimoio city, named after the Portuguese Captain Francisco Barreto, who, in 1572, commanded the first military expedition to the Mwenemutapa Kingdom. For several years, the railway line terminated at Vila Barreto, which contributed to its impressive growth but then the railway continued to Zimbabwe and the city started to decline. In 1899 the Mozambique Company decided to transfer the District Headquarters from Vila Barreto to a settlement named Chimiala, which came to be called Mandigos. This was the name by which the current city of Chimoio was known for some time. On 17 July 1916, Mandigos was renamed Vila Pery in recognition and honour of Governor João Pery de Lind, whose judicious measures had made Chimoio into one of the biggest and most visible agricultural centres in Mozambique. Vila Pery was renamed a "city" by the Governor-General of Portugal's Overseas Province of Mozambique, Baltazar Rebelo de Sousa, on 17 July 1969, in recognition of the success of its economic and social activities. During Mozambican War of Independence Chimoio was badly hit and suffered heavily and then on June 1975 Vila Pery was named Chimoio.

ACCOMMODATIONS

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**HOTEL APARTAMENTO CENTRO DE
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HOTEL MANICA
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**HOTEL RESIDENCIAL
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VIP GUEST HOUSE LDA
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RESIDENCIAL DABHAD LDA
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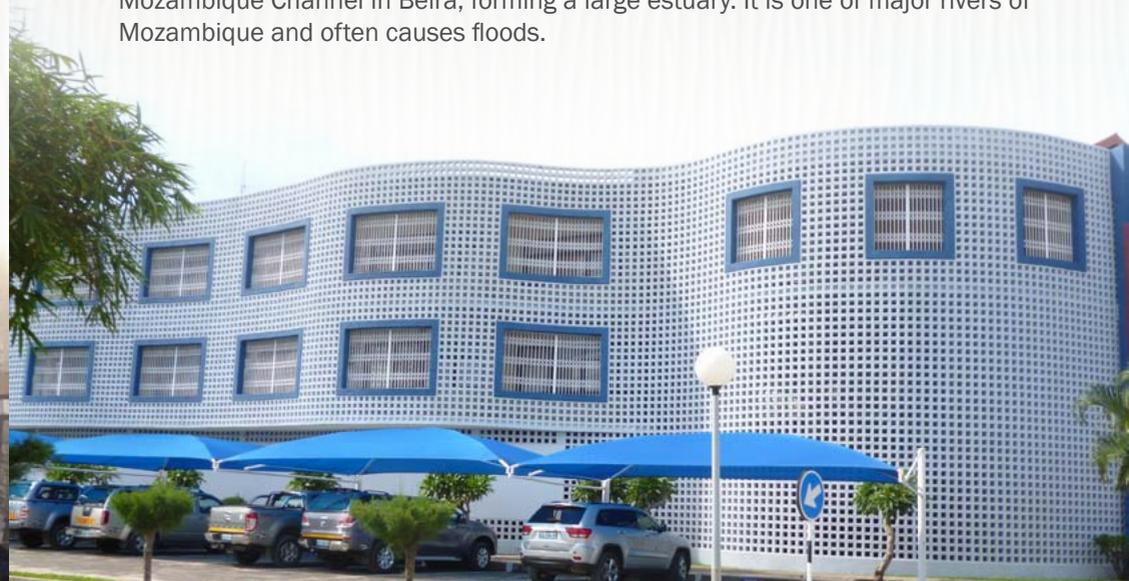
Sofala Province situated in the lower-middle section of the country, it is one of the wealthiest in Mozambique and produces mainly sugar and shrimps. It is named after the ruined port of Sofala, which was founded in the ninth century and depended on the East African gold trade. The Province offers game viewing and fabulous scenery at the famous Gorongosa National Park, which is 150km (93 miles) from Beira - Elephant, Lion, Buffalo and other animals, can be seen here, birdlife is spectacular. There is also the Marromeu Buffalo Reserve in the north of the province. An active programme for the re-stocking of animals is underway in both of these areas.

Beira the capital city of Sofala stands at the mouth of the Pungwe River, the ground is swampy and the weather is very hot and humid stringent malaria precautions must be taken before visiting. Beira is the second largest city in Mozambique. It also provides Zimbabwe with direct coastal connections by road and rail via the Beira Corridor.

The busy port city has interesting architecture and old buildings, banks, hotels, shops, cosmopolitan cafes and restaurants large juicy prawns and cheap crayfish available here is still some of the best.

Excellent beaches are found between the Clube Nutico and the lighthouse. Macuti beach is the most fashionable suburb. About 10 minutes inland there is a resort and artificial lagoon with islands, visitors can swim and hire pedal boats, dhow trips and great camping can be found on the Save River.

Pungwe River is a 400 km long river in Zimbabwe and Mozambique. It rises below Mount Nyangani in the Eastern Highlands of Zimbabwe and then flows eastward through the Manica and Sofala provinces of Mozambique. It then empties to the Mozambique Channel in Beira, forming a large estuary. It is one of major rivers of Mozambique and often causes floods.



ACCOMMODATIONS

| | |
|--|--|
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| CAJUAL LODGE LDA Estrada Nacional n° 6 Km 42 Mafambisse-Sofala www.facebook.com/pages/Cajual-lodgelda/396794107062560 | SENA HOTEL LDA Av. Martíres Revolução, 189 R/C Tel: +258 23 311072 |
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| HOTEL RESIDENCIAL MIRAMAR Rua Vilas B Truão - Beira Tel: +258 23 322283 | PENSÃO RESIDENCIAL LISA Av. Martíres Revolução, 624 Cell +258 82 5129469 |
| HOTEL SAVOY Rua Pedro A. Cabral, 297-Beira Tel: +258 23 329302 | PENSÃO SOFALA Av. Bagamoyo, 544-Beira Tel: +258 23 327549 |
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| JARDIM DAS VELAS LDA Av. Forças Populares, 282 - Beira Tel: +258 23 312209 | RESIDENCIAL AULIO'S Av. Mouzinho Albuquerque Gêa, 144 - Beira Tel: +258 23 327549 |

The below information has been taken from the Carr Foundation web site which took my breath away knowing we have such a beautiful area in this country and the incredible work they have achieved: World Conservation Union defines a national park as a natural area designated to protect the ecological integrity of one or more ecosystems for present and future generations. Parks are designated as such by governments. Typically, a national park has a higher level of protection than other classes of natural reserves.

Many consider it a responsibility of governments to preserve these areas of profound scenic beauty and biodiversity and make them available to all citizens as public parks. The experience of great outdoor spaces engenders learning and happiness. A national park is an embodiment of national identity and shared purpose.

Africa has roughly 70 of the world's 100 top national parks for observing large animals and birds. A major factor in the survival of these animals has been the enlightened creation of the national parks.

Gorongosa National Park once held the largest concentration of large animals and birds in Southern Africa. Conservation professionals are working now to restore and protect the greater Gorongosa ecosystem. The unique fauna of Africa is of universal human value, thus, conservation efforts in Gorongosa have worldwide importance.



INFORMATION PACK:

1. Accommodation:

Chalets: They currently have 15 thatched bungalows (recently refurbished), with twin beds and a third bed in the adjoining room for an extra person if required. These have en suite toilet and shower facilities with hot water twice a day (6am and 6 pm).

Camping: We have an existing campsite, with newly rebuilt ablution facilities and shower, with hot water morning and evening. We are also building a new campsite area with ablutions, a dorm for travellers, and camping for 100 pax.

Building plans: Early next year we commence building 30 4-star bungalows, two conference centres, a new restaurant and bar complex, and a viewing platform over the waterhole.

2. Food and Drink:

We have a restaurant offering 3 meals a day from a set menu, with a bar.

3. Activities:

3.1. Game Drives: We have a game drive vehicle, (Toyota Landcruiser with safari seats) and can offer morning, afternoon and night drives. We will shortly be offering walking safaris.

3.2. Birding Safaris: on request: We can offer birding safaris in the park and on the mountain. Birding is fantastic, with about 400 species in the park, many of them 'lifers' for SA and Zim guests, as they are endemic or near endemic to this area. The Green Headed Oriole is only found in Southern Africa on Gorongosa mountain itself.



3.3. Gorongosa Mountain: Our mountain Manager, Bart Wursten is an expert on mountain flora and fauna, with specialities in the orchids and butterflies of the mountains in this area. He is also a birding enthusiast. We are establishing a base camp at the Murombodzi waterfall, with the option of climbing to the edge of the rainforest to look for green headed orioles, or summiting, and spending one or more nights on the high altitude plateaux that forms the top of the massif.

