



## discovering MOZAMBIQUE

The vast majority of the rural population still lives on less than US\$1 a day, and lacks basic services such as clean water supplies, and access to health facilities and schools. Since independence from Portugal in 1975, Mozambique has struggled through a series of calamities, which have aggravated poverty levels throughout the country especially in rural areas. Mozambique has been battered by a 16-year civil war, leaving most infrastructure damaged or destroyed and large portions of arable land infested with landmines. At the end of the civil war in 1992, Mozambique ranked among the poorest countries in the world. Much of its wildlife, such as elephants and rhinos were killed during the civil war, reducing the country's once-famous game parks to nothing. As if things weren't bad enough, much of its coastline has been ravaged by cyclones during the past two decades.

More than 80 per cent of poor households live in rural areas. Farming is their main source of food and income, but since agricultural productivity is very low, most of the rural population survives at subsistence level.

Rural communities are extremely vulnerable to natural disasters such as droughts and floods, which recur particularly in the southern and central areas of the country. The prevalence of the HIV/AIDS virus in Mozambique is a further point of vulnerability for poor households, aggravating poverty and malnutrition levels. Being such a new country, the central government is having a difficult time organizing and developing a sustainable economy.

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Note: Recognizing that information on Mozambique is readily available on the Internet, we encourage you to learn as much as you can about the political background, history, geography, economics and culture of this amazing country. This document provides a general overview, with some specific information that will help short-term teams appreciate Mozambique even more and understand our work. Going to Mozambique as part of a short-term team is different from a leisure trip or traveling for business. The information provided here can help you prepare for a potentially life-changing experience. Sources used for some country facts include CIA: The World Factbook and BBC News.



## QUICK FACTS

**Full Name:** Republic of Mozambique

**Population:** 23.4 million (via UN, 2010)

**Capital:** Maputo

**Area:** 812,379 sq km (313,661 sq miles)

**Language:** Portuguese is the official language, but only spoken by 30% of the population.

**Major Religions:** Christianity, indigenous beliefs, Islam

**Life Expectancy:** 49 years (men), 49 years (women) (UN)

**Monetary Currency:** Metical (plural meticaís)

**GNI Per Capita:** US \$440 (World Bank, 2009)



## PASSPORT/VISA INFORMATION

A passport is required for all travelers to Mozambique. If you have a passport from a country other than the U.S., you may need to take extra measures to ensure smooth entrance into and exit from Mozambique. All information regarding obtaining a passport can be found at the U.S. Department of State's National Passport Information Center: [www.travel.state.gov/passport](http://www.travel.state.gov/passport). This site will detail current fees, acceptable forms of identification, downloadable applications, and passport acceptance facility locations. It takes approximately 6 to 10 weeks for processing. Please allow additional time for gathering necessary documents (photos, birth certificate, etc.).

In addition to a passport, some countries require a visa for entry. At this time, a visa is required for entry into Mozambique, although a one-entry visa can be purchased for \$82 at country points of entry, including airports. Visit the [Embassy of Mozambique website](#) for the most current visa information.

## VACCINATION INFORMATION

In September 2007, the Mozambican Interior and Health Ministries decreed that all travelers entering Mozambique who had previously visited a country where yellow fever is present must present a valid certification of vaccination against yellow fever.

Research vaccinations for your trip well in advance as some vaccinations take time or need to be given in a series to be effective. Please make an appointment with your family doctor and share with him/her where you are going, how long you will be there and what activities you will be participating in. In consultation with your doctor, you can decide which vaccinations and/or medications will be best for you.

To better familiarize yourself with travel health, please visit the Center for Disease Control's website at [www.cdc.gov/travel](http://www.cdc.gov/travel) prior to your visit with your doctor.

## FOOD

Food for the Hungry will be providing breakfast, lunch and dinner during the whole trip. Meals will be either at a restaurant or prepared by individuals selected by FH and who are well-versed in healthy methods of preparing meals. Almost all the



meals will be local as there are limited international menu options outside of Maputo.

Mozambique food has a good deal of variety, but the common staples are corn, rice, beans, potatoes and eggs. Corn is often ground into flour and made into porridge. Chicken roasted over fire is very popular. When ordering chicken the portions are usually either a whole chicken or a half chicken, bones included. Goat meat is also served on special occasions. If you see “beef” listed on the menu, ask whether that is cow beef or goat beef. Coffee is also popular, but it will be different than your local Starbucks brew.

