



A Briefing Document for HAI Staff, Consultants, and Volunteers Traveling to Mozambique

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GENERAL INFORMATION

Overview of Health Alliance International

HAI's history of supporting health systems in the developing world helps illustrate how this model can be put into practice even in the most difficult circumstances.

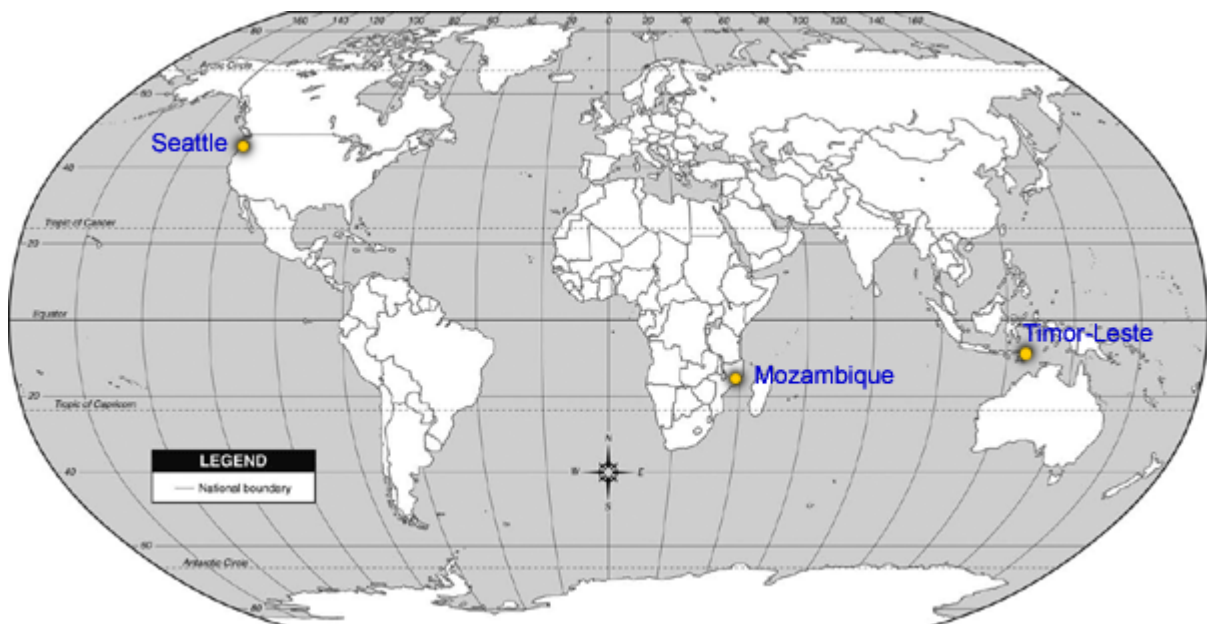
In 1987, a group of North American doctors and nurses, many of whom had worked as "cooperantes" in post-independence Mozambique formed the Mozambican Health Committee (MHC) to support the government and people of Mozambique. The Mozambican government was committed to social justice and equity in access to health care and had an internationally recognized model system of Primary Health Care. It was also supporting the anti-apartheid struggles in South Africa and Zimbabwe (then Rhodesia). Because of this support, the apartheid governments of South Africa and Rhodesia funded a proxy war against the progressive government of Mozambique. MHC was formed to support the struggling Mozambique government against these external forces. The early work of MHC (which later became Health Alliance International / HAI) focused its support on the public health sector during the war. Support for health care for refugees in the central region of the country was also part of the initial efforts. MHC-HAI also played an anti-war advocacy role in the USA to help shift US policy away from support of the apartheid regimes. Immediately after the peace accords in 1992, MHC-HAI expanded its efforts to rebuild the capacity for health services through provision of health workers, training, and material support to support the emerging Mozambican health system.

HAI was formed with major involvement by faculty and staff of the University of Washington (UW) School of Public Health and Community Medicine. The alliance with the UW has been an important component of HAI's work, and has promoted the participation of students, faculty, and staff in service, teaching, applied research, and policy advocacy activities in Mozambique. HAI has become a leader in applied operations research and has become a major partner with Mozambique's research and training institutions. Efforts to improve equity through health policy and political advocacy have consistently been a central

feature of the UW-HAI alliance, and have led to achievements in expanding national programs for integrated prenatal care, HIV treatment, and malaria control.