1. Murombodzi Waterfall Trip.

Return transfers from Chitengo Camp: approx 1hr30min each way.

There is a traditional blessing ceremony to access the mountain.

We provide the gifts required for the ceremony, a Packed Brunch at waterfall and a professional Mountain guide with knowledge of flora and fauna.

2. Lower Rainforest Hike.

Return transfers from Chitengo Camp: approx 1hr30min each way.

There is a traditional blessing ceremony.

We provide the gifts required for the ceremony, a Packed Brunch and a professional Mountain guide with knowledge of flora and fauna.

Visit to Waterfall (time permitting)

3. Hike to Summit of Gorongosa Mountain.

Return transfers from Chitengo Camp: approx 1hr30min each way.

There is a traditional blessing ceremony to access the mountain.

We provide the gifts required for the ceremony, all camping equipment required, all meals and a professional Mountain guide with knowledge of flora and fauna.

Visit to Waterfall (time permitting)

PLEASE NOTE:

The climb to the summit is very steep, and maintains a gradient of about 1:3 for a vertical height of 1100 metres. A reasonably high degree of fitness is required for this activity.

4. Wildlife:

Game numbers are depleted in comparison to what they were, but are still available in large enough numbers to allow for good game drives. (Especially night drives, where we have regular porcupine, genet, civet and serval sightings. Lion have been very active recently, and we've seen some good kills from a pride of 14 lionesses and cubs near camp). We have the big four (lion, leopard, elephant, buffalo). We are planning to reintroduce rhino next year. We have most of the antelope species, with good sightings of sable, impala, oribi, bushbuck, nyala, waterbuck, and occasional eland. Elephant sightings are common, but buffalo are rare. We've just reintroduced 54 buffalos, and they will be followed by zebra and wildebeest. We are seeing more and more elephant coming out of hiding in the Borassus Palm forest, and we are seeing large prides of lion almost daily, which is very encouraging. Some of them carry scars from snares. We have Mozambique's top wildlife vet, Dr. Carlos Lopes Perreira on the payroll, and he has already darted and treated a number of snared animals. We are confident that as our antipoaching capability increases, this problem will become a thing of the past.

5. Access:

Road conditions. From Inchope the EN1 is high quality tar for the 40 km to the turnoff to the Park. There is then another 11km of graded dirt that has just been refurbished, till you reach the actual park gate. From here to Chitengo camp is 18km of reasonable dirt (two wheel drive with a reasonable clearance is no problem).

Air Access:

There are international airports at Beira (3 hours distance) and Chimoio (2 hours distance). Transfers can be prearranged through our reservations department. For private air charters there is an airstrip at Chitengo, with a landing length of 1.000m of hard earth.

6. Malaria:

Gorongosa is a recognised malaria area. As such we recommend that guests proceed with a course of prophylactic medicine two weeks before departure (or as prescribed by your pharmacist or physician). We do however have MagNet machines in camp, that utilise CO2 and pheromone output to trap mosquitos, and these reduce the mosquito menace significantly. All chalets are fitted with mosquito netting.

SOME RECENT DEVELOPMENTS:

- They created a wildlife sanctuary for replenishing the animal population of the Park and have relocated 54 buffalo from Kruger Park in South Africa to Gorongosa, the first of several relocations to come.
- They are conducting extensive science research on the ecosystem as to the requirements for its protection, and will soon commence a reforestation program on Mount Gorongosa.
- They have reinitiated tourism to Chitengo Camp and receive more than 100 visitors now on some weekends.
- They have established a USD 15 million construction program over the next five years and have many of these projects underway at this time.
- We are employing and training numerous people from the local communities and we are supporting them in their efforts to build schools and clinics on their land.

In sum, as tourism grows, I believe that Gorongosa National Park will be the economic engine of central Mozambique and that the world will benefit from the protected biodiversity.

The Carr Foundation is constructing a new restaurant, management offices and lodging for up to 300 guests, and we are replacing the water and electrical systems of the Camp.

Contacts

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www.gorongosa.net



8. Inhambane

Inhambane Province was named Terra de Boa Gente which means Land of Good People by Vasco da Gama when he visited in the 15th century and in 1534 the Portuguese established a trading post. Inhambane it was the first Jesuit mission to East Africa in 1560 and one of the oldest settlements on the East Coast. Inhambane is situated in southern Mozambique, and Inhambane city is the capital of the Inhambane Province situated approx. 485km north of Maputo. It is situated on a peninsula overlooking a bay. In the old quarter of town you will find the old Cathedral of our Lady of Conception, the Mosque built in the 1800's or visit the old governor's house, the railway station and the central market but ofcourse the main attraction are the incredible beaches and startling clear sea. Beautiful and well know beaches are:

ACCOMODATIONS IN INHAMBANE

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info@barrareef.co.za
mozbarrareef@hotmail.com
www.barrareef.com

BARRA LODGE

Tel: +27 11 3143355
+258 29 320561
+27 11 3143239
reservations@barralodge.co.za
barralodge@teledata.mz
www.barralodge.co.za

ANDA CÁ LODGE

Praia Barra - Inhambane
Tel: +258 29 356004
www.andaca.com

SUNSET LODGE, FAROL DA BARRA

Tel: +27 39 3112100
+27 39 3112070
sunsetlodgemz@tdm.co.za
bekkert@sunsetlodgemoz.co.za
www.sunsetlodgemoz.co.za

PENSÃO PACHIÇA

Tel: +27 76 1058517
pontadabarra@absamail.co.za

BARRA PENINSULA MAKISURE LODGE

Tel: +27 83 626 3930
(H) +27 15 963 8410
ventea@mweb.co.za

ACCOMODATIONS IN INHAMBANE

BARRA CABANA
Praia de Barra – Inhambane
Tel: +27 83 9933999
karien@barraresorts.com
www.barraresorts.com

MONTANHA VALLEY LODGE
Praia da Barra
Tel: +258 29 356041
Cell: +258 84 2575568
annalizedbruin@gmail.com
www.montanhavalleylodge.com

POMENE

POMENE LODGE
Baía de Pomene - Província de
Inhambane
Tel: +27 11 0239901
Fax: +27 86 5586392 bookings
SPAMFILTER@pomene.co.za
www.pomene.co.za

GUINJATA BAY
Jangamo Beach
Tel: +27 13 7412795
+27 83 2836918
+27 13 7413149
reservations@guinjata.com
www.guinjata.com

PAINDANE BEACH RESORT,
Paindane Beach
Tel: +27 11 7343157
Cell: +27 82 5693436
dolfish@hixnet.co.za
www.paindane.com

PLEASURE BAY RESORT,
Paindane Beach
Cell: +258 84 4194032
www.pleasurebay.net

ISLAND ROCK RESORT, SOUTH OF
Jangamo Beach
Tel: +27 11 89 33110
islandrock@hotmail.com

SEA BLUE DIVING SAFARI,
Jangamo Beach
Tel: +27 13 7440357
+27 83 447 3668
seablue@soft.co.za
www.seablue.co.za

JANGAMO BEACH RESORT,
Jagamo Beach
Tel: +27 82 3114910
daphs@yebo.co.za
www.jangamo.co.za

JEFF'S RESORT,
Jangamo Beach
Tel: +27 13 9321263
Cell: +27 83 2544685
jeffsmoz@mweb.co.za

PRAIA CUMBINI
Cumbini beach
Cell: +27 83 226 0932
cumbinimoz@yahoo.com
www.cumbiniresort.com

INHASSORO

CASA DO CAPITÃO
Av. Maguiguana, B. Malane 1
Tel: +258 29 321408/9

HOTEL ESCOLA ESTRELA DO MAR
Tel: +258 29 391011

ACCOMODATIONS IN INHAMBANE

COMPLEXO TURÍSTICO SETA
Estrada Nacional 252-Inhassoro
Tel: +258 29 391000

INHAMBANE

HOTEL INHAMBANE
Av. Independência, 438
Inhambane

SMUGGLERS
Av. Eduardo Mondlane-Inhambane
Cell: +258 84 0710792
smugglers.lodge@gmail.com

MANHALA REX MAXIXE
Estrada Nacional n° 1
Maxixe-Inhambane
Tel: +258 29 330592

PENSÃO ALEGRE LDA
B° Cimento
Massinga-Inhambane
Tel: +258 29 371193

**PALM GROVE LODGE AND DIVE
CHARTER**
Tel: +27 13 7415287
+27 82 4485074
+27 13 7415287
palm-grove@mweb.co.za
www.palmgrove.co.za

FAIR WINDS COTTAGES
Tel: +27 39 3112100
+27 39 3112070
g-island@venturenet.co.za

MAKOLO BAY
Tel: +27 84 5609125
Cell: +27 83 2609125
+27 11 4713865

FLAMINGO BAY LODGE
Tel: +258 29 356001
reservations@flamingobay.co.za
www.flamingobay.co.za
edu7@mweb.co.za
info@makolobay.co.za
www.makolobay.co.za

MAXIXE

STOP, SNACK BAR & RESIDENCIAL
Tel: +258 29 330025
Cell: +258 84 4967500

COMPLEXO OCEANO
Tel: +258 29 330096/7

COMPLEXO SANI
www.mozguide.com

POUSADA DE MAXIXE
Tel: +258 29 330199

MAXIXE PARQUE DE CAMPISMO
Tel: +258 29 330351

MANHALA REX
Tel: +258 29 330592

Vilanculos or can be spelt Vilankulo: Is a coastal town in the district of Inhambane province, located at 700 km from Maputo. The city has an airport which receives regular flights. From Vilanculos you can visit the National Bazaruto Archipelago, 780 kilometres from Maputo. It was named after local tribal chief Gamala Vilankulo Mukoke, and some of the “bairros” (suburbs) are named after his sons.

