

ICYE MOZAMBIQUE NATIONAL PROFILE 2024 -2025



Contents

Welcome Note.....	3
INTRODUCTION	4
FACTS ABOUT AJUDE.....	5
MOZAMBIQUE HISTORY.....	7
<i>The Colonial Period</i>	7
<i>The Independence</i>	8
<i>Civil War</i>	8
GOVERNMENT AND POLITICS	9
TERRORISM IN CABO DELGADO.....	10
GEOGRAPHY	11
MOZAMBIQUE'S PROVINCES.....	11
CLIMATE	11
CIVIL SOCIETY.....	12
ECONOMY.....	12
<i>EMPLOYMENT</i>	13
POPULATION AND PEOPLE.....	13
RELIGION.....	14
SOCIAL BEHAVIOUR	14
LGBTQIA+	14
FAMILY STRUCTURES	14
ARTS.....	15
MUSIC.....	15
LANGUAGE	15
MONEY / CURRENCY	15
EXCHANGING MONEY.....	15
CREDIT CARDS.....	16
COSTS OF LIVING	16
Land Mines.....	16
YOUR PROGRAM IN MOZAMBIQUE.....	17
<i>Window and Starting Dates and Arrival Airport</i>	17
<i>Seminars and Language Training</i>	17

<i>Board and Lodging</i>	17
<i>Pocket and Transport Money</i>	18
Being an Exchange with the AJUDE/ICYE Mozambique – Tips from Past Participants	20
HOST FAMILY.....	20
PROJECT	20
MAPUTO	21
MOZAMBIQUE IN GENERAL	22

Welcome Note

Dear Exchangee

We would like to welcome you to Mozambique for a volunteer year of 2022–2024. AJUDE/ICYE Mozambique is a youth organization, run by young dynamic and helpful people, and we will be responsible for your year stay in Mozambique. Most of the members running AJUDE have participated in exchange programs similar to ICYE or are former exchangees to ICYE and have lived and volunteered abroad. You will meet many of those members during your exchange year/period in Mozambique. As a volunteer in Mozambique you will meet and be immersed to the Mozambican culture and people in a way you could never experience as a tourist or diplomatic corps or even international business people.

Please be aware that the outcome of your exchange year/period abroad and in Mozambique in particular, 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 do our best to make your exchange year worthwhile and an experience that you will never forget.