Please come with an open mind about trying new foods and combinations. If you have any food allergies or special dietary needs, please communicate those to FH/US ahead of time.

Avoid eating any food that hasn’t been provided by or approved by Food for the Hungry staff. Eating something from a local vendor or from a street market could lead to sickness. Regarding water, only drink the bottled water provided by FH staff. Snacks should be brought by the team members.



### WEATHER

The climate varies in the different regions of Mozambique, but generally the inland areas are slightly cooler than the cities along the coast. Winter is the dry season, lasting from April to October, and is the best time to visit the country. The southern parts of the country are generally drier and less tropical than the north, with temperatures along the coast averaging 80°F. The rainy season coincides with the heat and humidity from November to March, with average temperatures of 88°F.

### CLOTHING

Our dress code is a sign of respect for the people you will be working with, as well as to convey a conservative Christian lifestyle. Wearing appropriate clothing will open the door for establishing good relationships with the community members. The general rule of thumb for dress in Mozambique is conservative.

While in the community and during tourism days, team members should wear long pants and loose-fitting T-shirts. (Capri pants are okay.) If the team is attending a church service, women should wear long skirts and loose-fitting blouses, and men should wear long pants and collared shirts. Except when in the hotel, team members should always wear close-toed shoes. If your schedule permits time at the beach, ladies should wear one-piece bathing suits or a two-piece worn under tank top and shorts.

Out of respect for cultural sensitivity, we request your cooperation in submitting to FH’s policy in regard to piercings, tattoos and radical haircuts. For more details about this topic, please talk to your team leader.

*Please do not bring the following:*

- Shorts
- Tight or revealing clothing (pants, jeans and shirts)
- Low-cut shirts (scoop neck or V-neck)
- Tank tops
- Excessively low-rise jeans or excessively baggy pants
- Shirts that reveal the midriff
- Clothing that has inappropriate or questionable words or pictures
- Clothing with rips, holes or stains





## COMMUNICATION

You will likely be without telephone and/or e-mail access during your time in Mozambique. While these services may be readily available, especially in major cities, your schedule will be packed with activities. This will help you to focus your energy and attention on the transformative work of the Lord and to help maintain a cohesive group dynamic. We encourage you to leave your cell phone at home and inform your family and friends that you will be unavailable until you return to the States.

If there is an emergency in the country or community where you are serving, your Team Coordinator will contact your family and appropriate people at your home church. Before you leave the U.S. you will be given a U.S. phone number and other details, which you will pass on to your family and close friends. If there is an emergency in the U.S. while you're on the field, your family member or friend may call that number. Your Field Liaison will assess the call and facilitate communication with you or the field staff as necessary.

## TRANSPORTATION

All transportation will be provided by FH. Your drivers will either be FH staff or hired by a reliable company that FH frequently uses. The team will travel around the country mostly in Land Rovers and mini buses.

Driving in Mozambique may be a new experience for you. The roads are likely to be bumpy and winding. You may feel that the vehicle you are in is uncomfortably close to the vehicle or pedestrian beside it. Streets may seem overwhelmingly crowded. Traffic signs may not always be followed. Remember that you are in good hands. Your driver is a professional and used to the traffic conditions. Keep your hands, feet and belongings inside the vehicle at all times. If you experience carsickness, sit in the front or take an appropriate medicine for motion sickness.

## LUGGAGE

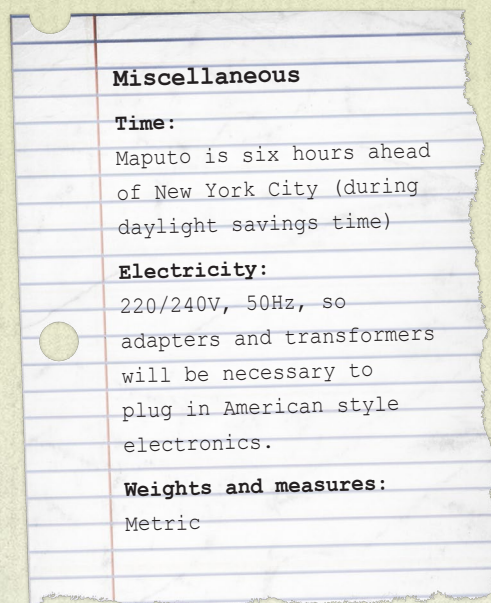
Luggage should be limited to one checked bag and the allowed carry-on for each team member. While most airlines will allow two checked bags, large amounts of luggage are difficult to transport while in-country. Any extra bags should be used to transport ministry supplies. Please refer to your teams training materials for a packing list.