ACCOMODATIONS IN INHAMBANE

COMPLEXO ÂNCORA

B° 19 de Outubro-Vilanculos
Tel: +258 29 382444
Cell: +258 84 3899999
www.ancorasuites.com

COMPLEXO NHAFUDO

Rua Chibuene Alto Macassa-Vilanculos
Cell: +258 84 6663175

COMPLEXO RESIDENCIAL BIMBI

Eduardo Mondlane Avenue-Vilanculos
Tel: +258 29 382043
complexo.bimbi@enh.com

COMPLEXO SAMARA

B° 19 de Outubro-Vilanculos
Tel: +258 29 382390

COMPLEXO SHELSIO

B° 19 Outubro-Vilanculos
Tel: +258 29 384203
Cell: +258 84 3115330

C. T ÁGUIA NEGRA LDA

B° 19 Outubro-Vilanculos
Tel: +258 29 382387
aguianegra@tdm.co.mz
www.amazingmozambique.com

DUGONG LODGE

Ilha Cabo S. Sebastião-Vilanculos
Tel: +258 29 384202/3/41
dungong@tdm.co.mz
www.dungonglodge.co.mz

HOTEL MASSUNGUINE

Av. Eduardo Mondlane-Vilanculos
Tel: +258 29 382707
Cell: +258 84 8377934
hotelmassunguine@gmail.com

PESCADOR LDA

B° 19 Outubro-Vilanculos
Tel: +258 29 382312
pescadormoz@hotmail.com
www.amazingmozambique.com

THE BEACH VILLAGE

Rua Palácio, B° Desce-Vilanculos
Tel: +258 29 382049
contact@beachvillagemoz.com
www.beachvillagemoz.com

VILA LA MAR

B° 19 Outubro-Vilanculos
Tel: +258 29 382302
Cell: +258 82 2618000

VILA DO PARAÍSO LDA

B° 19 Outubro-Vilanculos
Tel: +258 29 382147
Cell: +258 84 5413068
jhalsted@netactive.co.za
www.viladoparaiso.com

BENGUERRA LODGE LDA

B° Central-Vilanculos
Tel: +258 29 384018

The Bazaruto archipelago or the Pearl of the Indian Ocean as so often referred to in magazines: The Bazaruto Archipelago consists of four islands (Bazaruto, Benguerra, Magaruque and Santa Carolina). They are situated off mainland between Vilanculos and Inhassoro (780 km from Maputo).

Bazaruto: The Islands offer exclusive accommodation with incredible sunsets and tranquility which is surrounded by incredible unspoilt white beaches. Great bird watching, amazing world renowned diving and snorkeling, and fishing.

BAZARUTO ARQUIPELAGO ACCOMMODATIONS

INDIGO BAY ISLAND RESORT AND SPA

Ilha de Bazaruto, Moçambique
Bazaruto Archipelago,
Vilanculos – Mozambique
Av. Zedequias Manganhela, 267
Predio JAT 3° Andar
Maputo - Moçambique
Tel: +258 21 301618/
Fax: +258 21 301625
Tel: +258 29 391505/
+27 11 658 0633
www.indigobayresort.com
www.hotelium.com/bazaruto-island

AZURA BENGUERRA ISLAND

Tel: +27 76 7050599
reservations@azura-retreats.com
www.azura-retreats.com/benguerra

PESTANA BAZARUTO LODGE

Ilha do Bazaruto - Inhambane
Arquipelago do Bazaruto
Tel: +258 21 844200

BAZARUTO LODGE

Cell: +258 84 3083120
reservas.africa@pestana.com
bazarutolodge@pestana.com
www.pestana.com
www.accommodationmozambique.co.za

BENGUERRA LODGE LDA

Ilha de Bazaruto
Tel: +258 29 384018
guestrelation@benguerra.com
www.benguerra.co.za



MAGARUQUE ISLAND ACCOMMODATIONS

HOTEL DONA ANA

Inhambane Province
12kms to Magaruque Island
Tel: +27 21 7105800
www.safarinow.com/go/HotelDonaAna

VILLAS DO INDICO

Vilanculos
Ocean ECO-Reosrt & Spa
Parcela 32, Chigamane
Tel:+258 84 7132018
Cell: +258 84 2979143/2
reservations@villasdoindico.com

BEACH VILLAGE

Rua do Palacio
Bairo Desi, Vilanculos
contact@beachvillagemoz.com
www.beachvillagemoz.com

CASA BABI - ODYSSEA DIVE RESORT

Vilanculos, Mozambique
info@casababi.com
www.odysseadive.com

CASA REX LODGE & BEACH RESORT

Tel: +258 29 382048
Cell: +258 84 3898602
Skype: mel.glyn.woods
info@casmaratrading.com

BAOBAB BEACH

Rua do Palacio, Bairro Desse
Cell : + 258 84 413 3057
www.baobabbeach.net
baobabbeach@gmail.com
info@baobabbeach.net
baobabmoz@yahoo.com



Bordering Maputo Province to the north is Gaza Province, which is known as the granary of Mozambique due to its fertility of the Limpopo Valley, it has an approx. area of 75.450sq.km and borders Manica to the north, Maputo to the south, South Africa to the west and Inhambane and the Indian Ocean to the east. The Gaza Province has 5 national parks, the Limpopo National Park (which joins the Kruger National Park in South Africa), the Gonarezhou Transfrontier Park (sharing with Zimbabwe), the Zinave National Park (sharing with the Inhambane Province), Banhine National Park and Xonghile Game Reserve.

Xai Xai is the Capital of the Gaza Province located 224km from Maputo with the Limpopo River a main feature of the town that eventually meets the Indian Ocean. The sea has a protective Reef and endless white beaches Inland from Xai Xai is the Banhine National Park, which is bordered north and south by the Changane and Limpopo rivers respectively. and has a rich wildlife. Limpopo National Park (Large Cross-border Park with Zimbabwe and South Africa).

About 145 km north of Maputo you will find Macia where you turn right and travel for approx 30km to Bilene that is situated on a 27km long lagoon. Other towns in Gaza Province are Chokwe and Chidenguele

The Gaza Province is divided into 11 districts: Bilene Macia District, Chibuto District, Chicualacuala District, Chigubo District, Chókwe District, Guijá District, Mabalane District, Manjacaze District, Massagena District, Massingir District, Xai-Xai District

Responsible for Tourism
Direcção Provincial de Turismo
Av. 25 de Junho, C.P. 35 - Xai-Xai
Tel: +258 22 23006/Fax: +258 22 22234

BANHINE NATIONAL PARK

Gaza - Mozambique
Contact - Noémia Matholo
Tel: +258 21 302362
Fax: +258 21 302373

LIMPOPO NATIONAL PARK

Gaza - Mozambique
Contact - Noémia Matholo
Tel: +258 21 302362
Fax: + 258 21 302373



ACCOMODATIONS IN GAZA

COMPLEXO TURÍSTICO JEFINA

Tel: +258 28 229004
Fax: +258 28 229006
Cel: +258 84 6554127
complexojefna@yahoo.com.br

BILENE

MOTEL BILENE

Bilene Beach
Tel: +258 28 259015

COMPEXO HUMULA

Amílcar Cabral Avenue - Bilene Beach
Tel: +258 28 259020

PENSÕES XAI XAI - LAGOAZUL

Marginal Avenue - Bilene Beach
Tel: +258 28 259006

CHIDENGUELE

LAKEVIEW RESORT LDA

Chidenguele
Tel: +258 21 748827
Fax: +258 21 748828
lakeviewresort@tdm.co.mz
www.lakeviewresort.co.mz

