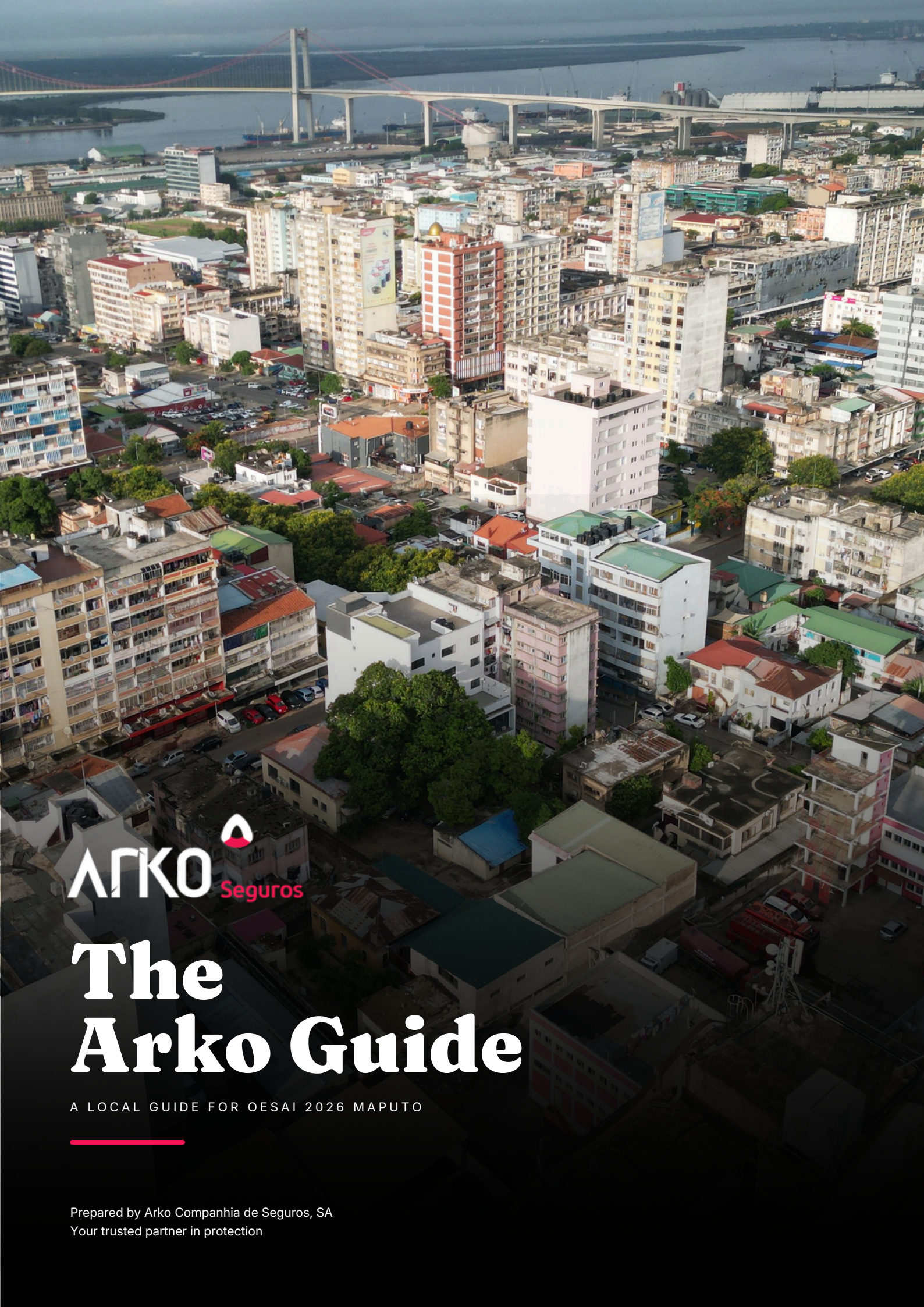




The Arko Guide

A LOCAL GUIDE FOR OESAI 2026 MAPUTO

Prepared by Arko Companhia de Seguros, SA
Your trusted partner in protection



Portuguese is the language of business and of the street. Ten phrases will carry you a long way.



Ola, bem-vindo

hello, welcome

Bom dia

bong DEE-ah
Good morning

Boa noite

BOH-ah NOY-teh
Good evening

Obrigado / Obrigada

oh-bree-GAH-doo / -dah
Thank you
obrigado - masculine / obrigada - feminine

Fala inglês?

FAH-laheen-GLESH
Do you speak English?

Onde fica...?

OND-eh FEE-kah
Where is...?

Pagar

pah-gar
To pay

Comprar

Kong-PRAR
To buy

Entrar

eng-TRAR
Enter

Boa tarde

BOH-ah TAR-deh
Good afternoon

Por favor

poor fah-VOR
Please

Desculpe

desh-KOOL-peh
Excuse me /
sorry

Quanto custa?

KWAN-too KOOSH-tah
How much is it?

A conta, por favor

ah KON-tah poor fah-VOR
The bill, please

Sim / Não

seeng / nowng
Yes / No

Com licença

kong lee-SEN-sah
Excuse me / to get past someone

Até logo

ah-TEHLOH-goo
See you later

△ One word to remember: *capulana* — the printed cloth you will see everywhere, worn, carried and given as a gift. Ask for it by name and you will be understood immediately.

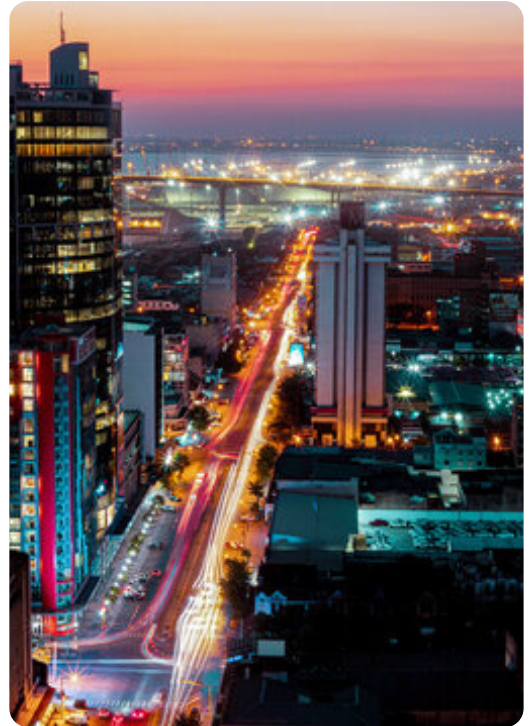
WELCOME TO

Maputo

A coastal capital where Portuguese architecture meets Mozambican warmth, with wide jacaranda-lined avenues, the ocean at the end of every road, and some of the best seafood in Africa.

