



Welcome to Mozambique

Ref Exchange in Mozambique

Name: **Trainess**

From: All around the world

Destination: Mozambique

Date: Now

Reception
Booklet

2013/14



Welcome to Mozambique

AIIESEC in Mozambique.....	3
Country Information.....	4
General Information	9

Preparation for you stay

How to get here.....	18	Language.....	21
Visas.....	18	Contact details.....	22
What to bring	20		

Preparation for you stay

Accommodation.....	26		
Places to visit in maputo.....	26	Trips outside Maputo.....	29
Entertainment.....	27		

Welcome to mozambique

AIESEC in Mozambique

AIESEC in Mozambique was an initiative that began in 2008. With the support of Brazil as a Country partner, the Expansion Initiative was approved at IPM in Rome in February 2009. From there, things moved quickly and at IC 2009 in Kuala Lumpur, Malaysia, Mozambique became an official AIESEC expansion.

Nowadays AIESEC in Mozambique is full member country and it's known as the faster expansion of AIESEC. There are two LCs running in the capital of Maputo.

AIESEC UEM operates out of the largest public university in Mozambique, University of Eduardo Mondlane, while AIESEC ISCTEM is based in a small but well regarded private institute.

This year AIESEC Mozambique has expanded to Beira, a town further up the Mozambican coast.

The AIESECers in Mozambique are ever ready to help you with any problems you may have during your stay. In the first few days after you arrive, you will be assisted to buy and register a simcard, helped with bank account opening if necessary, visa extensions and any other needs you may have during your stay.

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History

Mozambique was originally inhabited by Bushman. Between 200 and 300 AD, the Bantus from the north migrated in and pushed the original Bushman to south. By around 600AD, Swahili Arabs had established trading posts along the coast.

The Portuguese first reached Mozambique in the 15th century. Trading in the 16th and 18th century was monitored and controlled by Portuguese interests in India. The Portuguese began by building trading posts and forts along the coast, then started moving inland and establishing large estates for farming.



The Portuguese had difficulty in maintaining their control and presence in the country, as was required by the Berlin Conference of 1884, and as a result they leased large areas to private companies whose practices were not always ideal.

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History

During this time, there was resistance to the Portuguese rule from several local tribes. In 1964, the Mozambican Front (FRELIMO) led armed resistance against the government, aiming for independence. After the death of the party's leader, Eduardo Mondlane, independence was achieved and his successor, Samora Moises Machel, became the first president of the newly liberated country in 1975.

Two years later, a civil war broke out between FRELIMO and RENAMO (the national resistance party of Mozambique), which lasted until 1992. The first elections were held in 1994, with FRELIMO's leader, Joaquim Alberto Chissano, voted in as president. He was succeeded in 2004 by Armando Guebuza, who remains in power.

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Culture

Mozambicans are extremely friendly and welcoming to foreigners. Men greet each other with a firm handshake that can last many seconds. A man and a woman greet each other with two light kisses on the cheek. It is customary to ask how the other person is doing before starting any conversation. Mozambicans usually greet each other in hallways with “good morning” or “good afternoon” and this should be repeated in return.



Men in Mozambique are generally chivalrous and a little old fashioned in terms of gender equality.

If you are invited out, the person who invited you is expected to pay, except said otherwise.

Mozambicans are very talkative in general and will want to know what you think of their country

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Culture

As with much of Africa, Mozambique are known for their lateness. Don't be too surprised or frustrated if you have to wait for other people.

Communication is generally made through mobile phones and SMS. Email is not used often.

Mozambique is home to many styles of dancing, the most common being Marrabenta, a traditional couples dance to lively music.

People

Mozambique has a rich diversity. The Bantus make up the majority, and are divided into small sub-goop around the country. Many Arabs, Europeans and Indians have also settled here coast who first introduced Islam to Mozambique.

