

MAPUTO - MOZAMBIQUE, 2014

USEFUL INFORMATION

Introduction

Mozambique is a country on the move, constantly adjusting and streamlining bureaucratic procedures, and firmly committed to restructuring its economy to meet the demands of the global economy. There is no doubt that enormous improvements have taken place and will continue doing so. The following have emerged as some of the main factors which have appealed to investors.

- Preferential access to EU, SADC, China and other markets;
- Macro-economic stability and a political environment conducive to investment;
- Massive rehabilitation programme of port and other infra-structural facilities;
- Established export processing zones.

About the country, its population and currencies used

Official Name: Republic of Mozambique

Location

Southern Africa. Bordered to the North by Tanzania, to the East is the Indian Ocean, to the South by South Africa and Swaziland, to the West is Zimbabwe and Malawi.

Capital City: Maputo

Time Zone: GMT +2 hours
Electricity: 220/240volts AC, 50Hz
Area: 801,590 Km²

Weather

As Maputo is now in summer, the weather is pleasant for normal working activities and the average temperature by daytime is expected to be between 29 and 38 degrees Celsius.

Religion

Christian, Muslim and Hindu as well as traditional beliefs.

Population

According to 2007 statistics, Mozambique is populated by 20 226 296 inhabitants, of whom 30% live in the urban centres and 70% in suburbs and rural areas.

Languages

Portuguese is the official language, however, there are many national languages spoken throughout the country and the major ones are: Emakua, Ekoti, Cindau, Ciutewe, Shimakonde, Elomwe, Cimanica, Echuabo, Xitshwa, Xichangana, Cisena, Gitonga, Lolo, Txitxopi and Xironga.

Currencies

Metical is the national currency. However, South African Rand, Sterling Pound, United States Dollar and Euro are all widely accepted. It is also possible to use major credit cards. ATM machines are available in the main centres and some hotels 24 Hours a day. Travellers Cheques are not so popular, you might struggle to find an agency that will change them for you, so it is advisable to carry cash or credit cards when travelling to Mozambique.

Rates of exchange as at the date of this letter are as follows:

1 US Dollar	= 31.10 Mzm
1 £ Sterling	= 49.00 Mzm
1 Euro	= 41.76 Mzm
1 Rand	= 3.00 Mzm

VISA Requirements

Visitors to Mozambique normally require an entry VISA. The visa can be obtained at Mozambique Embassies/High Commissions or Consular Services in their respective countries whenever these exist. Visas can also be obtained on arrival at Maputo International Airport, subject to a US\$ 75.00 fee. Those who need to acquire a visa on arrival are kindly requested to submit to TDM staff, well in advance, the following information:

- Surname
- Other names
- Titles
- Marital status
- Nationality
- Place and date of birth
- Home address
- Profession
- Purpose of visit
- Passport Number
- Validity of passport
- Place of issue of passport.
- Intended day of arrival
- (or fax a photocopy of the main pages of passport)

Note: The passport must be valid for at least three months.



