



A GUIDE TO LIVING IN MAPUTO

Compiled by the International Club of Maputo (ICM)

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Life in Maputo can be both exciting and challenging! Most expatriates would agree the quality of life here has improved tremendously in the last few years, with increasing number of options to choose from in terms of shopping, eating out, services, etc.

The ICM has put together a guide to services in Maputo with a list of businesses that have been recommended by our members as well as by the Community Liaison Officers of diplomatic missions in town (with special thanks to the US and UK CLOs). Additionally, we highly recommend the following publication for a comprehensive listing of services (available widely at shopping malls and bookstores): Son, Elena E. (2009) *The Survival Guide: Welcome to Mozambique 2009/2010*.

Please help us to keep this document up-to-date by sending any suggestions and/or corrections to icm_maputo@hotmail.com. Also make sure to check our website (www.icmmaputo.org) for updates.

We hope this will be a useful resource to you.

Thank you and enjoy!

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1. SHOPS

A. Buying Food

Bakeries

- Visalis Bakery
Av. Mao Tse Tung, 240
- A Pergola
On the side of the JAT building on Av. 25 Setembro, 420. Great for lunches too.
- Bakery at Supermares Supermarket (Av. Marginal 9519)
Excellent selection of breads and they bake in their own premises!
- Pastelaria Nautilus
Av. 24 Julho, 8 (corner with J. Nyerere). Traditional Portuguese-style pastries.

Butchers

- Polana Butcher
Rua Mateus Muthemba, 2001. Tel: 2149 25 69. Wide selection of meats, including ground turkey in an old-style colonial building.
- Delicias Polana
877 Av. Armando Tivane (with Rua Kassuenda). Tel: 2148 60 69.
Swanky new butchers with excellent selection of meats, fish and seafood (frozen), and frozen 'salgados'.
- Bakery O Vosso Supermercado, Rua Gen Teixeira Botelho, 53. Next to supermarket.

Liquor Stores

- J.K. Bottle Store
Av. Eduardo Mondlane, 1305
Tel: 21-42-9152
- Mira Douro, Rua Mtomoni, 70 (off Av. J. Nyerere). Good selection of South African, Portuguese wines and spirits.
- Liquor Store next to O Vosso Supermercado
Rua Gen Teixeira Botelho, 53

Organic Food, Health, and Speciality Stores

- Deli 968
Av. Julius Nyerere, 958. Tel: 2148 88 55
A wide selection of lunchmeats and cheese, specialty gourmet items, gluten-free products, oriental sauces, frozen meats, fresh herbs and dairy, and more.
- Chinese Supermarket
Av. Vladimir Lenin
For sauces and noodles, as well as tons of plastic gadgets and toys!

Seafood

- The Fish Market has plenty of fish and seafood. You need to be careful as they will charge as much as they think they can get away with (and their scales are not always accurate). Go with a veteran (preferably a Mozambican) your first time!
- Good selection of frozen and fresh fish and seafood at the following supermarkets: Supermares, Hiper Maputo, Woolworths (expensive) and Delicias Polana.

Supermarkets

- Shoprite
Av. Acordos de Lusaka
The best place for staples, fresh fruit and vegetables.
- COOP Supermercado
Av. Kenneth Kaunda (opposite UN Standard Bank). Tinned and packaged foods.
- O Vosso Supermercado, Rua Gen Teixeira Botelho, 53
Tinned food/Meat/Chinese sauces and Indian spices
Good liquor store and bakery next door
- Super Mares
Av. Marginal, 9519
Expensive, but clean and organized, with a very large selection of goods. Has a nice coffee and pastry shop.
- Woolworths
Shoprite shopping centre
Clothes and food, expensive but good quality. Best place in town for treats (ice-cream, baked goods, dairy). Best days are Tuesdays and Fridays (lorry delivers from South Africa the day before).
- Supermercado Luz (Woolworths brand)
Av. Vladimir Lenin, 2292 (just off Kenneth Kaunda at the traffic circle). Can be difficult to see from the road by worth looking for it, as fresh bread and rolls are baked three times a day!
- Hiper Maputo
Maputo Shopping Centre
Located in the shopping mall on the first floor. It is large and carries some things you can't find elsewhere, particularly in terms of cleaning products, cookies and sweets, and Middle Eastern products. Not so great for fresh produce although butchery is all right.
- Game
Av. Marginal on the way to Costa do Sol, past the Fish Market.
One-stop shopping for garden and home furnishings and appliances, sports equipment, toys and electronics, although they also carry non-perishable foodstuff. Easy parking and low prices.
- Roadside fruit stalls are also a good place to buy fruit and vegetables - often a lot cheaper and no harassment by vendors. Prices are usually standard - no need to haggle.

