



## Mozambique Basics

<b>Official Name</b>	Republic of Mozambique
<b>Total Area</b>	801,590 sq km
<b>Total Population</b>	21.5 million
<b>Capital Cities</b>	Capital – Maputo Popular Tourist Areas – Beira, Pemba and Bazaruto
<b>National Emblems</b>	<u>National Flag</u> Green – the riches of the land Black – the African continent Yellow – the mineral riches White – peace Red – the struggle for independence Yellow Star – solidarity of the people and socialistic beliefs of the country Book – the importance of education Hoe – agriculture Gun – defense of freedom
<b>Official Languages</b>	13 national languages with Portuguese being the official language. English is not widely spoken – predominantly in the southern tourist regions.
<b>Religion</b>	Christian, Muslim and other indigenous religions
<b>Public Holidays</b>	New Year's Day – 1 January Heroes' Day – 3 January Women's Day – 7 April Workers' Day – 1 May Independence Day – 25 June Lusaka Accord Day – 7 September Armed Forces Day – 25 September Peace Day – 4 October Family Day – 25 December
<b>Provinces</b>	10 provinces: Cabo Delgado, Gaza, Inhambane, Manica, Maputo, Cidade de Maputo*, Nampula, Niassa, Sofala, Tete, Zambezia (*City)
<b>Time</b>	GMT +2
<b>Electricity</b>	Electrical current is 220 volts AC, 50Hz. The rounded three-pin plug is common, particularly near the border with South Africa and in Maputo. Two-pin plugs (both flat and round) are also used.

<b>Money</b>	The official currency is the New Metical (MZN), which is divided into 100 centavos. In the southern parts of the country, South African Rand, US Dollars and Pounds Sterling are also accepted to pay for accommodation. Credit cards are accepted in some upmarket hotels in Maputo, but facilities throughout the rest of the country are limited. It is advisable to carry cash or travellers cheques. ATMs are limited and tend to be unreliable, but local banks have branches in most cities.
<b>Entry Requirements</b>	<p><u>USA, UK, Canada, Australia, New Zealand, Ireland</u> A valid passport and 30 day visa is required to enter Mozambique</p> <p><u>South Africa</u> A visa is not required for stays of up to 30 days</p> <p>For more information, visit: <b><u><a href="http://www.mozambiquehc.org.uk">www.mozambiquehc.org.uk</a></u></b> or <b><u><a href="http://www.visitmozambique.net/uk/mocambique">www.visitmozambique.net/uk/mocambique</a></u></b></p>
<b>Passport / Visa Notes:</b>	A 30 day visa for business or tourist purposes can be obtained on arrival. However it is strongly recommended that visitors apply for visas in advance due to frequent problems with the “visa on arrival” service. Visitors must have all tickets and documents necessary for return or onward journeys, as well as sufficient funds for their duration of stay. Any visitor who has been to a country where yellow fever exists must present a valid yellow fever vaccination certificate on arrival, or face vaccination at a cost.
<b>Duty Free</b>	Travellers to Mozambique may enter the country with the following items without incurring customs duty: 200 cigarettes or 250g tobacco, perfume for personal use, and 750ml of spirits.
<b>Health</b>	Visitors require a yellow fever certificate if travelling from infected areas. Malaria is a risk throughout the year in the whole country. Cholera and other water-borne diseases are prevalent during the rainy season. Diseases caused by unsanitary conditions are common throughout the country, and untreated water should be considered unsafe to drink. Tuberculosis (TB) is a prevalent and ongoing health issue. Hospital facilities are generally poor and outside the major cities of Maputo and Beira medical facilities are limited. Comprehensive medical insurance is essential and it is recommended that visitors carry personal medical supplies with them.
<b>Safety</b>	Many unexploded landmines lie scattered about the country so it is extremely risky to wander off well-travelled paths and roads. Local information should be sought before going off-road outside provincial capitals. In the cities, muggings, bag snatching and pick-pocketing is common and visitors are advised to be alert in public places and to keep valuables out of sight. All visitors, especially women, should not walk alone on any beach and should avoid walking about at night. Overland travel after dark is not recommended. Police checkpoints are common. Many roads can become impassable in the rainy season (November to April).
<b>Customs</b>	<p>Taking photographs of public buildings is prohibited by law. Identity documents should be carried at all times. Drugs are strictly prohibited and a permit is required for firearms and ammunition. Modest dress and behaviour is encouraged, especially from women.</p> <p>The culture, customs and traditions of Mozambique are influenced by Portuguese music and dance, African and Portuguese cuisine, tribal culture art and architecture from the colonial era.</p>