## MONEY

While with Food for the Hungry, all transportation, food, lodging and water are covered by FH. You will only need money for souvenirs and shopping you will do in-country and while traveling. A suggested amount for this purpose is \$100 to \$200. It is advisable to bring cash as U.S. dollars are widely accepted. ATMs do exist in Maputo and Beira, but the fees can be large to withdraw cash. Credit cards are accepted at some stores in the city, but do not rely on this method of payment. Traveler's checks aren't recommended because they are inflexible.







### Miscellaneous

#### Time:

Maputo is six hours ahead of New York City (during daylight savings time)

#### Electricity:

220/240V, 50Hz, so adapters and transformers will be necessary to plug in American style electronics.

#### Weights and measures:

Metric

Bring bills no larger than \$20 and be sure that the bills are crisp and new (no more than 5 years old) to ensure acceptance.

### ELECTRONICS

You may bring cameras (disposable, standard or digital), iPods, cell phones and other small electronic devices. We want you to be able to take pictures and capture videos and share these incredible moments of transformation with family and friends back home. However, you assume all risks of damage, loss or theft of your belongings. Keep in mind that you will be kept quite busy, and there will not be a lot of time to use many electronic devices. Also, electricity may not always be available to recharge electronic equipment, including cameras and camcorders. Please bring extra batteries. When in public, don't display expensive electronic items or any items that may just appear expensive.

### PHOTO POLICY

- All photos or videos should be taken with utmost discretion. Upon arrival in the country, your Team Coordinator will explain the country's photo policy. Some considerations:
- Make sure the focus is on relationships and the ministry, not pictures.
- When possible, ask before taking pictures.
- Designate a photographer. Rather than taking the same picture on 12 different cameras, take the picture with one or two cameras and share when you get back.
- Be sure that any picture you take conveys dignity for the person in the picture. If you will not remember the names of the people in the story or the significance of the photo, re-consider the need for taking a photo.

### FH HISTORY & PROGRAMS

FH began working Mozambique in 1987 in response to a chronic food problem caused by civil war and drought in the region. Working with the government and other NGOs, we began supplying the basic food needs to the affected areas. As security improved, FH decided to establish a long-term presence in the country and started creating and implementing development programs. One of the first projects was





food-for-work. It was designed to give unemployed individuals a chance to work, improve public facilities and receive food for their work. From there, FH began to change and adapt its ministry to the needs of the people in Mozambique. The programs that have developed are as follows:

**Child Development:** To promote the healthy growth of children in all areas – physically, socially, mentally and spiritually. To equip families, leaders and communities with tools and resources they need to build a healthy and safe environment for children and the most vulnerable in the community.

**Church strengthening:** To help church leaders with tools and training opportunities so they can grow in their knowledge of biblical truths, lead their church members to discipleship, and reach out to the poor and vulnerable in their communities.

**Health:** To help families improve the health of children under 2 years old through training in preventive health and raising awareness about proper nutrition and sanitation.

**Agriculture:** To help families increase their harvests and improve food security by introducing better farming methods and training in food storage, marketing and networking.

**Savings Groups:** Helping families learn the value of money management and saving for emergencies, as well as training them to start a business or livelihood so they can better provide for the needs of their children.



### *Prayer Requests*

- Pray that God will bless the national leadership of Mozambique with wisdom and integrity.
- Pray that Food for the Hungry will have favor in the eyes of the government so that our programming and activities will run without interruption.
- Pray for FH's activities in the country, that God would use these outreaches to lift Mozambicans out of physical and spiritual poverty.
- Pray that our staff would have compassion, wisdom and sensitivity so they can effectively reach out to the poor and most vulnerable.