HAI subsequently has expanded its country activities to include projects in Mexico and Nepal. With recent activities in Timor-Leste (formerly East Timor), HAI is establishing close working relationships with the Ministry of Health, continuing along the same model that was developed in Mozambique. HAI staff function as the chief advisory group to the Timor-Leste Ministry of Health in their efforts to develop quality maternal health/newborn care and child-spacing services, including community education and promotion.

Please visit the web site for more information. <http://depts.washington.edu/haiuw/>



Mozambique: A Brief Background

Mozambique gained its independence from Portugal on June 25, 1975, under the FRELIMO (Liberation Front of Mozambique) leadership. The new Mozambican government was committed to social justice and equity in access to health care and had an internationally recognized model system of Primary Health Care. It also supported the anti-apartheid struggles in South Africa and Zimbabwe (then Rhodesia). Because of this support, the apartheid governments of South Africa and Rhodesia funded a proxy war against the progressive government of Mozambique. This war only came to an end in 1992.

Since then, Mozambique has instituted a multiparty-system of government and struggled to recover economically from the debilitating 17 year war. This process has been significantly hindered by the onslaught of AIDS, structural adjustment programs imposed from abroad, and widespread poverty. It is in this context that HAI currently seeks to support the Mozambican Ministry of Health in building a strong and lasting health infrastructure.

HAI in Mozambique

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Maternal and Child Health Care

Strengthening the maternal child health systems in Mozambique has been part of HAI's mission since its inception. HAI has sponsored a number of operations and formative research studies which have helped shape national maternal child health (MCH) policy over the years on subjects such as:

- issues affecting attendance at prenatal consults
- the role and effect of traditional birth attendants
- the use of rapid syphilis testing in rural prenatal clinics without laboratories
- the expansion of intermittent preventive treatment of malaria in pregnancy
- the introduction of pMTCT programs in prenatal care.

As we face the same difficult challenges of scarce human resources and degraded health infrastructure in all of our maternal child health programs, we have come to see that an *integrated* implementation strategy of multiple MCH interventions targeted at the most critical health problems is the best, most equitable and efficient way to improve the health of

families and children in resource-poor settings. As a result, with support from the Gates Foundation, HAI is working with the Mozambican Ministry of Health's Department of Community Health and Division of Maternal and Child Health to develop new instruments for use in prenatal clinics to provide integrated prenatal and postpartum care addressing several of the most pressing health problems including HIV, malaria, and sexually transmitted infections.

PROGRAM HIGHLIGHTS 2004

Syphilis

- Nearly 100% coverage of syphilis testing and treatment in prenatal clinics across the provinces of Manica and Sofala after roll-out of rapid syphilis testing technology

Intermittent Preventive Therapy (IPT)

- Successfully piloting the implementation of IPT for malaria prevention in Manica and Sofala which led to a policy to expand IPT nationwide.

Prevention of Mother-to-Child Transmission (pMTCT)

- Rapid expansion of pMTCT sites integrated with prenatal clinics. In 2004, nearly half of all pregnant women in Mozambique were tested for HIV in HAI supported sites in Manica and Sofala.

HAI's MCH program has been funded by the WHO, UNICEF, USAID, the CDC and the Gates Foundation.

For more information on our programs, please go to our website:

www.healthallianceinternational.org

HIV/AIDS Testing And Treatment

Care and Treatment for AIDS Now

Most people know that sub-Saharan Africa is overburdened by the scourge of HIV/AIDS. However, what is less known but truly remarkable, is that ambitious AIDS treatment programs in countries such as Mozambique are currently being designed and scaling up public antiretroviral treatment nationwide.

Despite limited financial and human resources, the government of Mozambique has, in 2004 alone, quadrupled the number of AIDS patients receiving antiretroviral treatment. This well-formulated plan was developed with support from HAI and the Clinton Foundation between 2002 and 2003. Currently care is being provided to over 61,000 people and over 13,500 are accessing lifesaving antiretroviral treatment at 15 different sites around the country. At the field level, the vast majority of care is provided by Mozambican health professionals, while

health experts from such organizations as Médecins Sans Frontières (MSF), Sant'Egidio and HAI, also provide some technical and clinical support.

