

MOZAMBIQUE TRAVEL INFORMATION



In preparation for your Mozambique Sojourn please find below some interesting facts about the country. For further information you can visit the official Mozambique Tourism Authority's website: www.mozambique-tourismguide.com



Mozambique stretches for 2500km (1550mi) on the south-eastern coast of Africa, bordered by Tanzania to the north, Malawi and Zambia to the north-west, Zimbabwe to the west, and South Africa and Swaziland to the south-west. The island of Madagascar lies directly east, 400km (250mi) across the Mozambique Channel.

The coastal plain, as wide as 200km (125mi) in the south, rises to mountains and plateaux in the north and west. Two of Southern Africa's longest rivers, the Zambezi and the Limpopo, flow through the country. Other major rivers are the Save and the Rovuma (which forms the northern border with Tanzania). Massive Lake Malawi (also called Lake Nyasa) forms part of the border with Malawi. As you go westward, the land changes abruptly from a narrow, palm-studded strip of beach along the coast to a broad belt of savannah and woodland, then forested mountains. Trees include hardwoods, acacia and papaya.

There are many regional variations in Mozambique, but generally the dry season runs from April to September, when the average daily high tops out at 27°C (80°F) on the coast, cooler inland. The rainy season lasts most of the rest of the year, when the average daily high hits 31°C (88°F).

FAST FACTS

Full Country Name:	Republic of Mozambique
Area:	801,600 sq km (309,500 sq mi)
Population:	15,7 million
Capital City:	Maputo (population 1,3 million)
People:	African (99%, including Shangaan, Chokwe, Manyika, Sena and Makua)
Languages:	Portuguese (official language), indigenous languages
Religions:	Indigenous beliefs - 50%; Christian - 30%; Muslim - 20%
Government:	Republic
Time:	GMT / UTC plus 2 hours
Electricity:	220/240V, 50Hz
Weights & Measures:	Metric
Currency	Metical (MZM)
Exchange rate:	US\$1=20.00 MZM

Passports and Visas:

You must have a valid passport that does not expire for at least six months after your return home date. Please ensure your passport has sufficient blank pages for any visas required and for entry/departure stamps. When returning to South Africa you must have at least 2 blank visa pages (not endorsement pages) to enable the entry visa to be issued.

Visas must be obtained prior to arrival. The cost of the visa ranges from USD 15 - 50 per person (subject to change) and depending on the nationality of your passport. South African passport holders do not require visas to enter Mozambique.

Money Matters:

No old dollar bills are accepted. The most readily accepted currencies are US dollars and South African Rand. In the south you can pay for a lot of things (such as accommodation) with Rand. The best places to change money are the private bureaux in Maputo, which give better rates than the

banks. Local banks have branches in most cities. Changing money on the street is not safe anywhere. Bargaining, especially in the open-air markets, is commonplace.

- In most African countries there are stringent exchange control regulations and it is illegal to enter or leave the country with anything other than nominal amounts of local currency. There is normally no restriction on the amount of foreign currency that may be imported.
- Mozambique's local currency is the Metical, however US dollars and SA Rand are widely accepted.
- You can change money and travellers cheques at most city hotels, local banks or at the airport. Banks and the airports probably offer better rates than the hotels. Safari Camps carry limited amounts of cash.
- It is advisable to carry cash or credit card.
- Most banks have ATM machines where you can use your international credit cards to obtain local currency.

You will need money for the following:

- Tips
- Souvenirs and personal items
- Meals and drinks not included in your holiday cost
- National park fees, if required.

Driving in Mozambique:

Border post times:

Komatipoort (Ressano Garcia) - open every day of the year between 06h00 - 22h00. During the busy December period (generally from 20 December to 03rd January) this border stays open 24-hours.

Namaacha/Lomaacha (Swaziland/Mozambique) - opens at 07h00, closes at 18h00.

Oshoek/Ngwenya (South Africa / Swaziland) - opens at 07h00, closes at 20h00.