Traditional Markets

- Central Market, Av. 25 de Setembro.
Colourful and interesting but rampant pick pocketing, be aware! Also give seafood stalls a wide berth. Best place to buy cashew nuts.
- Janeta Market, at junction of Avenida Mao Tse Tung and Avenida Vladimir Lenin
- Fish Market, opposite the Club Maritimo by the Marginal.
Real smells, not for the faint hearted!

B. Clothing and Accessories

This is a huge category and the following list is just a taster of popular stores amongst ex-pats with relatively easy parking and modern styles:

- Papaia
Av. J. Nyerere, next to Polana Hotel (and the Europcar office)
Lovely women's clothes, very stylish but expensive
- Mr. Price
In the Maputo Shopping Centre in Baixa. Cheap (or not so!) and cheerful.
- Mango
In the Shoprite shopping centre. Expensive but the real thing.
- Maputo Shopping Centre
Rua Marques de Pombal, in Baixa, close to Catembe ferry
Generally the best place for clothes shopping with the largest choice, including Zara and others (check out T-Shirt store on the ground floor called Maki).
- Woolworths
Quality and stylish, with an ample range for men, women and children, but expensive.

And for *capulanas*, try:

- Casa Elefante
The 'old dame' of capulana shopping. In front of the Mercado Central.
- Paraiso das Capulanas
Av. 24 Julho (corner with Av. Guerra Popular)
Always busy! You have to elbow your way to the counter, but good.

C. Other Shopping

BBQ Charcoal

- Charcoal can be purchased off the roadside, outside of town. Most of the gas stations also have it if you can't get out of town. You can also buy it at Shoprite and Game.

Books

- Editores & Livreiros
Av. 24th Julho, 1637 (in front of Restaurante Cristal)
Lovely house with good selection of books in Portuguese and other languages.
- Livreria Polana

- On the second floor of the Polana Shopping Centre.
- Livros & Etc
On the ground floor, close to the entrance of the Maputo Shopping Centre.

House-ware

- Mica
Av. Acordos do Lusaka, 242 (near Shoprite)
Wide variety of hardware and household goods.
- Game
Av. Marginal on the way to Costa do Sol, past the Fish Market.
Best place for garden and home furnishings and appliances, sports equipment, toys and electronics.
- Mr. Price Home
In the Maputo Shopping Centre. Quite a selection of decorative home-ware, linens, etc. but more expensive than in South Africa.
- Sheet Street
Ground floor of the Maputo Shopping Centre, quite close to the entrance. Small but wide selection of bedding stuff.

Gifts and Furnishings

The airport gift shops are pretty good, as are the hotel gift shops. There are many local artisans who attend local craft fairs and school fundraisers - many with more expensive items rather than souvenir-type things. Street vendors are a useful resource when it comes to gifts and furnishings, but you must be prepared to haggle.

- Bali
Av. Marginal, 3711
Lovely Asian-style furniture (expensive). Now also carries a wide variety of gift items, including 2m and Laurentina t-shirts! Best place to buy beads for jewellery making.
- Arts and Crafts market
Every Saturday morning in the Praza 25 de Junho, in front of the Old Portuguese Fort. Tourist curios, wooden artefacts, batiks, masks, etc.
- Centro Cultural Franco-Moçambicano
They have a small artisan shop with wooden artefacts, clothes, Marula products from Swaziland, candle holders, etc.
Supermares supermarket. Av. Marginal, 9519
Good for homewares, party supplies and decorative items, but expensive.
- Woolworths. Shoprite shopping arcade.
Good for clothes, shoes and a selection of soaps and linens, but expensive.

Stationary

- CNA in the Shoprite shopping centre
- MICA. Av. Acordos do Lusaka, 242 (near Shoprite)
- Game. Av. Marginal on the way to Costa do Sol, past the Fish Market.

Sporting equipment

- Nike shop

- Shoprite shopping centre and Maputo shopping centre (opposite Mr. Price). Be ware: very expensive!
- Sporting shop in Maputo shopping centre.

