

SUGGESTED RESOURCES FOR NEW FAMILIES

CATEGORY	COMPANY NAME/ SERVICE PROVIDER	CONTACT DETAIL	SERVICES
Supermarket / Shops (Mozambique)	Woolworths	1. Baia Mall, Av. Marginal 2. COOP	Food, alcohol and clothing
	Premier Spar	1. Baia Mall, Av, Marginal 2. 42 Av. Acordos De Lusaka (also called Mika)	Food and non food items for the household (the one on Acordos de Lusaka has large hardware, sports equipment, and lighting departments)
	Shoprite	1. Mares Shopping Centre, Av. Marginal 2. between Av. Milagra Mabote and Av. Acordos de Lusaka	Food and some non-food items for the household, alcohol
	GAME	1. Baia Mall, Av. Marginal 2. Matola	Small variety of food items, alcohol, many non-food household items
	Vosso Supermercado	53 General Teixeira Botelho Road Sommerschield	Meat and groceries
	Deli 968	1. Torresrani Tower, Av. Marginal 2. Av. Julius Nyerere (near Portuguese embassy)	Variety of gluten free items, meat, dairy and other products, hard-to-find imports
	Taverna Bakery	Multiple locations, including Baia Mall, Av. Julius Nyerere, Av. Marginal, Av. Friedrich Engels	Bread and other baked goods, ready-to-eat sandwiches
	Divino	914 Av. Julius Nyerere	Upscale market with many imports
	Risso Formaggi	Inside Kaya Kwanga complex, next to Zen Condo	Imported Italian cheese and cured meats
Supermarket/ Shops (South Africa)	Woolworths Shoprite Spar	Various locations in Nelspruit Spar and Shoprite also located in Komaatipoort	
	Meat Delights German Butcher	R40, Nelspruit	
	Eskort Butcher	R40, Nelspruit	
	Riverside Mall	Corner R40 White River Road & Government Boulevard www.riversidemall.co.za/	NB: Has a movie theater
	Crossings Mall	Corner R40 and R104, Nelspruit	NB: Has an indoor play area on the lower level
	i'langa Mall	Corner of Bitterbessie and Flamboyant Street, Nelspruit	NB: Has an indoor ice skating rink
Shops for non-food items (Mozambique)	Builders Warehouse	1. Marés Shopping Center, Av. Marginal 2. Matola	Home building materials, hardware, tools, pool and camping supplies
	GAME	1. Baia Mall, Av. Marginal 2. Matola	
	Premier Spar	1. Baia Mall, Av. Marginal 2. 42 Av. Acordos De Lusaka	
Shops for non-food items (South Africa)	MAKRO	Corner Ripple Street & Eastern Boulevard, Riverside, Nelspruit	Hardware, household and grocery wholesaler Requires free membership
	GAME	Samora Machel Dr, Shop LG7, i'langa Mall, Nelspruit	
	Builders Warehouse	R37 and R40 Riverside Industrial Park, Nelspruit	Hardware
Car related resources (Mozambique)	MIDAS	2658 Av. 25 Setembro	Auto spare parts
	Auto Estoril	781 Av. Josina Machel	Mechanic
	Auto Suica	Av. Patrice Lumumba Phone: 21313390	Mechanic
	Propecas	Av. Zedequias Managhela	Mechanic
	Tienie Ras	In Matola near Shoprite Phone: 845101708	
	Hollard Insurance	Phone: 21357700	
	Global Alliance Insurance	Av. Marginal, near Southern Sun Hotel	

