



2 By 2 Holidays

Useful Travel Tips

A-Z Mozambique

Please read the following information, as it contains useful practical tips for your holiday to Mozambique

AIRPORTS and FLIGHTS

The flying time to Mozambique from Europe is approximately 12 hours. The time difference is GMT + 2 hours

Flights to Mozambique are generally via Johannesburg or Maputo.

Most flights arrive into Vilanculos, Inhambane, Pemba or Maputo airport where you will go through customs, get visas and then board a light aircraft for transfer to the island lodges.

BAGGAGE ALLOWANCE

Free baggage allowance varies by airline and destination so please ask at the time of booking for details of the aircraft used on your itinerary.

Most commonly, 20kg is allowed for economy class travellers and one small carry on bag weighing up to 7kg. With British Airways and Virgin Premium Economy flights, there is no increase in baggage allowance. On international flights, excess charges apply if your allowance is exceeded on any flight and could be charged at rates in excess of R200 per kilo. South African Airways are very strict on this. Any single bag weighing more than 32kg will not be accepted.

The luggage allowance on the light aircraft to Bazaruto, is 20kg per person including 5kg of hand luggage. If there is space, any excess baggage will be charged at R35 per kg. It may be possible that we can arrange for surplus luggage to be stored with your host for a local charge

CAR HIRE and SELF DRIVE

Self drive in Mozambique is not recommended due to poor road conditions

CLOTHING and WHAT TO PACK

Light, cotton clothing is the most comfortable and visitors should be respectful to local culture by covering up and wearing long skirts, trousers or sarongs for women and a shirt and shorts for men when away from the beaches. Army camouflage uniforms or army hats are not recommended.

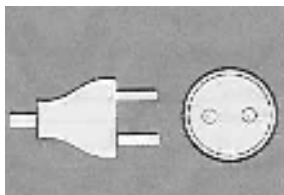
Insect repellent, a sunhat and sun block are essential. A warm jacket and trousers for winter evenings, an umbrella for the sudden tropical downpours and smart casual evening wear.

DEPARTURE and ARRIVAL TAX

There is US\$3 border tax which is payable on arrival at Vilanculos or Inhambane airports for all passengers travelling to or connecting through these airports. There is also a US\$30 departure tax payable from all international airports in Mozambique plus there is a US\$10 domestic departure tax, all of which are payable locally. Please ensure that you have small denominations of US\$ as often change is not available.

ELECTRICITY

Current is 220 volts AC and supplied through a type C



Round pin attachment plug

Luxury lodges normally have South African adaptors.

HEALTH AND MEDICAL INSURANCE

Hospital facilities are generally poor and outside the major cities of Maputo and Beira medical facilities are limited. However, serious medical cases will be evacuated by air to South Africa where further facilities are available.

It is essential to be comprehensively covered by appropriate travel insurance. Take your certificate of insurance with you, together with the emergency contact numbers.

It is vitally important that you read and understand your insurance cover, ensuring it includes cover for all the countries you will be visiting and is valid for any activities you will be involved in.

HOSTS AND GUIDES on Private Tours

On privately hosted/ touring holidays, you are not expected to dine with your host or guide. This will allow you both to enjoy some private time. If you would like them to join you, you can initiate the invitation but please bear in mind that they have a fairly modest daily meal and drink allowance, so unless you are happy to pay for their meal and drinks, chose a venue that will be suitable for all pockets!

It is not necessary to tip your host. However, if you have received exceptional service and wish to express your gratitude, you may of course do so. In such circumstances a tip of £30 -£50 per couple per week is regarded normal.

INTERNET ACCESS

Internet is widely available in Maputo, with many internet cafes and all major hotels having internet access. Outside Maputo, there is internet access in only some luxury hotels and lodges and this can be slow and very expensive.

LANGUAGE

The official language in Mozambique is Portuguese although English is spoken in luxury hotels and lodges.

MALARIA

Malaria is endemic to Mozambique so it is important to seek advice from your GP on the correct medication to take. Preventative tablets for malaria can be obtained by prescription only from your doctor.

Peak transmission is from October to June, with the highest risk being from February until early May. The risk is lowest from July to September, but precautions should still be taken.