PARAISO CHIDENGUELE

Chidenguele
Cell: +258 84 3909999
Tel: +27 11 782 1026/7
info@chidbeachresort.com
paraisodechid@teledata.moz
www.chidbeachresort.com

NHAMBAVALE LODGE LDA

Chidenguele
Tel: +258 28 267012

SUNSET BEACH HOLIDAY RESORT

Tel: +258 28 267007
+27 82 3424786
www.sunsetbeach.com

REEF RESORT

Xai Xai Beach
www.mozambiqueaccommodation.co.za

CHONGOENE

MAIMUNA

Chongoene - Xai Xai Beach
Tel: +258 28 120960
Fax: +258 28 120143

ATURGAZA

ABRAÇO TURÍSTICO DE GAZA Lda
Chongoene
www.turismomocambique.co.mz

ZONGOENE LODJE

Zongoene - Xai Xai
Tel: +258 28 242003

COMPLEXO DA FAMÍLIA

Samora Machel Avenue - Xai Xai
Tel: +258 28 222103

PARADISE MAGOO LDA

Chizavane
Tel: +258 28 264109

ZONA BRAZA LODGE

Chizavane Beach
Cel: +258 84 7633076
zonjakes@gmail.com
www.zonabraza.com

PENSÃO AFRICANA

25 de Setembro Road, 204 - Xai Xai
Tel: +258 28 222211

ACCOMODATIONS IN GAZA

XAI-XAI CHONGOENE HOLIDAY RESORT
PARQUE DE CAMPISMO DE XAI-XAI <mailto:info@xaiha.co.za>
Praia de Xai-Xai, Gaza www.african-solutions.com/category/accommodation
Fax: +258 22 350160

XAI-XAI BEACH HOTEL NASCER DO SOL
xaixaibeachhotel@teledata.mz Tel: +258 22 641080
+27 82 8531831

COMPLEXO TURISTICO HALLEY, XAI-XAI Cell: +258 84 2863380
complexohalley@yahoo.co.br nascer@teledata.mz
www.nascer.co.za
mocita@teledata.mz



Maputo previously known as Delagoa Bay or by Baía do Espírito Santo and was named Lourenço Marques prior to Independence, it is the capital and largest city of Mozambique. It shares borders with South Africa and Swaziland and is very accessible not only by road via South Africa and Swaziland but by Air and Rail. During the 1970s and 1980s, Maputo was an exotic, fun, free and picturesque location that was a mix of African, Portuguese, Latin, Arabic Cultures that attracted thousands of Tourists that was temporarily stopped during the war but over the last few years has regained and recovered to make this location a highly sought after tourist destination.

Maputo has been called the City of Acacias and the Pearl of the Indian Ocean and is lined with Jacaranda trees, interesting Historical buildings, delicious food from variety of restaurants, diverse Art and cultural tours and locations Central Railway Station designed and built in the 1900's by Eiffel (from the Famous Eiffel tower in Paris) whom, Tunduru Gardens, the Art Museum and the Museum of the Revolution.

The Roman Catholic Cathedral of Our Lady of Fatima.

Aswell as fascinating day and weekend excursions such as Macaneta Beach, 45 minutes from Maputo, the elephant reserve, Inhaca Island and much more...

INHACA ISLAND

Inhaca Island is situated 37 km off the coast of Maputo and can only be reached by boat or plane. The island offers wonderful beaches, crystal clear waters, large areas of unspoilt mangroves and bush, coral reefs and exotic marine life with a chance to see whales, dolphins, sharks, manta rays and sea turtles. The most beautiful aspect is Portuguese island, just incredible.

INHACA ISLAND ACCOMMODATIONS

PESTANA INHACA LODGE

Ilha de Inhaca, Maputo

Tel: +258 21 760003

Fax: +258 21 305305

reservas.africa@pestana.com

www.pestana.com/en/pestana-inhaca-lodge

MANICO CAMP

Ilha de Inhaca, Maputo

Tel: +27 11 7910519

www.mozambiqueaccommodation.co.za/manico-camp.html

NAHYEENI PRIVATE LODGE

Ilha de Inhaca, Maputo

Tel: +27 11 7910519

www.mozambiqueaccommodation.co.za/nahyeeni-private-lodge.html

INHACAZUL LODGE

Ilha de Inhaca, Maputo

Tel: +27 11 7910519

www.mozambiqueaccommodation.co.za/inhacazul-lodge.html

ROSS RAMOS CAMP

Ilha de Inhaca, Maputo

Tel: +27 11 7910519

www.mozambiqueaccommodation.co.za/ramos-ram-camp.html

MACHANGULO BEACH LODGE

Ilha de Inhaca, Maputo

Tel: +27 11 7910519

www.mozambiqueaccommodation.co.za/machangulo-beach-lodge.html



CATEMBE

Catembe is situated on the other side of the channel from Maputo and is only a 15-minute ferry ride away. There are 2 ferry companies, one suitable for cars and smaller vessels and one that just transports people. At Catembe you can stroll along the quiet sandy beach, have a lovely seafood lunch at one of the local places and enjoy the incredible view of Maputo's skyline. Visit the newly rebuilt Marisol Hotel/Restaurant for a more up-market lunch and have a swim in the pool. When you get off the ferry, it is about seven minutes by car. A great place to spend a weekend or to organise your conferences and parties. Stunning views of Maputo at night.

Central Reservations:
Tel: +258 21 710003
www.catembe.net

*The ferry Departs every 2 hours from Maputo to Catembe From 08:30 onwards.

CATEMBE ACCOMMODATIONS

CATEMBE GALLERY HOTEL

77 Rua B, Chali, Catembe, 3230
Tel/Fax: +258 21 380050
www.catembe-gallery.hotel-rez.com
www.galleryhotel.co.mz

PONTA DOURO

Located just a few kilometres north of the border of South Africa (Kosi bay). Ponta do Ouro is a well-known and popular destination for Mozambican and South African divers. You will need a 4X4 to get there from Maputo as the roads are not tarred. It will take approximately 3.5 to 4 hours to get there but the sightseeing is spectacular with a chance of seeing elephants. There are 4 dive sites around Ponta Do Ouro and several dive operators are based here. (See Sport Section – Diving).

PONTA DOURO ACCOMMODATIONS

PONTA GAMBOOZINI LODGE

Parcela 549, Ponta do Ouro 7000,
www.gamboozini.com

TANDJE BEACH RESORT

Main Beach, Ponta do Ouro 0001
Tel: +258 21 650006/
+27 11 6489648

COCO RICO RESORT

Ponta do Ouro
Tel: +27 12 3482690/
Fax: +27 86 7192112
reservations@ponta.co.za
www.cocorico.co.za

O LAR DE OURO GUEST HOUSE

Ponta Douro
Cell: +258 84 5740213
info@pontadoouro.com
www.pontadoouro.com

DEVOCEAN DIVING

Rua B 41, Ponta Do Ouro
www.devoceandiving.com

DOLPHIN BEACH CAMP

Ponta D´ouro Rua B, N° 41
Cell: +258 84 8114626
Tel: +258 21 45 1376/80
info@dolphin-encountours.co.za
www.dolphin-encountours.co.za

KAYA KWERU

Ponta Douro
Cell: +258 84 7635081
bookings@kaya-kweru.com
www.kaya-kweru.com

PLANET SCUBA

Ponta do Ouro, Mozambique
Tel: +27 83 2274872
reservations@planetescuba.co.za
www.planetescuba.co.za

MOTEL DO MAR BEACH RESORT

Main Beach, Ponta do Ouro
Tel: +258 21 650000



PONTA MALONGANE

Another popular destination for divers and sun lovers is Ponta Malongane, which is located 7km north of Ponto do Ouro. Ponta Malongane has 15 beautiful sites for divers, including "Pinnacles" that rise from 40 meters and is one of the best shark spotting areas in Southern Africa. Whale sharks, Zambezi sharks and hammerhead sharks can be seen here.

Accommodation: Ponta Malongane Holiday Resort with the Fish Eagle Restaurant and Loggerhead Bar has camping and fully equipped rondavels. Situated 15km from the Kosi Bay border post.