2. SERVICES

Cable TV/Internet providers

- TvCabo. There are several offices throughout town: Av. Lenine 884, Loja 101 in the Maputo Shopping Centre (first floor). Call Center (from 7h00 to 23h00). Tel: 21 480 550. www.tvcabo.co.mz
- TDM. Rua da Sé 2. Tel: 21 43 19 21/43. www.tdm.co.mz
- DSTV. Av. 24 Julho 3617. Tel: 21 22 02 17/18. www.dstv.co.mz
- Teledata. Av. Ho Chi Min, nº 710, 5th floor and Av. 24 de Julho, nº 1893. Tel: 21 35 35 00. www.teledata.mz

Car-related

- Grand Prix Autobody, LDA
Av. das FPLM 1884, Caixa Postal 4625
Tel/Fax: 21-46-1770
Email: grand.prix@teledata.mz
- Nissan Dealer
Rua Paulino Dos Santos Gil 141
Tel: 21-31-2930/8 (or try 33 or 34)

Courier Service

- DHL
Av. 25 de Setembro, 1622
Tel: 21-30-7290/4
- SkyNet
Tel: 130 5353
Fax: 130 5352
Sky1@teledata.mz (www.skynet.net)

Dry Cleaning

- Clean Africa
Av. Agostinho Neto, 154 (across from Maputo's Central Hospital)
Tel: 21-49-5982
Reasonable priced and very professional."
- Eco Sec
Av. 24 de Julho (next to Vila das Mangas)
- Imperial
Maputo Shopping Mall (close to the entrance on the ground floor)
Competitive prices and very quick turnaround

Electronics Repair

- Filmarte, Lda.
Av. 24 de Julho, 3288

Framing

- Moldur'Arte
Av 24 Julho, 115. Tel: 21 486940

Gyms

- Gynasio Physical (within Clube Maritimo)
Av. Marginal
Roughly costs US\$40 per month. There is discount for being a Club Maritimo member, for buying longer memberships, for accepting shorter hours etc. Membership allows you to use the equipment and attend classes, including pool classes. But leisure swimming or independent exercise swimming costs extra (100Mtn per entry). Some staff speak good English.
- Gym at the Club Naval.
Avda. Marginal
- Indy Village Health Centre
Rua Dom Sebastiao 99
Beautiful new gym & spa (more expensive)

Language learning

- Narciso (Portuguese tutor)
Tel: 84-731-103
- Anarkaly School of Languages
Rua Comandante Augusto Cardoso 486. Tel: 21 312356

Mosquito nets (custom-made)

- DonaBella
Tel/Fax: 251 24947
Email: donabellamoz@gmail.com
www.dona-bella.com
- Next Adventure Promotions, LDA
Phone/Fax: 21-49-0886
Cell: 82-371-5250
E-mail: Viking@intra.co.mz
Contact: Anne Sorensen

Notice Boards

Information of all kinds (buying/selling, classes, rentals etc.) is available on notice boards at: AISM (American International School), SuperMares supermarket, Café Sol (both a notice board inside as well info on cultural events and exhibitions, Shoprite, etc.)

Pharmacies

- Farmacia Polana
Av. Eduardo Mondlane 276. Tel: 21 323883

- Farmacia Universal
Av. 24 de Julho 624
- Farmacia Dia e Noite
Av. Julius Nyerere (next to Xenon Cinema). Open 24 hours.
- Pharmacy right next to Supermercado Luz (pharmacist speaks English)

Photo Processing

- The number of outlets in Maputo is pretty limited, as is the quality. The place around the corner from Shoprite does a good job and are cheap; otherwise Nelspruit is recommended (Kodak Express, Shop 11, Crossings Shopping Centre).

Salons (Hair and Beauty)

- Kaya Kwanga – Maria
Tel: 21-49-9456/82-323-1130
Wash, dry, and manicure and pedicure at the same time.
- Salao de Cabelereiro MTiana
Rua Nkkunya Kilido (behind Deli 968)
They clean and blow dry for US\$8 and a manicure and pedicure is only US\$10.
- Sao Cabelereiros
Av. 24 Julho (Polana Shopping Centre)
Man cut for 250 mts
- Dreamz
Behind Café Sol
Man cut for 300 mts, good manicure and pedicure
- Decali
Av. Kenneth Kaunda, 1202
Tel: 21-486-448
Manicure, pedicure, massage, and hair salon. Clean and modern, owner speaks English.
- Gina of Gina Cabelalera
Av. Armando Tivane, 877 (one block off Julius Nyerere)
Tel: 21-48-5797
Cell: 82-843-1630
She speaks fluent English and Portuguese, having worked in Europe before.
- Rough Cut, Hotel Polana Tel: 21491001 and Hotel Southern Sun (Diane) Tel: 823189100. In both staff speak English.

Swimming pools (will charge an entrance fee if you're not a member)

- Clube Naval, Av Marginal
- Waterfront
- Cardoso Hotel
- Clube Maritimo at end of Av. Marginal

Tailoring

- Alfaiataria Polana

Av. Martires da Machava, 808 (almost at the corner of this avenue and Eduardo Mondlane Avenue)

Tel: 21-49-6261/21-49-7626

This is a very good tailor for serious repairs or even to have things done from scratch (pants, skirts, shirts, etc.). Prices, however are higher than average. The on-site tailor and owner is Indian and speaks fluent English as well as Portuguese.