Recommended Hotels

HOTEL	STARS	Rates for TDM		REMARKS	CONTACT
		Standard	Doble		
RADISSON BLU					Av. Marginal - Ph. +258 212400 Fax: +258 212401 Info.maputo@radissonblu.com www.radissonblu.com/hotel-maputo
POLANA	*****	380.00	455.00	B&B	Avenida Julius Nyerere 1380, Fax + 258 21.491480 Ph: +25821 241800 E-mail: reservation@serena.co.mz www.hoteispolana.com
ROVUMA CARLTON	****	146.00	158.00	B&B Internet	Rua da Sé, Fax: +258 21 305305 Ph: + 258 21 305000 e-mail: reservas.africa@pestana.com www.pestana.com
CARDOSO	****	260.00 Sea Facing	280.00	B&B Internet	Ms. Sheila, Ph:+258 21491071/2, Fax: +258 21491804 E.mail:info@hotelcardosos.co.mz www.hotelcardoso.co.mz
TIVOLI	***	185	220	B&B Internet	Av. 25 de Setembro, N.º 1321 • 340 Maputo Telefone +258 21307600 Fax +258 21307609 E-mail: bookings.tivolimaputo@tdhotels.com / www.tdhotels.com
AVENIDA	*****	255.00	283.00	B&B Internet	Ms Rosalina Cuna, Ph: +258 21 484400; Av Julius Nyerere, 627- Fax:+258 21 499600 E.mail: h.avenida@teledata.mz / www.hotelavenida.co.mz
VIP	*****	215.00	223.00	B&B – Internet	Ms Beatriz Ph:+ 258 21351000, / Fax:+258 21 351001 E.mail:hotemaputo@viphotels.com
ATLANTIS	***	75	100	B&B – Internet	Av. 24 de Julho, 1663 - Ph.: +25821322380 info@atlantismz.com - www.atlantismz.com
TERMINUS	***	138.00	148.00	B&B Internet	Rua Francisco Orlando Magumbwe, 587 Fax: +258 21499600 Ph: 21491333 http://www.terminus.co.mz info@terminus.co.mz
MONTE CARLO	***		129.00	B&B Internet	Av. Patrice Lumumba, nº Fax: +258 21 304049 Ph: 258 21 308959 res@montecarlo-hotel.nt
MOÇAMBICANO	***	116.00	131.00	B&B Internet	http://www.hotelmocambicano.com/ Fax: +258 2121323124 - +2582121310600 info@hotelmocambicano.com /reservas@hotelmocambicano.co.mz
2001	***	102.00	103.00	B&B Internet	Av. Fernão de Magalhães, nº 586 Fax: +258 21 304640 Ph: +258 21 308080 http://www.hotel2001.com hotel2001@tv cabo.co.mz
GIRASSOL BAHIA	****	220	248	B&B Internet	Av. Patrice Lumumba, 737 - C.P. - 1750 Maputo T.+258 21 360360 - Tlm.+258 823 013 887 F.+ 258 21 360330 - www.girassolhoteis.co.mz
INDY VILLAGE	****	193.00	209.00	B&B – Internet	Mr. Alda Uamusse, Ph:+258 21 480505, Fax: 21499643 480505 E.mail girassolhoteis.co.mz/ www.girassolhoteis.co.mz
SOUTHERN SUN	****	220.00	250.00	B&B Internet	Ph:+25821495050, Fax:+25821497700 E-mail: FeliciaM@southern.sun.co.mz www.southern.sun.com
AFRIN	*****				Rua Ngungunyane, Nr. 56 Maputo – Moçambique Tel.: + 258 21358 900 Fax: +258 21 358901 Cell.: +258 82 358 0001 / +25884 358 0001 e-mail: prestige.reservas@afrinhotels.co.mz
AFRICA	***			B&B Internet	Av. Agostinho Neto, 1103 Maputo Telf: (+258) 21 319 191/292 - Fax: (+258) 21 319 494 res@hotelafrica.co.mz
RESIDENCIAL KAHINA	***	68	56	B&B	Av. Emilia Dausse Cel: +258820066053 / +258845182111 hotel.kahina@yahoo.com.br

Please note:

- All rates are in US Dollars and subject to change according to the daily exchange;
- All hotels are located not more than 30 minutes drive from both places of venues;
- The ITU-T Workshop will take place at TDM's Training Institute (14 to 16 April, 2014).

Car rental companies

Name	Contacts
AVIS	+258 21 407790/3 – Airport: +258 21 494498
Rent-a-Car	Hotel Polana: +258 21 494498
EXPRESSO	+258 21 493619
Rent Car	+258 82 3005180
IMPERIAL	+258 21 493545
EUROPCAR	Airport: +258 21 466172 Hotel Polana +258 21 497338/9 Europnr@vircom.com
Car RENTAL	Airport:+258 21465250

Telecommunications

Maputo access code for fixed telephone is 21. This access code must be dialled prior to the telephone number you wish to call. For mobile telephony, two cell phone companies are in operation:

Mcel 82 xxxxxxx	Vodacom 84 xxxxxxx	Movitel 86 xxxxxxx and 87 xxxxxxx
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Starter packs can be purchased, for information on the locations to do so please ask the counter in the hotel you are staying or even the protocol at conference centre. It is also possible to call through a public fixed phone using prepaid cards.

Healthcare and immunisation

Water

It is not advisable to drink tap water. Mineral Water can be found in many places. Most bars have bottle water, even outside the hotel bar or restaurants.

Malaria

If you are staying in Maputo and do not plan to spend some time away, you should not worry about getting malaria.

Cholera

You should not worry about it as long as you drink bottled water.