The Next Phase

Since 2003, HAI has been working within the Ministry of Health to expand the national health system capacity to achieve their ambitious AIDS care and treatment targets. This team of HAI technical advisors is providing crucial assistance to the Clinical Medicine section of the Ministry of Health, in such areas as:

- monitoring and evaluation
- adult and pediatric clinical care models
- laboratory upgrading
- scale up coordination
- drug supply, etc.

The objectives of the team are to strengthen the management and planning capacity of the Ministry of Health in order to meet the needs of the over 1,000,000 HIV+ Mozambicans.

For more information on our programs, please go to our website:

www.healthallianceinternational.org

Malaria Global Control Project

Malaria is the most common cause of death in Mozambican children. UNICEF and WHO have recently estimated that, every year, this mosquito-transmitted parasitic infection kills about 45,000 Mozambican children under 5 years of age.

Children are not the only group affected by malaria. Over 5 million cases of malaria, affecting persons of all ages, were reported in Mozambique in the year 2003 alone. The growing problems of anti-malarial drug resistance and HIV/AIDS (HIV infection places affected adults at higher risk of infection) threaten to exacerbate the malaria problem in Mozambique in coming years, unless effective campaigns are conducted very soon.

The Mozambican Ministry of Health (MOH), in its current strategic plan, lists the fight against malaria as the first of its five highest-priority campaigns to reduce death from all causes in Mozambique.

HAI, with support from the University of Washington, the Centers for Disease Control and Prevention (CDC), the Association of Schools of Public Health, and USAID, have collaborated with the MOH in its anti-malaria campaign since 2000.

This is no longer a separate project and has been integrated into our programs.

For more information on our programs, please go to our website:
www.healthallianceinternational.org

Important Numbers

The HAI office in Seattle, or HAI headquarters, is located off-campus at

1107 NE 45th Street
Suite 427
Seattle WA 98105
Telephone: (206) 543-8382
Fax: (206) 685-4184
E-Mail: hai@u.washington.edu

HAI is also part of the university's Health Services so the campus mail system can be used by internal university staff. Address mail to HAI at **Box 354809**.

Personnel in Seattle

Stephen S. Gloyd, MD, MPH, Executive Director	gloyd@u.washington.edu
Mary Anne Mercer, DrPhD, Deputy Director	mamercer@u.washington.edu
James Pfeiffer, PhD, MPH, Director MZ. Operations	jamespf@u.washington.edu
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Meredith Fort, Graduate Research Assistant	mpfort@u.washington.edu
Julia Robinson, Graduate Research Assistant	juliarob@u.washington.edu

International Health Program: Sarah Frey, Program Coordinator, can be contacted at: **206-543-6714** or freys@u.washington.edu (Box 357660; Health Sciences H-660)

HAI Web site: <http://depts.washington.edu/haiuw/> or www.healthallianceinternational.org

Mozambique Field Offices

Chimoio (Manica Province)

Street address: Rua Dr. Araújo de Lacerda 147, CP 266,
Chimoio, Mozambique
Phone: 011-258-51-23251, -22614
Fax: 011-258-51-23314
Email: hai.chimoio@teledata.mz
Central Mozambique Field Director: Wendy Johnson

Beira (Sofala Province)

Street address: Rua Mayor Serpa Pinto 294, 4 Andar, Sector da Reparticao de Saude da
Comunidade, Beira, Mozambique
Phone: 011-258-03-324271
Fax: 011-258-03-325882
Email: hai.beira@teledata.mz

Personnel in Chimoio

Elsie Madeira	<i>Country Administrator</i>
Diederike Geelhoed, MD	<i>HIV Clinical Coordinator</i>
Wendy Prosser, MPA	<i>HIV/AIDS Program Manager</i>
Mariana Chadeque	<i>Manica Provincial Coordinator</i>
Innocent Hove	<i>Clinical ARV Advisor</i>
Tatiana Bocharnikova	<i>Clinical ARV Advisor</i>
Alicia Soler	<i>Manica MCH Advisor</i>
Jose Muchanga	<i>District Assistant—Manica</i>
Maria Martinha Domingos	<i>District Assistant—Chimoio and Barue</i>
Moises Metuque	<i>HIS Specialist & HIV/AIDS Program Assistant</i>
Zinangas Augusto	<i>Logistician</i>
Agostino Luis Cunguara	<i>Home Based Care Program Manager</i>
Molly Robertson	<i>Home Based Care Technical Advisor</i>
Nancy Ibarimo	<i>Secretary</i>
M. Rendicao	<i>Bookkeeper</i>
Silva Greia	<i>Supervisor, Guards</i>