Today the population of Mozambique is 23 million, with 30% living in the main urban center

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Geography



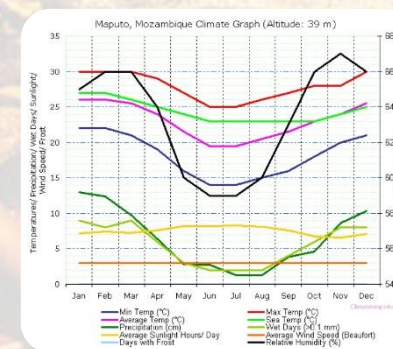
Mozambique has eleven provinces. The capital, Maputo, is the south of country.

Province	Capital
Maputo Cd	Maputo
Maputo	Matola
Gaza	Xai-Xai
Inhambane	Inhambane
Manica	Chimoio
Sofala	Beira
Tete	Tete
Zambezia	Quelimane
Nampula	Nampula
Niassa	Lichinga
Cabo Delgado	Pemba

Along the coast and in the north, the climate is tropical and humid. The south and interior is tropical and try while Gaza is tropical and arid.

The rainy season lasts from October to April, with average temperatures are between 18 and 20 degrees.

During the dry season, from May to September, average temperatures are between 18 and 20 degrees.



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Maputo

Maputo was founded in 1887, on the site of previous unsuccessful settlements, and replaced the island of Mozambique as the country's capital in 1898 after the construction of railway linking the city to Pretoria, in South Africa. The city is situated on a point with Maputo Bay on one side and the Tembe River on the other.

Maputo's economy is based around its port. The official population is 1.2million, but is probably much higher in reality due to unofficial settlements. While surrounded by Maputo Province, the city is administered as its own province.

Money



The unit of currency in Mozambique is the Metical (pl. Meticaís) often referred to as Mets.

The bills are in denominations of 20, 50, 100, 500 and 1000, each in different color, and the coins are valued at 0.50, 1, 2, 5 and 10. The bills feature Samora Moises Machel who was the first Mozambican President

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Money

As of January 2014 the Metical has these values

1USD = 30 Mets / 1Euro = 40 Mets / 1Rand = 3 Mets / 1Real = 14 Mets / 1Pound = 49 Mets

The Typical costs of some common items:

Milk	65
Eggs(6)	40
Bread	5
Coca-cola (350ml)	30
Chocolate bar	50
Hamburguer	50-60
Fast food	200-250
Nice meal	200-350
Fancy meal	350-600
Beer	20-80
Red Bull	70
Hair cut	75
Chapa Fare	7-9
Train ticket	5
Nightclubs	250-600
Taxi	200 - 800
Movie ticket	250-275

Infrastructure

Banks

- ❖ There're many different banks that operates in Mozambique;
- ❖ Some of the bigger banks include: Barclays, Millennium Bim, MozaBanco, BCI-Fomento and BancoProCredit;
- ❖ Make sure that you inform you bank that you are travelling abroad, and check with them that you card will work in Mozambique before you leave home;

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Infrastructure

Mail

- ❖ While national mail service is available in Mozambique it can be unreliable and we recommend avoiding sending and receiving mail with service
- ❖ DHL is present in country and is a more reliable option

Telephone

- ❖ The Country code for Mozambique is 258
- ❖ Within the country there're 3 mobile operators : Mcel (82), Vodacom (84), Movitel (86)

Local time

- ❖ The Time zone in Mozambique is GMT +2

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Emergency

- ❖ Police: 21325031
- ❖ Fire: 800198198
- ❖ Hospital: 21355000

Electricity

- ❖ The voltage in Mozambique is 220v
- ❖ The plug shape is that of Europe, with two round holes

Driving

- ❖ All traffic in Mozambique drives on the left
- ❖ Some international licences are accepted
- ❖ Driving conventions are not always regarded so pedestrians should be extremely careful when walking along the streets

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Buses

- ❖ Buses have stripes on the side indicating the route
- ❖ The fare is 7- 9 meticaís depending on the distance
- ❖ They tend to have fewer, but longer routes
- ❖ Buses only stop at designated points