Emergency contacts (Maputo)

Name	Phones
Airport	+258 21 465829
Fire Department	197/198
Police Ambulance	+258 21 422002/+258 21428708
Emergency	119
Police	+258 21 422002/+258 21428708
Police Station	+258 21 422002/+258 21425031
Criminal Investigation	+258 21 422914/6/8
Taxi Service	+258 21 493255
Central Hospital: Casualty	+258 21 420448
Central Hospital: General Admissions	+258 21 420448/+258 21425002/6
Central Hospital: Special Clinic	+258 21 429522
Blue Cross Clinic	+258 21305146/+258 21 305146/7/+258 21305151/3
Medical Consultants MIDÚ	+258 21 416047
Associated Doctors	+258 21 300120/1
Sommerschild Clinic	+258 21 493924/5/6

Restaurants

Restaurants	Location	Contact	What to Expect
CLUBE NAVAL	Av. Marginal	Tel: +25821 492121	Seafood, steaks, various sea views, access to beach sports club-me or entry fee
BAR VOLANTE	Av. Marginal, nr 37	Tel.: +258 21491926	Bar, food and snacks; Outdoor garden near the sea.
KAYA KWANGA MIRA MAR	Av. Marginal	Tel:+258 21 492706	Poolside bars and café; Seafood, steaks and snack; Extensive grounds with pool; Playgroup for children
THE BUGER INN	Bairro Triunfo	Tel. +25821 455211	Bar food and snacks
GABY'S BAR	Bairro Triunfo	Tel. +25821 455211	Bar food and snack; Nice spot for quiet drink
COSTA DO SOL	Bairro Costa do Sol	Tel. +25821 450115	Seafood, steaks, various; Charming art deco building; Indoor/outdoor seating.
NAUTILUS PUB	Av. Julius Nyerere, 1555	Tel: +25821 490951/11	Atmosphere of an English 'pub'; Cocktails, winws and imported beer; Cd jukebox and air-conditioning
JOY PIANO BAR	Av. Julius Nyerere, 945	Tel. +25821 497325	Groovy bar with 70's ambience; Classical music, snacks only; Closed Sunday
MANJAR DOS DEUSES	Av. Julius Nyerere, 162	Tel. +25821 496834	Portuguese cuisine; Smart, modern décor; indoor/outdoor seating
EL GREGO	Av. Julius Nyerere, 326	Tel. +25821 491898	Italian, pizza and various; lively atmosphere; Indoor seating and takeaway
NAUTILUS CAFÉ	Av. Julius Nyerere/24 de Julho		Café and bakery; Popular spot for a coffee
HOTEL AVENIDA	Av. Julius Nyerere, 627	Te. +25821 492000	Restaurant and roof-top bar; Modern, air-conditioned interior; Look out for specialty food weeks

Restaurants	Location	Contact	What to Expect
BISTRO	Av. Julius Nyerere, 945	Tel. +25821 497644	Various, salads and vegetarian; Cozy, intimate setting; Indoor/outdoor seating
CALAMATAS	Av. Julius Nyerere, 657	Tel. +25821 494080	Greek cuisine; Mediterranean Style décor; Indoor/outdoor seating
MUNDO'S	Av. Julius Nyerere, 657	Tel. +25821 494080	Steak, seafood and pizza; Big screen an satellite TV; Indoor/outdoor seating
RODÍZIO REAL	Av. Julius Nyerere, 794	Tel. +25821 497275	Brazilian and Mozambican cuisine; Smart, modern dining room ; Indoor seating only
MAR NA BRASA	Av. Marginal (perto do Mercado do Peixe)	Tel. +258 21 489080 Cel.: +258 82 300 0792	Seafood, steaks, various; Charming art deco bulding; Indoor/outdoor seating.

Other Information

TDM staff will be pleased to assist the Delegates in all hotel booking procedures and arrangements.

TDM will be pleased to assist those who need either a booking arrangement or their visas to be issued on arrival, provided that this information is sent to the contact persons.

Transport

There is a shuttle service provided by hotels and TDM from the airport to their respective hotels and vice-versa. TDM will provide transport from hotels to where the meetings will take place.

Place of Venues

TDM's Training Institute is well positioned in one of the most desirable areas in Maputo.

May you require any further information related to this or any other matter, please do not hesitate to call or e-mail any of the contact persons listed below or visit the Mozambique Website on www.mozambique.mz.

HOST CONTACT:

Mozambique	
Amílcar Queiroz Phone: +25821492252 Fax:258 21021755 E-mail: aqueiroz@tdm.mz Maputo	Belmira Nhabangue Secretary & PA to the Executive Secretary Southern Africa Telecommunications Association 170-3rd Floor Martires de Inhaminga Ave. P.O.BOX 2677, Predio Marconi Phone:+258 21 431285 - Fax:+258 21 431288 - Mobile:+258 82 4297470 Emails: belmira@sata-sec.net , mira@sata-sec.net / Website: www.sata-sec.net Maputo, Mozambique

Best regards,
The Organisers

Brief history

Some of earliest inhabitants of present-day Mozambique were small groups of hunter-gatherers. These nomadic groups travelled from one place to the next in search of seasonal fruits, vegetables, roots, and seeds. To supplement their primitive diet, the groups would also follow herds of wild animals such as impala (an African antelope) and buck, killing them with poisonous bows and arrows. Permanent settlements were never established because agricultural (cultivating land to produce crops) was not practiced.

