



AJUDE/ICYE MOZAMBIQUE NATIONAL PROFILE 2010-2011

ICYE MOZAMBIQUE NATIONAL PROFILE FOR
2010-11

Dear Exchangee

We would like to welcome you to Mozambique for a volunteer year of 2010 – 2011. AJUDE/ICYE Mozambique is a youth organisation, run by young dynamic and helpful people, and we are responsible for your year here. Most of the members running AJUDE have participated in exchange programs similar to ICYE or are former exchangees of ICYE and have lived and volunteered abroad. You will meet many of those members during your exchange year in Mozambique.

As a volunteer here you will meet the Mozambican people and culture in a way you could never do as a tourist. The outcome of your exchange year abroad is to a great extent depending on your own effort to adapt and to express your needs and wishes. If you, as a volunteer are honest with us, we promise to try to make your year worthwhile and an experience that you will never forget.



There are eleven ways of saying welcome to Mozambique which are:

Hoyo-hoyo le Kaya; Uhyane, Karibo

Bem Vindo a Moçambique

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INTRODUCTION

Mozambique is facing many social problems and for you, as a volunteer there are a lot of activities to get involved in.

But Mozambique is much more than the misery you might have been watching on your TV, in magazines or movies. What you will encounter when coming here is the friendliness of the people, the rich culture, exciting history, beautiful nature with some of the best coral reefs and beaches in the world.

In the capital Maputo you will have all you can expect from a modern city and on the weekends its nearest beaches are crowded with people for a party. Other parts of the beach are for people coming for a picnic and for relaxing.

Buses can take you around the country to the bigger towns as well as the neighbouring countries.

We hope this National Profile will give you a good idea of being a volunteer and you are most welcome to contact us for any information you might want.

FACTS ABOUT AJUDE

AJUDE is The Youth Association for Development of Volunteer Service in Mozambique. AJUDE is a non-profit organisation which brings together young people of Mozambique without distinction of race, sex, religion, tribe, level of education or any other way of discrimination. AJUDE's origin dates back to 1993 when a group of students of the Higher Institute for International Relations formed this organisation with the main objective to actively participate in the reconstruction of Mozambique after a long and destructive civil war. Beside this, other objectives came along as follow:

- To promote volunteer activities for young people in their spare time and holidays
- To promote community development and encourage participation of community members in activities for their own benefit
- To promote exchange of youth volunteers in the different regions of Mozambique, of Africa and the rest of the world
- To send young Mozambican volunteers to participate in voluntary work in other countries.
- To create opportunities to exchange experiences between youth from different parts of the country and the rest of the world

AJUDE joined ICYE Federation in 2001 at General Assembly that took place in Kenya. Since then AJUDE/ICYE Mozambique has been exchanging volunteer as Associate member of the Federation and in the 2005 became an ICYE Federation full member.

Beside ICYE, AJUDE is also member of different National and International Organizations and Networking like:

- 1 Mozambique Youth Council;
- 2 CCIVS: Coordinating Committee for Voluntary Services
<http://www.unesco.org/ccivs/>
- 3 SAWC – Southern Africa Workcamp Coordination;
- 4 LINK – Mozambique NGO's Networking;
- 5 League Of Human Rights in Mozambique

AJUDE runs other exchange programs being short-term workcamps that mainly run for two

or three weeks and also medium term exchange programs with the Canada World Youth and also runs in Mozambique the Global Xchange programme with UK.

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MOZAMBIQUE HISTORY

The first people to be in Mozambique were probably the KhoiSan, which was a hunter-gather tribe that had settled in Southern Africa. Although the first evidence of human involvement in Mozambique came with the settlements of Bantu tribes who were growing crops and cattle. The Bantu tribes started to settle in the 3rd century.

In the 8th century the Bantus had made contact with Arab businessmen. The Arabs traded with cloth, spices and pearls for gold, ivory and slaves. This business continued until the arrival of the Europeans.