- Alfaiataria Trindade (owned by Sr. Jitendra)
Eduardo Mondlane Avenue, 2021 (if you are driving from Julius Nyerere Avenue, the shop is located between Vladimir Lenin and Karl Marx Avenues)
Cell: 84-236-2360
This is a fairly good tailor for common things; they are quick and their prices are very reasonable.
- Eurotex
Av. 24 Julho 2573. Tel: 2133 34 25. This is the place you can buy materials and all kinds of textiles, as well as buttons, zips, etc.

Veterinarian

- PETS, Dra. Ana Flávia Azinheira
Website: www.petsandwild.com, Mobile: 8436 00 036
The practice is very clean and professional. She is well known in the expat community. They also help with documentation for travelling pets.
- Val,
Av. Ho Chi Min 438. Tel: 21 324435
Doctors Isabel Osorio and Marco Alves are particularly recommended. Very professional and helpful. Spotless clinic.
- Dog Handling/Training
Call Orlando on 827392540

3. BARS AND RESTAURANTS

A. Bars

- Elvis Pool Bar
Av. Vladimir Lenin (near Luz/Woolworths)
Play pool and have a cold beer.
- Polana Hotel lounge bar
"Best place for cocktails in the early evening. Great view!"
- Hotel Cardoso
Av. Martires da Mueda, 707
"Best view of the city at sun down – pool area while sipping a capairinha."
- Waterfront Restaurant & Bar
Av. 10 de Novembro, 74

- Restaurant which features jazz on Wednesday nights.
- Gil Vicente
Av. Samora Machel, 43
Popular bar; often features good local music but usually with a late start.
- Rua d'Arte
Rua Travessa da Palmeira, 59. Tel: 82 64 17 209
Great bar and art gallery in the Baixa. Live music during the weekends.
- Kampfumo Bistro
Train Station. Tel: 82 9860137
Doubles as a bar and restaurant Tuesdays to Saturdays. Also open for lunch.

B. Beach Restaurants and Bars

- Sagres
Av. Marginal, 4272. Tel: 21 495201
Most consistent of the three by price, service, and quality of food.
- Miramar
Av. Marginal, next to Sagres. Tel: 21 488879
Best place to go for a prego and beer.
- Nossa Cossa
Av. Marginal, on the other side of Miramar.
Seating on the beach and outdoor balcony. Good place to watch sporting events.

C. Brazilian

- Rodizio Real
Av J Nyerere, 794. Tel: 21497275
Typical 'churrasco' Brazilian cuisine. Higher price range and more formal décor.

D. Breakfast and cafeterias

- Surf Café
Av. Freidrich Engels, 290 (Jardim dos Namorados)
Enjoy breakfast while looking out to the sea.
- Café Sol
Sommerschield (off of Av. Julius Nyerere, turn at Irish Embassy; sign posted)
Good any time of the day for light snacks, good coffee, and great bagels!
- A Pergola
On the side of the JAT building on Av. 25 Setembro, 420. Great for lunches too.
- Café Acacia
In the newly-opened Jardim dos Professores, diagonally across the Natural History Museum, close to the Cardoso Hotel. Beautiful views and good service.
- Pastelaria Nautilus
Av. 24 Julho, 8 (corner with J. Nyerere). Traditional Portuguese-style pastries.

E. Chinese

- Tang Palace
Located within the Chinese hotel and grocery store on Av. Vladimir Lenin.
It's cheap and great for large groups.

F. Ice Cream

- Pinoquio
Jardim dos Namorados
Tel: 21-48-7701
Delicious gelati and plenty of seating.
- Gianni Sorvetaria
Polana Shopping Centre.

G. Italian

- Vila Italia
Mateus Sansao Muthemba, corner of Av. Martires de Machava. Tel: 21 497298
Italian fare, well-known, used to be in F. Engels.

H. Indian

- Taj
Near the JAT building
Delicious Butter Chicken!
- Galaxy
Rua 1314 behind the Coop Supermarket
Tel: 82-254-1940
Not very fancy, but food is good and authentic.
- Vintage India
Av J Nyerere, Tel: 21486430
Authentic Indian cuisine with an extensive menu.

I. Meat

- The Meat Co.
2589 Av. Marginal. Tel: 21 48 35 79
In the Polana Casino. Stylish décor and superb steaks and wines from South Africa! Upstairs turns into a nightclub on weekend nights.

J. Pizza

- Mundo's
Av. Julius Nyerere and Av. Eduardo Mondlane

Has other choices on the menu. Very popular with expats. It is the largest sports bar in town so expect crowds for big matches and finals. Good place for kids and families.

