



Mozambique Travel-Information

Location

The Republic of Mozambique lies on the southeast African coast and has borders with six countries - Tanzania, Zambia, Malawi, Zimbabwe, Swaziland and South Africa.

Area

Covers an area of 799,380 sq. km.

Administrative Divisions

11 provinces (Cabo Delgado, Niassa and Nampula in the north, Zambezia, Tete, Sofala and Manica in the center, Gaza, Inhambane and Maputo in the south), 28 districts, 387 administrative posts, and nearly 100 towns, 23 of which are classified as cities.

Visas

Currently (Aug 09), UK and US citizens need visas for Mozambique. They can often be obtained on arrival; the same day visa express service costs £60 per single entry (£110 for multiple entries). Please check the latest information for your trip with your closest Mozambican Embassy or High Commission before travelling as these prices change on an ongoing basis. Travellers from the UK can get more information from the High Commission of the Republic of Mozambique in London.

Climate

Tropical and subtropical. Temperatures are high in the months from November to April (22-31c), but moderate from May to October (13-24c).

Population

Estimated at 17,400,000.

Religion

Christian denominations (Catholics, Methodists, Anglicans), and Moslems

Capital City

Maputo: population estimated at 1,322,562.

Major Towns

Maputo, Beira, Nampula, Nacala and Quelimane.

Official Language

Portuguese (English is widely spoken in business and academic circles).

National Languages

Bantu-origin languages such as Makua, Mwani, Coti, Ndau, Sena, Shona, Tswa, Chope, Bitonga, Changane, Xitswa, Chpe, Ronga, Elomwe, Chuabo, Nyabdjia, Kimwani, Chimakonde.

Independence Day

June 25, 1975 - Independence from Portuguese colonial rule.

Politics and Government

Multi-party democracy in which the role of law is enshrined in the 1990 Constitution. The President of the Republic is directly elected for a five-year term.

Health

Malaria is endemic in Mozambique. The islands are generally healthy, though the usual vaccines (typhoid, polio and tetanus) are sensible and yellow fever certificates may be required. Check with your GP and see the Scottish NHS site for more health info on Mozambique before you travel.

HIV infection rates are high; AIDS is prevalent in Mozambique. Usually, this isn't a concern for travelers, but they should be aware of the current situation, and take the same sensible safety measures to avoid infection which are wise in most countries. We understand that blood supplies used by Mozambique's private hospitals have been carefully screened for years.

Food

The food served in Mozambique's beach lodges is excellent, and the seafood is superb. Mozambican beer is popular, as are South African wines and beers.

The local cuisine is mainly Portuguese, with Far Eastern influences. Specialities include Piri-piri chicken (chicken with spicy chilli sauce), Shellfish and Delagoa prawns with piri-piri sauce, rice with matapa (ground peanut and cassava leave sauce), and wuza (maize porridge).

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