The European involvement in the area, which is now Mozambique, began in 1498 when Portuguese explorer Vasco da Gama landed at Mozambique Island en route to India. Portuguese interest in the area stemmed in part from the need for supply points on the sea route between Europe and the East, and in part from the desire to control the lucrative gold trade with the interior. Within a decade the Portuguese had established a permanent settlement on the island. Over the next two hundred years, they established numerous other trade enclaves and forts along the coast, and several settlements in the interiors along the Zambezi Rivers Valley. By mid 16th century, ivory had replaced gold as the main trading commodity. By late 18th century, slaves had been added to the list, with hundreds of thousands (some estimates say as high as one million) Africans sold into slavery through Mozambique's coastal ports.

The Colonial Period

With the onset of the "Scramble for Africa" in the 1880s, Portugal faced growing competition from the other colonial powers and was forced to strengthen its claims on its territories. In 1891, after considerable dispute, a British-Portuguese treaty was signed which gave the country its present shape and formalised Portuguese control. However, even after this, the Portuguese were only able to directly administer the southern part of the country. In the north, large areas of land were carved out and leased as concessions to private firms, which operated as independent chiefdoms and soon became notorious for forced labour abuses.

Early 20th Century Mozambique was characterised by a large-scale labour migration to

South Africa and Rhodesia (now Zimbabwe). Economic ties with South Africa were strengthened, a rail link was built between Beira (2nd Big city after Maputo) and Mutare (Zimbabwe), and the Portuguese transferred their capital from Mozambique Island to Lourenço Marques (Maputo).

In 1926 Antonio Salazar came to power in Portugal. He sealed off the colonies from non-Portuguese investment to ensure that Portugal would profit from them directly, terminated the leases of the various concession companies in the north, and consolidated Portuguese control over Mozambique. Over the next decades, the number of Portuguese in Mozambique steadily increased, as did repression on the indigenous populations. There was not even a pretence of social investment in the African populations, and of the few schools and hospitals that did exist, most were in the cities and reserved for Portuguese, other whites and “assimilados” (African who assimilated to European ways). Forced cultivation of cash crops led to a dramatic decrease in food production, and famines became frequent.

The Independence

In June 1960, at Mueda in northern Mozambique, villagers protesting peacefully about taxes held an official meeting. Portuguese troops opened fire on the crowd, killing a large number of demonstrators. Resentment at the ‘massacre of Moeda’ was one of the sparks kindling the independence struggle. Resistance to colonial rule coalesced in 1962 with the formation of FRELIMO, The Mozambique Liberation Front. Led by the Eduardo Mondlane (who was assassinated in 1969), and operating from bases in Tanzania, FRELIMO’s aim was the complete liberation of Mozambique. The final blow for Portugal came in 1974 with the overthrow of the Salazar regime. On 25 June 1975, the independent People’s Republic of Mozambique was proclaimed with the wartime commander Samora Machel as president.

The Portuguese pulled out virtually overnight and left the country in a state of chaos with few skilled professionals and virtually no infrastructure. FRELIMO, which found itself suddenly faced with the task of running the country, threw itself headlong into a policy of radical social change. Ties were established with the former USSR and East Germany, and private land ownership was replaced with state farms and peasant co-operatives.

Meanwhile, schools, banks, and insurance companies were nationalised and private practice in medicine and law was abolished in an attempt to disperse skilled labour.

Education assumed a high priority and literacy programs were launched with the aim of teaching 100,000 people to read and write each year. However FRELIMO's socialist program proved unrealistic, and by 1983 the country was almost bankrupt. Money was valueless and shops were empty. While the collective agriculture had worked in some areas, in many others it was a complete disaster. The crisis was compounded by a disastrous three-year drought and by South African and Rhodesian moves to destabilise Mozambique because the ANC and ZAPU (both fighting for majority rule) had basis there. Onto this scene came the Mozambique National Resistance (RENAMO), which had been established in the mid 1970s by Rhodesian as part of its destabilisation policy, with later backing from the South African military and certain sectors in the west.

Civil War

RENAMO, created solely by external forces rather than internal political motives, had no ideology of its own beyond the wholesale destruction of social and communications infrastructure within Mozambique and destabilisation of the government. Many commentators have pointed out that the war which went on to ravage the country for the next 17 years was thus not a `civil´ war, but one between Mozambique´ s FRELIMO government and RENAMO´ s external backers.