Personnel in Beira

Pablo Montoya, MD, MPH	<i>Central Mozambique Field Director</i>
Miranda Brouwer	<i>Clinical ARV Advisor</i>
Albert Beteck	<i>Clinical ARV Advisor</i>
Magdalena Bravo	<i>Clinical ARV Advisor</i>
Diana Restrepo	<i>Clinical ARV Advisor</i>

Florencia Floriano
Jose Joao Matavele
Maria Joana Coutinho
Boldina Massamba
Matilde Arnaldo
Susana Knip
Nunes João Sampaio

MCH Manager
Malaria/HIS Advisor
HIV/AIDS Advisor
WHO Project Field Supervisor
MCH & HIV/AIDS Program Assistant
Provincial Administrator
Provincial Coordinator

Personnel in Maputo

Kenny Gimbel-Sherr
Ferruccio Vio
Sarah Gimbel-Sherr
Ghislaine Mbecomasina
Carolina Baptista Honwana
Mónica Rodriguez Garcia
Maria Luisa Falcao

Mozambique Country Director
Scale up Advisor
Monitoring and Evaluation Advisor
Office Manager
Accountant
Field Liaison and Psychosocial Support Advisor
Logistician

BEFORE YOU GO

Travel Information

*** Due to the current unrest in Zimbabwe we recommend not flying to Harare, Zimbabwe.**

If flying from the United States you generally have to fly first to Europe. There are flights to Mozambique through Johannesburg, South Africa (South African Airways) and also direct flights from Lisbon, Portugal to Johannesburg to Beira or Maputo (on TAP airlines) which is a Portuguese airline.

A flight from Johannesburg to Maputo is short about (1/12 hours) and the cost is around \$400. There are also weekly flights direct from Jo-burg to Beira which cost \$400 round trip.

Linhas Aéreas de Moçambique (LAM) is the local airline in Mozambique.

Visa Information

You should be able to get a tourist visa upon arrival at the airport, but always confirm before traveling. Visiting HAI consultants and volunteers are asked to apply for a single entry business visa from the Mozambique embassy in their country before traveling which is good for entry for two months but can be extended for 90 days upon arrival. Even though it may be

good for entry for two months, depending on the visa, staying time may only be good for a maximum of 30 days. HAI can easily facilitate leaving Mozambique at the border monthly to adhere to visa restrictions.

The HR assistant in each province is responsible for visas of visitors; it is your responsibility to coordinate with the assistant to confirm details of your visa for expiration dates and type. There is a large fine charged at the border of departure if the visa is expired.

The Embassy of Mozambique

1990 M Street, NW, Suite 570, Washington DC 20036

Telephone: (202) 293-7146

Fax: (202) 835-0245 (You may need to call more than once to speak to a person as the answering machine is frequently on)

E-mail: embamoc@aol.com

Documents needed for a single business visa:

Passport must be valid for 6 months beyond intended stay

Itinerary provided by travel agent or airlines

2-passport size photographs

Business letter of responsibility (on HAI letterhead)

Check for \$40.00 for business visa processing fee (3 day turn around).

Copy of your work contract – if you are going to reside in Mozambique

Copy of your criminal record report – if you are going to reside in Mozambique

Visa application form. Always select “Single entry visa” on the application.

Also required: plan to exchange US \$50.00 at point of entry

Private service for obtaining visa in the USA: Travel Document Systems

Web site www.traveldocs.com Phone number in DC is 1-800-874-5100.

The service will charge you \$40 per visa in addition to the visa fee paid to the embassy and FedEx charges.

If you apply 2 weeks in advance you do not have to use this service; instead, you can send your money, passport, application, (which can be downloaded from the Mozambique Embassy website: (www.embamoc-usa.org/foreign.php) and other required documents directly to the Mozambique Embassy in Washington D.C.

Applying for residency

All expats must have the following documents:

- Single entry business visa
- Valid passport for at least 5 years
- Criminal Record (w/o, foreigners can not get residency permit)
- CV
- Professional Certificate (MD, Accountant, etc)

- Educational Certificate (PHD, MPH, BA, etc)
- HAI letter of responsibility
- Work Agreement

Transit Hotel

Often when traveling to Mozambique, it is necessary to spend a night in Johannesburg. If your travels require a night in Johannesburg, HAI will make a reservation at The Transit Hotel (debt@proteahoteltransit.co.za) which is in the airport in the customs area. Do not go through customs if you are staying at the hotel. Airport officials will not let you back in once you've gone through.