Central Reservations:

+27 13 7411975 or www.malongane.co.za or malongane@mweb.co.za

PONTA MALONGANE ACCOMMODATIONS**PONTA MALONGANE
HOLIDAY RESORT**

Ponta Malongane, Maputo
Tel: +27 11 791 0519

**PONTA MALONGANE
SELF CATERING HOUSES**

Ponta Malongane, Maputo
Tel: +27 11 7910519

HOTEL PHAPHALATI

Ponta Malongane, Maputo
Tel: +27 11 7910519

SELF CATERING FOREST CHALET

Ponta Malongane, Maputo
Tel: +27 11 791\0519

HARRITA LODGE

Ponta Malongane, Maputo
Tel: +27 11 7910519

TARTARUGA LUXURY TENTED CAMP

Ponta Malongane, Maputo
Tel: +27 11 7910519

**PONTA MALONGANE
TOP TREE LODGE**

Ponta Malongane, Maputo
Tel: +27 11 7910519

PEQUENOS LIBOMBOS - NAMAACHA

When Heading out of Maputo towards South Africa and Swaziland, take the road that starts at Av. 24 de Julho, in the city and continues through Matola and Boane, to a town about 30km from Maputo. The Barragem dos Pequenos Libombos, which supplies water to the city of Maputo, is a short trip from Boane. As you enter Boane, take the turn to the left (near a building with the sign 'Mundo de Beleza'. Take the right turn at the fork and continue until you see a group of white buildings ahead. Take the right turn after the buildings and continue on the tarred road until you reach the dam wall. No motor boats nor swimming is permitted. There is also accommodation available and conference facilities for 100 people. Continuing past Boane, you will reach the junction where you turn off to the left for Namaacha and Swaziland.

Namaacha is an interesting town approximately 80 km from Maputo and was once a popular holiday spot where many residents of the city kept holiday homes. You can expect a cool climate with a pretty waterfall that makes for an adventure for children (and adults) and for a great picnic spot. Take a right turn before you enter the small town. If a picnic doesn't appeal, then a great alternative is the Libombos Hotel in the town. The hotel has a relaxing atmosphere and is very popular for weekends away from Maputo.

NAMAACHA ACCOMMODATIONS**HOTEL LIBOMBOS**

Namaacha

Cel: +258 84 3909999

paraisodechid@teledata.mz

COMPLEXO TURISTICO

DE NAMAACHA LDA

Namaacha

www.mozambiqueaccommodation.co.za

HOTEL XISAKA

Namaacha

Tel: +258 28 267012

SOL LIBOMBOS HOTEL AND CASINO

Rua Principal

Namaacha, 2106

Tel: +258 21 960105

Fax: +258 21 960099

**COMPLEXO PIRI PIRI HOTELARIA
E TURISMO LDA**

R Clube 2 105, Namaacha

Tel: +258 21 960270/
+258 28 267007

COMPLEXO PEQUENOS LIBOMBOS

Pequenos Libombos Dam

Tel: +258 21 759272



MACANETA ISLAND ACCOMMODATIONS

MACANETA HOLIDAY RESORT

Tel/Fax: +258 21 7594 10
macanetalodge@tdm.co.mz
www.macanetaaccommodation.com

CALANGA BEACH RESORT

Macaneta, Marracuene
Tel: +258 84 6383023
calangabeachresort@sft.org.za
www.mozambiquecalanga.co.za

CYCAD BEACH LODGE

Macaneta, Marracuene
Tel: +258 84 4594757
+258 84 7671595
zal01@telkomsa.net

ESPERANCA DO MAR

Macaneta, Marracuene
Tel: +27 21 7105800
www.safarinow.com

JAY'S BEACH LODGE

Macaneta, Marracuene
Cell: +258 84 8630714
alna@jaysbeachlodge.co.za
www.jaysbeachlodge.co.za

PISANE LODGE MACANETA

Macaneta, Marracuene
Tel: +27 21 7105800
www.safarinow.com

BARCO'S DE MACANETA LODGE

Macaneta, Marracuene
Tel: +27 21 7105800
www.safarinow.com

MODKAYA BEACH HOUSE

Macaneta, Marracuene
Tel: +27 21 7105800
www.safarinow.com

CUBEKAYA BEACH HOUSE

Macaneta, Marracuene
Tel: +27 21 7105800
www.safarinow.com

COMPLEXO TURÍSTICO DA MACANETA

B° Macaneta-Marracuene
Tel/Fax: +258 21 759410

LUGAR DO MAR

Macaneta Island
Cell: +258 84 0260409
elmarie@lugardomar.com
www.lugardomar.com

PONTA MAMOLI ACCOMMODATIONS

PONTA MAMOLI RISORT

Ponta Mamoli, Zitundo
Tel: +27 35 5928100
Fax: +27 11 268 0042
Cell: +258 84 5456075
bookings@pontamamoli.com
www.pontamamoli.com

WHITE PEARL RESORTS

Ponta Mamoli, Zitundo
Tel: +27 21 7105800
www.whitepearlresorts.com



Border Procedures

Drive up to the Mozambican Border gate from South Africa: Make sure you stop to collect a gate pass. The gate pass indicates your registration number and how many people are in the car. In the event it is not filled in by the customs officer, you can fill it in inside when filling in car papers.

- Drive up to the first building, park on the left side and go inside the building – all the persons in the car. This is important on the South African side;
- If you have anything to declare for a tax refund visit the Tax Desk on how to declare goods.
- If your car is a S.A registered vehicle, fill in the form at the desk. The customs agent will stamp it and give you back a copy as well as a gate pass;
- If your car is registered in Mozambique, just sign the copy of the paper you received at the S.A border when you left and hand it to the agent. He will keep it and stamp your gate pass.
- Proceed to the passport queue to get your passport and gate pass stamped.
- Go back to your car and drive to the gate. Hand the gate pass to a customs agent.

MOZAMBIQUE BORDER: YOU ARE NOW DRIVING UP TO THE MOZAMBIKAN CHECK POST

Stop at the gate a customs agent will write your registration number, the date and number of people in the car on a gate pass and hand it to you. All foreigners need a valid visa (if required) so check this prior to arriving at the border or “Dire” (resident permit for Mozambique):

- If there are a lot of trucks parked on the left, you may pass them – park on the left side of the building and go inside;
- One person can handle the passports and another person the car papers. It is required that all persons present themselves with passports;
- At times it is possible to get an entry visa at the border, but take note that this takes time, and you should try and obtain a visa before arriving;

If your car is a S.A registered vehicle, you will have to fill out a form (includes Chassis, engine details, value of the car, insurance details, driver details and owners details). The agent will give you a copy and stamp your gate pass. It is compulsory for S.A registered vehicles to get Mozambican third party insurance. This can be obtained in the customs hall at one of the two Insurance desks – on your left when you enter the hall. Please note the Driver to present a certified copy of the Certificate of registration for the Car and if you are not the owner of the car then a Letter of Authority from the owner is required that is certified;

- If your car is a Mozambican registered vehicle, hand the agent the copy of the paper you received when you left Mozambique and the gate pass to stamp. He will keep the copy of the vehicle paper and hand you back the gate pass;
- Go outside to find a customs agent to inspect your vehicle. He will ask you if you have anything to declare (If you have items to declare this must be done according to procedures with the customs agents). He might still want to inspect the content of the vehicle even if you have nothing to declare and will then sign the gate pass.

DECLARING GOODS AT THE MOZAMBIKAN BORDER

- After getting the gate pass stamped at the desk for vehicle papers and completed the handling of the vehicle forms, proceed outside to find a customs inspector to inspect the goods. Sign the gate card and declare if you have anything.

- If you have nothing to declare, he will inspect the vehicle and sign the gate pass.

- You may now proceed to the exit gate where you hand in the form to the inspector. Goods to declare;

- After getting the gate pass stamped at the desk for vehicles and completed the handling of the vehicle forms, proceed outside to find a customs inspector to inspect the goods – please take note of this person's name and face as he will have to sign your gate pass once the duty has been paid. The inspector will make a notification on the back of the gate pass.

- Go to the relevant desk where the duty is assessed and clearance papers are made up;

- Proceed to the inside desk – next to the vehicle paper desk – to pay the duty. The forms will also be stamped;

- Go outside and find your “original customs inspector”, he will then sign your gate pass;

- You may now proceed to the exit gate and hand in the gate pass to the inspector at the gate.

Goods to declare:

All Cars: Declaring all goods in your Vehicle:

All commercial goods in your car to be declared through clearing agents at Lebombo Customs Clearance centre (KM7) with all valuables such as Cameras to be registered as well as your Car

- If the value of the goods have to be declared and have to go through “Frigo” in Matola. You will need to leave the goods at the border and collect it again approximately 2 weeks later in Matola. So please make sure you check the value of your goods prior to arriving at the Border and customs clearance procedures to avoid any complications. You can use an import/export company that will transport the goods, handle the formalities and deliver it to your door.