The drought and famine of 1983 crippled the country. Faced with this dire situation, and with the reality of a failed socialist experiment, FRELIMO opened Mozambique to the west in return to the western aid.

On 16th March 1984, South Africa and Mozambique signed the Nkomati Agreement, under which South Africa undertook to withdraw its support of RENAMO and Mozambique agreed to expel the ANC and open the country to South African investment. While Mozambique abided by the agreement, South Africa exploited the situation to the full and RENAMO activity did not diminish.

Samora Machel died in a plane crash in 1986 under questionable circumstances, and the more moderate Joaquim Alberto Chissano took his place. While the war between the FRELIMO government and RENAMO rebels continued, by the late 1980s, political change was sweeping through the region. The collapse of USSR altered the political balance, and the new president of South Africa, F W de Klerk, made it more difficult for right-wing faction to supply RENAMO.

By the early 1990s, FRELIMO had disavowed its Marxist ideology, announcing that Mozambique would switch to a market economy, state enterprises would be privatised, and multiparty elections were to be scheduled. After protracted negotiations in Rome during 1990s, a cease-fire was arranged, followed by a formal peace agreement in October 1992 and a successful UN-monitored disarmament and demobilisation campaign.

GOVERNMENT AND POLITICS

Representatives of political parties are elected to the National Assembly by universal suffrage using a system of proportional representation. The president is elected separately. There are about dozen minor parties, some with few seats in the National Assembly, others with none at all because of a 5% cut-off rule. Political allegiance tends to be on regional basis, with RENAMO enjoying considerable support in the centre and north while FRELIMO is stronger in the south

In multiparty elections in 1994, President Chissano won. In Nov. 1995 the country was the first non former British colony to become a member of the British Commonwealth. The president's disciplined economic plan was highly successful, winning the country foreign confidence and aid. While Mozambique posted some of the world's largest economic growth rates in the late 1990s, it has suffered enormous setbacks because of natural disaster, such as the enormous damage caused by severe flooding in the winters of 2000 and 2001. Hundreds died and thousands were displaced.

In 2002 Chissano announced he would not seek a third term. FRELIMO's candidate, independence hero Armando Guebuza, was elected president and sworn in on Feb. 2, 2005.

After municipal elections in 2008, won by FRELIMO Party in almost all the electoral circle the year 2009 witnessed the Provincial and General elections which were again won by FRELIMO with a large majority and the new government, led by Armando Emilio Guebuza took over in January 2010.

GEOGRAPHY

Mozambique has an area of just more than 800 000 sq km, and a coastline of approximately 2500km. Mozambique is in southern Africa and is bordered by Tanzania in

the north, Malawi and Zambia in the northwest, Zimbabwe in the west and South Africa and Swaziland in the south. Along the east runs the warm Indian Ocean. The country consists of relatively low-lying coastal plains covered with palm trees, rising to higher plateaus toward the western border covered in wood and grassland and mountains. Off the coast there are various small islands and coral reefs. The highest peak is Monte Binga (2436m) in Chimanimani range on the Zimbabwe border. Two of southern Africa's largest rivers- The Zambezi and Limpopo- flow through the country. Other major rivers are the Save and the Rovuma (which form the border with Tanzania)



MOZAMBIQUE`S PROVINCES

Mozambique is divided administratively into 10 provinces, each with a governor and some autonomy. These provinces (and their capitals) are: Maputo (Maputo); Gaza (Xai-Xai); Inhambane (Inhambane); Sofala (Beira); Manica (Chimoio); Tete (Tete); Zambezia (Quelimane); Nampula (Nampula); Niassa (Lichinga); Cabo Delgado (Pemba).

CLIMATE

There are many regional variations, but generally the dry season runs from April/May to October/November, during which daytime maximums are around 24C to 27C on the coast, cooler inland. At nights temperatures go down to 18C to 20C. In the rainy season from November to March, average temperatures range from 27C to 31C, with high humidity.

Severe flooding in early 2000 inundated large areas of Maputo, Gaza and Inhambane, parts of southern Sofala and Manica provinces were also affected. The same catastrophe affected in 2001 the central and northern provinces of country. In the worst hit areas roads were cut; bridges washed away, crops damaged, homes and buildings destroyed. Many people lost their lives and countless others were left stranded.

