



ITU/ITSO Face-to-Face Training on

SATELLITE COMMUNICATIONS

Maputo, Mozambique
24-28 June 2019

INFORMATION NOTE

1. COUNTRY PROFILE: MOZAMBIQUE

Mozambique, officially the Republic of Mozambique, is a country in Southern Africa bordered by the Indian Ocean to the east, Tanzania to the north, Malawi and Zambia to the northwest, Zimbabwe to the west, and Swaziland and South Africa to the southwest. It is separated from Madagascar by the Mozambique Channel to the east.

Mozambique is divided into eleven provinces and one capital city – Maputo - with provincial status and is endowed with rich and extensive natural resources.

2. VENUE

Montebelo Girassol Maputo Hotel
Mrs. Nádira Khan
Email: nadirakhan@montebelohotels.com
M. +258 823 345 475
T. (+258) 21 360 360
Av. Patrice Lumumba, n.º 737 / 739
Maputo – Moçambique

3. TRAVEL

Maputo International Airport

[Maputo International Airport](#), also known as *Mavalane International Airport*, is an airport located 3 kilometres (1.9 miles) northwest of the centre of Maputo, the largest city and capital of Mozambique.

Location: Montebelo Girassol Maputo Hotel

Airport Code: MPM

Contacts: +258 1 465 038/9, +258 1 465 036/7, +258 1 465 003

Buses 18, 24 and 25 run to the city hourly from 04h30 to 22h00. Taxis and car hire options are also available.

4. LOCAL TRANSPORT

Bus

The company [Empresa Municipal de Transporte Público de Maput \(EMTPM\)](#) operates on several [routes](#) within the city of Maputo. Buses operate from 4AM to 01AM and tickets can be purchased on the bus.

Car Rental

Driving in Mozambique is on the left. It is a criminal offence to drive without a valid licence in Mozambique. You can easily hire car at the airport or in the city centre or through the agency indicated

Car hire options at Maputo International Airport:

- Europcar Maputo Car Rental - +258 21 466 182
- Avis - +258 21 321 243
- Sixt Car Rental - +258 21 465 250

Car hire options at Maputo city centre:

- A&A Trucks Lda - +258 21 328 688 | 1837, 1º A Ft 102 Av 24 Julho-Maputo
- Amin's Rent A Car - +258 21 406 162 | 13/B Av Angola-Maputo
- Euro Rent Lda - +258 21 485 572 | 358 r/c R Kamba Simango-Maputo

5. VISA REQUIREMENTS

Delegates are strongly advised to check all entry and visa requirements from the websites of Mozambican Embassies and High Commissions.

International Passports should be valid for at least six months beyond the date of your stay.

Mozambican has over 40 missions across the world where visas can be procured. The host Country is currently liaising with the Mozambican Immigration Service with a view to processing visas at point of entry for registered delegates from Countries that do not have a Mozambican High Commission/Embassy.

Invitation letter will be issued upon request to assist delegates with visa process. Delegates who require this assistance should submit the following information to the host:

- A clear scanned copy of the data page of the passport
- Date of Arrival
- Date of Departure
- Hotel Booking
- A valid email address

To apply for an entry visa you will need:

- Your passport valid for a minimum period of 6 months from the date your visa for Mozambique was issued, and have at least three consecutive blank pages
- Visa request form
- Two passport size photographs
- A copy of the return tickets or a copy of the flight confirmation
- Hotel booking confirmation
- Copy of first page of passport containing a photo
- Letter of invitation from the official or business institution in Mozambique.

Due to the fact that different requirements apply to different countries and the requirements are subject to change, we advise that you contact the nearest Mozambique mission or consulate to make enquiries and to find more details about your visa application.

For those that come from the countries where there is no Mozambique Embassy or consulate, its recommended to send the passport copies to the host contact that will coordinate with Migration Service to allow the visa upon arrival at Airport.

According to the official website of the Government of Mozambique, citizens from majority SADC countries not need a VISA to entry Mozambique.

All visa arrangements and costs are to be borne by the attendees and/or their administration.

Delegates who may need to submit a formal visa application, will be assisted by Autoridade Reguladora das Comunicações (ARECOM). Please submit your requests to the Host contacts appearing below.

