

Abercrombie & Kent
EAST AND SOUTHERN AFRICA



MOZAMBIQUE

COUNTRY INFORMATION, FACTS & ADVICE

Mozambique

Mozambique, officially the Republic of Mozambique (Portuguese: Moçambique or República de Moçambique), is a country in Southeast Africa bordered by the Indian Ocean to the east, Tanzania to the north, Malawi and Zambia to the northwest, Zimbabwe to the west and Swaziland and South Africa to the southwest. The capital city is Maputo.

Between the 1st and 5th centuries AD, Bantu-speaking peoples migrated from farther north and west. Swahili, and later also Arab, commercial ports existed along the coasts until the arrival of Europeans. The area was explored by Vasco da Gama in 1498 and colonized by Portugal from 1505. Mozambique became independent in 1975, and became the People's Republic of Mozambique shortly thereafter. It was the scene of an intense civil war lasting from 1977 to 1992.

Mozambique is endowed with rich and extensive natural resources. The country's economy is based largely on agriculture, but with industry (mainly food and beverage), chemical manufacturing, aluminium and petroleum production, it is growing. The country's tourism sector is also growing. South Africa is Mozambique's main trading partner and source of foreign direct investment. Portugal, Spain and Belgium are also among the country's most important partners. Since 2001, Mozambique's annual average GDP growth has been among the world's top ten. It still has, however, one of the lowest GDP per capita, one of the worst human development index and inequality ratings and one of the world's worst average life expectancies.

The only official language of Mozambique is Portuguese, with roughly half of the population speaking it as a second language and few as a first language. Languages widely spoken natively include Swahili, Makhuwa, and Sena.

Getting into Mozambique

Please check with your nearest local embassy or high commission for the most up to date information before travelling. Passport holders are responsible for obtaining the required documentation applicable for entry.

Travellers may be required to obtain a visa on arrival depending on nationality. Nationalities from selected African countries are exempt. All other nationalities require a visa on arrival at port of entry. Travellers will need a copy of their hotel reservation and onward flight tickets to obtain a visa on arrival.

All visitors are required to carry a passport that is valid for six months beyond the intended length of stay. Passports should have at least 3 blank pages next to each other per entry.

Travelling with children

Regulations aimed at improving the safety of children travelling in and out of Namibia and Botswana have been implemented. All children under the age of 18 will require an unabridged birth certificate together with a valid passport when travelling to or from any of the above-mentioned countries, as well as travellers in transit with a transit visa. The following documents will be required when travelling:

Child and both parents

- An unabridged birth certificate (UBC)
- A valid passport for the child

Child and one parent

Parent must produce

- An unabridged birth certificate (UBC)
- A valid passport for the child
- A court order (where applicable) / death certificate (of any deceased parent reflected on the UBC) / affidavit confirming the absent parent has given permission for the child to travel.
- Certified copies of both parents' ID / passport.

Child and guardian

Guardian must produce

- An unabridged birth certificate (UBC)
- A valid passport for the child
- A court order (where applicable) / death certificate (of deceased parent/s reflected on the UBC) / affidavit confirming the parents have given permission for the child to travel.
- Copies of parents / guardian ID / passport.
- Contact details of parents / guardian

Child unaccompanied

- An unabridged birth certificate
- A valid passport
- A court order (where applicable) / death certificate (of deceased parent/s reflected on the UBC) / affidavit from both parents or legal guardian confirming permission to travel.
- A letter from the person who will receive the child including their full contact details and residential address and a certified copy of their ID / passport.
- Contact details of parents / guardian.

Keeping Healthy in Mozambique

It is important that you check with a qualified health professional for the most current information concerning your travel itinerary and personal health history.

