



GENERAL TRAVEL INFO MOZAMBIQUE



MOZAMBIQUE:

The peak season for Mozambique is May to October. During those month the drier season sets in with clear skies, sunshine and drop in humidity. The temperatures are between 24 and 30 Degree and the nights are cooler. The hotels and safari lodge are popular and busy.

Top 5 reasons why one should Go:

- Fun in the Sun - pristine islands, uncrowded beaches, blue warm clear water and lovely accommodations.
- Diving and Snorkeling - unspoiled coral reefs and marine reserves
- Adventure Safari - Elephants, giraffes, lions and hippos can be seen
- New world destination - still untouched and undiscovered. Not to be missed on the to do list!
- Cosmopolitan Vibe - The main City Maputo has sidewalk cafes, alfresco dining, lively bars with music that gives that unique urban vibe



Some great things we recommend to Do and See:

- Central Mozambique like the provinces of Sofala, Manica, Tete and Zambezi were well known to traders in the olden days for gold. Today, the Gorongosa National Park is the main reason for visitors to travel to this part of the country.
- Maputo the main capital offers palm-lined streets, an elegant promenade with ritzy villas and grand colonial buildings dating back to the 1950's. Maputo is known for its vibrant nightlife from night markets, live music bars to classy restaurants.
- Northern Mozambique has been known for the unspoiled beaches. Pemba is a popular tourist destination with a mix of first and third world, best experienced in its Portuguese colonial architecture and the long beaches where plenty of water activities are available. The Quirimbas archipelago comprises of 32 islands which 11 forming the Quirimbas National Park in the south and is nominated as a UNESCO World Heritage Site.
- Southern Mozambique has three provinces - Gaza, Inhambane and Maputo. Inhambane is the oldest settlement along this part of the coast. The Bazaruto Archipelago consisting of a group of islands of the coast from Vilanculos and is a very popular destination and the hub for tourists. Trip to Bazaruto is rated among the world's best for diving and snorkelling. The seaside resort of Praia do Xai-Xai in the south is known for its water sports and game fishing.

Top 5 Restaurants recommended in Mozambique:

- Casa Rex Restaurant is considered as the best in Vilanculos. With its simple and authentic wooden tables and chairs overlooking a pool, lush gardens, and the beach and sea beyond serves a menu of local Portuguese/Mozambique dishes. They have a good wine list and our suggestion is to try the Portuguese white "Vinho Verde" (young wine) with their seafood. Address: On the beachfront, Vilanculos
- Club Naval in Pemba offers a laid-back ambiance with a great sea view. The menu offers dishes from East Africa and Mediterranean with a good selection of fresh seafood daily. It is island style and the service can be a little slow at times. Regardless, sit back and enjoy the place. Address: Agenda de Marginal 5470, Pemba
- Dhow Cafe is a part art gallery, high-end concept store, chic lunch spot in a stunning restored house. Take a seat in an armchair on the veranda overlooking the garden, pool and Maputo Bay. Order a meze platter for two, with a selection of cheeses, dips, olives and a crisp glass of Sauvignon Blanc or savor a cocktail. Have a dessert and coffee after browsing through the treasures in the gallery. Address: Rua de Marracuene 4, Maputo
- Sagres Shellfish Restaurant is another pleasant beachfront restaurant where the food has its priorities. The beachside terrace offers a place to relax and consume gargantuan seafood platters, jumbo shrimp, fried scallops, squid and seafood kebab consumed by either a ice-



cold beer or a crisp Portuguese wine (recommended Vinho Verde). Address: Ave Marginal 4272, Maputo

- Restaurante Bar Biques in Beira has some of the best sea views and good food. Everything from Pasta and seafood to traditional Portuguese and steaks. Locals and tourists go for the atmosphere and to meet up for a cold beer. Address: Ave das F.P.L.M, Beira

CURENCY:

The new Mozambican Metical is the currency in Mozambique. The symbol for MZN can be written Mt.

It is nominally divided into 100 centavos. The name Metical comes from Arabic ميثقال (*mithqāl*), a unit of weight and an alternative name for the [gold dinar](#) coin that was used throughout much of Africa until the 19th century.

Denominations:

New banknotes were issued in denominations of 20, 50, 100, 200, 500, and 1000 **meticais**.

The importation and exportation of meticais into and out of Mozambique is limited to 500 MZN by Mozambican law. It is wise to ensure that you do not arrive or leave with more than that amount.

Exchanging USD, Euros and ZAR is easily done at airports and banks and exchange offices. Banking hours are generally between 08.30 and 15.30 and in smaller town they close during lunch hours.

Please note: Exchanging money on the streets or with individuals at the border posts is illegal and often expensive.

ATM machines in Mozambique dispense meticais only and there are many banks in Mozambique which take international credit and bank cards and ATMs are found throughout the country's larger cities, but not necessarily on the islands or remote beach lodges.

Credit Cards such as VISA and Master Card are widely accepted by major hotels and restaurants in the larger cities where telecommunications allow for the transaction to take place. In remote locations of Mozambique which includes some major hotels are unable to complete transactions due to communication limitations. Unfortunately, American Express, Diners Club and other cards will get you nowhere in Mozambique.