CATEGORY	COMPANY NAME/ SERVICE PROVIDER	CONTACT DETAIL	SERVICES
Car related resources (South Africa)	Phillip & Veronica Potgieter	v_potgieter@vodamail.co.za	Excellent Mechanic
	Malelane Toyota	Malelane (on the EN4 highway between Komatipoort and Nelspruit)	Good for Toyota-certified repairs
Cafés & Restaurants (Mozambique)	Botanica	148 Rua Kibiriti Diwane Phone: 845584558	Closed on weekends
	CK Cafe	Av. Kim Il Sung (opposite Fundação)	Restaurant and jewelry store
	Fundação	961 Av. Kim Il Sung	Restaurant and gallery
	Dhow	dhow.co.mz Phone: 820247340	
	Café Sol	Rua Beijo da Mulata	Sells coffee by the kilo
	Taverna	Various locations including Av. Marginal and Av. Julius Nyerere	
	Mundos	Av. Julius Nyerere	
	Marítimo	Av. Marginal	Seafood/ waterfront location
	Campo di Fiori	Parque dos Cronistas, Rua Fernando Ganhão	playground nearby and sushi
	Galaxy Indian Restaurant	Av. Transversal Base N'tchinga Phone: 822541940	
	Esquina	Av. dos Mártires da Machava Phone: 843102735	
	A Nossa Tasca	Av. Julius Nyerere Phone: 844506174	
	Zambi	8 Av. 10 de Novembro Phone: 843392624	Sushi buffet
	Mysea	Av. Kim Il Sung Phone: 845125759	
	Ocean	https://www.facebook.com/oceanmaputo/ Phone: 827106669	
	Spazio	Av. Paulo Samuel Kankhomba Phone: 849500827	
	Sagres	Av. Marginal	Seafood / waterfront location
	Txhapo Txhapo Restaurant	173 Av. Edward Mondlane 173	
	Mamma Mia Café at FEIMA artisan park	Rua Armando Tivane	Local specialties, pizza, snacks, newly-opened crepe restaurant
	Treehouse	Av. Francisco Orlando Magumbwe	Various meat dishes
Costa do Sol	Av. Marginal, near Mares Shopping Center	Seafood	
Volare	Av. Kwame Nkrumah, Sommerschild	Pizza and pasta dishes	
Hairdressers / Spas (Mozambique)	Southern Sun Hotel (Hairdresser Dianne)	Av. Marginal Phone: 8823189100	
	Polana Hotel (Sonia)	Av. Julius Nyerere Phone: 828712290	
	Imagem Spa (Michael)	Torresrani, Shop 7 Phone: 843024128 www.imagem.co.mz	
	Chakra Spa	Rua de Dar Es Salaam	
	Southern Sun Hotel (Spa Patricia)	Av. Marginal Phone: +25821495050	NB: phone number for central switch and ask to transfer to hairdresser
	Cupid	Mares Shopping Center Phone: 821227751	
	Dreamz	Rua Beijo de Mulata (next to Café Sol)	
	Scandalous	Maputo Shopping Center, 3 rd Floor	500 mts for haircut and scalp massage
Preschools / Young Children resources (Mozambique)	Jardim das Crianças	www.jardimdascriancasmaputo.com Av. Marginal (near Mares shopping center)	
	La La Land Kindergarten	Rua Joseph Ki-Zerbo	
	Kids Kruppa	geral@kidskruppa.co.mz Rua Macombe Macossa (near Indy Village)	Portuguese-language preschool
	Canadian Montessori Academy	Phone: 843057040 Av. Kenneth Kaunde	English-language preschool and elementary Montessori program
	Livro Aberto	Jardim dos Professores (near Café Acacia and Hotel Cardoso)	English and Portuguese language library with occasional programs for children
	Free Time	Rua para o Palmar	Near AISM

CATEGORY	COMPANY NAME/ SERVICE PROVIDER	CONTACT DETAIL	SERVICES
External & Sports Activities (adults) (Mozambique)	Tennis: Coach Emidio	Phone: 828725630	
	Pro Fitness Gym	Av. Marginal (Clube Maritimo)	
	Gym	Montabelo / Girassol Indy Village 99 Rua D. Sebastião	
	Clube Maritimo	Av. Marginal Phone: 21491373	
	Clube Naval	Av. Marginal (direction of city center)	
	Pro Gym Mares	Mares Shopping Center, Av. Marginal	
	Power Gym	Baia Mall, Av. Marginal	
External & Sports Activities (children) (Mozambique)	Tennis: Coach Emidio	Phone: 828725630	Courts are located at Indy Village, Polana Hotel, Swedish School, Botanical Gardens
	Horse Riding: Lisa at Tsamadhi	Phone: 848343939	Located in Triumfo, variety of horse riding lessons / camps
	Kayak Teacher	Phone: 842255247	
Eye Doctors (Mozambique)	Optocentro	21 Av. Vladimir Lenin Phone: 826278921	
	Eye Clinic	Av. Mao Tse Tung (near Portuguese consulate)	
	Optitalia	466 Av. Julius Nyerere	
Dentists (Mozambique)	Dr. Tayob @ Hospital Privado	Phone: 823110660	
	Sparkle	Near Igreja Polana Phone: 21303819	
	Crystal Smile	Av. Marginal (inside Casino Polana) Phone: 21491269	
Vets / Animal Shelters (Mozambique)	VAL Vets	438 Av. Ho Chi Min Phone: 824783446	
	VET Care	207 Rua De Tchamba Phone: 822453273	
	VET Natalino Magaia	Phone: 843099902	General pet care, comes to your home
	COOP Vet	Rua Fialho de Almeida, 69 Phone: 84 550 3142	Emergency Vet Care
	MAPS Animal Shelter	Phone: 873435450	
	PETA Animal Shelter	Triumfo	
Vets / Animal Shelters (South Africa)	Prolife Pet Rescue	https://www.facebook.com/pg/adoptpet/about Nelspruit	8km from Nelspruit on the R40/Barberton road, #47 at the Chimp Eden turn-off
	Various vet supply stores	Komatipoort, Nelspruit	
Hotels / Holiday Destinations (Mozambique)	Jay's Beach	Macaneta Phone: 848630714	
	Lugar de Mar	Macaneta Phone: 840260409	
	Kaya Xaimite	Ponta da Macaneta Phone: Cristina @ 824219668	Only accessible by boat, transfers arranged through lodge
	Tan N'Biki	Macaneta Phone: 846290365	
Hotels / Holiday Destinations (South Africa)	Beetleloop Guesthouse	25 Beetle Walk, Nelspruit Email: rina@beetleloop.co.za Phone: +27137449981	
	Trees Too Guesthouse (Sue)	Komatipoort Email: info@treestoo.com	Near Crocodile Bridge entrance to Kruger
	Kruger Pestana Lodge	www.pestana.com	Outside Malelane entrance to Kruger NP