- Mimmos
Av. 24 de Julho, 274 and on Av. Vladimir Lenin
Part of a South African chain. They also have other Italian food.
- Kaya Kwanga
Pizza out of a real Italian stone oven.

K. Portuguese and Mozambican

- Manjar dos Deuses
Av J Nyerere, 162 Tel: 21496834
Good Portuguese food. Try their hot stone steak!
- Restaurante Piri-Piri
Av. 24 Julho, 22. Tel: 21 49 23 79
One of the most traditional and famous restaurant in Maputo, famous for its excellent chicken, café-style and good prices
- Micasa
Rua da Argelia, 28 on corner with Av. J. Nyerere.
A classy, subdued ambience, with candles, water goblets and linen cloths on the closely spaced tables, and nicely prepared seafood, meat and pasta dishes.
- Belsol
Segunda Av., just off Av. Marginal in Bairro Triunfo
Very good seafood rice and pork dishes!
- Taverna Portuguesa
Av. J. Nyerere, 995
Enjoy authentic Portuguese cuisine and wines! A very popular restaurant with the local Portuguese community.
- Escopiao
Av. 25 Setembro, Feira Popular. Tel: 21 304 377
Offers a mix of Mozambican and Portuguese dishes. Very popular.
- Indy Village restaurant
Rua Dom Sebastiao 99
Serves a Sunday buffet of traditional Portuguese fare.

L. Seafood

- Waterfront Restaurant & Bar
Av. 10 de Novembro
Tel: 21-301-408
Beautiful view, nice bar area, swimming pool, good food.
- Costa do Sol
Av. Marginal (at the very end)
Fresh seafood. This landmark restaurant is best noted for its location (not right on the beach but close) and art deco building.

- Restaurante Docks (Clube Naval)
Av. Marginal. Tel: 21492690
Between the club's swimming pool and the old-style club building. Great seafood and fish by the water's edge. You pay a small entrance fee which is then deducted from your restaurant bill.
- Zambi Restaurant
Av. 10 de Novembro, 8
Tel: 84-339-2624
Very good restaurant for a special night out. Try their Patuscada de Marisco!

M. Sushi

- Aska Japanese Restaurant
Av. 25 de Setembro, 420
Tel: 21-30-2618/84-322-3280
Although it bills itself as Japanese, half of the menu is Korean, and it is owned and operated by Koreans.
- Big Blue Seafood Restaurant and Sushi Bar
4th Floor Maputo Shopping Centre, Tel: 82 206 4012
You can sit around the Japanese cook while he is making the sushi.

N. Thai

- InterThai
Mateus Sansao Muthemba, 287
Probably the best Thai restaurant in the city.
- Spicy Thai
Av. Julius Nyerere, 657
- Pekais Thai Pub and Restaurant
Av. Francisco Magumbwe, 502. Tel: 21 485226

4. CULTURAL AND LEISURE

A. Cinemas and theatres

- Xenon Cinema
Av. Julius Nyerere 776. Tel: 21 497256
- Gil Vicente Cinema
Av. Samora Machel, 45. Tel: 21 308768
- Scala Cinema
Av 25 de Setembro, 1514. Tel: 21 322910
- Teatro Avenida
Av 25 de Setembro, 1179.

Teatro Avenida is home to Maputo's best-known theatre group, Mutumbela Gogo. Plays are in Portuguese. The artistic director is famous Swedish author Henning Mankell.

B. Cultural Centres

- Nucleo de Arte
Rua da Argelia, 194
Art gallery and bar with snacks. It is a popular spot on Sundays for Mozambicans and young expats; live music until 10 PM.
- Centro Cultural Franco-Moçambicano
Av. Samora Machel, 468
This is essentially the cultural hub of Maputo. A wide range of concerts, performances, and exhibitions are held here. Find out what is going on at <http://www.ccfmoz.com> (website in French and Portuguese).
- Instituto Camões - Portuguese Cultural Centre
Location: Av Julius Nyerere, 720. Tel: 21 493892
- Brazilian Cultural Centre
Av. 25 de Setembro, 1728. Tel: 21 493892
- Kampfumo Gallery
At the train station. Tel: 84 306 26 12
Beautiful, yet small, setting for art exhibitions.