US Embassy in Maputo

HAI strongly encourages staff, consultants, and volunteers to register with the US Embassy in Maputo.

The U.S. Embassy is located in Maputo at
193 Avenida Kenneth Kaunda,
Telephone (258-1) 49-27-97.

Web page for US Embassy in Maputo
<http://www.usembassy-maputo.gov.mz/>

The after-hours telephone number for use in emergencies is (258-1) 49-07-23. The Consular Section's fax number is (258-1) 49-01-14. [The Consular Section's e-mail address is: consularmaputo@state.gov](mailto:consularmaputo@state.gov).

To view the State Department web page for updated information on travel and security.
<http://travel.state.gov/mozambique.html>

Travel Insurance

HAI will provide travel insurance for short term business trips for HAI employees only.

Health Insurance

***Please consult with HAI staff before purchasing.**

Consultants are strongly encouraged to obtain health insurance that includes an emergency evacuation plan. Several companies sell this type of insurance. Below are two companies past consultants have used.

MARSH plan/AIG Assist. Phone is 800-282-4495 or gateway@marshpm.com. They provide yearly rates for about \$1,500.

BerkelyCare 1-800- 387-2427. <http://www.statravel.com/planyourtrip/travelinsurance.asp>

A three-month plan including emergency evacuation cost \$230 for 3 months.

Divers Alert Network. (DAN) <http://www.diversalertnetwork.org/insurance/>

Health Information For Visiting Mozambique

Before leaving you will need to have certain vaccinations and select a malaria prophylaxis to take while in Mozambique. We also recommend, due to the high rate of HIV, and in the case of exposure (such as a needle stick, other medical exposure, or unprotected sex) that you purchase post-exposure prophylaxis drugs. You should check with a travel clinic/your doctor to see which medication is best for you. HAI is recommending you purchase 3-7 days worth of triple anti-retroviral therapy so that you could take the medication immediately after exposure and before seeking medical attention.

Hall Health Center at the University of Washington has a travel clinic, which can advise you on the all of the above. Travel Medical Clinic 206-616-2495.

Below are some web sites on these health issues.

The American Department of Health and Human Services, Center for Disease Control has a comprehensive guide to travel related health issues. www.cdc.gov

To read the CDC guidelines for post exposure prophylaxis (PEP) <http://www.thebody.com/cdc/pep/pep01.html> (1998) and CDC updated (June 2001) guidelines. <http://www.hivatis.org/trtgdlns.html>

In addition there is a web site run by the London School of Hygiene and Tropical Medicine. The site deals with medical issues associated with travel. <http://www.masta.org/>

ISSUES ON THE GROUND

Transportation in Mozambique

Taking long distance buses is not safe in Mozambique. The roads officially close after dark. Consultants are strongly encouraged to never take night buses and when traveling long distance to take planes. This is considerably more expensive but a much safer option. The one exception is a day bus (3 hours) from Chimoio to Beira.

Getting Access to Health Facilities

Health facilities are not to be visited without proper clearance from the Ministry of Health. You will need to work with the HAI Country Director to obtain proper permission.

Proper Dress

Visiting personnel are asked to wear “presentable” attire. This means no shorts or jeans. Medical personnel should wear white jackets and ironed shirts and pants. Non-medical (male) personnel should wear pants and ironed shirts. A tie is probably not necessary. Women should dress conservatively. Most Mozambican women wear skirts, which generally fall below the knee; in the cities nice pants can be worn. Women should also wear tops that cover their shoulders. Bring a few warm clothes; the area gets cold May through July.

Outside of work, however, the dress for women seems to shrink and become much tighter. So those Brazilian skirts would be fine for the disco but not necessarily for the office.

Money

In general food is not expensive, but renting an apartment in a big city can be expensive (by Mozambican standards)—between \$400-600 per month. Traveling within Mozambique by plane is expensive but the safest route. ATMs are available in both Chimoio and Beira, expect your bank to charge when you take a cash advance. Travelers’ checks are very hard to change and the exchange rate is not as favorable. Visa cards are not widely accepted in Beira and Chimoio although some of the major hotels and larger commercial establishments will accept them. You can use credit cards easily in Maputo. HAI staff can also get an advance on their salary from the Mozambique offices, which is another option to get money.