Arko wishes everyone a productive and enjoyable OESAI Conference. We also want to share the essence of our city by suggesting must-visit spots and restaurants, ensuring that these days become not only an opportunity to discuss the insurance sector but also an unforgettable experience of discovery and leisure in Maputo.

The Arko Team



QUICK FACTS

 LANGUAGE Portuguese English widely spoken in hotels	 CURRENCY Metical (MZN)	 TIME ZONE CAT, UTC+2 No seasonal change	 WEATHER Warm all year 23°C – 32°C	 ELECTRICITY 220 V / 50 Hz Types C, F and M	 CONNECTIVITY Good 4G and 5G across the city
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 Arko seguros
+258 84 262 6172

 Emergency
Police 119 · Ambulance 117 · Fire
198

 Every place has a QR code
Scan it to open the location in
Google Maps

THE CITY IN FIVE NEIGHBOURHOODS

Baixa

The old city. Railway station, fortress, cathedral and both markets, all walkable.

Polana

Hotels, cafés and restaurants on the ridge above the bay. Most delegates stay here.

Sommerschield

Quiet and residential. Embassies and the private hospital.

Marginal

The seafront road running north to the malls, the conference centre and the beach.

Costa do Sol

Where the Marginal ends, the city beach and the fish market.



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Must-See Maputo

eight places that explain the city in an afternoon



01 Railway Station

MAPUTO · FREE

One of Africa's most beautiful railway stations, featuring colonial architecture with a famous green dome.

- 📍 Praça dos Trabalhadores, Maputo
- 🕒 Open every day — the station runs to the train timetable
- ☎ +258 21 327 000

ARKO TIP Best for its iconic architecture and historical significance.



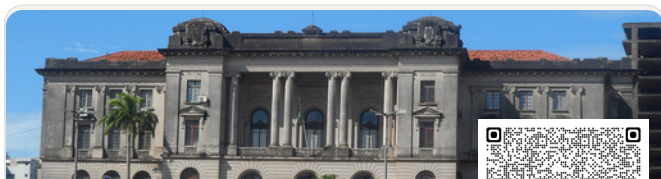
02 Samora Machel Statue

BAIXA · FREE

Monument to Samora Machel, Mozambique's first President, standing at the centre of Independence Square.

- 📍 Praça da Independência, Av. Samora Machel, Maputo
- 🕒 Open 24 hours

ARKO TIP Worth it if you like Mozambique's independence history and one of the city's most important...



03 Independence Square Maputo Municipal Council

BAIXA · FREE

Historic square surrounded by the Cathedral, the City Hall and the Iron House, with the Samora Machel statue at its centre.

- 📍 Praça da Independência, Maputo
- 🕒 Open 24 hours

ARKO TIP A central historical landmark offering an excellent introduction to Maputo.



04 Maputo Fortress

BAIXA · MZN 50

Historic fortress dating from the late 18th century, preserving military artefacts and the equestrian statue of Mouzinho de Albuquerque.

- 📍 Praça 25 de Junho, Baixa, Maputo
- 🕒 Every day 09:00–17:00
- ☎ +258 21 320 529

ARKO TIP Good for anyone interested in local history.





05 Cathedral

BAIXA · FREE

The principal Catholic cathedral in Mozambique, renowned for its modern architecture and peaceful atmosphere.

-  Praça da Independência, Maputo
-  Daily 07:00–18:00
-  +258 21 310 283 / +258 21 322 852

ARKO TIP Best for its distinctive architecture and peaceful atmosphere.



06 Central Market

MAPUTO · FREE

The city's oldest market, ideal for experiencing local culture and buying fresh produce, spices, handicrafts and souvenirs.

-  Avenida 25 de Setembro, Maputo
-  Daily 07:00–18:00
-  +258 84 481 3706

ARKO TIP Best for an authentic local experience.



07 Botanical Gardens

MAPUTO · FREE

A beautifully landscaped botanical garden designed in the 19th century, perfect for relaxation, photography and nature walks.

-  Avenida Samora Machel, Maputo
-  Daily 07:00–17:00
-  +258 21 491 740

ARKO TIP Best for a quiet break from the city.



08 Museum of Natural History

MAPUTO · FREE

Famous for its unique collection of elephant foetuses and exhibitions on Mozambique's wildlife, geology and biodiversity.

-  Travessia de Zambeze, Maputo (Plus Code 2HFP+4Q7)
-  Tue–Thu 08:30–15:30 · Fri–Sun 10:00–17:00 · Closed Mon
-  +258 85 143 2766

ARKO TIP Worth it if you like Mozambique's natural heritage, biodiversity and educational exhibits.



GOOD TO KNOW

-  The Fortress and the Natural History Museum are the only landmarks here that charge — MZN 50 and MZN 300 for foreign visitors.
-  Independence Square, the Cathedral, the Samora Machel statue and the Iron House are all within a five-minute walk of each other.
-  Photography is restricted at Heroes' Square. Ask before pointing a camera at government buildings.





Where to Eat

From grilled prawns on the sand to the city's best tables



01 Ocean

MAPUTO · \$\$\$\$

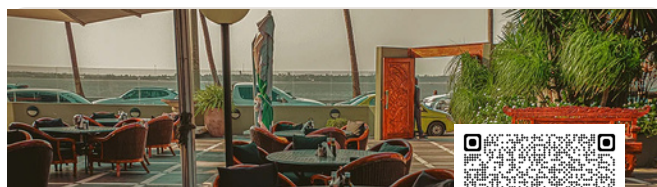
Upmarket seafood restaurant, open every day including Sunday, which is unusual in Maputo.

📍 Avenida Paulo Samuel Kankhomba

🕒 Every day 11:30–22:30

☎ +258 84 710 6660

ARKO TIP Book ahead.



02 Zambi

MAPUTO · \$\$\$\$

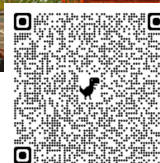
Large restaurant beside the downtown area and the seafront, with a terrace facing the water.