Chapas

- ❖ Most Mozambicans travel by chapa – vans with a strip on the side
- ❖ The fare is 7 meticaís or 9 meticaís
- ❖ The routes (designated by color) are not always consistent and conductor will often wait until the chapa is full before departing
- ❖ A “full” chapa is overloaded chapa, often with 5 or 6 people in each row of seats and some standing
- ❖ Chapas come in variety of shapes and sizes



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Taxis

- ❖ Taxis are easily find in Maputo
- ❖ The minimum fare is 150 meticaïs

Txopelas

- ❖ Txopelas are small, three-wheeled cars that serve as taxis. They charge meticaïs per kilometer, which is cheaper than a regular taxi



Tipping

- ❖ Tipping is not required but appreciated in fancier places if the service is specially good. Usually 5-20 meticaïs is sufficient

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Hospitals

- ❖ Central Hospital (public)
- ❖ Military Hospital (public)
- ❖ Jose Macamo (public)
- ❖ Blue Cross (private)
- ❖ 222 (private)

Shopping

- ❖ Maputo Shopping (clothes, cinema, food, household items)
- ❖ Game (grocery, bank)
- ❖ Polana Shopping (clothes, banks, money exchange)
- ❖ Estrela (street market)
- ❖ Mercado central
- ❖ Fajardo (street market)

Police

- ❖ You will find a police station in each neighborhood.

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Pharmacies

- ❖ There are public a private pharmacies across the city
- ❖ Pharmacies only carry medicinal items

Churches/Mosques

- ❖ There are many churches and mosques available in Mozambique

Holidays

- ❖ Mozambique has the following public holidays:

Jan 1	New Year's Day
Feb 3	Mozambican Hero's Day
Apr 7	Mozambican Women's Day
May 1	Labour Day
Jun 25	Independence Day
Sept 7	Lusaka Agreement Day
Sept 25	Armed Forces Day
Oct 4	Peace Day
Dec 25	Family Day

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Preparation
For you
Stay

Welcome to mozambique

How to get here

You can take a flight to Maputo from Johannesburg, Nairobi, Addis Abeba or Lisbon. You can also take a bus from Johannesburg for around 32 one way (9 hours)

Visas

Nationalities that do not need a visa for GCDP in Mozambican:

- ✓ Botswana
- ✓ Malawi
- ✓ Mauritius
- ✓ Swaziland
- ✓ South Africa
- ✓ Tanzania
- ✓ Zambia
- ✓ Zimbabwe
- ✓ Namibia

*The Mozambican border will give you a visa for 30 days. Before 10 days ending you have to go back to the border to get the stamp for more 30 days. With the support of AIESEC you have to save at least 200Mts for transportation.

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If your country is not on the list above, then you will need to get a visa to come to Mozambique

Option 1: Visa on entry

Getting a 1 month visa at Mozambican border will cost 2970 Mets, and an extension will cost a similar amount.

Option 2: Get visa in your home country before departure

You can speak to the Mozambican embassy in your home country and arrange to get a visa before you depart. This is a safer option and ensures you will be allowed into Mozambique before arriving there. Prices vary depending on your home country.

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What to bring

- ❖ Valid passport – With your Mozambican visa inside
- ❖ Photocopy of your passport – To carry with you at all times
- ❖ Medical history – In the case that you are taking any long term medications
- ❖ Money – Enough to cover the first month until you are settled, -\$1000
- ❖ Malaria medication – check with your doctor as this is recommended in many cases
- ❖ Appropriate clothes for work and leisure (for warm and cold weather)
- ❖ Sunscreen
- ❖ Hat
- ❖ Sandals
- ❖ Sunglasses
- ❖ Swim suit
- ❖ Waterproof jacket
- ❖ Mosquito spray
- ❖ Sleeping bag
- ❖ Unlocked cellphone
- ❖ Pillows and blankets
- ❖ First-aid kit
- ❖ Umbrella
- ❖ Laptop
- ❖ Plug adapter
- ❖ Hand bag with some clothes in case your luggage delayed or lost

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Language

If you do not speak Portuguese, you will face a language barrier in Mozambique. Many students speak English, but most locals do not. Therefore, to get the most out of your experience it is a good idea to learn some basic Portuguese before you arrive! When you arrive however, the AIESECers in Mozambique will always be available to help you learn more!