DRIVING INFO:

When traveling in Mozambique a few safety tips should be kept in mind.

One should avoid driving at night due to many potholes, kettles and pedestrian crossing roads. Always remember to lock all your car doors while in the car and after leaving your vehicle, and wear your safety belt at all times.

Driving on the beach is not allowed. Some beaches have designated driving areas. You may only drive on the beach when launching a boat, for which you need a launching permit from the maritime administration.



Speed limits:

Maximum speed in Mozambique is **120 km/h**.

Before entering a town or village you will see **80** followed by **60 km/h** signs. Respect them. There will probably be a police vehicle with radar speed control at the end of the speed limit area.

Sometimes there is no sign indicating you can start to drive faster (these signs are sometimes stolen), so keep the 60km/hour until the end of the inhabited area. Traffic policemen may take advantage of the fact the signs are not present ! So beware. Do also reduce the speed when you see a school sign.

Fines:

The fine and costs shall be paid within a period of 15 working day. If you decide to pay the fine on the road, ask for a proper receipt from the police officer.

PLEASE NOTE: A third party insurance police has to be purchased at any border crossing into Mozambique which is compulsory!

EMERGENCY NUMBERS:

In the last 15 years of operating and selling holidays in Africa we fortunately did not experience any big emergency's. But just in case anything would happen please find some important info below.

Police Emergency number: 119

Medical Rescue number: 117

Firefighter number: 198

Hospitals:

Beira: Central Hospital, Correia De Brito Rua, Tel: +258 23 313 105

Bela Vista: Hindane Clinic

Chimoio: Provincial Hospital, Rua do Hospital, Tel: +258 25 122 415

Inhambane: Private Clinic, Tel: +258 29 320 813

Maputo: Maputo Central Hospital, venida Eduardo Mondlane, Tel: +258 21 320 828

Vilanculos: Rural Hospital, Av Eduardo Mondlane, Tel: +258 29 382 022

Xai Xai: Hospital Provincial de Gaza, Rua Martires de Mueda

Police Stations:

Chimoio: Tel: +258 25 122 213

Inhambane: Tel: +258 29 321 347

Maputo: Tel: +258 21 325 031

Vilanculos: Tel: +258 84 890 9004



CREDIT CARD EMERGENCY NUMBER:

We suggest to keep the emergency number which is on the pack of your Credit Card separate in case the card gets lost or stolen so that you can contact your bank directly.

LANGUAGES / HOSPITALITY:

Mozambique was a Portuguese colony and it gained independence from Portugal in 1975. The only official language is Portuguese which is spoken as a second language by about half of the population today. Some of the other native languages include Swahili, Makhuwa and Sena.

Mozambique is one of the poorest and underdeveloped countries in the world but has got rich and extensive natural resources. The tourism sector is growing and South Africa is their main trading partner and source of foreign direct investment.

Herewith a few basic Portuguese:

| | |
|----------------------------------|-------------------------|
| Sim | Yes |
| Nao | No |
| Obrigado(M), Obrigada(F) | Thank you |
| De nada | You are welcome |
| Por favor | Please |
| Desculpe-me, Com licenca | Excuse me |
| Adeus, Tchau | Goodbye |
| Ate mais, Ate logo | So long |
| Bom dia | Good morning |
| Boa tarde | Good afternoon |
| Boa noite | Good evening/Good night |
| Eu nao entendo | I do understand |
| Quanto custa isto? | How much does it cost? |
| O que e isto? | What is this? |
| Eu gostaria de comprar... | I would like to buy... |
| Aberto(M), Aberta(F) | Open |
| Fechado(M), Fechada(F) | Close |
| Tim-tim! | Cheers! |
| Bebida | Beverage |
| Cafe | Coffee |
| Cha | Tea |
| Suco | Juice |
| Agua | Water |
| Vinho | Wein |
| Sal | Salt |
| Pimenta | Pepper |
| Zero | Zero |
| Um, uma | One |
| Dois, duas | Two |
| Tres | Three |
| Quatro | Four |
| Cinco | Five |
| Seis | Six |



| | |
|-------------|-------|
| Sete | Seven |
| Oito | Eight |
| Nove | Nine |
| Dez | Ten |

THE FOOD IN MOZAMBIQUE:

Mozambique is famous of Portuguese influence and for their gourmet offerings. With its long coastline and rich fishing grounds it is a foodies heaven. The colonial history of the Portuguese is also seen in the use of spices such as chilli for their Peri-Peri chicken.

The staple food is NCIMA, a thick porridge made from main flour and rice. They are served with sauces of vegetable, meat, beans or fish.