📍 8 Av. 10 de Novembro, Maputo

🕒 Mon–Sat 12:00–22:00 · Sun 12:00–17:00

☎ +258 84 339 2624

ARKO TIP Closes at 17:00 on Sundays. For groups, confirm the table by phone on the day.



03 Meia Tigela

JARDIM DONA BERTA · \$\$\$\$

Restaurant set inside Jardim Dona Berta, serving Portuguese and Mozambican dishes in a garden setting.

📍 Jardim Dona Berta, Maputo

🕒 Mon Tue & Thu–Sat 08:00–22:00 · Wed 09:00–22:00 · Sun...

☎ +258 84 826 8606

ARKO TIP A good choice for an informal outdoor meeting. Some staff speak English.



04 SALT Restaurant Maputo

MARGINAL · \$\$\$\$

Restaurant on Avenida da Marginal, in Jardim Centenário, with sea views.

📍 Jardim Centenário, Av. da Marginal, Maputo 1100

🕒 Sun–Wed 12:00–21:30 · Thu–Sat 12:00–22:30

☎ +258 87 151 7777

ARKO TIP Ask for a window or outdoor table for the view over the bay. Booking advised at weekends.





05 Restaurante Costa do Sol

MARGINAL · \$\$\$\$

Restaurant located on Marginal Avenue, specializing in seafood, Portuguese and Mediterranean cuisine.

📍 Av. Marginal 10294, Maputo

🕒 Mon–Sun 10:00–22:00

☎ +258 85 186 1509

ARKO TIP It is necessary to ask to reserve a table for the required number of people.



01 Fish Market (Mercado de Peixe)

COSTA DO SOL · MZN 200+

Market where you buy fresh fish and seafood at the stalls and then take it to the restaurants next door to be grilled on the

📍 Av. da Marginal, next to Costa do Sol, Maputo

🕒 Mon–Sat 09:00–17:00 · Sun 08:00–20:30

☎ +258 84 816 5206

ARKO TIP Always agree the price of the seafood and the cooking charge before closing the deal.



⚠ WHAT A MEAL COSTS

- 💰 A three-course dinner for two at a mid-range Maputo restaurant runs MZN 2,750 to 4,000 in 2026. The four-dollar restaurants here sit above that.
- 📞 Menus are not published online. Ask for prices when you book — every restaurant listed takes bookings by phone.
- 🕒 Sunday is the quiet day. Ocean and Restaurante Costa do Sol are the two reliable openings.

WHAT TO ORDER

A short menu of Mozambique

Gambas à peri-peri

GAM-bash ah peri-peri

Prawns grilled with garlic, lemon and chilli. The dish Maputo is known for order them at the Fish Market or on the Marginal.

Frango à zambeziana

FRAN-goo ah zam-be-zee-AH-nah

Chicken grilled with coconut milk, lime and chilli, from the Zambézia coast. Ask how hot it comes.

Piri -piri

pee-ree-PEE-ree

The chilli sauce on every table. Sold by the bottle at the Central Market and the easiest thing to take home.

Matapa

mah -TAH -p ah

Cassava leaves slow-cooked with coconut milk, peanut and garlic, usually served with rice. The most Mozambican thing on any menu.

Camarão tigre

kah-mah-ROWNG TEE-greh

Tiger prawns, sold by weight at the stalls and grilled at the restaurant next door. Agree the price before you hand them over.

2M and Laurentina

doysh-EMEH · low-ren-TEE-nah

The two Mozambican beers. “Uma 2M, por favor” will be understood anywhere in the country.





Coffee & Breakfast

Early openings for delegates with a session at nine



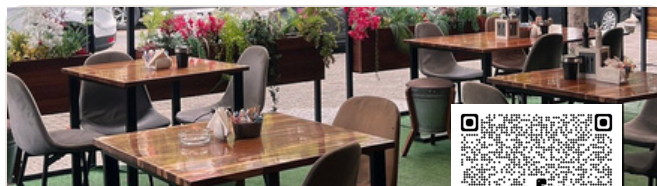
01 Chez Fred

MAPUTO · \$\$\$

French-style café and patisserie on Rua de Kassuende, open from 07:00 on weekdays. A regular spot for breakfast and morning coffee.

📍 877 Rua de Kassuende, Maputo
🕒 Mon–Fri 07:00–19:00 · Sat 08:00–15:00 · Sun 08:00–14:00
☎ +258 84 123 4578

ARKO TIP Closes early at weekends.



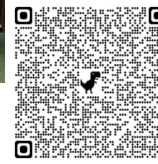
02 Oak Café

MAPUTO · \$\$\$

Café in the city centre, on Rua da Argélia, open from 06:00 on weekdays. It serves full breakfasts and light meals in a bright,

📍 121 R. da Argélia, Maputo
🕒 Mon–Fri 06:00–19:30 · Sat 07:00–19:30 · Sun 07:00–16:00
☎ +258 84 110 0007

ARKO TIP Opens very early, which helps delegates with conference sessions first thing in the morning.



03 Belém — Pastelaria, Pizzaria e Restaurante

MAPUTO · \$\$\$

Patisserie and restaurant on Avenida 24 de Julho, open every day from 06:00 to 22:00. The long opening hours cover both breakfast and late evening.

📍 Av. 24 de Julho, Maputo
🕒 Every day 06:00–22:00
☎ +258 84 960 1644

ARKO TIP Useful for delegates arriving or departing at odd hours.



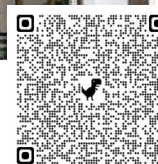
04 Vanilla Gelado Italiano (Av. 24 de Julho)

MAPUTO · \$\$\$

Gelato shop and café on Avenida 24 de Julho, in the city centre, with outdoor seating. It serves house-made gelato,

📍 No. 652 Av. 24 de Julho, Maputo
🕒 Sun–Thu 07:00–21:00 · Fri & Sat 07:00–22:00
☎ +258 87 996 6330

ARKO TIP A good stop after dinner. There is a second branch on Av.



⚠ BEFORE THE FIRST SESSION

- 🕒 Oak Café opens at 06:00 on weekdays and Belém at 06:00 every day — both work for a breakfast meeting before a nine o'clock start.
- 💰 A cappuccino costs about MZN 125 and an espresso about MZN 90 across the city.
- ⚠ Weekend hours are shorter. Chez Fred closes at 14:00 on Sunday.