CONTACT PERSONS

HOST CONTACTS	ITU CONTACT
<p>Julio Buque Head of Foreign Affairs Division Autoridade Reguladora das Comunicações – ARECOM Praça 16 de Junho, n.º 340, Bairro da Malanga C.P. 848 Maputo Mozambique Tel. +258 21227100 Mobile: + 258 843207960 Email: jbuque@incm.gov.mz jbuquem@gmail.com</p> <p>Isaiás Muanambane Technician of Foreign Affairs Autoridade Reguladora das Comunicações – ARECOM Tel: +258 823967213 Email: imuana@incm.gov.mz Imuana2@gmail.com</p>	<p>Cyntia Mapisire ITU, Are Office, Harare Zimbabwe Tel: +263 242 775941 Email: Cynthia.mapisire@itu.int</p>

6. HOTELS

- Reservations need to be made by the delegates. Please enquire directly with the hotel
- All costs incurred during the stay must be paid directly to the hotel

HOTEL	CONTACT
<p>Montebelo Girassol Maputo Hotel ***** (Venue)</p>	<p>Mrs. Nádira Khan Email: nadirakhan@montebelohotels.com M. +258 823 345 475 T. (+258) 21 360 360</p>
<p>Hotel Avenida *****</p>	<p>Tel. (+258) 21484400 Mob. (+258) 821997754 comercial.mocambique@tdhotels.com</p>
<p>Hotel Cardoso *****</p>	<p>cbs@hotelcardoso.co.mz Tel. (+ 258) 491071/5 Mob. (+258) 82/844910710 84 311 9940</p>

	info@hotelcardoso.co.mz reservas@hotelcardoso.co.mz sales@hotelcardoso.co.mz
Hotel Terminus *** (Walking distance)	Tel.(+258) 21491333/1284 Mob.(+258)823034630/790 info@terminus.co.mz malaqissa.luis@terminus.co.mz

7. CURRENCY

Mozambican metical - MZN

Notes: MT20, MT50, MT100, MT200, MT500, MT1000

Coins: MT1, MT2, MT5, MT10, 5, 10, 50

Credit cards: Credit cards are increasingly accepted in the larger cities. You should tell your bank before using your card in Mozambique.

Make sure you can access money in a variety of ways. Traveller's cheques are not commonly accepted. US Dollars and South African Rand are the main exchange currencies.

The exchange depending on the market forces but currently the exchange rate for major currencies to the MZN as at **28th May 2019** is as detailed below:

- 1 US Dollar = 62.94 Metical
- 1 Euro = 70.46 Metical
- 1 British Pound = 86.84 Metical
- 1 SA Rand = 4.35 Metical

Don't enter or exit the country with more than 500 Meticais.

You can find the latest conversion rate at www.xe.com

8. CLIMATE

Mozambique has a tropical climate with two seasons, a wet season from October to March and a dry season from April to September. Climatic conditions vary depending on altitude. Rainfall is heavy along the coast and decreases in the north and south. Annual precipitation varies from 500 to 900 mm depending on the region, with an average of 590 mm. Cyclones are common during the wet season. Average temperature ranges in Maputo are from 13 to 24 °C (55.4 to 75.2 °F) in July to 22 to 31 °C (71.6 to 87.8 °F) in February.

9. LANGUAGES

Mozambique is a multilingual country with 43 languages spoken. Portuguese is the official language and it is the most widely spoken language in Mozambique. Other widely spoken languages include English, Swahili, Makhuwa, Sena, Ndau and Shangana.

10. TIME ZONE

Central Africa Time Zone

11. TELECOMMUNICATIONS

There is 3 Mobile Operators (TMcel-Moçambique Telecom, Vodacom and Movitel)

The Seminar venue will be equipped with WIFI. Delegates are also encouraged to purchase SIM cards which will be available at the airport or seminar venue.

The Country Dialling code is +258

12. ELECTRICITY

Voltage: 220 V

Frequency: 50Hz

Primary Socket Types: Type C / F / M



13. TOURISM ATTRACTIONS

Mozambique offers long, dune-fringed beaches, turquoise waters abounding in shoals of colourful fish, well-preserved corals, remote archipelagos in the north, pounding surf in the south and graceful dhows with billowing sails. Add to this colonial-style architecture, pulsating nightlife, an endlessly fascinating cultural mix and vast tracks of bush populated with elephants, lions and birds galore. Please visit <http://www.inatur.org.mz/eng> for more information on the tourist activities available in Mozambique.