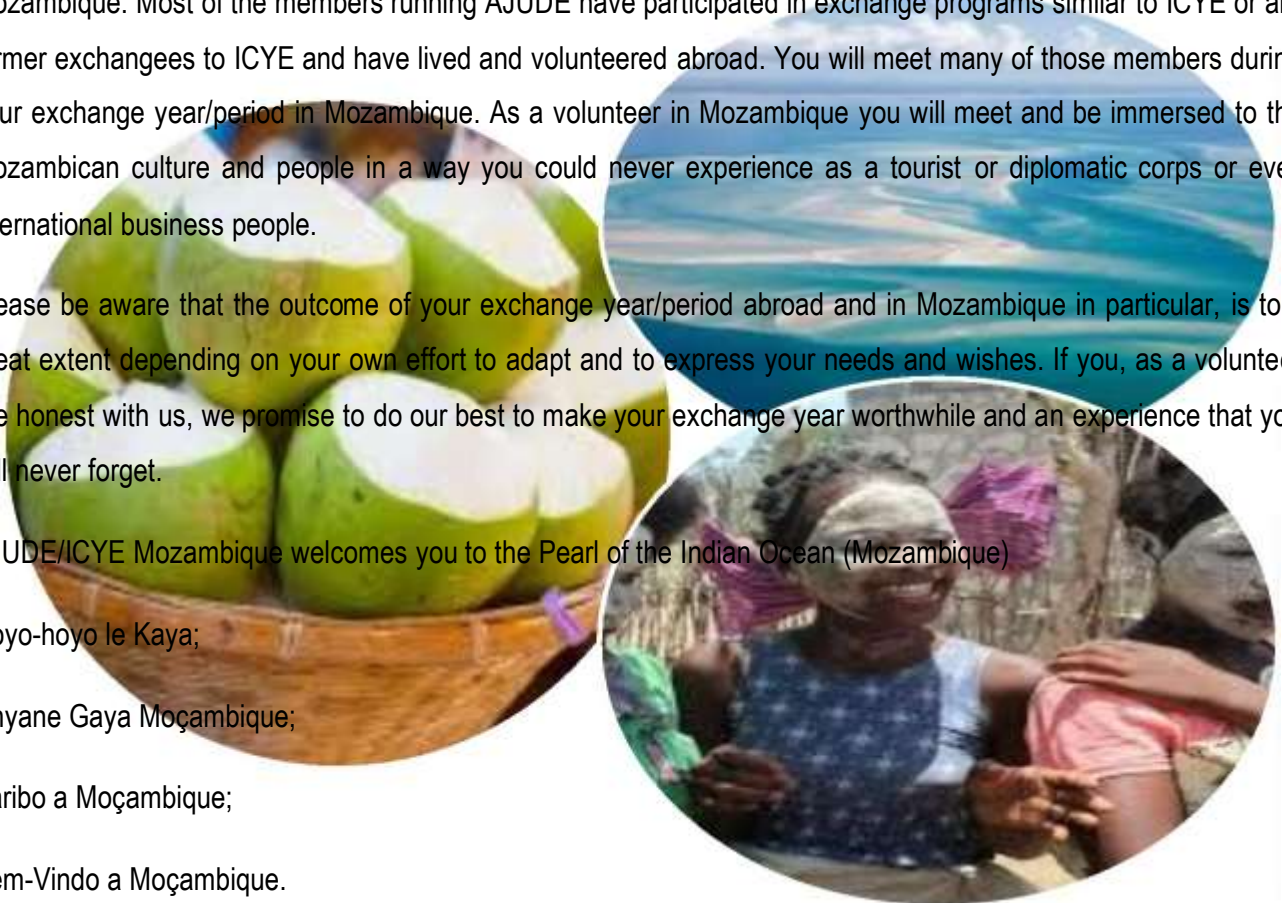
AJUDE/ICYE Mozambique welcomes you to the Pearl of the Indian Ocean (Mozambique)

Hoyo-hoyo le Kaya;

Uhyane Gaya Moçambique;

Karibo a Moçambique;

Bem-Vindo a Moçambique.



INTRODUCTION

Even being one of the 10 poorest countries in the World, Mozambique has been considered by New York Times Magazine in sixth place in the list of 52 Places to Go in 2016 and recently the **Bazaruto Archipelago**, one of the most beautiful places in Mozambique, was ranked first in the Top Islands among the African and Indian Ocean islands by the Condé Nast Traveller Readers' Choice Awards 2021. Also, the National Geographic picked the **Chimanimani National Park**, in Mozambique as one of the 25 most exciting destinations for the year 2022 in the category of Sustainability.

According to the Human Development Index of the United Nations Development Programme, published in 2020, Mozambique is listed as one of the poorest countries in the world. The country is facing many social, economic, environmental problems/challenges despite the progressive growth and political stability since the end of the Civil War, in 1992, followed by the first General and Democratic election in 1994. We believe you as a volunteer, will have lots to do, to help, to learn, to share as you immerse into the local daily life. Your host family, your volunteer placement and local friends will help you to feel comfortable and self-confident throughout your exchange period in Mozambique.

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 to Mozambique 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 neighboring countries.

We hope this National Profile gives 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 organization 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 today Joaquim Chissano University, created an organization 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. CNJ – Mozambique Youth Council;
2. CNV – Volunteering National Committee;
3. CCIVS: Coordinating Committee for Voluntary Services;
4. SAWC – Southern Africa Workcamp Coordination;
5. JOINT – Mozambique NGO's League;
6. SAwN – Southern Africa Weltwearts Network

AJUDE runs other exchange programs being short-term workcamps that mainly run for two or three weeks and also has experience in implementing programs like CWY – Canada World Youth and the GX – Global Exchange. Other short and long term exchange programs are implemented with other partners.

Our contacts:

Social Medias

Facebook: <https://www.facebook.com/ajudemoz>

Instagram: <https://www.instagram.com/ajudemocambique/>

Linkedin: <https://www.linkedin.com/in/ajude-mo%C3%A7ambique-interc%C3%A2mbio-e-voluntariado-584a8a211/>



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 1880's, 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 formalized 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 labor abuses.