After Dark

Livemusic, rooftop sand the bar that never closes



01 The Backroom

MAPUTO · \$\$\$

Bar and restaurant on Rua de Kassuende with a regular live music programme. It combines grilled food, a bar and screens

- 📍 No. 272 Rua de Kassuende, Maputo
- 🕒 Tue–Fri 09:00–21:00 · Sat 10:00–21:00 · Closed Sun
- ☎ +258 84 431 6034

ARKO TIP Call ahead to check whether there is live music on the night in question.



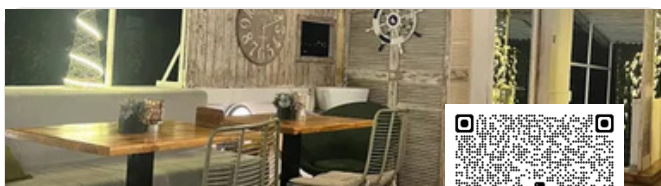
02 Xima Bar

ALTO-MAÉ · FREE

Long-standing bar in Alto-Maé with a wide terrace, live music on some evenings and a well-known ice cream counter.

- 📍 Av. do Rio Limpopo, Alto-Maé, Maputo
- 🕒 Mon 08:00–22:30 · Tue & Wed 08:00–23:00 · Thu 08:00–00:00
- ☎ +258 84 032 4789

ARKO TIP Informal and local. Good for a beer and live music, not for a formal dinner.



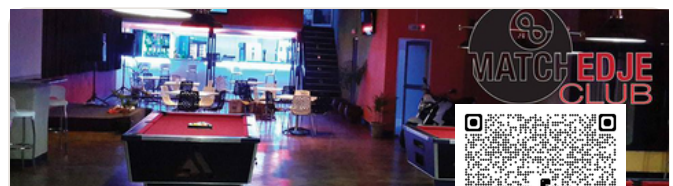
03 Bom de Mais Rooftop

MAPUTO · \$\$\$

Rooftop bar and restaurant on Avenida Mao Tse Tung, serving until 23:30 from Thursday to Saturday. One of the city's rooftop

- 📍 Av. Mao Tse Tung, Maputo
- 🕒 Tue & Wed 11:30–22:00 · Thu–Sat 11:30–23:30 · Sun 11:30–21:30
- ☎ +258 84 748 6666

ARKO TIP Book a table ahead to secure a spot in the outdoor area. Closed on Mondays.



04 Matchedje Club

MAPUTO · MZN 500+

Nightclub on Avenida 24 de Julho, with dance music and table service. One of Maputo's best-known late-night venues.

- 📍 3758 Av. 24 de Julho, Maputo
- 🕒 Opens late from around 22:00 until the early hours · The club...
- ☎ +258 87 907 9738

ARKO TIP Call on the day to confirm opening hours and the entry fee. Arrive early to get a table.





05 Nomada club

MARGINAL

Nomada Club located in Baia Mall, Store F8, Avenida Marginal, Maputo, one of the best places to enjoy the night, good music

📍 Av. Marginal
🕒 Mon–Sun 09:00–22:00
☎ +258 84 310 4300

ARKO TIP Best for delegates looking for a stylish and lively evening experience in Maputo.



06 South Beach

MARGINAL · MZN 500+

South Beach is a restaurant and a club, with a good atmosphere and a super beautiful view of the sea, good food.

📍 Av. Marginal
🕒 Mon–Wed 09:00–00:00 Thu–Sat 09:00–04:00 · Sun 09:00–00:00
☎ +258 82 325 5120

ARKO TIP Best for delegates seeking a relaxed beachfront atmosphere.



07 Mundo's

Maputo

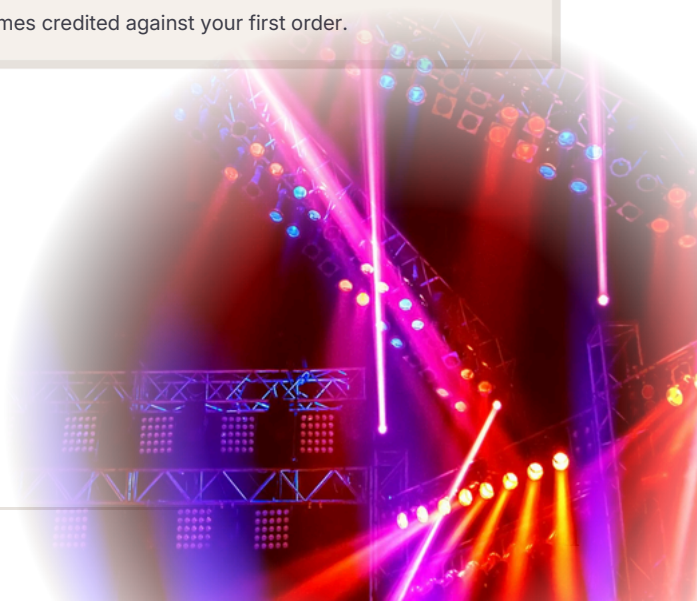
A popular and relaxed restaurant in Maputo, ideal for casual meals, drinks and socialising in a lively atmosphere.

📍 Av. Julius Nyerere, Maputo
🕒 Mon–Sun 12:00–22:00
☎ + 258 84 468 6367

ARKO TIP Best for delegates looking for a place to watch football and have a drinks.

⚠ GETTING HOME

- 🚗 Use Yango or the hotel taxi both ways. Fares are shown in the app before you accept the ride.
- 🕒 Maputo eats late and goes out later. Clubs fill after 22:00; Gypsy's Bar never closes.
- 💰 Entry is usually free. Where there is a charge it is around MZN 500, sometimes credited against your first order.





Beaches & Ocean

The Indian Ocean starts at the end of the Marginal



01 Costa do Sol Beach

COSTA DO SOL · FREE

Maputo's city beach, at the far northern end of Avenida da Marginal, minutes from the centre.

- 📍 Av. da Marginal, Costa do Sol, Maputo (landmark: Restaurant...
- 🕒 Open access · The restaurant opens every day from 10:00–22:00
- ☎ +258 85 186 1509

ARKO TIP Combine late afternoon on the beach with dinner at Restaurant Costa do Sol.