C. Clubs and Sports

- Clube Marítimo
Water Sports (Windsurfing/Kite-Surfing/Sailing/Fishing)
Av Marginal, 36. Tel: 21 49 75 65
- Clube Naval
Av. Marginal. Tel: 21492690
One of the oldest clubs in Maputo (founded in 1913). Sailing, swimming, gym.
- Hash House Harriers meet at the Aeroclub, Av Kwame Nkrumah, Saturdays 4pm.
Runners, walkers, children and dogs are welcome. For more details:
www.maputohashhouseharriers.org
- Tennis club in Botanical Gardens (very good courts, instructors etc).
- Horse-riding Stables - 2 main stables: Centro Hipico and Costa do Sol
- Duplicate Bridge Club every Monday night in a room at Zambi's: 829422082

D. Massages and beauty treatments

- Decali
Av. Kenneth Kaunda 1202, Tel: 2148 61 01. Large house with a whole variety of treatments. Very professional and they speak English.
- Indy Village Spa
Rua Dom Sebastiao 99. Beautiful new gym & spa (expensive)

- Kaya Kwanga
321 R D. João Castro. Tel: 2149 27 06. Variety of treatments, including Chinese reflexology with Rosa.
- Chakras Spa
Rua Dar Es Salaam, 44. Tel: 82 616 3993. Recently opened with a very extensive menu of treatments and massages.

E. Places to go with Kids

- Jardim dos Namorados
Av. Friedrich Engels
Popular park for families, ice cream, and pizza.
- Mundos
Av. Julius Nyerere and Av. Eduardo Mondlane
This popular restaurant has a play area for kids.
- Café Sol
Sommerschild
This restaurant has a sand box and some green space for kids.
- Jardim dos Professores
Officially opened in January 2009 and located next to Hotel Cardoso in Avenida Martires de Mueda, it provides a nice sea view and a large play area for children.

5. SCHOOLS AND DAYCARE

A. International Schools

- The American International School of Mozambique (AISM - www.aism-moz.com email: aism@aism-moz.com) follows the US curriculum with full time attendance (mornings and afternoons) up to High School level. School year starts in September.
- The French School (email: efmaputo@tv cabo.co.mz) is small and friendly. Good starter school for younger child wanting to start in the French system. School calendar closely aligned to most European ones.
- The Maputo International School (MIS - www.mis.ac.mz email: mis@virconn.com) is part of the State system, though in practice it has considerable autonomy, and meets its costs through fees charged to parents. The school follows the American grade system; however, the curriculum is based on the British one, using UK texts and materials. School year starts in January.
- The Portuguese School (<http://www.epmcelp.edu.mz/>) located close to the French and American schools and is one of the largest in Maputo. School calendar closely aligned to most European ones.
- Trichardt School – South African educational system. All in English.

- 55 Av Base N'Tchinga. Tel: 2141 76 88
- Cinderella School - English medium in Sommerschield area
797 R Gen Pereira D'Eça. Tel: 2149 31 48

B. Daycare

- Pixies Nursery
24 de Julho, 986
Tel: 82-453-3500
E-mail: phillipaebrahimmoz@hotmail.com
They accept children aged two to five and the hours are 0800-1200, Monday through Friday. Children can be enrolled on a part-time (three days a week) or a full-time (five days a week) basis.
- Canadian Montessori Academy
Av. Kenneth Kaunda, 940
Tel: 21-49-8684
Website: cma_moz@panintra.com
They offer a traditional Montessori curriculum for children from 1-1/2 years of age through grade 3. School runs year-round, with significant breaks in April, July-August, and December-January. New student orientation is in January.
- AISM
266 Rua 3753, Bairro da Costa do Sol
Tel: 21-49-1994
Website: www.aism-moz.com
E-mail: aism@aism-moz.com
They offer a preschool program for children who are 4 by the end of October; however, they have been known to accept children under 4 into their preschool program, if there is an older sibling attending the school. The hours are 0730 to 1215. The school year begins in August and ends in June.
- Tiny Tots
Rua 3502, Sommerschield II, 9771
Tel: 84-323-4690
Ireneaba@fsmail.net
They offer nursery school for children aged 1-1/2 to 4. The school is operated from a private home in an upscale Maputo neighbourhood. Class time is from 0830 to 1200. This is a true nursery school. No lunch or toilet training is provided. Parents provide their children with a mid-morning snack. Extracurricular activities are provided on Thursday and Friday.