Around A.D. 300, Bantu-Speaking Africans from the North introduced the practice of agriculture to Mozambique. The Bantu, who were primarily farmers and ironworkers, migrated to present-day Mozambique in search of farmable land. Over the next several hundred years, agricultural systems were established to collectively grow maize (similar to corn) and other grains.

Arab merchants, who arrived in sailing ships called dhows, set up some of the first trading posts in the 700s. They brought with them various items, including salt, essential in preserving foods such as meat. In 1498, a Portuguese explorer named *Vasco da Gama* landed at Mozambique on his voyage to India, quickly establishing Portuguese ports and introducing foodstuffs and customs to the Mozambican culture and in 1507 a permanent settlement started. During this period, Portugal tried to make control of the gold trade.

In 1926, António de Oliveira Salazar takes over Portugal in fascist coup. For Mozambique, this again meant forced labour to build the railways linking the main ports to the main cities as well as mines, and farming activities. Salazar also introduced a strict racist regime, where education was longer granted to population, and Africans were barred from initiating any kind of business. The Catholic Church came in to provide basic education.

Natural and mineral resources

Mozambique has more development potential than many African countries. Water resources are relatively plentiful, and the country is traversed by a number of perennial rivers, including the Zambezi, Limpopo, Save, Pungué, Lúrio and Rovuma. Annual internal renewable water resources: 5.350 cum per capita (1998); sector withdrawals – domestic 9%; industrial 2%; agriculture 89%.

One of the country's chief resources is energy, ranging from coal reserves to hydroelectric capacity and abundant natural gas reserves. However, energy provision to the population has been limited as most of these resources either remains untapped or is exported to industrial South Africa.

The coastline stretches over 2.500 Km, and the country possesses an abundance of marine resources that are not fully exploited.

Mozambique has considerable mineral resources, including gold, gemstones, titanium, coal, natural gas and bauxite. Some of those are not yet being exploited, but there are plans to do so and this sector will likely become an important contributor to GDP in the future.

Land utilisation and environmental concerns

Agriculture potential is high, despite frequent droughts. Mozambique has historically been a major producer of cash crops.

Recurrent drought in the hinterlands has resulted in increased migration to urban and coastal areas, with adverse environmental consequences: desertification, pollution of surface and coastal waters.

Mozambican public holidays

- Jan 1 – New Year’s Day
- Feb 3 – Hero’s Day
- Apr 7 – Mozambican Women’s Day
- May 1 – International Labour’s Day
- Jun 25 – Independence Day
- Sep 7 – Lusaka Agreement’s Day a.k.a. Victory’s Day
- Sep 25 – Armed Forces Day
- Oct 4 – Peace’s Day
- Dec 25 – Family’s Day / Christmas’s Day

Mozambican cuisine

Ruling for nearly 500 years, the Portuguese greatly impacted the Mozambican cuisine with the use of seasonings such as onions, bay leaves, garlic, fresh coriander, paprika, chilli, peppers, red sweet peppers, and wine as well as sugarcane, maize, millet, rice, sorghum (a type of grass), and potatoes. Prego (steak roll), rissóis (shrimp cakes), espetada (kebab), pudim (pudding), and the popular whole chicken in piri – piri sauce are all Portuguese dishes commonly eaten in present-day Mozambique.

Mozambique’s greatest asset is its seafood, especially prawns. There are plenty of good restaurants, serving anything from snacks to full meals at reasonable prices, where you can enjoy great fish and seafood. Although the people of Maputo like to party until late, many restaurants close at about 11pm during the week. Those travelling on a budget may find that lunchtime specials offer the best value for money, followed by a snack later in the day.

Vegetarians should be aware that their range will often be limited to pizza and salad but that restaurants serving traditional food may suit as there are a number of meat-free dishes which are typical of Mozambican cooking (matapa, mucapata, and vegetable curry).

Another option is Ethiopian food which tends to be quite spicy and usually requires advance notice. One restaurant which always has an interesting vegetarian dish on the menu is Bistro restaurants, a list of those located along Avenida da marginal, (where the conference centre is located) and Avenida Julius Nyerere (around 3 km from the conference centre) is provided on the table above.