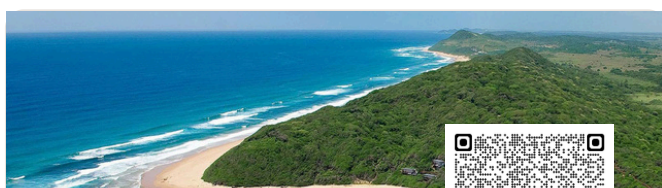
02 Macaneta Beach

MARRACUENE · FREE

Long beach in Marracuene district, north of Maputo, across the Incomati river. It is the closest weekend escape from the city.

- 📍 Praia de Macaneta, Marracuene
- 🕒 Open access
- ☎ +258 87 935 0000

ARKO TIP The last stretch of road is sand and a 4x4 is recommended.



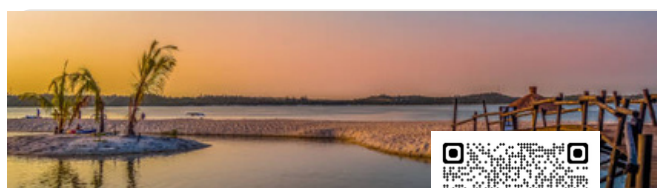
03 Ponta do Ouro

MATUTUÍNE · FREE

Coastal village in the far south of the country, in Matutuine district, close to the South African border. Known for its sea and its diving.

- 📍 Ponta do Ouro, Matutuine District
- 🕒 Open access

ARKO TIP Reachable from Maputo in about 2 hours on tarred road via the Catembe bridge and the N200.



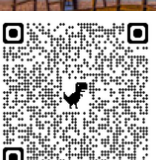
04 Bilene Beach

BILENE · FREE

Beach in Gaza province, north of Maputo, known for its calm lagoon separated from the open sea. A regular weekend

- 📍 Praia do Bilene, Gaza Province
- 🕒 Open access
- ☎ +258 84 350 0060

ARKO TIP Given the distance, it works better as an overnight stay than as a same-day return trip.





05 Marracuene Lodge

MARRACUENE · MZN 5,000+

Riverside lodge in Marracuene, about an hour north of Maputo, with gardens, a pool and direct access to the Incomati.



📍 Marracuene, Maputo

🕒 Open every day

☎ +258 82 000 0005

ARKO TIP Highly Recommended



06 Sunrise Beach Lodge

PONTA DO OURO · MZN 7,500+

Lodge on the dunes at Ponta do Ouro, in the far south, with rooms overlooking the ocean.



📍 Signal Hill Eco Estate, Ponta do Ouro

🕒 Open every day

☎ +27 72 740 8815

ARKO TIP Highly Recommended



07 Nghunghwa Lodge

BILENE · MZN 4,000+

Lodge on the Bilene lagoon in Gaza province, where the calm, shallow water makes swimming easy. Better as an overnight stay than a same-day trip.



📍 Praia do Bilene, Gaza

🕒 Open every day

☎ +258 85 223 3844

ARKO TIP Highly Recommended

⚠ SAND, TIDES AND ROADS

📁 Access to every beach listed here is free. Lodges charge for rooms, and some beachfront venues take a gate fee that comes off your bill.

🚗 Macaneta's final stretch is a sand road — take a 4x4. Ponta do Ouro is now tarred the whole way since the Catembe bridge opened.

🕒 Costa do Sol is the only beach you can reach and return from between sessions. Everything else needs half a day.





Day Trips

Elephants, islands and lagoons within reach of the city



01 Inhaca Island

INHACA · MZN 280+

Island in Maputo Bay, with beaches, reefs and a local fish market. It is reached by boat from the city and is the classic Maputo day trip.

📍 Inhaca Island, Maputo Bay

🕒 KaNyaka ferry: Mon Wed Fri Sat & Sun leaving Maputo at 08:00...

ARKO TIP Sailings are announced at the terminal and can shift with sea conditions.



02 Maputo National Park

MAPUTO · MZN 900+

National park about 84 km from the city on the EN1, with elephants, giraffes, buffalo and antelope. It allows a safari and a return the same day.

📍 EN1, Km 84, Mozambique

🕒 October to March 06:00–17:00 · April to September 07:00–16:00

☎ +258 85 509 6721 / +258 86 668 6317

ARKO TIP A 4x4 vehicle is required.



03 Macaneta and Marracuene

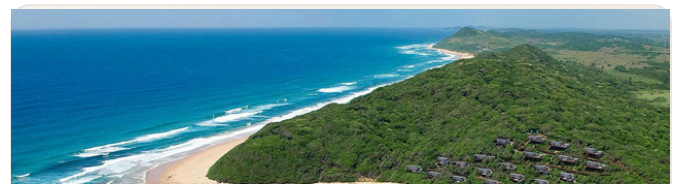
MARRACUENE · FREE

Marracuene lies north of Maputo on the bank of the Incomati river and gives access to the Macaneta peninsula, with open beach and waterside lodges.

📍 Praia de Macaneta, Marracuene District

🕒 Open access

ARKO TIP The final approach is on a sand road and requires a 4x4.



04 Ponta do Ouro

MATUTUÍNE · FREE

Coastal village in the far south, in Matutuine district, near the South African border, known for diving and dolphin watching.

📍 Ponta do Ouro, Matutuine District

🕒 Open access · If crossing to or from South Africa the Farazela /...

ARKO TIP About 2 hours from Maputo on tarred road, via the Catembe bridge and the N200.

⚠ PLAN THESE AHEAD

🕒 The Inhaca ferry sails at 08:00 and returns at 15:00 — there is one crossing a day, so book the return the moment you arrive.

🚗 Maputo National Park requires a 4x4. Hire an operator with a guide rather than driving yourself.

💰 Park entry is MZN 900 per person per day for foreign visitors, MZN 600 for SADC nationals, plus MZN 900 for the vehicle.



Shopping & Markets

Capulana, cashews, piri-piri and everything you forgot to pack



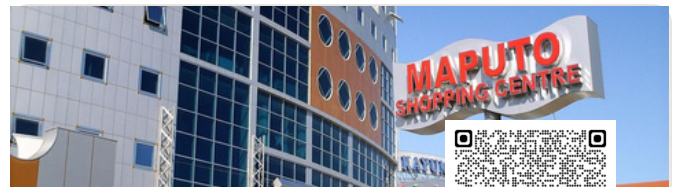
01 Baía Mall

MARGINAL · FREE

Shopping centre on Avenida da Marginal, by the sea, with international and local stores, restaurants, a supermarket and a hotel.