In regard to Freight or Commercial Clearance that need to be declared at Lebombo Commercial Clearance (KM7) using a Clearing Agent that is validated and processed by Customs as well as the Police customs (1B). Truck driver go through Immigration and then go through a check with Police and Customs at Port 5. Between 6 and 7 Customs and border Police will also check goods. VAT is then claimed after goods cleared in Mozambique

TAX REFUNDS AT R.S.A BORDER (that does not require official Importation with a clearing agent) (only applicable to non-SA residents)

- After you have parked your car inside the gates, go inside and get receipts stamped at the customs desk. Only receipts that have a tax invoice number will be accepted;
- Go outside and locate a customs agent to inspect the goods, to sign and stamp your form;
- Go inside to the VAT refund desk to collect your cheque.

TAX REFUNDS AT R.S.A BORDER

(using clearing Agents – Please check the Value of the goods if you require a clearing Agent)

(only applicable to non-SA residents)

- Before going through the gate on the S.A border, you will see caravans and tables located alongside the road, these are the clearing agents who will fill out a form for you;
- After you have parked your car inside the gates, go inside and get your forms and receipts stamped at the customs desk. Only receipts that have a tax invoice number will be accepted;
- Go outside and locate a customs agent to inspect the goods, to sign and stamp your form;
- Go inside to the VAT refund desk to collect your cheque.

For more Useful information you can visit: www.mcli.co.za

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+27 (0)13 752 5453
+27 (0)83 555 6025

Email: admin@mcli.co.za



MCLI, the Maputo Corridor Logistics Initiative, is a non-profit organisation consisting of Infrastructure Investors, Service Providers and Stakeholders from Mozambique, South Africa and Swaziland who are focussed on the promotion and further development of the Maputo Development Corridor (MDC) as the region's primary logistics transportation route.

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21 488 896 (Comercial)
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Private Schools

THE AGA KHAN ACADEMY SCHOOL
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GRANDEUR INTERNATIONAL SCHOOL
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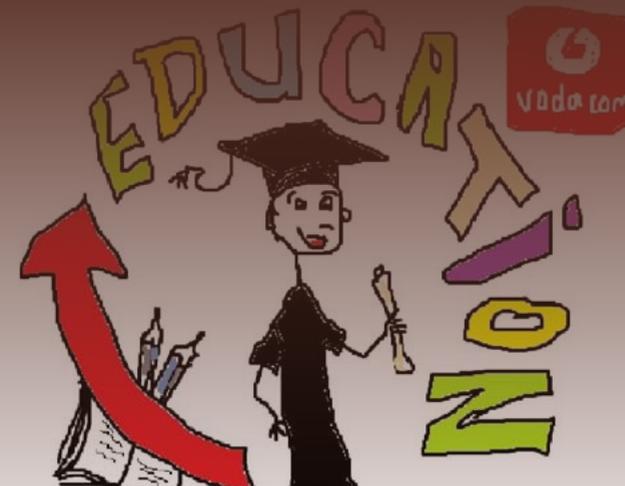
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LYNDEN LANGUAGE SCHOOL
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NOVA ESCOLA DE LÍNGUAS
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Rental Guide - Prices

“Sommerschield” or Sommerschild 1:

This area is near the Embassy Of America, which is situated on Kenneth Kaunda. Roads such as Joao 3 and 4 (these roads have now been renamed), including all the areas east and west of Kim Il Sung. In principle this area is situated between Julius Nyerere (up to Polana from Kenneth Kaunda) on one side, all the way to the border of Coop (this road is called Rua dos Presidentes renamed as Rua de Franca) and borders the area Polana (Rua Mao Tse Tung) on the other side. Recognised as the “diplomatic enclave”, this is a very desirable area with attractive houses and smaller gardens (in relation to Somm 2).

The houses are usually joined (semi detached) and when we mention gardens, they have approx. 3sqm in front and about 10sqm at the back. There are larger free

standing homes, or semi- detached on Avenida Zimbabwe for example but are rare to find. Maputo is in fact a small city and even though we are in Africa, the houses do not have a lot of space around them or large gardens. Sea views from houses are so rare and this must be the greatest disappointment for most expats. On Julius Nyerere after Kenneth Kaunda in the direction towards the Portuguese school on the hill you will find large homes which were for rent and some complexes such as Sunview, Casa Propria and Sommerschild Estates phase2 but these properties have rentals that start from usd 6000.00 upwards. Apart from the rentals having escalated houses are rare to find, when one does become available in the complexes, there is a mad scramble to close the contract!

| APARTMENTS | LOW | MEDIUM | HIGH (USD) |
|------------|---------|---------|------------|
| 2 Bedrooms | 3200.00 | 3500.00 | 4500.00 |
| 3 Bedrooms | 3500.00 | 4000.00 | 6500.00 |
| 4 Bedrooms | 4000.00 | 5500.00 | 8000.00 |

- These prices quotes are flexible, pending status of apartment, elevator, entrances, parking availability etc
- It should be noted on all the above “smaller” homes for rent : In all probability apartments in this area will not support generators or water tanks, not would it allow for the Embassy’s necessary security upgrades.

| HOUSES | LOW | MEDIUM | HIGH (USD) |
|---------------------------------------|---------|---------|------------|
| 3 Bedrooms/rooms (approx Sqm 200-250) | 4500.00 | 5000.00 | 5500.00 |
| 4 Bedrooms/rooms (Approx 250 -300) | 5000.00 | 6000.00 | 7000.00 |
| 5 Bedrooms/rooms (Approx 300-350) | 6000.00 | 7000.00 | 8000.00 |
| 6 Bedrooms/rooms (Approx 350 upwards) | 8000.00 | 9000.00 | 10000.00 |

SOMMERSCHILD B

(Also known as Sommerschild 2 – Extension Of Julius Nyerere)

This is area which is approx 13 years “old” is in high demand due to the large homes and is located 5 kms from the city centre and 5 minutes from the Polana Hotel, along Julius Nyerere, towards University Eduardo Mondlane. This correct name for the area is Polana Caniço. This area runs further down past the Portuguese school to an area know as the “fish market” area. Many new homes are completed on a monthly basis as the area grows to accommodate new families and construction. The area consists of large, new homes

ranging from 4 to 10 rooms. Some have pools which is needed as there are 2 “social clubs” that allow members to utilize the pool but are heavily congested. The American School is 3kms away due to the new road that has been extended from Julius Nyerere and is at present been reconstructed. Waste removal is still an issue and individuals have to dispose of their refuse.

Many Embassies have approved security of this area during 2003. Many houses have sea view with “larger” gardens in comparison to Sommerschild 1, therefore making the area very attractive to expatriates who are looking for larger homes or at least

| HOUSES | LOW | MEDIUM | HIGH (USD) |
|---------------------------------------|---------|---------|------------|
| 3 Bedrooms/rooms (approx Sqm 200-250) | 5000.00 | 5000.00 | 5500.00 |
| 4 Bedrooms/rooms (Approx 250 -300) | 5500.00 | 6500.00 | 7500.00 |
| 5 Bedrooms/rooms (Approx 300-350) | 6500.00 | 7500.00 | 8500.00 |
| 6 Bedrooms/rooms (Approx 350 upwards) | 7500.00 | 9000.00 | 12000.00 |

THE COOP AREA

This area is controlled by the Coop Co-operation, (a government body), but there are also privately owned homes in the area. Housing consists of double, or triple storey houses and apartments ranging from 2 - 4 bedrooms, both furnished and unfurnished. This area has good supermarkets and many smaller shops and offices are in walking distance. The rents in this area have dropped due to many people moving into the newer buildings and houses that have been constructed. We find the Embassies do not house their staff in this area due to security and the fact the houses are very close together with small outside areas.

| HOUSES | LOW | MEDIUM | HIGH (USD) |
|--|-----------|---------|------------|
| 3 Bedrooms/rooms (approx Sqm 200-250) | 3000.00 | 4000.00 | 5000.00 |
| 4 Bedrooms/rooms (Approx 250 -300) | 4000.00 | 4500.00 | 5500.00 |
| 5 Bedrooms/rooms (Approx 300-350) | 4500.00 | 5000.00 | 6000.00 |
| 6 Bedrooms/rooms (Approx 350 upwards) | 50 500.00 | 6000.00 | 7000.00 |