<b>Business</b>	Conducting business in Mozambique can be difficult as many people only speak Portuguese, or their own ethnic language. Generally business in Mozambique follows the Portuguese model in terms of business etiquette - punctuality is important. Dress is usually conservatively and modest behaviour is encouraged. Meetings usually start and end with a handshake and business cards are exchanged. Business hours are usually 7.30am or 8am to 12.30pm and 2pm to 5.30pm Monday to Friday.
<b>Tipping</b>	A tip of 10% is often expected in tourist areas
<b>Communications</b>	The international dialling code for Mozambique is +258. The outgoing code is 00 followed by the relevant country code (e.g. 0027 for South Africa). City/area codes are also in use, e.g. (0)1 for Maputo, (0)22 Xai Xai. Outgoing international calls, other than for South Africa, must go through the operator. Two mobile phone GSM 900/1800 networks provide limited coverage in and around Maputo, Beira, some coastal locations and a few other isolated towns. Internet cafes are available in Maputo.
<b>Useful Contacts</b>	<p><u>Tourism</u> National Tourism Fund (FUTUR), Maputo: +258 21 307 323, Empresa Nacional de Turismo (ENT), Maputo: +258 21 420 147 Website: <a href="http://www.visitmozambique.net/uk/mocambique">www.visitmozambique.net/uk/mocambique</a></p> <p><u>Mozambique Embassies</u> Mozambique Embassy, Washington DC, United States (also for Canada): +1 202 293 7146 Mozambique High Commission, London, United Kingdom: +44 (020) 7383 3800 Mozambique High Commission, Pretoria, South Africa: +27 (0)12 401 0300</p> <p><u>Foreign Embassies in Mozambique</u> United States Embassy, Maputo: +258 21 492 797 British High Commission, Maputo: +258 21 356 000 Canadian High Commission, Maputo: +258 21 492 623 Australian Consulate, Maputo: +258 (0)1 322 780 South African High Commission, Maputo: +258 21 491 614/0059 Irish Embassy, Maputo: +258 (0)1 491 440 New Zealand High Commission, Pretoria, South Africa (also for Mozambique): +27 (0)12 342 8656/7/8/9.</p>
<b>Mozambique Airports</b>	<p><u>Maputo International Airport (MPM)</u> Location: 3 miles (5km) northwest of Maputo Time: Local time is GMT +2 Contacts: Tel: +258 (0)1 465 038/9, +258 (0)1 465 036/7, +258 (0)1 465 003 Getting to the city: Buses 18, 24 &amp; 25 run to the city hourly between 4.30am &amp; 10pm and taxis are also available Car rental: Car rental companies include Avis, Hertz and Imperial Facilities: Facilities are minimal and include a bank, restaurant, bar and post office Departure Tax: US\$20, or US\$10 if travelling within Africa</p> <p><u>Beira International Airport (BEW)</u> Location: 6 miles (10km) north east of Beira Time: Local time is GMT +2 Contacts: Tel: +258 (0)3 301 071/2, +258 (0)3 302 011 Getting to the city: There are buses and taxis available to the city centre Car rental: Car hire companies include Imperial and Avis Facilities: The airport has a restaurant, shops and a post office Departure Tax: US\$20, or US\$10 if travelling within Africa</p>

<b>Climate</b>	The climate varies in the different regions of the country, but generally the inland areas are slightly cooler, although more humid than along the coast in the rainy season. Winter is the dry season lasting from April to September, and is the best time to visit the country. The southern parts of the country are generally drier and less tropical than the north. The rainy season coincides with the heat and humidity from October to April. Tropical cyclones can occur during this time causing flooding in coastal areas.
<b>Mozambique “Lingo”</b>	<p>Information provided by <a href="http://www.overlandinafrica.com">www.overlandinafrica.com</a> and <a href="http://www.gotoafrica.com">www.gotoafrica.com</a> and adapted by Green Route:</p> <p>Hello – Hola          Goodbye – Até logo          How much? – Quanto custa?          Please – Por favor          Thank you – Obrigado          Excuse me – Faz favor          How are you? – Como esta?          I am fine – Muito bem obrigado          I am from ... – Eu sou de ...          When – Quando          Where – Onde          Where is bathroom/restaurant/hotel? – Onde e o banheiro/restaurante/hotel?          I don’t understand – Eu não entendo          Do you speak English? – Você fala Inglês?</p>