- 📍 Av. da Marginal, Maputo
- 🕒 Mon–Sat 09:00–19:00 · Closed Sun
- ☎ +258 85 256 1756

ARKO TIP Parking is ample and free.



02 Maputo Shopping Centre

MAPUTO · FREE

Shopping centre on Rua Ngungunhane, downtown, open every day from 06:00 to 22:00. It has a supermarket, a food court,

- 📍 R. Ngungunhane, Maputo
- 🕒 Every day 06:00–22:00
- ☎ +258 21 329 188

ARKO TIP The most central mall and the only one with extended hours every day, Sunday included.



03 FEIMA Crafts, Flowers and Food Fair

MAPUTO · FREE

Open-air fair on Avenida dos Mártires da Machava.

- 📍 Av. dos Mártires da Machava, Maputo
- 🕒 Mon–Fri 08:00–17:00 · Sat 07:00–18:00 · Sun 07:30–17:30
- ☎ +258 84 243 9046

ARKO TIP Opening prices are a starting point for negotiation.



04 Tajiri — Home & Decor

JARDIM ESTUFA · FREE

Homeware and gift shop in Jardim Estufa, on Rua da Frelimo, selling household pieces and gift items. A fixed-price

- 📍 Jardim Estufa, Rua da Frelimo, Maputo
- 🕒 Mon–Fri 09:00–19:00 · Sat 09:00–17:00 · Sun 09:00–15:00
- ☎ +258 84 623 6882

ARKO TIP A good option for quality gifts when there is no time or appetite for negotiating prices at the...



05 Marés Shopping

MARGINAL · FREE

Modern shopping centre near the Marginal, with supermarkets, restaurants, a gym and a range of shops. Useful for anything a delegate forgot to pack.

📍 Avenida Marginal, Maputo

🕒 Mon–Sat 07:30–22:30 · Sun 09:00–20:00

☎ +258 82 308 3655

ARKO TIP Best for delegates looking for convenient shopping.



06 Gloria Mall

MARGINAL · FREE

Neighbourhood shopping centre with a supermarket.

📍 Avenida Marginal, Maputo

🕒 Mon–Sat 07:30–18:00 · Sun 07:30–14:00

☎ +258 85 111 1222

ARKO TIP Best for delegates seeking a convenient modern shopping stop with easy access from Maputo's...



07 Capulana (Casa Pandia)

MAPUTO · FREE

Traditional shop specialising in fabrics and textiles, and the best-known address in the city for capulana — the printed cloth worn across Mozambique.

📍 360, Avenida Filipe Samuel Magaia, Distrito KaMpfumo, Maputo...

🕒 Mon–Fri 09:00–17:30 · Sat 09:00–14:30 · Sun closed

☎ +258 21 323 594

ARKO TIP The place to buy capulana as a gift or souvenir.



⚠ BUYING WELL

- 🛒 FEIMA is the place for crafts and capulana. Opening prices are a starting point — expect to settle near a third of the first figure.
- 💰 Casa Pandia sells capulana at fixed prices, no haggling, if you would rather not negotiate.
- 🕒 Baía Mall closes on Sundays. Maputo Shopping Centre is open 06:00 to 22:00 every day.





Arts & Culture

Galleries, theatre and a programme worth checking



01 National Art Museum

MAPUTO · MZN 100

Museum on Avenida Ho Chi Min devoted to Mozambican art, with painting and sculpture by national artists.

- 📍 Av. Ho Chi Min, Maputo (Plus Code 2HMC+7PV)
- 🕒 Tue–Fri 09:00–15:00 · Sat 09:00–17:00 · Closed Mon & Sun
- ☎ +258 84 629 4862

ARKO TIP Closed Mondays and Sundays and closes early on weekdays. Plan the visit for early afternoon.



02 Franco-Mozambican Cultural Centre (CCFM)

MAPUTO

Cultural centre on Avenida Samora Machel, beside Independence Square, hosting exhibitions, concerts, theatre,

- 📍 468 Av. Samora Machel, Maputo
- 🕒 Mon 15:00–18:00 · Tue–Fri 10:00–14:00 & 15:00–18:00 · Sat 10:00–18:00
- ☎ +258 82 301 8000

ARKO TIP Check the programme for the week of the event and suggest a show to delegates on their free...



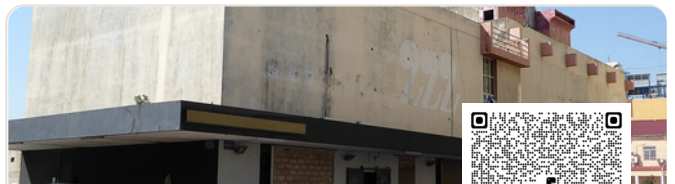
03 Núcleo de Arte

MAPUTO · FREE

Social and cultural centre on Rua da Argélia, with a gallery and artists' studios. It also works as a meeting place and serves

- 📍 Núcleo de Arte, 144 R. da Argélia, Maputo
- 🕒 Every day 08:00–21:00
- ☎ +258 84 430 2916

ARKO TIP One of the few cultural venues open every day and into the evening.



04 Gungu Theatre

MAPUTO

Performance venue on Avenida Mártires de Inhamitanga, downtown, staging Mozambican theatre. Performances are in Portuguese.

- 📍 170 Av. Mártires de Inhamitanga, Maputo 1100
- 🕒 Fri & Sat 09:00–19:00 · Sun 12:00–19:00 · Closed other days
- ☎ +258 87 945 2701

ARKO TIP Performances are in Portuguese.



⚠ CHECKING WHAT IS ON

- 🕒 The National Art Museum closes on Mondays and Sundays and shuts at 15:00 on weekdays — go early afternoon.
- ☎ The Franco-Mozambican Cultural Centre programmes concerts, theatre and cinema through the year. Call +258 82 301 8000 for the week's listings.
- 🗉 Performances at the Gungu Theatre are in Portuguese. Worth flagging to delegates who do not speak the language.



Sport & Recreation

Courts, a course and a gym that opens at five



01 Padel Club Maputo

MARGINAL

Padel club on Rua dos Pescadores, with bookable courts and long opening hours, from 06:00 to 22:00 every day.