CIVIL SOCIETY

During the first year of independence everything was nationalised. That included organisations as well. Women and Youth organisations which were all part of the FRELIMO Government structures.

In the beginning of 1990 decade when the peace treaty was being negotiated it was allowed to get organised outside the government structures. This opened up for a lot of foreign NGOs (Non governmental organisations) coming to work as well as a lot of national NGOs was founded.

Many of the NGOs deal with the growing poverty, people in the street that the introduction of the free market economy and the privatisation created. The government had been told by international donors to cut their public spending including education, health and other social programmes. This has created a vacuum that the NGOs are trying to fill with their different programmes.

The Mozambican youth is trying to take their part of developing the country. At most schools there are youth groups dealing with issues like AIDS, cultural activities. Outside the school structure youth organisations are also found. But for many youth they do not have time to do voluntarily work, as everyday is a struggle for earning a bit of money for survival.

The original Mozambican culture of solidarity has in many ways also vanished with the free market economy of the survival of the fittest.

The NGOs are working in all areas of the society like street children, civic education, promotion of volunteer work, environment, culture etc.

ECONOMY

Known as one of the poorest countries in the world, Mozambique has a colossal challenge ahead to provide stability, food and prosperity to its people after a 17 year long crippling civil war. During the past decade, Mozambique has pursued a very rigorous program of market-oriented reforms, including privatisation of more than 900 companies. As a result, it's one of sub-Saharan Africa's fastest growing economies. The inflation rate is about 7.8%. Economic progress is particularly evident in the south, where proximity to South Africa and to the ` Maputo corridor ´ transport and development initiative (linking Maputo to Johannesburg) have pushed things along at a faster pace than in the more isolated north.

The economic situation is improving steadily, however statistics continue to place Mozambique as one of the world's poorest countries a legal minimum wage of about US\$35per month. The estimated GDP/PPP (2005) was \$ 25.66 billion; per capita \$1.300.

EMPLOYMENT

Most people find their ways of survival outside the formal employment, as employment is very difficult to secure and unemployment rate was estimated at 21% (1997) Even with a monthly salary wages are so low that many people need to do business in informal markets.

POPULATION AND PEOPLE

Mozambique's population is approximately 20 million, of which about 53% are concentrated in the north. There are 16 main tribes including: the Makua, the country's largest group, in the provinces of Cabo Delgado, Niassa, Nampula and parts of Zambezia; the Makonde, in Cabo Delgado; the Sena, in Sofala, Manica and Tete; and the Shangaan, who dominate the southern provinces of Gaza and Maputo.

Other groups include: Lomwe and Chuabo (in the north-centre areas); Yao and Nyanja (Niassa Province); Nhungwe (Tete Province); Shona, (Manica Province); Twsa and Bitonga (Inhambane Province); Ronga and Chopi (the south).

Native Portuguese comprise about 1% of the population. There are also small numbers of other European and Asian residents.

RELIGION

Mozambique is a mix of people originated from most parts of the world. Therefore you will meet all kinds of religion here. Most people in the south belong to Christian churches and in the north many people are Muslims. In the countryside you will find that some traditional Mozambican religions are still practised as well as you will meet people that do not belong to any religion at all.

SOCIAL BEHAVIOUR

Shaking hands when greetings are normal as well as kissing on the cheeks. The atmosphere is very relaxed and informal.

Every part of the country has its different customs and traditions. Like in Portugal, it is customary to call people by their professional titles. Informal wear is allowed. Do not photograph sensitive areas including airports, police and government buildings Tipping 10% is normal in restaurants and for taxes.

FAMILY STRUCTURES

The Mozambicans are much rooted in their extended family. More than two generations can live in the same house. Children leave for their own places at a late stage being in the late 20ies or the early 30ies. In the cities it is normal that a family has more than 4 children. With the wish for a more material life like cars, televisions and cell phones the new generation is changing to a more European way of living. Thus only one or two children and less involvement with the extended family are getting more common in this generation.

In the countryside it is normal that a man has more than one wife and 10 children. The children take over big part in the home duties as well as work in the fields.