There are some dishes (and drinks) you should try on your visit like:

Prawns served juicy and full of flavour and a choice of fiery peri peri sauce or fresh garlic / Pao are Portuguese white bread rolls baked in wood fired ovens / Matapa is a local dish made of cassava leaves (similar to spinach), peanuts, garlic and coconut milk and taste great on it own or with rice and prawns / Prego Roll (Pao) filled with a peri peri steak which is an ideal roadside snack or some roasted or raw cashew nuts which can be bought along the side of the roads / Try the local Laurentina or 2M beers and if you like something stronger try the local rum Tipo Tinto poor or mixed with a berry flavoured soda called Sparberry. Idea for some sunsets drink on the beach!

Tipping:

10% is customary in restaurants.

SAFTEY:

Where ever you travel your safety is of course always of our utmost concern. With over 15 years of travel experience in Africa we compiled some general tips below.

Driving in Mozambique is not always easy as one thinks and in many parts of the country a 4x4 vehicle is needed. The roads are being improved however potholes are the biggest hazard beside the roadblocks by police. Driving at night is not recommended due to travelling vehicles without lights and livestock on the roads. Keep your windows and car looked at all times and do not leave any valuables in your car during the day or at night.

As you enter the outskirts of Maputo (first time visitor) you will be confronted by the chaos of the traffic. Be aware of the "Kamikazi" taxi drivers who will push themselves in front of you with no regards whether they bump you or not. Do your best to ensure that you don not get involved into an accident.

On soft sands remember to let you tyres down which depends on the size of your tyre and the load you are carrying. A rule of thumb is to deflate until you can see a discernible bulge at the bottom of your tyres and remember if you don't have a pump you cannot re-inflate. Driving on the beach is not permitted.



VISA REQUIREMENTS / BORDER POSTS:

To enter Mozambique you need a passport that is valid at least for 6 months from date of entry.

Citizens of the following countries can visit Mozambique without a visa. Herewith as follows:

- Botswana, Malawi, Mauritius, South Africa, Swaziland, Tanzania, Zambia and Zimbabwe

All other visitors not mentioned above must obtain a visa from one of the Mozambican diplomatic missions in their home country.

Holders of diplomatic, official or service passports issued to nationals of Angola, Brazil, Cape Verde, Cuba, Guinea-Bissau, Portugal, Russia, Sao Tome and Principe, Seychelles and Timor-Leste DO NOT require a visa for Mozambique.

PLEASE NOTE as from the 1st July 2015 visitors entering SA travelling with kids require an unabridged birth certificate to enter the country.
No passenger will therefore be allowed to travel without these papers - be it by land, sea or air.
For more detailed info on the minor travel/immigration regulations, please visit - www.dha.gov.za

For our self-drive tourists the most used border posts into Mozambique are:

Mozambique / Malawi:

Calomue / Dedza Border Post

Opening hours: 08h00 - 18h00

Zobue Border Post

Opening hours: 06h00 - 18h00

Milange Border Post

Opening hours: 06h00 - 18h00

Mozambique / Zambia:

Cassacatiza / Chaninda Border Post

Opening hours: 07h00 - 17h00

Mozambique / Zimbabwe:

Cuchamano / Nyanaoabda Border Post

Opening hours: 06h00 - 18h00

Machipanda / Forbes Border Post

Opening hours: 06h00 - 20h00



Mozambique / South Africa:

Giriyondo Border Post (Kruger National Park)

Opening hours: 08h00 - 16h00 (October - March)

Opening hours: 08h00 - 15h00 (April - September)

Ponta do Ouro Border Post

Opening hours: 08h00 - 17h00

Ressano Garcia / Lebombo Border Post

Opening hours: 06h00 - 00h00

Mozambique / Swaziland:

Namaacha Border Post

Opening hours: 08h00 - 17h00

Goba Border Post

Opening hours: 24hours

HEALTH / INSURANCE:

We recommend that you obtain malaria prophylactics and 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; making use of a mosquito repelling lotion or stick at sunset time is recommended and cover your body with a long sleeve shirt/pants and close shoes.

Please check with the Mozambique Embassy/Consulate when you obtain your visa if you require any inoculations should you enter from neighbouring countries. However, travel clinics generally recommend that visitors should take precautions against yellow fever, cholera, tetanus, diphtheria, polio, typhoid, smallpox, malaria and hepatitis.

Herewith suggested vaccines for Mozambique as follows:

- Hepatitis A and B
- Typhoid
- Rabies
- Yellow Fevers
- Malaria

For more info visit www.cdc.gov

A Medical and Travel insurance is highly recommended prior to the start of the holiday.



WHAT TO PACK:

Due to the climate and culture, dress codes are very relaxed. We suggest to pack the following:

- Shorts, T-shirts, Sarongs, Summer dresses etc.
- Long sleeved shirts and long pants (light) for the evenings (it is important to cover most of your body for protection against mosquitoes - including wearing socks and shoes).
- A hat, sunglasses
- Light cotton/linen tops and cotton/linen trousers/shorts in summer
- Long-sleeved light cotton/linen blouses/shirts which will protect you from the sun and from mosquitoes
- Light trousers for evenings and cooler days
- Fleece or sweater and a warm jacket for winter evenings
- Swimming costume and sun lotion
- Sandals, shoes and flip flops

Important: Mosquito repellents are advised at night especially in the wetter season

camping
Africa