14. RELIGION

Statistics show that 56% of Mozambique's population are Christians and Muslims comprised 18% of the population. 7% of the people held other beliefs and 19% have no religious beliefs.

15. BUSINESS HOURS

Banks:

Monday to Friday: 09.00-15.00

Public Services:

Monday to Friday: 07.30-15.30

16. DRESS & BEHAVIOUR

In the cities, men tend to wear Western-style suits to go to work and women wear Western-style dresses made from fabric with brightly coloured African patterns.

17. TIPPING

Tipping in Mozambique is not customary, although in tourist areas a tip of about 10 percent is expected.

18. LOCAL LAWS AND CUSTOMS

By law you must carry original identity documents at all times and present them on request to the authorities. Police patrols and checkpoints are common. Don't hand over your passport to anyone other than an official. Ask to see their ID if in doubt.

Photographing government offices, airports, military establishments, residences and the police or officials is illegal without special permission from the Government. If in doubt, don't take pictures.

Drug use, possession and trafficking are serious offences. Punishments can include long jail terms and heavy fines.

19. USEFUL CONTACTS

Should you face any problem, an accident happen or you are a victim of a crime in Maputo please use the below contact numbers to report your situation:

- Police (PRM - Polícia da República de Moçambique) – 119
- Fire department – 198 / 32.22.22
- Medical emergency – There's no public service of ambulances. The private company *SOS Assistência Médica* operates in Maputo and transports people in need to the appropriate health service provider - +258 21 082 911 / 31.31.03
- Central Hospital of Maputo - Av. Eduardo Mondlane – +258 21 325 002/4

20. HEALTH REQUIREMENTS

If you need emergency medical assistance during your trip, dial 08911 or 21313103 and ask for an ambulance. You should contact your insurance/medical assistance company promptly if you are referred to a medical facility for treatment. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation.

In case of emergency during the meeting, the ARECOM will provide ambulance for medical assistance next to seminar venue.

Yellow fever - There is no risk of yellow fever in this country, however, there is a certificate requirement.

Rabies - Transmission may occur following contact with the saliva from an infected animal, most often via a bite, scratch or lick to an open wound or mucous membrane. Travellers should avoid contact with all animals and bats. Pre-exposure vaccination should be considered for adults and children. Following a possible exposure, wounds should be thoroughly cleansed and an urgent local medical assessment sought, even if the wound appears trivial. Prompt post exposure treatment may be required.

Tetanus - Travellers should thoroughly clean all wounds and seek appropriate medical attention. A booster dose should be given to travellers whose last dose of a tetanus-containing vaccine was given more than 10 years ago, and who will not have ready access to medical care; even if they have received five doses previously.

Malaria - There is a risk of malaria in Mozambique. Malaria is transmitted via the bite of an infected *Anopheles* mosquito. *Anopheles* mosquitoes feed predominantly during the hours from dusk to dawn. Risk depends on the specific location, season of travel, length of stay, activities and type of accommodation. Taking malaria prevention tablets in combination with mosquito bite avoidance measures will give substantial protection against malaria. Chloroquine resistance is widespread. The recommended chemoprophylaxis is mefloquine, doxycycline or atovaquone/proguanil. Travellers who develop a fever of 38°C [100°F] or higher more than one week after being in a malaria risk area, or who develop any symptoms suggestive of malaria within a year of return should seek immediate medical care.

Schistosomiasis - According to World Health Organization (WHO), cases of schistosomiasis were reported in this country in 2012. *Schistosoma* larvae are released from infected freshwater snails and penetrate intact skin to establish infection (schistosomiasis). Travellers may be exposed to schistosoma during activities such as wading, swimming, bathing or washing clothes in fresh water streams, rivers or lakes. Swimming in chlorinated water or sea water is not a risk for schistosomiasis. Topical application of insect repellent before exposure to water, or towel drying after accidental exposure to schistosomiasis are not reliable in

preventing infection. There is no vaccine or tablets to prevent schistosomiasis. Travellers who may have been exposed to schistosomiasis should have a medical assessment.