BAIRRO POLANA 1, 2 AND 3

This area is situated adjacent to Sommerschield and covers a wide range of homes. Many houses are older and show a strong Portuguese influence in their architecture and design. You will find homes that have been beautifully refurbished but often an older apartment building overlooks the garden and the house. Houses can be large and many have been converted from one house into two semi-detached houses. This area has become very popular since many expatriates have relocated into Mozambique due to projects such as Mozal (aluminum smelter) project. One section of the Polana is reserved to house government and military officials and their families. The Catholic Church, with an English service is located in this neighbourhood. This connects “the diplomatic enclave” with the rest of the town where a number of apartments overlook the Bay of Maputo. You will find the building called Polana Shopping Centre or Cimpor here, on the opposite side of Peri-Peri on the corner of Julius Nyerere

| HOUSES | LOW | MEDIUM | HIGH (USD) |
|--|---------|---------|------------|
| 3 Bedrooms/rooms (approx Sqm 200-250) | 3500.00 | 4500.00 | 5000.00 |
| 4 Bedrooms/rooms (Approx 250 -300) | 4500.00 | 5000.00 | 5500.00 |
| 5 Bedrooms/rooms (Approx 300-350) | 5500.00 | 6000.00 | 6500.00 |
| 6 Bedrooms/rooms (Approx 350 upwards) | 6000.00 | 7000.00 | 8 000.00 |

AVENIDA JULIUS NYERERE AND FREDERICK EN

and 24 de Julho. This building has furnished and unfurnished apartments with modern furniture and the kitchens are equipped with crockery and cutlery. The apartments range from ½ bedrooms-4 bedroom-penthouses. Most apartments have spectacular sea view and very good security. Six-month contracts are accepted. The building has 6 elevators, underground parking, 24-hour security, a shopping centre, office space to rent and much more.



| HOUSES | LOW | MEDIUM | HIGH (USD) |
|--|---------|---------|------------|
| 3 Bedrooms/rooms (approx Sqm 200-250) | 4000.00 | 4500.00 | 5000.00 |
| 4 Bedrooms/rooms (Approx 250 -300) | 5000.00 | 5500.00 | 6000.00 |
| 5 Bedrooms/rooms (Approx 300-350) | 6000.00 | 7000.00 | 8000.00 |
| 6 Bedrooms/rooms (Approx 350 upwards) | 7000.00 | 8500.00 | 9000.00 |

THE BAIXA

In the Baixa you will find a large and functional looking apartment/office block of 33 floors. This is called 33 Floors or 33 Andars. The lower floors are being rented out to banks and various other companies and organisations. The large banks are located in this area (25 de Setembro) and many shops and offices have opened in refurbished buildings. Large projects are underway to totally revamp this area. Many shopping facilities are in the vicinity as well as the central open market. There is also a large shopping centre known as the “Inter Franka”. In the rest of the Baixa apartments are available, but can be of poor quality.

BAIRRO TRIUNFO

The triumph of the Bairro – reclaimed land that can be found on route to the Costa Da Sol restaurant. As you drive along the beach road with large palm trees on one side, you will reach a residential area that has many new and old houses. You can find a large 8-bedroom house next to a small 2-bedroom house. The roads are sand roads except for 5th Avenue that has been tarred and has a small school. A new area has been developed near the American School with many new houses and residential complexes. These are very popular due to the fact that expatriates can live in a relatively secure environment. This area is in fact, called Sommerschild, so do not get confused. The Fish Market is located in this area, as well as the fish restaurant Gavote, at the Maritimo Club. You can sit on the beach while eating prawns, lobster or fresh crab. This area also has mostly sand roads and water and electricity cuts are experienced.

Plans are nearly completed for the development of further areas. Below is an indication of prices for houses found in Bairro triunfo from “0” Avenue to “11”th Avenue. From “0” Avenue to “5”th Avenue houses are approx 30 years old with newer houses having been built in the last 8 years in between older homes. The prices below are for either newer homes or homes refurbished to a high level, which would include new bathrooms and modernized kitchens with properties approx 400 sqm each.

| HOUSES | LOW | MEDIUM | HIGH (USD) |
|--|---------|---------|------------|
| 3 Bedrooms/rooms (approx Sqm 200-250) | 3500.00 | 4500.00 | 5500.00 |
| 4 Bedrooms/rooms (Approx 250 -300) | 4500.00 | 5500.00 | 6500.00 |
| 5 Bedrooms/rooms(Approx 300-350) | 5000.00 | 6500.00 | 7500.00 |
| 6 Bedrooms/rooms (Approx 350 upwards) | 6000.00 | 7000.00 | 9000.00 |

WASTE REMOVAL

Waste has become an issue and the early part of 2002, where waste was not removed, created a serious problem in Maputo. We suggest that all waste is collected in large plastic bags that are well sealed. You can either hire a company to collect or you can drive out to the rubbish dump, which is not a secure area. You will also see large waste containers on some roads where waste should be deposited. If the waste bins are overflowing, do not add to them but take the responsibility of either organising the disposal as mentioned above.

PUBLIC TRANSPORT

Inadequate. A private car is essential but buses are available (usually for locals) and are very overcrowded. The main taxi ranks are in the central market, the Polana Hotel and the Cardosa Hotel and taxis should be booked in advance. A car can be rented from the various companies we have listed under Car Hire with rates around USD 70 per day.

ACCOMMODATION AVAILABILITY

It is not easy to find a good apartment or house as there is a great demand for such accommodation with more and more expatriates moving to Mozambique over the last few years. Houses with 4 bedrooms and large gardens, swimming pools that are in good condition, are the most difficult to find, especially if your budget is around USD 2000.00. Most of the houses do not have large gardens but have gardens (3sqm) in the front and back of the houses – houses are not usually freestanding.

It should be noted that even if the houses are classified with 5 rooms for example, not all the rooms are bedrooms but rather studies or tv rooms with no cupboards for example. Some rooms of course need not be used as bedrooms, but as second lounges, studies, children’s playrooms etc. The newer houses with larger gardens, swimming pools, modern kitchens and bathrooms are rented between USD 5500.00 and USD 8000.00. This does not include the large villas overlooking the bay.

Complexes such as Casa Propria and Sommerschild Estates as mentioned above have shown a huge increase in rentals, due to the demand for a secure living environment coupled with a huge demand from the market due to new investors and a serious lack of properties.

Please remember this is a guide and yes, you can find houses for an amount cheaper or maybe more expensive than what we have indicated but most houses of a good quality, of a standard that expats are looking for will fit into the above guideline.

Rentals can be negotiated depending on the term of the contract, payment conditions (for example 6 months rental paid in advance in USD) can be taken into consideration and used to negotiate rentals.

*There is 14% income/Rental tax that landlords have to pay to government. You will find that most landlords state the rental they require and add that this tax must be added to the rental amount. Make sure this is clarified before progressing with rental contracts and to avoid.

SERVICE CHARGES: Maintenance costs are payable by the tenant. When I mention maintenance, I am referring to light bulbs, painting walls etc. Please note that the landlord is responsible for the structure of the property. The largest disputes are over water-pumps and geysers/hot water-boilers. The issue arises when the pump is broken and who is responsible for the repair. Was it due to negligence or should the owner pay. These are issues that you must clarify before you sign a contract, as this could become a point of dissention later.

Sewerage is in the form of septic tanks, which cost USD 80 every six months-one year to be emptied. Lifts in buildings are unreliable and it is advisable to use the stairs in older buildings. Refuse collection is erratic. Pest control is essential. Most people employ the services of a gardener who will also take the refuse to local municipal bins and clean pathways and driveways. The watchman/guard also sweeps the driveways. Official guards are often not allowed to wash cars or do gardening by the company, as this is not their function. Wackenhut does allow their guards to do outside chores because they feel it relieves them from boredom and can encourage the guards to feel more responsible for their location and gives them some pocket money.

UTILITIES: Utilities are not included in rental prices for either apartments or house. Electricity bills for the average 4-bedroom house in Sommerschild is approximately USD 200.00 – USD 400.00 per month. This depends on the use of equipment such as fridges and air-conditioners. Apartments usually pay less for electricity consumption. Water bills (delivered by the municipality) cost approximately USD 50 – USD 150 per month. Water delivered by private companies when there are water cuts, cost around Mts. 600 000 for 10 000 litres of water.