Handy phrases:

English	Portuguese	Pronunciation
Hello	Ola	Olah
How are you?	Tudo bem?	Tudo beyn?
I'm fine	Tudo bem	Tudo beyn
How much?	Quanto é?	Kwanto eh?
Bathroom	Casa de banho	Kaza de banyo
Where is...?	Onde é...?	Ondeh eh...?
Please	Por favor	Por favor

Thank you	Obrigado/a	Obreegado/a
Nice to meet you	Muito prazer	Mwuito prazayr
How's it going?	Como vai?	Komo vy?
What time is it?	Que horas são	Keh oras sow?
One, two three	Um, dois, tres	Um, doys, trez
Good morning	Bom dia	Bom dia
Good afternoon	Boa tarde	Boa tard
Good evening/night	Boa noite	Boa noyt
Bye	Tchau	Chow

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Mozambican Portuguese is very similar to Portuguese from Portugal with some local words and pronunciations. Mozambicans tend to “sing” when they speak.

While Portuguese is the official, most Mozambicans also speak a local tongue depending on the region of the country they are from. Most conversations on the street are in the local language “Changana”

Contact details

If you have any question before arriving in Mozambique, or whilst you there, please contact either:

Nilza Maibaze (MCVP incoming Exchange & Reception coordinator)

➤ Nilza.maibaze@aiesec.net

➤ +258 823 049 024

Or

Edwina Ferro (LCVP AIESEC UEM incoming Exchange)

➤ Edwina.ferro@aiesec.net

➤ +258 826122372

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Pick Up

Interns would have AIESECers pick them up at the airport from 7am to 8pm and take them to their respective accommodation location. If your flight arrive more early or more late AIESEC will pass you the number of a confidential taxi and respective address of your accommodation. You would also be assisted in your sim card purchase and conversation of your money to the local currency



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➤ Reception Tour

Intern would be taken to some profound tours sites and beaches in Maputo and Matola, these may usually be at a cost based on the place and days involved, these trips are optional but great avenue to tour the country.

➤ Inter-AIESEC hangouts

Interns would be introduced to AIESECers in Mozambique and invited to social events organized by AIESECers to allow integration and socialization of interns and AIESECers.

➤ Buddy system

Interns would be assigned buddies from the local committee here in Mozambique who would provide assistance and other integration based on request of trainee. These buddies would be people you can count on as friends and call anytime during your stay here Mozambique.

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Accommodation

Accommodation will be organized for you before arrival, and will either be in the trainee flat in central Maputo, in a local host family or trainees house. All are great experiences!

The cost is 150 usd that must to be paid in your arrival.

Internet may not be provided where you are staying, but there are internet cafes in Maputo which can be used for a small cost.

Places to visit in Maputo

- ❖ The House of Iron
- ❖ The Botanical Gardens of Tunduru
- ❖ The Fish Market
- ❖ The Natural History Museum
- ❖ The National Geology Museum
- ❖ The Fort of Nossa Senhora da Conceicao (now a military museum)
- ❖ The Yellow House (former seat of government, now the coin museum)
- ❖ The Central Market



Welcome to mozambique

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- ❖ The Catholic Cathedral
- ❖ The Railway Station
- ❖ The National Art Museum
- ❖ The Revolution Museum



Entertainment

Gil Vicente

A popular café and late-night bar. It is a tradition for AIESEC trainees to go to Gil Vicente on Tuesday and practice their singing skills at karaoke – this is an opportunity not be missed!

Africa Bar

Next the Cine Africa, this sleek, hip spot is a good place to start or finish the evening, and draws the expat crowds, especially on Thursday (jazz night, admission free).