📍 Av. da Marginal, ATCM, Entrada 2, Maputo

🕒 Every day 06:00–22:00

☎ +258 85 358 8341

ARKO TIP Book a court in advance.



02 Polana Golf Club

POLANA

The city's golf course, in the Polana area, with caddies available. It is the only golf course in Maputo.

📍 Maputo (Plus Code 3JC9+543)

🕒 Tee times are arranged by phone on +258 87 676 1000 ideally...

☎ +258 87 676 1000

ARKO TIP Call the day before to confirm availability, green fee and equipment hire.



03 Maputo Tennis Club

MAPUTO · MZN 500+

Tennis club in the city centre, on Rua Henrique de Sousa, with courts for hire by the hour, changing rooms and a restaurant.

📍 Rua Henrique de Sousa, Maputo (Plus Code 2HHF+HF7)

🕒 Mon–Fri 06:00–22:00 · Sat & Sun 06:00–20:00

☎ +258 84 559 3569

ARKO TIP Within walking distance of downtown and rackets are available.



04 Ginásio PLAY (Gym)

MAPUTO · MZN 3,900+

Gym in the city centre, with a weights room, a functional training area, group classes and changing rooms. Opens at

📍 Maputo city centre (Plus Code 2HFF+P47)

🕒 Mon–Fri 05:00–22:00 · Sat 07:00–17:00 · Sun 07:00–15:00

☎ +258 21 315 089

ARKO TIP Confirm whether they accept day passes for non-members, which is the delegates' case.



⚠ BOOKING A COURT

☎ Padel and golf are arranged directly by phone, ideally the day before. Neither publishes rates online.

🕒 The tennis club and Ginásio PLAY both open at or before 06:00 — enough time before the day's sessions.

📅 Tennis courts run about MZN 500 an hour. Ask whether rackets are included.



Where to Stay

The venue and the hotels around it



01 Joaquim Chissano International Conference Centre

MARGINAL

The country's main conference venue, on Avenida da Marginal, with capacity for over a thousand people and several parallel rooms.

- 4441 Av. da Marginal, Maputo
- Opens according to the event programme
- +258 84 340 0327

ARKO TIP Internal signage is mostly in Portuguese.



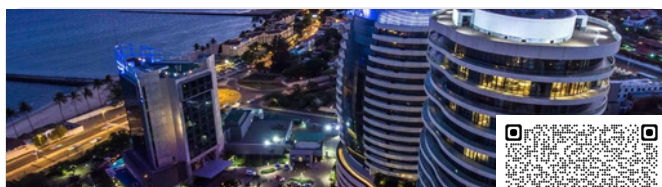
02 Polana Serena Hotel

MAPUTO · MZN 10,200+

The city's historic hotel, on Avenida Julius Nyerere, operating since 1922.

- 1380 Av. Julius Nyerere, Maputo
- Open 24 hours
- +258 21 241 700

ARKO TIP The main option for executive-level delegates. Book early, as it fills up during event periods.



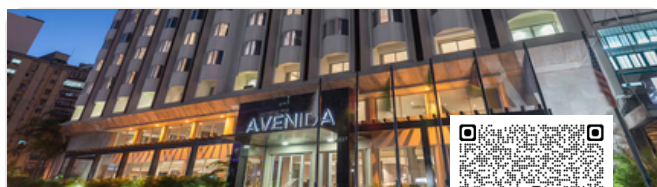
03 Radisson Blu Hotel & Residence

MARGINAL · MZN 9,900,+

International hotel on Avenida da Marginal, facing the sea, with rooms and apartments, a pool and a bar.

- 141 Av. da Marginal, Maputo 1100
- Open 24 hours
- +258 21 242 400

ARKO TIP The closest hotel to the conference centre, which cuts down delegates' transfer time.



04 Hotel Avenida

MAPUTO · MZN 7,700+

Hotel on Avenida Julius Nyerere, in the city centre, with 24-hour reception, a restaurant and a rooftop pool.

- 3236 Av. Julius Nyerere, Maputo
- Open 24 hours
- +258 21 484 400

ARKO TIP A good central alternative, with many restaurants within walking distance.



AROUND THE VENUE

- The Gloria Hotel and the Radisson Blu are the closest to the Joaquim Chissano Conference Centre — both on the same stretch of the Marginal.
- Room rates run from about USD 115 to USD 160 a night. Conference block rates are normally lower than the online price.
- Signage inside the conference centre is mostly in Portuguese. Plan for bilingual wayfinding and staff at the entrance.



Getting Here & Around

Visas, borders and how to move around the city



01 Maputo International Airport

MAPUTO · FREE

The country's main point of entry, a few kilometres from the city centre.

- 📍 2631 Av. Acordos de Lusaka, Maputo
- 🕒 Airlines ask international passengers to check in 3 hours before...
- ☎ +258 21 466 846

ARKO TIP Entry rules changed in February 2026.



02 Ressano Garcia / Post (South Africa)

MAPUTO · FREE

The busiest land crossing between Mozambique and South Africa, on the EN4/N4 road corridor linking Maputo to

- 📍 Ressano Garcia, Maputo Province, EN4
- 🕒 Open 24 hours
- ☎ +27 13 793 7311 (Lebombo post, South African side)

ARKO TIP Warn delegates that waiting times can be long at weekends and over holiday periods.



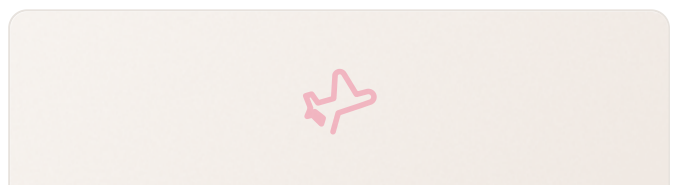
03 Ponta do Ouro/Kosi Bay Border Post (South Africa)

MATUTUÍNE · FREE

Crossing in the far south of the country, on the border with the South African province of KwaZulu-Natal.

- 📍 Farazela border post, Matutuine District — Kosi Bay on the...
- 🕒 Every day 08:00–17:00 · The post closes at 17:00 sharp — arriv...
- ☎ +27 35 592 9536 (Kosi Bay post, South African side)

ARKO TIP The N200 from the border to Ponta do Ouro village and on to Maputo is tarred the whole way.



04 Getting Around the City

MAPUTO · MZN 20

There are three main ways to move around Maputo: ride-hailing apps such as Yango.