Internet

Internet access is available in all HAI offices, although Chimoio still only has painfully slow dial-up access. In Beira, wireless is available, and Maputo has broadband. There are internet cafes available in all major towns, and visitors are asked to be aware of computer and phone line use as there are many people in the offices and only few available internet access points.

Other things you should know

Luggage

Be prepared: your luggage will not arrive with you, although it will eventually arrive after a few days and as long as it is locked up, for the most part, things will still be in your bags. Don’t put any electronics in your checked bags and bring things you will need for the first couple of days while you wait patiently for your bags to arrive. Our Beira staff knows the process at the airport and will check every day until your bags arrive and then will pick it up with you. When your bags do not arrive, you must fill out a form at the airport to describe the bags; having this form facilitates the picking up of the bags when they do arrive.

Valuables

Be savvy. When traveling it is always a good policy to carry your valuables with you or keep them in a safe. For example; passports, airline tickets, laptops, cell phones, camera, etc. Never leave them unattended, even in a locked car.

Goods

If you like good coffee and/or tea bring your own. If you are staying long-term be advised that local stores have things available for your house, but of very poor quality. If you appreciate a good knife, can opener, wine opener, vegetable steamer, towels, etc, bring them with you.

Voltage

Computers work on 220 volts, but if you are bringing other appliances, make sure they also work with 220 volts. Most small appliances don't. For the most part, Mozambique uses the plugs with 2 small round prongs.

Working Environment

All of the program managers and program assistants are typically very busy, traveling through the districts or involved in a wide array of different things. Be prepared to work independently with little support.

Malaria

Because of the high prevalence of malaria in Mozambique, we recommend all people to strongly consider taking malaria prophylaxis throughout their stay in Mozambique to prevent malaria, and also having medications on-hand for treatment of malaria in the case that clinical symptoms develop. The choice of malaria prophylaxis may depend on numerous factors, and we recommend discussing this with a doctor prior to departing. We also recommend additional preventive measures, including the use of impregnated bed nets which can be purchased in Mozambique through HAI, and mosquito repellent which is easier to bring from abroad.

OTHER RESOURCES

Web sites for health issues in Mozambique

UNICEF www.unicef.org

World Health Organization www.who.org

Roll Back Malaria site www.rbm.org

CDC www.cdc.gov

USAID <http://www.usaid.gov/mz/index.htm>

The **Stanford Library** has an excellent page of links to news and papers

Web sites for travel information

Mozambique News Agency AIM reports

<http://www.poptel.org.uk/mozambique-news/>

US State Department travel advice for Mozambique

http://www.travel.state.gov/travel/cis_pa_tw/cis/cis_976.html

United Kingdom's webs site on travel to Mozambique

<http://www.fco.gov.uk>

Centers for Disease Control

www.cdc.gov

Travel guide sites

Lonely Planet guide book

<http://www.lonelyplanet.com/destinations/africa/mozambique/index.htm>

Bradt travel guides for Mozambique

<http://www.bradt-travelguides.com/system/index.html>

Agribusiness Volunteer Program Web page and briefing document for volunteers going to Mozambique and Zimbabwe.

<http://www.cnfa.com/AVP/africa/mozess.htm>

The World Fact Book also has good general information for the traveler.

<http://www.odci.gov>

En Portuguese is the official site for the Republic of Mozambique

<http://www.mozambique.mz/>

Newspaper and current events (in English)

<http://allafrica.com/mozambique/>

Good source for current news on Mozambique is *Africa News On-Line*.

Mozambique News Agency for in-depth reporting.

Johannesburg's Mail & Guardian has stories on Mozambique on their *Open Africa* page.

The following sites are in Portuguese

Television news site www.tvn.co.mz

Mozambique online www.mol.co.mz

Mediacoop www.Sadirectory.co.za/mediacoop/

Mozambique Government home page www.mozambique.mz

www.sortmoz.com/aimnews

<http://www.poptel.org.uk/mozambique-news/>

Book recommendations

William Finnigan, in *The Harrowing of Mozambique*. (HAI staff recommended)

Kalashnikovs and Zombie Cucumbers, by Nick Middleton; covers the colonial era, South African and superpower involvement in the war, and various aspects of the country today.

William Minter looks at the roots of the civil war in *Apartheid's Contras. And Still They Dance*, by Stephanie Urdang, is a study of women's roles in the war and struggles for change in Mozambique.