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Cell: +258 84 2536995
nucleodearte@gmail.com
nucleo.dearte@yahoo.com
www.africaserver.nl/nucleo

CENTRO CULTURAL FRANCO MOÇAMBICANO

Av. Samora Machel 468 - Maputo.
Tel: +258 21 320787/314590
/314599/308045
Fax: +258 21 314600
info@ccfmz.mz.com
www.ccfmoz.com

ARTES UNIVERSAL MAKONDE

Av Martires de Machava
Tel: +258 21 495987/21 303707

ICMA - INSTITUTO CULTURAL MOÇAMBIQUE ALEMANHA

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info@icma.org.mz

INSTITUTO CAMÕES CENTRO CULTURAL PORTUGUÊS

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Av. Julius Nyerere, 720
Tel: +258 21 493892
Fax: +258 21 498111
ic-ccpmaputo@tvocabo.co.mz

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Av. Albert Luthuli, 1719 R/C
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amcarlos2@hotmail.com

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Collection of local art and artistic gifts
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MUSEU CHISSANO

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CENTRO CULTURAL BRASIL - MOÇAMBIQUE

Portuguese Course, exhibitions, theater, cinema, dance (capoeira), library
Av. 25 de Setembro, 1728
Tel: +258 21 306840
Fax: +258 21 306772
ceb.eventos@tvocabo.co.mz

CENTRO DE ESTUDOS BRASILEIROS

Av. 25 de Setembro, 1718
Art on display

NANEBAAH GALERIA ESPLANADA

3rd Avenue on the road of Police Station, Bairro Triunfo
Maputo, Mozambique

SCHOOL & GALLERY EUGENIO DE LEMOS

Av. Salvador Allende
Tel: +258 21 491492

MURAL DOS HEROIS

Located on the road to the airport opposite the Ministry of Agriculture or In the garden at the Natural History Museum ("Man's Struggle against Nature) by Malangatana or a metal sculpture by Eugenio de Lemos, is on the grounds of the TDM Building

THE NATIONAL GEOLOGY MUSEUM

Av. 24 de Julho
Tel. +258 21 313508

THE REVOLUTION MUSEUM

Av. 24 de Julho
A remarkable account of Mozambique's. Independance struggle.

NATURAL HISTORY MUSEUM

Gothic architecture on Praca Travessia do Zambeze (near Cardoso Hotel), that houses a unique collection of animal exhibits, indigenous artifacts, and ofcourse the famous elephant foetus.

FORTRESS SENHORA DA CONCEICAO

located in the praca 25 de Junho (otdoor Artist market is situated diagonally opposite every Saturday) has a Military collectionally with various art works and works in Bronze.

Artsambique Lda

Rua Mukumbura, nº453
Tel: +258 21 497374

Atelier Muando

Av. Paulo S. Kankhomba, nº 2311
Tel: +258 21 401807

Galeria de Arte Chitlango

Av. 24 de Julho, nº 979, 12º
Tel: +258 21 303227

Artes Mondlane

Av. Ho Chi Min, nº1361, First Floor
Tel: +258 21 327976

ESPAÇO JOAQUIM CHISSANO - BCI

Rua Joaquim Lapa, 21
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www.bci.co.mz

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Hobbies & Activities

ART

ESCOLA DE ARTES VISUAIS

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CENTRO JUVENIL DE ARTESANATO MOZARTE

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eliaswiliana@yahoo.com.br

ESCOLA NACIONAL DE ARTES VISUAIS

Artesanal
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Tel: +258 21 322439/21 428847
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CASA DA CULTURA DO ALTO-MAÉ

Av. Albert Luthuli, c/
Av. Albert Luthuli, 1719 R/C
Tel: +258 21 408926 amcarlosz@.com

ASSOCIAÇÃO DOS ESCRITORES MOÇAMBICANOS

Av. 24 de Julho, 1420
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aemo.escritores@gmail.com
www.aemo.org.mz

BASKETBALL

MAXAQUENE BASKET CLUB

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Near the mCel Building

FERROVIARIO BASKET CLUB

Av. 25 de Setembro
near the Laurentina Company

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CANOE

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CINEMA

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Tel: +258 21 308307 / 21 308768
gilvicente@teledata.mz
www.teledata.mz

CINEMA CHARLOT

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Tel: +258 21 301904

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Fax: +258 21 314600
info@ccfm.com
www.ccfmoz.com

ASSOCIAÇÃO CULTURAL DA CASA VELHA - TEATRO MAPIKO

Av. Patrice Lumumba, 376 r/c
dtappahy@gmail.com

CICLISMO

CLUBE DE CICLISMO DE MOÇAMBIQUE

Av. Kwamne Kruma, 736
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info@copaciclismo.com
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www.ciclismo.co.mz
www.betinhobikes.com

DANCING

KDANCE

Escolas de kizomba
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www.facebook.com/kdanceproject

CENTRO CULTURAL BRASIL - MOÇAMBIQUE

Dança (Capoeira)
Av. 25 de Setembro, 1728
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ceb.eventos@tvcabo.co.mz

ESCOLA NACIONAL DE DANÇA

Rua de Bagamoyo, 71 1º andar
Tel: +258 21 420504

INSTITUTO CAMÕES - CENTRO CULTURAL PORTUGUÊS

Escola de Dança
Av. Julius Nyerere, 720
Tel: +258 21 493892
Fax: +258 21 498111
ic-ccpmaputo@tvcabo.co.mz

CASA DA CULTURA

Escola de Dança
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Tel: +258 21408926

CASA DO GAIATO DE MAPUTO

Escola de Dança
Boane
Tel: +258 21759217/ 21758296

COMPANHIA NACIONAL DO CANTO E DANÇA

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sites.google.com/site/centrohipic

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secretaria.golfinhos@gmail.com
golfinhos.de.maputo@gmail.com
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MR. PRICE

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POKO STRESS

Cell: +258 84 6394515

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www.progym.co.mz

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www.sparkle-cdsl.com

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2. Jackpot
3. Internet and BlackBerry
4. My Vodacom
5. Mudar o Idioma

1. Internet Packages
2. Internet Settings
3. BlackBerry Packages
0. Back

1. Purchase
2. Balance Enquiry
0. Back

1. Individual Packages (BIS)
2. Corporate Packages (BES)

1st
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Reply **3**. Internet and **BlackBerry**

2nd
Reply **3**. Blackberry Packages.
Reply **1**. Purchase.
Choose the package you want and that's it.

Terms & Conditions:

- One notification message will be sent to the client three days before the expiration date of the package.
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- BlackBerry service does not apply to BlackBerry Z10. For this device it's necessary to get an internet package.

Polana Shopping Centre

Av. de 24 Julho

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estilistacarlasilva@hotmail.com

MAESTRO BOUTIQUE
SHOP 33
maestro@tdm.co.mz
samirakhoja@gmail.com

FARMÁCIA APOTHEKA
SHOP 45
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farmácia.apotheka@hotmail.com
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Fax: +258 21010851
Cell: +258 823980840
mangos@hotmail.com

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brithol@brithol.com

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Cell: +258 84 3911100

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IMPORTING YOUR PET TO MOÇAMBIQUE

All animals entering Moçambique require an Import Permit. We can obtain this for you. Your animal must have valid Rabies vaccine, canine/feline inoculations and an international health certificate, endorsed by government veterinarian from the point of departure. Please note that the EU vaccination booklet is not a valid health certificate for entry into Mozambique.

Before we can obtain your Import Permit we require the following:

1. Full name of importer
2. Copy of pets vaccination records
3. Address in Mozambique and country of departure
4. Name of entry border
5. Puppies under 3 months old can travel with their mothers vaccinations

The import procedure varies depending if your pets arrive by road, excess luggage or manifest cargo. Please contact us for more detailed information.

EXPORTING YOUR PET FROM MOÇAMBIQUE

All animals being exported from Moçambique will need:

- Valid vaccinations
- Health certificate
- Export permit, endorsed by the state vet

In addition:

Most African countries require an Import permit.



When transporting you pets to an EU country, please note that the procedure can take up to 4 months. Your pet will need (In this order!):

- 🐾 Microchip
- 🐾 Rabies vaccine
- 🐾 RNATT test (Rabies antibodies)
- 🐾 3 month waiting period
- 🐾 EU Health certificate
- 🐾 Export permit

Importing your pets to South Africa requires the following:

A. All dogs, cats, reptiles and primates need to have been implanted with a microchip for identification and need a South African health certificate. For dogs the quarantine period is 5 to 14 days, there is no quarantine for cats. Import permit is required.

B. The blood tests (for dogs only) may be done WITHIN 30 DAYS before travel.

C. Dogs are NOT allowed into South Africa by road, entry only at Johannesburg or Cape Town airports.

When transporting your pets via South Africa to SADC country you will need to obtain an in transit permit, the pets need to be micro chipped and dogs have the blood test done.

When transporting via South Africa to non-SADC country you will only need the in transit permit. There is no quarantine when animals are in transit.

As the Import rules vary hugely depending on the country of destination and the means of transport it is advisable to start preparing the transportation as early as possible. We can help to make your pet's travel as smooth as possible. Please do not hesitate to contact Satu for more information.

NOTE:
Mozambique is a high risk rabies country and your animals should have valid rabies at all times. On a time of travel the rabies vaccine can't be more than a year or less than 30 days old.



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Bibliography

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