6. RELIGIOUS SERVICES

- Anglican
Anglican Church of St Stephen and St Lawrence

- Avenida 24 de Julho 1516
 Sunday Holy Communion begins at 1000hrs
- Catholic
 Seminario Sao Pio X
 Avenida Kim Il Sung
 Sunday Mass begins at 0900hrs
 - Interdenominational Christian
 Church service in English: Maputo International Christian Fellowship, Sundays
 11:00-12:30
 Av. Kim Il Sung, 520, Sommerschield
 - Jewish
 There is a synagogue on Rua Thomas Nduda with a very small congregation.
 Services are held every Friday evening.
 Contact information: Etavildo Hipolito. Rioamazonas2004@yahoo.com.br, 84-316-0590 or Larry Herman, larryjerusalem@yahoo.com, 82-752-0880.
 - Protestant
 Malanga United Methodist Church
 Avenida 24 de Julho (near Mimos)
 Worship Services begin at 1700hrs
 - Islamic
 Masjid Taqwa
 Av. Eduardo Mondlane. Tel: 82 3071900

7. MEDICAL

A. Dentists

- Dr. Shaw
 Maputo Tel: 84 7657 111
 Nelspruit: ABSA Square, 5th floor at 20 Paul Kruger St.
 Tel: 00 27 13 755 1140/83 630 6155
- Dr. Adolfo Sinai
 Dentamed Clinic, Av. Francisco Magumbwe 954. Tel: 21 49 3368
- Dr. Tayob, English-speaking (receptionist is not but she will call him)
 Av. Patrice Lumumba 290. Tel: 21 308882 or 823110660

B. Chiropractor

- Emmanuel Tavares
 Tel: 825725296
- Dr. Sumaya Sidat

Tel: 823819190, smsidat@hotmail.com
Av. Paulo Samuel Khankomba

C. General practice – private clinics

- Swedish Clinic
Av J Nyerere 1128 (within Swedish Embassy). Tel: 21 492922
In emergencies: 82 3002610 / 82 302 3580
Dr. Olle Liungman
- Clinica da Sommerschild
Rua Pereira do Lago, 52. Tel: 21 49 3924/5
- Instituto do Coração (The Cardiac Institute)
Av K Kaunda 1111. Tel: 21 416 347
Dra. Beatriz Ferreira
- Clinica Cruz Azul
Av. Karl Marx, 414. Tel: 21 30 0120
- Clinica Elim
Av. Patrice Lomumba, 290. Tel: 21 30 8882, 82 3110660

D. Ambulance services

- SOSNetcare
JAT Building. Tel: 21 313 103/4
Contact: Mike Ferguson
- Vida Lifecare Plus
Tel: 21 486 355, 84 3060300

8. TRAVEL AROUND MAPUTO

A. Car Rental

- Avis
Av. 24 de Julho, 3549. Tel: 21 40 7790/3
Maputo Airport. Tel: 21 46 5497/8
- Europcar
Av. J. Nyerere, 1418. Tel: 21 497 338
Maputo Airport. Tel: 82 302 8330
General reservation number: 82 300 2410 and reservas@europcar.co.mz
- Hertz
Av. Julius Nyerere at Hotel Polana. Tel: 21494982
Maputo Airport. Tel: 21 465534

B. Public transport

- There are *many bus services* to and from Nelspruit and/or JHB:
- Cheetah Express Bus - minivan, runs daily, very clean new, comfortable, air-con, seats 12, English speaking driver. Riverside mall drop-off & pick-up.
Tel: 824101413.
 - Greyhound. Luxury bus service to and from Johannesburg. Tel: 21 427505.
 - Panthera Azul. Av. Julius Nyerere. Tel: 21 494 238.

C. Catembe and South of Maputo

- Ponta do Ouro
117kms south of Maputo, via either Boane, or the ferry to Catembe The drive goes through the Maputo Elephant Reserve. Only 117kms but the road is bad, the journey can take four hours and must be done in a 4 x 4. Driving in convoy is strongly recommended. Accommodation: Motel do Mar.
- Ponta Mamoli (20 km north of Ponta do Ouro)
www.pontamamoli.com
Beautiful luxury resort with log cabins by the ocean linked by wooden platforms. Scuba diving, horse-riding and other activities. Half-board only.
- Ponta Malongane (10 km north of Ponta do Ouro)
www.pontamalongane.co.za
Larger, South-African run beach resort with plenty of activities including quad biking. Self-catering or restaurant.

D. North on the EN1

- Macaneta
35 km. north east of Maputo on the Xai Xai road. Drive to Marracuene and cross the Incomati river by small ferry. Clean beaches but bathing unsuitable for children or weak swimmers. 4 x 4 required. Accommodation: Macaneta Beach Resort (good restaurant) or Incomati River Lodge (on the river, not the beach).
- Bilene
190kms north of Maputo, 30 km. off the Xai Xai road at Macia. Tranquil beach destination, it is really a large lagoon (salt water), so ideal bathing for children. Water sports. Accommodation: Praia do Sol Beach Resort (www.pdsol.co.za) or La Perla chalets (self-catering only, Tel: 847116090).