Early 20th Century Mozambique was characterized by a large-scale labor 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 pretense 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 Mueda” was one of the sparks kindling the 8 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 of the Country.

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 nationalized and private practice in medicine and law was abolished in an attempt to disperse skilled labor. 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 destabilize 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 1970’s by Rhodesian as part of its destabilization 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 destabilization 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 1990's, FRELIMO had disavowed its Marxist ideology, announcing that Mozambique would switch to a market economy, state enterprises would be privatized, and multiparty elections were to be scheduled. After protracted negotiations in Rome during 1990's, a cease-fire was arranged, followed by a formal peace agreement in October 1992 and a successful UN-monitor disarmament and demobilization campaign.

GOVERNMENT AND POLITICS

Representatives of political parties are elected to the one house/chamber National Assembly by universal suffrage using a system of proportional representation. The president is elected separately. There are about 50 political parties, but only 3 are represented in the Mozambican Parliament (FRELIMO, RENAMO and MDM) 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 southern part of the Country.

In the first multiparty elections held in 1994, President Joaquim Chissano, whom has been in power since 1986, after the death of Samora Machel, the first Mozambican President, and its party FRELIMO won the elections and formed the Government. In November 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 took the office in on Feb. 2, 2005. In 2009, Guebuza was elected for the second mandate which ended in 2014. The current Mozambican President is Filipe Jacinto Nyussi, whom took over in 2015. In 2020, President Filipe Jacinto Nyussi started his second term as result of the 2019 elections.

The current Mozambican Parliament is dominated by FRELIMO, with 144 seats which represent 57.6%. REMANO and MDM – Movimento Democrático de Moçambique occupy 89 seats (35.6%) and 17 seats (6.8%) respectively.

In Mozambique we also elect our representatives at the Provincial Level and Municipal Level. The first provincial elections happened in 2019, simultaneously with the General Elections in which we elect the Provincial Governor and the Provincial Assembly. The Municipal Elections was the first step into the Decentralization of the Statecraft and this process started in 1988 with the first Municipal Elections in 33 Cities and small cities to elect the city Major and the city parliament members. Today Mozambique counts with 53 Municipalities.

TERRORISM IN CABO DELGADO

Mozambique has been facing some terrorist attacks in the northern and Gas richest area of the Cabo Delgado Province since 2017, which has mobilized regional and international deployment of troops from Southern Africa and Ruanda. The spread of the terrorist is being gradually contained and the life tend too turn to normal again in the most affected areas but still a potential danger of revival of the terrorist cells in these areas.

Beside the terrorist attack in the north, Mozambique has been facing some military attacks in the central region of the country, especially in some regions of Sofala and Manica provinces caused by a minor faction of the former rebel movement, Renamo. This situation has been also calmed down over the last 6/7 months.

In general, Mozambique, beside what has been described above, is a peaceful and quit country. Beside that, the ICYE Mozambique only places international volunteers in the southern part of the Country, in the Maputo Province and Maputo City.

GEOGRAPHY

Mozambique has an area of just more than 800 000 square kilometers, 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 years of independence everything was nationalized. That included organizations as well. Women and Youth organizations were all part of the FRELIMO Government structures, for instance, Organização da Mulher Mocambicana – OMM/Mozambican Women’s Organization, Organização da Juventude Mocambicana – OJM/Mozambican Youth Organization and Organização dos Trabalhadores Mocambicanos – OTM/Mozambican Workers Organizations.

In the beginning of 1990 decade when the peace treaty was being negotiated it was allowed to get organized outside the government structures. This opened up for a lot of foreign NGOs (Non governmental organizations) 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 privatization 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 have been 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 organizations 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 Children, Civic Education, and Promotion of volunteer work, Environment, Climate Changes, Gender Issues, Culture, Human Rights and Democracy, State Budget Monitoring etc.