Kosi Bay/Ponta d' Ouro (Faranzela) - opens at 08h00, closes at 17h00.

Driving Tips:

Check whether your insurance covers you whilst driving in Mozambique.

Always keep the following documents handy: passport, drivers license, original vehicle registration papers, third party insurance certificate and temporary import permits — you may be asked to present them at various control points. You will also need to red triangles in case of break down as well as a ZA sticker on the back of your car.

It is obligatory to wear seat-belts at all times. Obey all the speed limits, normally 100 km/h on the EN1, 80 km/h on approaching villages and towns and down to 50 km/h or even 30 km/h as one drives through them. If you are towing, two triangle stickers must be displayed, one on the front of the car and one on the rear of the trailer.

Traffic police, who wear navy and white, will only stop you for traffic violations. The civil police, who wear grey and white, usually ask to inspect your documents. If you are stopped by the police remember that politeness and a little patience go a long way. Always ask for a receipt if you have to pay a fine, for any traffic offence. Be particularly careful for pedestrians, especially when

approaching stopped buses or heavy vehicles. Avoid driving at night, when animals, unmarked road repairs and vehicles without lights, are added dangers.

If travelling on sand roads remember to reduce your tyre pressure down to around 1.8bar to allow for easier travelling. Remember to pump them up again when you are back on the main tar roads.

Health risks:

Mozambique is a malaria area. Prophylaxis is highly recommended. Malaria is transmitted by some female Anopheles mosquitoes, which are sometimes active in the early evening and sometimes throughout the night, usually when one is sleeping or sitting around campfires in the evening. With sensible behaviour, the problem can easily be managed. If you become ill on your return, whilst still on prophylaxis or even once you have stopped, make sure that your doctor does everything necessary to establish that your illness is not malaria. It is essential to seek specialist advice - a delay of even 24 hours can be dangerous. Prompt and proper treatment of malaria should always be successful. Six/seven days is the minimum incubation period.

Please note that we are not medical practitioners and therefore these recommendations should be treated as a guideline only. If you are in any doubt at all please consult your doctor.

Yellow Fever:

Travellers visiting Mozambique from countries that are known to be at risk of yellow fever (Angola, the Democratic Republic of Congo, Tanzania, Kenya and Brazil and Zambia) are required to present vaccination certificates. Travellers failing to present valid certification at the point of entry will be vaccinated at the cost of 1 350 meticaï (R377).

The sun:

Always take precautions against the persistent overhead sun. Proximity to the equator makes the African sun particularly strong so ensure you use a high level of protection.

Water:

It is very important that you drink plenty of water especially during the warmer months. Dehydration is possibly the single biggest cause of ill health on holiday. It is safer to drink bottled water in Mozambique. It is generally recommended that guests drink at least 2 to 3 litres of water per day to limit the effects of dehydration. This excludes tea, coffee and alcoholic beverages, which act as diuretics and can actually contribute to dehydration.

Security:

Safety and security is a matter of common sense. It's sensible to take the same precautions in major cities as you would in any of the world's metropolitan areas. Never leave luggage unattended in front of the hotel or in the lobby. Deposit your valuables in the hotel's safety deposit box. Don't stroll around the streets after dark. Always lock your car doors and keep the windows closed. Do not walk around the city looking like a tourist and keep your camera concealed.

Electricity:

Electric Power is 220V running at 50Hz. The Plug types used are:

Round pin attachment plug

"Schuko" plug and receptacle with side grounding contacts

"South African" Plug (found especially near the border with South Africa, Maputo)

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Seasons:

The hot rainy season is from October to March when the average daily temperature reaches 35C (90F). The best time to visit the mainland is the months of June to August, when both rainfall and temperatures are at their lowest. Later in the dry season, in late August and September, the temperatures start to climb, but this is the best time to see big game. The best time for bird watching is in the middle of the rainy season, usually November and December.

African Sojourns wishes you a wonderful holiday!

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