E. South Africa

Durban

- Border crossings through Swaziland and into SA are usually quick and easy. Easy 6-hour drive to North Coast resorts (Ballito, Umhlanga Rocks)

Excellent shopping and vacations in Kwazulu-Natal ... Drakensburg, north coast resorts etc.

Komatipoort

- Beautiful golf course. Decent SPAR for grocery shopping. Nice butchery. Very lovely guest houses and some good restaurants. Fishing. Trips into Kruger. NOTE: People should be vigilant as there is a lot of ATM crime - fraud, scamming etc. - going on there

Kruger National Park

- 120kms west of Maputo, crossing the border at Ressano Garcia
Journey to the Crocodile Gate takes one hour 10 minutes approximately, subject to border delays. The flagship game reserve of South Africa. Choice of accommodation throughout the park can be booked online at <http://www.sanparks.org/tourism/bookings/>.

Nelspruit – places to stay

- Chez Vincent
56 Ferreira Street, Tel: +27 13 744-1146, <http://www.chezvincent.co.za>
With the family room you can put the kids to sleep and eat a fabulous meal in the restaurant when the room is still in view.
- Mataffin Hill Lodge
Tel: (+27) 13-752-2836, <http://www.mataffinhill.co.za>
Same owners as Chez Vincent

Nelspruit – things to do

- Kaapsehoop Horse Trails
Mpumalanga
Website: <http://www.horsebacktrails.co.za>
- Lowveld National Botanical Garden
Tel: (+27) 013 752 5531
E:mail: kekane@sanbi.org
Situated off of the R40/White River road. Take turnoff at the Riverside Value Mart traffic light.
- The Jane Goodall Institute, Chimpanzee Eden
Website: <http://www.janegoodall.co.za>
Tel: (+27) 13-745-7406
Just outside of Nelspruit. Fantastic place, good food, has accommodation.

White River

- Ku De Ta
Website: <http://www.kudeta.co.za>
Tel: (+27) 13-751-1773/82-880-2224
Peaceful and quiet with nice gardens and surroundings. Eat at *Salt* restaurant; owner can book it for you.
- Ambience Inn
Website: <http://www.ambienceinn.co.za>
Tel: (+27) 13-751-1951

- Beautiful gardens, very hospitable owners, relaxing.
- Shopping at Casterbridge Farm
www.casterbridge.co.za

Hazyview – places to stay

- Rissington Inn
Website: <http://www.rissington.co.za>

Hazyview – things to do

- Elephant Whispers
R40 Hazyview, Mpumalanga
Website: <http://www.elephantwhispers.co.za>
Tel: (+27) 013 737-7876
E-mail: info@elephantwhispers.co.za
Elephant interaction, elephant back ride, lunch, sunset interaction, elephant back ride & sundowners, and more.

F. Swaziland

- Phophonyane Falls Nature Reserve
Website: <http://www.phophonyane.co.sz>
- Mlilwane Wildlife Sanctuary
Website: http://www.biggameparks.org/3parks_mlilwane.html
Stay in a beehive hut and relax by a campfire. Walking and biking trails.
- Hlane Royal National Park
Website: http://www.biggameparks.org/3parks_hlane.html
- Mkhaya
Website: http://www.biggameparks.org/3parks_mkhaya.html
- Buhleni Farm
Website: <http://www.buhlenifarm.co.za>
- Shop till you drop at Gone Rural (www.goneruralswazi.com), Swazi Candles (www.swazicandles.com), and then eat and/or stay at Malandelas B&B (www.malandelas.com).

G. Travel agencies

- Dana Tours
Av Kenneth Kaunda, 1170. Tel: 21 495514
Based in Maputo, probably the largest travel agency here. Professional.
www.danatours.net and info@danatours.net.
- Green Rhino
Although based in South Africa, has many clients based out of Maputo. Good regional coverage within Southern Africa and very professional.
www.greenrhino.co.za, email Cynthia at cynthia@greenrhino.co.za

- Mozaic Travel
Great for more adventurous escapes, including to Limpopo Transfrontier Park and Gorongosa. Tel: 21 451 376, mozaictravel@gmail.com, www.mozaictravel.com.

9. EMERGENCY NUMBERS

Swedish Clinic	21 492922
In emergencies (out of hours):	82 3002610
Clinica de Sommerschild:	21 493924/25/26
*Diplomatic Police	21 485093
*Fire Brigade	21 322222 (help) 21 423116 (office)
*Electricity	21 326117
*Water	21 302 431/2
*SOS (Ambulance)	82 911
*MCell (cancelling lost/stolen mobiles)	21 351 111
*Vodacom (cancelling lost/stolen mobiles)	84 111 0000

* You will probably need to speak Portuguese for these numbers