ARTS

Mozambique has a rich artistic tradition that continues to thrive after decades of colonial occupation and civil war.

MUSIC

Traditional music is widely played in Mozambique. The Makonde in the north are noted for their *lupembe* (wind instrument). They are usually made from animal horn, less often with wood or gourds. In the south, Chope musician play the *timbila*, a form of *marimba* or xylophone, and are famous for their Timbila orchestra.

Modern music flourishes in the cities, and Maputo's live music scene is excellent. Marrabenta is perhaps the most typical Mozambican music, its light style inspired by traditional rural *majika* rhythms.

LANGUAGE

Portuguese, the official language, is widely spoken in larger towns, less so in rural areas. African languages spoken in the country all belong to the Bantu language family and can be divided into three groups: Makua-Lomwe languages (spoken by more than one third of the population); Sena-Nyanja languages; and Tsonga languages.

MONEY / CURRENCY

Mozambique's currency is the Metical (plural Meticais and the abbreviated is Mts). In some cases you can find some coins of the old circulation with 3 more zeros.

EXCHANGE RATES (March 2010)

US\$1 = MZN 27, 00

Euro1 = MZN 38, 00

EXCHANGING MONEY

Cash USD and EUR are the best currency to carry and are easily exchanged anywhere in the country. South African Rand are also widely accepted in the south, and many places accept direct payment in Rand (or dollars)

We do not advise use of Travellers Cheques because it's very expensive and difficult to be cashed in Maputo and provincial capital.

Maputo has ATMs linked to the worldwide Cirrus and Maestro network where you can withdraw money with your Maestro -, Visa- and Master Card. Keep in mind that fees are charged at each transaction.

CREDIT CARDS

Visa card and master card are accepted in bigger shops and supermarkets.

COSTS OF LIVING

Mozambique is expensive compared to its neighbours. For you to have an idea here are some prices of daily goods:

Soft drink	Mtn 15,00
Beer	Mtn 30,00
Public transport in town	Mtn 10,00
1 kg of tomatoes	Mtn 20,00
1 kg of washing soap	Mtn 45,00

Land Mines

An unknown number of unexploded land mines- the legacy of Mozambique's long war- mean that it's unsafe to go wondering off into the bush anywhere without first seeking local advice. Even then, stick to well-used paths. Areas that should always be avoided include the base of bridges, old schools or abandoned buildings, and antennas, water tanks or other structures. Also take special care on road verges in rural areas- if you want relieve

yourself, stay on the road or seek out a trodden path

More information about Mozambique you can find:

<http://www.infoplease.com/ipa/A0107804.html>

http://news.bbc.co.uk/1/hi/world/africa/country_profiles/1063120.stm

Annex I

VISA PROCEDURES

The entry visa for the Republic of Mozambique can be obtained in the nearest Diplomatic Missions and Consulates of the Republic of Mozambique in a foreign country, at the boarder or any entry point authorized for the effect.

The entry visa can be individual or collective, simple or multiple. For the present workshop the delegates can apply for either tourist visa which usually last 30 days with the possibility to extend for more 30 days. Or apply for visit visa.

Please note that, wherever you apply for entrance visa to Mozambique you will need to enclose the following documents:

1. A valid passport for minimum of six months by the time of application;
2. Filled and signed visa application form (see application enclosed);
3. An invitation letter from the hosting or a hotel reservation;
4. A copy of the yellow fever vaccination certificate (see list of countries enclosed);
5. Two I.D. photographs and
6. The visa fee (25 Euros at the embassy and 30 Euros for the landing visa). Please, landing visa is not advisable for long term exchange volunteers unless do not find any Mozambican Embassy or Consulate which responds for your country.

Note that in some Mozambicans embassies abroad you will need to present the flight reservation.

Countries with Which Mozambique Signed Agreements of Suppression of Visas:

- 1. For all Kind of Passports:** South Africa, Botswana, Malawi, Mauritius, Swaziland, Tanzania, Zambia and Zimbabwe.

2. For Diplomatic and working Visa: CPLP countries (Angola, Brazil, Cape Vert, East Timor, Guinea Bissau, Portugal and São Tomé and Príncipe) and Cuba.