Common sense precautions include:

- wear long sleeve shirts and trousers from dusk until dawn, when mosquitoes are usually active
- use insect repellent to cover exposed areas such as neck, ankles and cuffs
- avoid perfumed sprays and hair gels that may attract insects
- keep any ceiling fans switched on whilst you sleep, as mosquitoes do not like moving air
- use mosquito nets if provided
- plug-in slow-release repellent pads are also popular

MONEY

Metical is the currency in Mozambique. It is best to take US\$ or South African Rand which are easily exchangeable

Approximate exchange rate

$$£1 = \text{MZM } 26$$

Credit/debit cards are rarely used in shops but there is access to cash machines.

PASSPORTS

Your passport must be valid for at least 6 months after your return date and you must have a return or onward ticket.

PHOTOGRAPHY

Visitors should not take photographs of soldiers, airports, bridges or government/public buildings, since this is illegal. Only photos of beaches and other tourist sites may be taken.

Remember to bring your own camera batteries and charger, as these are not available to buy in remote areas. For bird and game photography a telephoto lens of 200-300mm is ideal. Lenses which require a tripod tend to be impractical as are double lens reflex cameras.

SAFARI CODE OF CONDUCT

By their very nature, the movement of wild animals is unpredictable and sightings of particular animals can never be guaranteed. However your ranger will do his best to please!

Please observe the following code of conduct whilst on safari:

- Do not leave your vehicle, or hang limbs outside the perimeter of your vehicle
- Avoid unnecessary noise, which can startle the animals
- Do not follow the animals too closely (always keep a distance of at least 20 metres)
- Do not feed the animals
- Do not damage the vegetation or collect eggs, bones, skins, horns or similar
- Be aware that litter can seriously harm wildlife and a lit cigarette can cause a serious fire
- Do not walk around camp after dark, unless accompanied by a ranger
- Wild animals have right of way!

SHOPPING

Mozambique is well known for its basketwork, reed mats, wood carvings, masks, printed cloth and leather. But please remember that you may not bring back souvenirs made from the skin or horns of wild animals, as these are banned in Europe and will be confiscated by customs on your return.

SMOKING

There are no smoking bans in Mozambique.

SWIMMING

It is not advised to swim in rivers, ponds or dams as they may be infected with Bilharzia. However the beaches are pristine and the warm Indian Ocean is safe to swim in.

TELEPHONES

Mobile phone coverage is limited to the main inhabited areas.

Useful contact numbers:

Police Emergencies	119
Ambulance Emergencies	117

When dialing from the UK to Mozambique:

International dialing code 00 258 followed by the local area code (without the 0) and the number

When dialing to the UK from Mozambique:

International dialing code 00 44 followed by the UK area code (without the 0) and the number

TIPPING

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

- Waiters - 10%
- Porters - \$1
- Game trackers - \$5 per person per day
- Guides - \$10 per person per day

VACCINATIONS

There are no compulsory vaccinations needed for Mozambique but it may be advisable to be protected from Hepatitis A, Polio and Typhoid, although as requirements change, it is important to consult your doctor for his recommendations. HIV/Aids is prevalent in Africa and suitable precautions are advised. Further details on health and travel abroad can be found on the website: www.netdoctor.co.uk/travel/vaccines/index.shtml

VENTURING OUT ON YOUR OWN

2 By 2 Holidays hosting programme is designed to ensure your safety and comfort. Take advice if you plan to venture out on your own and exercise the same caution as you would when using cash machines in the UK.

Common sense precautions include:

- Deposit valuables (including your passport and air ticket) in your hotel safety deposit box. (not all hotels have safes available)
- Do not draw attention to your self by flaunting expensive cameras, jewellery or cash
- Avoid isolated areas
- Do not leave your baggage or hotel room key unattended
- It is not advisable to resist if confronted
- Remain vigilant at all times

VISAS

British nationals need a visa to visit Mozambique, which can be obtained from the Mozambique High Commissioner at a cost of approximately £55 – see www.mozambique.org.uk/visasection.html
Visa can be obtained at the arrival airports of Pemba, Vilanculos, Inhambane and Maputo at a cost of approximately US\$100 per person. Ensure that you have small denominations of US\$ as change is often not available.

WATER

It is advised that you only drink bottled water in Mozambique.

WEATHER

Average daily temperatures (°C)

MAPUTO

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Max	30	31	29	28	27	25	24	26	27	28	28	29
Min	22	22	21	19	16	13	13	14	16	18	19	21
Average rainfall mm	130	125	125	53	28	20	13	13	28	48	81	97