It is imperative that you obtain malaria prophylactics before entering Mozambique. When purchasing these, please tell your doctor or pharmacist that you intend visiting Mozambique. Whatever prophylactics you use, remember to complete the course as directed after leaving the malaria area. Take precautionary measures to prevent contact with mosquitoes, like: sleeping under a bed net or in a room/tent with mosquito proofing (remember to keep the flaps zipped at all times); spraying your accommodation with insecticide; making use of a mosquito repelling lotion or stick; and wearing long sleeved clothing, trousers and socks when outside at night.

The sun in the southern hemisphere is extremely strong - do wear an effective sunscreen and hat. It is advisable to avoid the noonday sun. Recommended SPF is 30.

Throughout Southern Africa it is safe to eat all foods and drink tap water in cities and towns. Purified water in flasks or bottled water is provided at game lodges throughout the region. You should include an adequate supply (in your hand luggage) of any prescribed medication you may require while traveling.

Travellers with physical disabilities and those who require frequent or on-going medical attention should advise A&K of their health situation at the time of booking (or at the time such a situation occurs should this be after the reservation is made).

Tipping

Tipping is not compulsory. You are travelling on an independent itinerary and the cost of your program does not include gratuities. Tipping is a very personal matter and should only be considered when the staff have gone above and beyond for you. Should you feel, you would like to acknowledge their service, please consider the following as a rough guide, per day.

Type of Service	Number of guests travelling					
	1	2	3	4	5	6
Tour Director	15	30	45	60	75	90
Driver / Guide (Half day)	8	16	24	32	40	48
Driver / Guide (Full day)	12	24	36	48	60	72
Hotel Porters	5	10	15	20	25	30
Professional Guide	15	30	45	60	75	90
Ranger	15	30	45	60	75	90
Tracker	8	16	24	32	40	48
Lodge staff	12	24	36	48	60	72

Please note: Currency is in USD

The above tipping guidelines are recommendations only and are not compulsory. Please use your own discretion in tipping, based on quality of service.

Restaurants

It is customary to add 10% to the bill in restaurants, if the service has been satisfactory.

Taxis

Taxi drivers do not expect to be tipped but they appreciate the fare being rounded up.

Porterage

If you are being transferred by an Abercrombie & Kent representative from the airport to a hotel, then porterage and tipping of porters is already included. Porterage and tipping of porters for transfers from one hotel to another is as above.

Talk the talk

English	Portuguese
Welcome	Bem-vindo (m) Bem-vinda (F), Bem vindos (pl)
Hello	Ola
How are you?	Coma Vai?
I'm fine, and you?	Tudo bem, e você?
Good morning	Bom dia
Good afternoon / evening	Boa tarde
Good night	Boa noite
Goodbye	Adeus (frm) Tchau (inf)
Good luck	Boa sorte
How much is this?	Quanta custa?
Please	Por favor
Thank you	Obrigado (m), Obrigada (f)

Weather

Summer

October - March

Winter

April – September

The average temperature for Mozambique is around 28°C (82.4°F) all year round. The climate varies slightly according to the regions of the country. The coast experiences a sub-tropical climate while the northern parts of the county are tropical. April to September offers a sub-tropical climate and is the best time to visit. May to November is winter with cool temperatures and the least chance of rain. December to April is the wet summer season with brief downpours followed by sunshine. January and February is cyclone season in Southern Mozambique. We advise avoiding the Bazaruto Archipelago during this time.

What to Pack

Casual and comfortable clothing is suitable throughout the year. Smart casual attire is required in city hotel restaurants and golf clubs. All hotels offer extremely quick laundry turnaround, usually within a couple of hours. It is certainly not necessary to bring a separate change of clothing for each day and evening, and it is recommended that you keep luggage to a minimum for your own comfort and ease of transport, especially if you are using light aircraft transfers. The most practical items to pack for safari are:

- Blouses with long sleeves (even in summer, they will protect you from the sun and the mosquitos)
- Cotton t-shirts and tops
- Shorts for the day. Jeans or chinos for evenings and cooler days
- Fleece, sweater or warm jacket for game drives
- Swimwear, snorkel, mask, fins
- Sun block, sunglasses and hat
- Sandals, especially to protect feet against razor clams on Bazaruto Archipelago
- Comfortable walking shoes (hiking boots are not necessary)
- Camera

It is advisable that your clothing be as neutral as possible in the bush (beige and khaki is ideal). If you wear prescription glasses or contact lenses, we recommend that you bring an extra pair of glasses or a copy of the prescription.