The application form can be collected at embassy or downloaded from www.travisa.com/Mozambique/mozambique_visa.pdf. Normally visa is issued within two weeks time.

It's important to notice that there is no volunteer visa for people going to Mozambique. Normally you should expect to get a visa that will enable you to enter the country and within the first month it can be renewed or extended from Maputo.

Do not worry about the type of visa you should apply for because it's clearly explained in the invitation letter that we send for you.

Note that, depending on the type of visa you get in the Mozambican Embassy in your country or in the nearest one, you may be required to leave the country every 30, 60 or 90 days in order to revalidate your visa. The nearest border is located about 90 km from Maputo City (to Swaziland) or 120 Km (to South Africa) and access to both is quite ease by bus which will take you about 60 to 120 minutes. The cost of travelling to the border is about 2.00 to 4 Euros by local transport and it has to be paid by the participant him/her self. ICYE Mozambique will help you with all paper work and administration involved to get your visa extended.

Please note that, for some countries as listed below will need to get a Yellow Fever Vaccination Certificate in order to enter into the country and those countries are: **Angola, Benin, Bolivia, Brazil, Burkina Faso, Burundi, Cameroon, Chad, Colombia, The Congo, Ivory Coast, Ecuador, Ethiopia, Polynesia, Gabon, Gambia, Desire, Guyana, Guinea-Conakry, Guinea-Bissau, Guinea Equatorial, Liberia, Mali, Mauritania, Niger, Nigeria, Panama, Peru, Kenya, Republic Center African, Democratic Republic of Congo, Ruanda, Somalia, São Tome and Príncipe, Senegal, Sierra Leone, Sudan, Surinam, Tanzania, Togo, Trinidad and Tobago, Uganda and Venezuela.**

Those that are coming from the listed countries if not able to get the vaccination before their arrival may get it once their arrival by paying an amount equivalent to 30 euros.

Where You Can Apply for Your Visa: Please visit the website www.minec.gov.mz/content/view/68/129/

Annex II

Being an Exchange with the AJUDE/ICYE Mozambique – Tips from Past Participants

Host Family

- Keep valuables secure: Keep your keys on you at all times! Bring a few padlocks including ones to fit on your suitcases.
- Meal times are variable, plan to provide your own lunch and all food when out of the house, this will cost more than you would expect. Please be prepared.
- Breakfast on weekends is served from 10-11, if you are accustomed to eating before that please try to save some bread or fruit to tide you over!
- Provide your own toilet paper. It can be bought locally but may not be provided by your host family and is not usually available in public toilets or in restaurants.
- Make sure you know exactly how to use the bathroom. This may seem silly but because of limited plumbing capabilities it may be very different from what you're used to.
- Ask a lot of questions! If you need someone to translate then arrange for that but it's important to know how things work (especially around your house) in order to avoid problems and miscommunications in the future.
- You may be living out of your suitcase, prepare for this, bring a foldable organizer or extra bags to make things easier.
- Bring your own mosquito net (preferable Permethrin treated)
- A Portuguese/Your native language dictionary is ESSENTIAL!!! Then you can at least point to the word and get your message across.
- Check house rules regarding late arrival, will you have keys? Will someone open the door for you for SURE? Can you get a chapa home?
- WALKING ALONE AFTER DARK IS NOT AN OPTION!!! Especially for women.
- Bring clothes for going out on the town at night! (clubbing) Also warm clothing, it does get quite chilly in the winter months late May-early August. Also a SLEEPING BAG. A warm one. Also some clothes with elastic waists or that are perhaps a little large for you, it is common to gain weight here due to the local diet.
- Be prepared to hand-wash all your clothes (especially girls)

- Be prepared for power cuts (bring a torch or head lamp) and for no running water (find out where your family keeps their stored water!)

Project

- Be creative and FLEXIBLE!
- Take initiative
- Be prepared to find or make your own work within your project
- Bring any and all materials with you!
- Bring your talents; musical instruments, bead work, paints, sewing, knitting, football skills, etc!
- Don't expect anyone at your project to speak English.
- Bring books (in Portuguese or English, especially beginners English), games, toys for children, and any extra clothing you may want to give away. Even if your project does not directly involve children chances are there will be several in your family or in your neighborhood who would greatly benefit from such items.