- 📍 N/A
- 🕒 Open 24 hours

ARKO TIP For delegates, recommend the Yango app or the hotel taxi.

⚠ DO THIS BEFORE YOU FLY

- ⚠ Entry rules changed in February 2026. Nationals of the UK, EU, USA, Canada, Japan and 24 other countries must apply online at evisa.gov.mz at least 48 hours before departure.
- 🌐 SADC passport holders enter visa-free for up to 90 days. Everyone else needs an e-Visa: MZN 6,250 for 30 days.
- ✈ Airlines check the approval at check-in. A delegate who arrives without it can be refused boarding.



Essential Services

Hospitals, pharmacies, police. The numbers you hope not to need



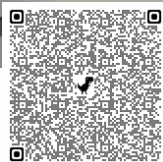
01 Maputo Central Hospital

MAPUTO

The largest public hospital in the country and the city's main hospital reference. Open 24 hours a day, in the city centre on Avenida Eduardo Mondlane.

- 📍 1653 Av. Eduardo Mondlane, Maputo
- 🕒 Open 24 hours
- ☎ +258 21 357 900

ARKO TIP The reference for serious emergencies.



02 Maputo Private Hospital

SOMMERSCHIEDL · MZN 2,300+

Private hospital in Sommerschield II, open 24 hours. This is the usual choice for foreign visitors with health insurance.

- 📍 Rua do Rio Inhamitanga, Sommerschield II, Maputo 1100
- 🕒 Open 24 hours
- ☎ +258 84 303 0967

ARKO TIP Check in advance with the delegates' insurer whether this hospital is accepted for direct...



03 Farmácia Moderna (Pharmacy)

MAPUTO · MZN 900+

Pharmacy open 24 hours in the city centre, in the Avenida Eduardo Mondlane area.

- 📍 Av. Eduardo Mondlane, Maputo (Plus Code 2HJJ+XP9)
- 🕒 Open 24 hours
- ☎ +258 84 471 7256

ARKO TIP Equally available 24-hour alternative: Farmácia Socorro 24 Horas, Av.



04 Police (Polícia da República de Moçambique)

POLANA · FREE

National police emergency number: 119. For non-urgent matters, the Maputo police station can be reached on the

- 📍 2ª Esquadra da PRM, 140 Av. Julius Nyerere, Maputo — the...
- 🕒 Open 24 hours
- ☎ 119 (emergency) / +258 21 32 5031 / 1ª Esquadra, Baixa: +258 8...

ARKO TIP Include a card in the delegate kit with 119 (police), 117 (ambulance) and 198 (fire brigade).






05 Clean Africa

POLANA

Laundry, dry-cleaning and ironing service with a branch in the Polana area, within reach of the main hotels.

 Clean Africa, 154 Avenida Agostinho Neto, Maputo

 Mon–Fri 08:00–19:00 · Sat 08:00–17:00 · Closed Sun

 +258 21 495 982

ARKO TIP The Agostinho Neto branch is walking distance from the Polana hotels.



⚠ IF SOMETHING GOES WRONG

-  Police 119 · Ambulance 117 · Fire 198. Save all three on arrival, before leaving the airport.
-  For anything covered by travel insurance, go to Lenmed Private Hospital first and check in advance whether your insurer settles directly.
-  Farmácia Moderna and Farmácia Socorro are both open 24 hours for medication outside trading hours.

SAVE THIS PAGE

TAKE A SCREENSHOT — IT WORKS WITH NO SIGNAL

119 Police	117 AMBULANCE	198 FIRE BRIGADE	Arko Concierge +258 84 262 6172 Private hospital +258 84 303 0967 Maputo Central Hospital +258 21 357 900
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Farmácia Moderna, open 24 hours +258 84 471 7256 · Police station, non-urgent +258 21 32 5031

PORTUGUESE FOR AN EMERGENCY

Preciso de ajuda

preh-SEE-zoo deh ah-ZHOO-dah
I need help

Onde fica o hospital?

OND-eh FEE-kah oo osh-pee-TAL
Where is the hospital?

Chame uma ambulância

SHAH-meh OO-mah am-boo-LAN-see-ah
Call an ambulance

Perdi o meu passaporte

per-DEE oo MEH-oo pah-sah-POR-teh
I have lost my passport



Before You Land

Four downloads that make the week easier



YANGO

01 Yango

MAPUTO · FREE

Ride-hailing app operating in Maputo. It lets you request a car, see the route and know the fare before accepting the ride.

- 📍 N/A
- 🕒 Open 24 hours

ARKO TIP Install before travelling and set up the payment method on arrival.



02 Google Maps

MAPUTO · FREE

Maps and navigation app. It allows the Maputo map to be downloaded for offline use and reads the QR codes in this guide.

- 📍 N/A
- 🕒 Open 24 hours

ARKO TIP Advise delegates to download the Maputo map offline before leaving the airport.



03 Google Translate

MAPUTO · FREE

Translation app. It translates text, speech and images between Portuguese and English, including menus and signage, through the phone camera.

- 📍 N/A
- 🕒 Open 24 hours

ARKO TIP Download the Portuguese language pack so it works offline.



04 XE Currency

MAPUTO · FREE

Currency conversion app. It converts meticaís (MZN) into other currencies and tracks exchange rates.

- 📍 N/A
- 🕒 Open 24 hours

ARKO TIP Useful when changing money and when negotiating prices at markets and fairs.

⚠️ DOWNLOAD BEFORE YOU LAND

- 📱 Install Yango and set up payment on arrival — it is the most predictable alternative to a street taxi.
- 📍 Save the Maputo map offline in Google Maps at the airport, before you leave the terminal.
- 📄 Download the Portuguese pack in Google Translate so the camera can read menus without a signal.

We hope this guide helps you experience the very best of

Maputo.

TCHAU, SAFE TRAVELS



IMPORTANT INFORMATION

This guide has been prepared by Arko Companhia de Seguros, SA for the convenience of OESAI 2026 delegates. Information is provided for general guidance. Prices, opening hours, availability, transport services and other details may change without notice. Arko is not responsible for changes, cancellations, loss, damage or inconvenience arising from reliance on third-party information or services featured in this guide.

Visa, immigration, health and travel requirements must be confirmed with the relevant official authorities before travelling. QR codes and external links lead to third-party websites and are provided for convenience only.

Please verify important information before making travel, booking or payment decisions.