Please note that all luxury hotels and most game lodges offer a same-day laundry service (at additional charges). This is a good reason not to pack too many clothes!

Please take note of the below baggage restrictions at OR Tambo International Airport

- Only regular-shaped bags will be allowed to be checked in. This means that the bags must have at least one flat surface to be accepted
- Round or irregular-shaped bags will not be allowed
- Bags with long straps will not be allowed

Passengers who try to check in bags that don't conform to these rules will have the option of having their baggage wrapped with one flat side at airport-approved baggage wrapping stations.

Religion & Etiquette

According to the most recent census conducted by the National Institute of Statistics, 56.1% of the population of Mozambique were Christian, 17.9% were Muslim, 18.7% had no religion and 7.3% adhered to other beliefs.

Religious communities are dispersed throughout the country. The Northern provinces are predominantly Muslim, particularly along the coastal strip, but some areas of the northern interior have a stronger concentration of Protestant or Catholic communities. Protestants and Catholics are generally more numerous in the southern and central regions, but Muslim minority populations are also present in these areas.

The Constitution provides for freedom of religion, and the Government generally respects this right in practice.

Money

Currency

The unit of currency is the meticaís (M) which is divided into 100 centavos. If you are travelling in the southern parts of the country, South African Rands, US dollars and GBP are also accepted and can be used to pay for accommodation. North of Beira - US dollars and GBP are widely accepted.

Credit Cards

Most hotels and resorts accept credit cards as a payment. MasterCard and Visa are widely accepted, with more limited use placed on American Express and Diners Card.

Time Zone

Mozambique follows Central Africa Time, or CAT, the time zone used in central and southern Africa. Central Africa Time is two hours ahead of Coordinated Universal Time, which is the same as the adjacent South Africa.

Shopping

Handmade masks can be bought everywhere on the streets in Maputo. And of course at Bazar Artesanato, the Saturday Market. Ilha de Mocambique is well known for Ancient bead necklaces which are a rarity and a must! Looking for Souvenirs and crafts? You will find it at the back of the Municipal Market. For some reason they try to hide this fairly large section of souvenirs and art objects. Paintings, wooden handicrafts and all sorts of items from real handmade artifacts to absolute kitsch. The odd bit of North American Indian Dreamcatchers is side by side with plastic key chains and wooden Rondavels (traditional round thatch houses).

Because of its location the section practically buzzes when real tourists enter. They are happy to quietly negotiate a price with you. The atmosphere is very polite and you should negotiate accordingly.

As a courtesy to our clients, our office will, if requested, help refer you to a shop that carries the merchandise you are looking for. This is not intended as A&K's endorsement of the shop nor responsibility for merchandise (or shipping arrangements) purchased from the shop.

Local Food & Drink

Present for nearly 500 years, the Portuguese greatly impacted the cuisine of Mozambique. Staples and crops such as cassava (a starchy root of Brazilian origin), cashew nuts (also of

Brazilian origin, though Mozambique was once the largest producer of these nuts) and pãozinho (Portuguese-style French buns) were brought in by the Portuguese.

The use of spices and seasonings such as onions, bay leaves, garlic, fresh coriander, paprika, chili peppers, red sweet peppers and wine were introduced by the Portuguese, as were sugarcane, maize, millet, rice, sorghum (a type of grass) and potatoes. Prego (steak roll), rissóis (battered shrimp), espetada (kebab), pudim (pudding), and the popular inteiro com piri-piri (whole chicken in piri-piri sauce) are all Portuguese dishes commonly eaten in present-day Mozambique.