MAPUTO

- Do not attempt to send or receive mail from here, especially sensitive financial materials; ie bank cards or passports. It is extremely helpful to have some system of online banking set up and if possible enlist someone at home to help you manage it in case you are not able to access secure internet all the time.
- Again, DO NOT WALK ALONE AFTER DARK. We are really, really not kidding. Especially if you are female.
- Do not walk with valuables (IPods, phones, cameras, laptops) and be selective as to where and to whom you display them, even at home.
- Bring a secure bag (with a zipper or buttons, so that it can be securely closed)
- Girls, keep valuables in your bra! Seems a bit odd but it is the only pick-pocket proof place to keep money, your phone, whatever. Boys, buy a money belt or similar device.
- Chapas begin around 5:00 to 6:00, and end between 20:00 and 23:00. They are area specific, ask your host family to make sure of this.
- Double check your destination when entering all chapas. Just saying the name of the stop or *paragem* is sufficient, if your Portuguese is still a bit shaky. But it is necessary, as what is written on the top of the chapa is not necessarily where that particular chapa is going, or maybe they're not going all the way there.

- Rush hour is between 6:00-9:00 and 15:30 to 19:00. Chapas will be full to bursting, be prepared to fight to get on!
- Be prepared for massive flirting, marriage proposals and declarations of love. (both guys and girls are subject to this) It may be very uncomfortable at first, so invent a boyfriend who lives here or be very forceful when turning people down. Ignoring them works as well, but be prepared for some pretty persistent admirers, and don't be afraid to tell people, or your family if it gets really uncomfortable or dangerous. They will hopefully be able to do something about it.
- Never accept the first price you are given, as it is usually outrageous owing to the fact that you are seen as a tourist, and easy meat. Barter!
- Do not trust or ask for help from the police unless it is absolutely necessary. They are often corrupt and will hinder you more than they will hurt you.
- Always carry identification on you, either a certified, stamped copy of your passport or the passport itself. Police may stop you and ask to see your identification. The certified copy is sufficient by Mozambican law, do not let them convince you otherwise, and do not, under any circumstances, allow them to take your passport. That is illegal by Mozambican law and they just do it to extort money from you. They will also cause trouble just to extort money from you, which will often be prefaced with a request for a drink, or a reference to how thirsty they are. Don't give in! And if you are really having problems, call an AJUDE staff member, they will hopefully be able to sort you out.

MOZAMBIQUE IN GENERAL

- MOZAMBIQUE IS **EXPENSIVE!!!** Be prepared!
- Women should be very cautious when traveling long distances and avoid traveling alone and/or at night.
- The further outside the large cities you go, the less Portuguese you will find.
- Off season (non crowded months with few tourists) is May-September, excluding South African holidays; Easter and the second two weeks in June.
- Seasons are reversed!! Summer is December through February, fall is March through May, winter is June through August, spring is September through November.
- It does get chilly and even a bit cold at night in the winter. Bring appropriate clothing and sleeping gear.
- When it rains, it REALLY rains and often floods. Be prepared with appropriate gear!

- Backpackers are cheap all along the coast where available, but they do not exist in every city. Make sure you know where you will be able to sleep in advance!
- Because of importing, things are more expensive up north.
- Do not be afraid to ask for directions!
- Chapa and bus times and durations of ride may vary due to the reliability of the vehicle, expect delays!
- You will stand out. Period. It will help if you can start getting used to the idea beforehand, and try not to take it too personally.
- Electronic goods are much more expensive here, and repair shops are not plentiful.

Annex III



ASSOCIAÇÃO JUVENIL PARA O DESENVOLVIMENTO DO VOLUNTARIADO EM MOÇAMBIQUE

AJUDE

Rua da Mesquita 222 , 1º andar, Telefax: +258 21 312854;

Email: ajude@tvcabo.co.mz

www.ajude.org.mz

ICYE Mozambique

RULES AND REGULATIONS FOR PARTICIPANTS

2010/2011

Dear exchangee,

We thank you for choosing to volunteer in the ICYE program in Mozambique and with AJUDE/ICYE Mozambique for the above mentioned period. We believe that the success of the exchange year will depend a lot on you and your attitude toward the program and its main components (Work placement, Host Family, Hosting Organization as well as your sending organization).