ECONOMY

Despite the country being recording the Gross Domestic Product of 7% over the last 10 years, Mozambique remain one of the 10 poorest countries in the World. 25 years after the end of the Civil War, the count

cyclically affected by the Climate conditions and political instability. These factors have been contributing to a continuing struggle to provide the basic needs (food, education, health, housing, etc), to its people. During the first 10 years after the Independence, the Mozambican Government adopted a “kind” of Socialism, with the State ownership of the means of production and Centralized development plan. The majority of the industries and other private property were nationalized and became State Ownership. During the past decade, Mozambique has pursued a very rigorous program of market oriented reforms, including privatization 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.

The year of 2022 marks the beginning of LNG gas production in Mozambique, and the country might become one of the largest Gas producer in the world.

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.

LGBTQIA+

Despite this not part of the Mozambican traditions both society and government tolerate this minority group, especially in the urban areas. There is no legislation for or against the LGBTQIA+ in the country but the society is open to welcome and accept organizations of LGBTQIA+ like LAMBDA or any other that defend and advocate the rights of the group.

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 15 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 but in international platforms is MZM or MZN meaning New Metical).

EXCHANGE RATES (March 2022)

US\$1 = MZN 63, 00

Euro1 = MZN 70, 00

EXCHANGING MONEY

US Dollar 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 the 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.

It is now becoming common to do transactions using mobile phone with local mobile SIM (Mcash, movicash and Mpesa).

CREDIT CARDS

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

COSTS OF LIVING

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

Soft drink Mtn 15,00

Beer Mtn 60,00

Public transport in town Mtn 10,00

1 kg of tomatoes Mtn 35,00

1 kg of washing soap Mtn 45,00

Land Mines

Mozambique is now considered landmine free country.

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.stm17

YOUR PROGRAM IN MOZAMBIQUE

Window and Starting Dates and Arrival Airport

All the volunteers which program starts in August should arrive in Mozambique between 1st and 2nd August. Those program starts in January, should arrive between the 20th and the 21st January. Earlier and/or late arrivals should be communicated in advance to the Receiving Committee at least one month before the arrival in order to help us to accommodate the volunteer as well the receiving committee with the picking up and the related logistics. Also note that earlier arrivals, the volunteer should be prepared to pay for the accommodation and food in a hostel. The receiving NC will assist all the earlier arrival volunteers as much as necessary.

The starting date for August is August, 3rd and the 22nd for the January. And all the volunteers should land at the Maputo (Mavalane) International Airport. Any change should be communicated to us, informing the arrival point and the detailed information on the arrival details.

Seminars and Language Training

The AJUDE/ICYE Mozambique offers to all exchangees three seminars throughout the exchange program year for volunteers participating in 12 months program and 2 for 6 months program respectively. The On Arrival Orientation is provided to all the volunteers participating in the ICYE program and generally takes between 3 to 6 days. The Mid Term Seminar is provided only for volunteers coming for 12 months program and it can take between 2 to 5 days and happens during the 3rd week of January. At last we offer to our exchangees a Final Evaluation Seminar which last normally 3 days and happens between the 3rd or 4th weekend of the month of June.

We also offer to all our long term volunteers with a language orientation right after the On Arrival Seminar. Your 30 hours of language course only provide you the basics of Portuguese which will allow you to start a communication within the community where you will be based in, that include Host Family, Work Placement, friends, market. Also, provide you with elements that will help you to improve your language skills during your program duration.

Board and Lodging

During the exchange period all the volunteers in the ICYE program will be living in a Mozambican host family, either in the city Centre or suburbs or even in a rural area according to the location of the project the volunteer will be placed. All the host families are responsible for offering to the volunteers the three basic meals, namely, Breakfast, lunch and dinner. Also, the host families are responsible for your safety while living with them.

Please be aware that the host families are diverse with different social and economic conditions and backgrounds from one to another.

For more information about the host family, please refer to the annex III, Rules and Regulations.

Pocket and Transport Money

AJUDE/ICYE Mozambique will provide to all the volunteers with a Pocket Money equivalent to 20 euros paid in Mozambican currency. Equally, an amount for the transport will be allocated to the volunteer on the monthly basis. Note that, the amount will be stipulated according to each volunteer needs.

For the pocket money, note that some exemptions may occur, especially when the volunteer is coming in one of the German Funded Programme.

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 those 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 is 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 enlists 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 21 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