CATEGORY	COMPANY NAME/ SERVICE PROVIDER	CONTACT DETAIL	SERVICES
Handicrafts / Furniture (Mozambique)	Lana's	16 Neto Road, Sommerschield	Capulana furnishings
	Mozquito	792 Av. 24 Julho	Capulana fabric bags
	Local Jewelry	CK Café	
	Dhow Café		
	Monthly Craft Market	Café Sol	
	Bali Furniture	Triunfo Phone: 842122300	Furniture and mixture of local and imported crafts
	Pirata de Pau	Av. de Mocambique Phone: 846996870	Furniture made from recycled wood and other materials
	Casa de Elefante	Av. 25 de Setembro	Capulana Fabric Store
	FEIMA	Rua Armando Tivane	Artisan Market
	Mobi	Av. Marginal (next to Zen Condo)	Furniture store
	Alma Africana	Bistro Bairro Av. Julius Nyerere	
Tours (Mozambique)	Maputo a Pe	Tourist Office, Behind German/ Franco Cultural Center Phone: 826180501	Walking tours across Maputo
	Maputo Free Walking Tour	www.maputofreewalkingtour.com/	Tip-based walking tour
	Mafalala Walking Tour NGO Associao IVERCA	Phone: 825497585 or 846173686 Email: piresnery2@gmail.com	Recommend guide: Nery Pires
Literature Resources (Mozambique)	Guides to Architecture in Maputo & Across Mozambique	Author: Phillip Schauer	Excellent guide!
	Battle for Mozambique	Author: Stephen A. Emerson	Comprehensive account of civil war and origins of Frelimo and Renamo.
	Percurso e Olhares- Uma Introducao a arte em Mocambique		A wonderful guide to the local art scene covering both living and deceased artists.
Museum / Art Spaces (Mozambique)	National Art Museum	1233 Av. Ho Chi Minh	Collection of older artists most of whom were active during times of conflict
	Nucleo de Arte	194 Rua da Argelia	Gallery / workshops of contemporary artists
	Kulungwana	Inside central train station	Gallery of contemporary art
	Train Museum	Inside the central train station	History of railroads in Mozambique and old rail cars that you can explore
	CCFM (Franco- Mozambican Cultural Center)	468 Av. Samora Machel	Exhibition of art and photography, music and dance performances and film screenings
	Museu Alberto Chissano	Rua Escultor Chissano formerly Rua Torre do Vale), Matola	Home and studio of the late Alberto Chissano. Excellent space, hard to find!
	Museu da Geologia	Corner of Av. dos Martires da Machava & Av. 24 de Julho	Facts about Mozambican geology and mining including minerals and gem stones
	Museu da Moeda	Rua Consiglieri Pedroso	Exhibition of money and pre-monetary modes of payment
	Museum of Natural History	Near Hotel Cardoso	Animal displays, collection of elephant fetuses, displays of marine life and insects
	Museu de Pesca	Near the Museu da Moeda and the Fort	Small (but growing) exhibits on fisheries in Mozambique
	Fortaleza	Baixa	Fort dating from colonial times, with rotating exhibits
Useful websites	Moz Info and Drive Moz	www.facebook.com/mozinforma www.facebook.com/groups/DriveMoz/	Driving related
	Sprout Club	Facebook page	Info about child-related activities in Maputo, has a related "Market" page NB: buy from this "market" with caution
	other Mozambique sites	clubofmozambique.com www.mozambiqueinformation.com/ www.facebook.com/mozambiqueinformation	Information about living in Maputo and travel to and within Mozambique
	Thaga Connect	www.thagaconnect.com	Association of consultants, great for networking and work opportunities!