Like any program, the ICYE program in Mozambique has some limitations, rules and regulations which have to be followed by the volunteer and were established to enable us to accomplish the goals of the ICYE program together. By signing these rules and regulations sheet you agree to respect them throughout the exchange period.

Please read the following rules carefully and then return the signed agreement.

Please, add your program details here		
Name of the Volunteer _____		
From (Home Country) _____	To (Hosting Country) _____	
Programme year <u>2010</u> – <u>2011</u>	Period <input type="checkbox"/> 1 year	<input type="checkbox"/> 6 months <input type="checkbox"/> Other
Programme <input type="checkbox"/> ICYE Long-Term Volunt.Serv.	<input type="checkbox"/> Weltwärts	<input type="checkbox"/> EVS Prog.
<input type="checkbox"/> ICYE STeP	<input type="checkbox"/> Other, _____	

1. I have read and understood the guidelines for incoming exchangeees in the National Profile of AJUDE/ICYE Mozambique and also the Federation's Guide for exchangeees and I agree to follow them;
2. I will make all my efforts to learn Portuguese, the official language of my exchange country in order to perform better in my work placement as well in the host family;
3. I am prepared to adapt to the life-style of my host family/host situation;
4. I am prepared to accept whatever assignment my host committee prepares for me. I may be placed in a small village. Refusal of placements will not be tolerated;
5. Change of placements will not be made during the first three months except in cases where the exchangee's health and safety is threatened or in case the hosting placement decide to terminate the contract/agreement with the ICYE Mozambique;
6. I am aware and agree that throughout my exchange period I will be living in a Host Family;
7. When changing host situation, ICYE will work with the exchangee to find a suitable new placement. The exchangee must be prepared to accept the new host situation found by ICYE – Mozambique;
8. I am also aware that in case I abandon or prefer to live in an independent living arrangement or with friends the hosting organization will not pay for my new living arrangement;
9. I will attend all required ICYE seminars: the orientation, mid-year and end-of-the-year evaluations are obligatory. I will participate actively in the seminar programme and my behaviour will be appropriate to a seminar;
10. The ICYE-program is a volunteer program. I am prepared to work up to 30 hours a week in a voluntary work placement. Agreements made between the exchangees and the work placement must be followed;
11. The work permission I receive(d) together with the visa is only applicable on the voluntary work within the ICYE Mozambique program. It is absolutely forbidden to work in order to earn money because it is **illegal!!!**
12. I am also aware that in case I need to apply for a new visa, renew or revalidate it while in the hosting country I will have to pay it from my own money. **(This is not applied for EVS volunteers).**

13. I am aware that the pocket money I receive for voluntary work only covers the daily additional expenses;
14. I understand that ICYE is not a travel agency and that I am not supposed to travel longer than 4 weeks for volunteers coming for 12 months and 2 weeks if coming for 6 months at the end of the exchange year. If I travel outside my hosting community or to another country I have to inform immediately to the responsibly person at my hosting organization. Usually the last month is the travelling month if there is not other agreement between the host committee and the project;
15. I will obey the laws of my hosting country, Mozambique;
16. I will not use any narcotics during my exchange year;
17. For safety reasons, I will leave my passport and my return ticket at the ICYE Mozambique main office throughout the program and I can get it back whenever I need but indicating clearly the reasons why I am getting it back;
18. I am also aware that, in case my passport disappear or get stolen on my hands the hosting NC will not take any responsibility for that;
19. I also commit myself to write a report every 3 months of my learning experience throughout my program and one at the end of my program;
20. I will return to my home country at the end of the exchange year.

I hereby confirm that I have read and understood the above rules.

I also confirm that I have been informed of the fact that my medical insurance and my liability insurance will expire in July (or when my exchange year comes to an end) and that from that time ICYE Mozambique has no further obligations towards me.

I am aware that not following the above mentioned rules and regulations will lead to a home country early return.

.....
Place and Date

.....
Signature of exchangee