Terracinho

A chilled out bar where many AIESECers and trainees meet for a couple of drinks after work on Thursday.

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Coconuts

In Maputo, front of Costa de Sol beach, the most famous and crowded nightclub of the city. With occasional shows of national and international artists and awesome parties all weekends.

Face 2 Face

The right place to you appreciate and learn the best of Kizomba dance in Maputo.

Teatro Gungu

Teatro Gungu is best-known theatre in Maputo. Their plays depict the life and daily life of Mozambicans with a good mix of humor and social criticism. They Plays are in Portuguese.

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Bowling

Located on Super Marés Shopping, is a good places to have fun with friends.

Cinema Lusomundo 3D

Located on Maputo Shopping Center pass the most famous movies around the world all week.

Elvis Bar

A house of entertainment, located in the Neighborhood of Coop, former Splash, which seeks to bring to the public different forms of entertainment and Laser. Account with three halls of laser: 1) PUB: Transmission of best football leagues worldwide - Portuguese, Spanish, English, German, Italian, the European Champions League, Europa League, etc. 2) Games Room: billiards and snooker 3) Live Room: Concerts, Karaoke, disco, afternoon dancing.

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Gypsy's Bar

The main collection of pubs is along and around the seedy and rather dicey Rua do Bangamoyo (go in a group, and without valuables); current favorites include Gypsy's Bar)

Trips outside Maputo

There are often trips at weekends, organized by AIESECers or by trainees themselves, so you are sure to see the Mozambique during your stay!

Inhaca Island

This idyllic island is perfect for a relax weekend away with its pristine and beautiful corals, as well as the Marine Biology Museum.



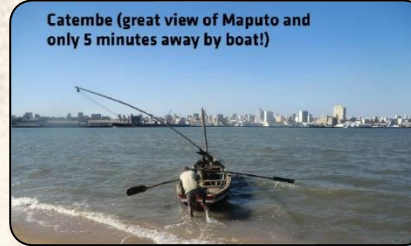
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Kruger National Park

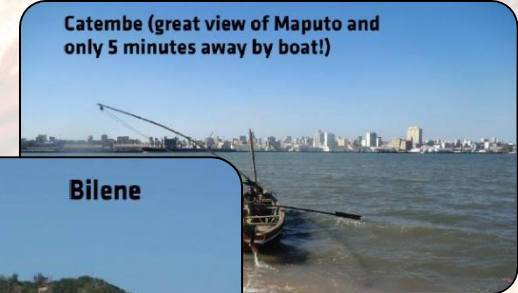
Just across the border into South Africa is this world-renowned Safari park where you can spend a day or more spotting the Big 5!



Catembe (great view of Maputo and only 5 minutes away by boat!)



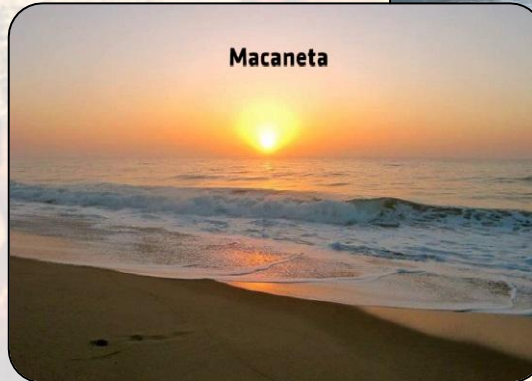
Catembe (great view of Maputo and only 5 minutes away by boat!)



Bilene



Macaneta



Ponta d'Ouro



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Also worth a visit:

- The Pequenos Libombos Dam
- The Maputo Special Reserve (elephant and flamingos)
- Waterfall in Namaacha
- Malongane Beach (near Ponta do Ouro)
- Xai-Xai

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A photograph of three women in traditional Mozambican clothing, including colorful patterned dresses and headwraps, sitting on the ground. The image is faded and serves as a background for the text.

We can't wait to meet you!!!