COLÓQUIO
Ricardo Rangel
A Kulungwana e o Centro Cultural Brasil-Moçambique têm o prazer de o/a convidar para participar no Colóquio sobre a obra de Ricardo Rangel, no dia 17 de Julho de 2012, com início as 14:30hrs, assim como no coctail de encerramento, nas instalações do CCBM.

PROGRAMA
17 de Julho de 2012

14h30
{
Saudação aos participantes
Henny Matos, Directora Executiva da Kulungwana

14h40
{
Abertura do Colóquio
José Luís Cabaço, Presidente do Colóquio

14h50
{
Primeiro Painel
Raul Calane da Silva: "A Geracao de Ricardo Rangel"
José Mota Lopes: "Ricardo Rangel, nos textos dos seus contemporaneos"
Debate

15h55
{
Segundo Painel
Rui Assubuji: "Ricardo Rangel - uma visao critica da sua arte"
Nelson Saute: "Fotografia, ontem e hoje"
Debate

17h00
{
Terceiro Painel
Drew Thompson "Iconicity of Ricardo Rangel and the Production of Mozambican History"
José Teixeira "O pão nosso de cada noite: ousadia datada ou tema actual?"
Debate

18h00
{
Encerramento do Colóquio
José Luís Cabaço
Agradecimento aos participantes
Cocktail
Yoga For Pregnancy with Gacheke

Precious Moment to Learn and Practice Yoga for:

- Physically strengthening yourself and protecting your baby
- Optimizing physical benefits in the second trimester when the body is strong, the mind powerful, and hormones relatively balanced
- Quieting and calming your mind so you and your baby become very peaceful
- Minimizing the difficult effects of changing hormones and the chance of miscarriage especially in the first trimester.
- Increasing circulation and oxygen for your baby
- Minimizing pregnancy risks such as poor posture, excess weight gain, back pain, rectus muscle separation, flat feet, varicose veins, sciatica, and others
- Building the integrity of the hip joints and birth canal in preparation for delivery
- Grounding and meditation especially in the third trimester to make deep connection with your baby and to pass on the ‘ojas’ energy
- Building or minimizing the effect and length of post partum blues
- Healing existing health problems, mental imbalances and stress
- Maintaining a balanced mind through pregnancy and after birth
- Ensuring back home comfort and safety as your pregnancy progresses

For expression of Interest and time preference call Gacheke
Cell: 82 088 5618;
or email: yoga_ayurveda_healing@yahoo.com

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FOR ONLY 3,99MT/min

Talk the lowest rate in the market for only 3,99MT/minute during the day, and for 3MT/minute in the evening, on mcel network.
Also call to other networks for only 4,2MT/minute and turn your cellular into the warmest place of this winter.
Per second billing for calls during the day, and events in the evening on mcel network.
7 days a week, 365 days a year. Move forward.

City Architecture + Art Tours

13 Fri - is big homage to Bertina Lopes
14 Sat - Fort art activities for children + Walter Zand + Baixa tours am
14 - Sat Painted Builders Yard + Pancho Guedes’ Sagrada Familia inc lunch Matola
15 - Sun Pancho Guedes, Cafe Abfc, corner Eduardo Mondlane + Martires de Machava
18 - Wed Art Tour, meet Gallery Ti- landia 10h
21 - Sat Art Deco from Cafe Acacia
22 - Sun Newcomers 9.30 Cafe Continental
25 - Wed Walk in the Park - Tunduro - foto shoot
28 - Sat Mrs Sorgentini + colonial city, meet Cardoso garden 9:30
29 Sun, Top Ten, meet Rovuma Hotel

BY JANE FLOOD
jane.flood@gmail.com
Rental

Cosy Flat T2 to rent as of 01/Aug on Av. Agostinho Neto close to MSF/A Politecnica with parking for 2 cars, US$1.800 neg.
Contact 844349387.

Do you offer or know someone who offers psychology or cognitive therapy sessions in Maputo? The language must be English. Sessions can be from an individual’s house or a clinical practice Please call or sms me on +258 829444803

URGENT – Less than 48 hrs left!!!

My name is Socks (Sokkies) I am urgently in need of a foster home/adoption family. I have been dumped on the street, found this nice complex but I cannot stay there and there is no space for me at the kennels. I am still very young and I love to play a lot. Please I have very little time left and don’t want to go back to the streets again the cars are scary. PS. I am on heat (not for long though).

PLEASE I NEED YOUR HELP !!!

Interested parties can check out the MAPS website - www.mapsmoz.weebly.com - or email : general.maps@gmail.com.

Nordin’s Lodge

Located at Tofo Beach
Inhambane—Mozambique

Phone: +258 823124770
E-mail: binos50@hotmail.com

Activities: open beach for swimming all year around, superb scuba diving and a selection of activities including, snorkelling, ocean safari and horse riding make this a destination for families and adventure seekers.

A number of restaurants in and around Tofo beach offer a variety of meal options.

With one of the best locations you could ask for on a beach holiday, Nordin’s Lodge offers guests unique, but comfortable accommodation, with the Indian Ocean just a stone’s throw away.

The Lodge is conveniently located about a five minute walk from the centre of Tofo, allowing guests quick access to dive centres, the market and many of the local restaurants and bars.

In front of the Lodge there is a large shaded area where guests can relax, enjoy a sun downer or indulge in a barbeque with an ocean view.

The chalets have two double rooms which can be rented separately as each room has its own entrance. The chalets and casitas all come equipped with en suite bathrooms, a fridge and tea / coffee facilities.

Long Term Weather Forecast Maputo

<table>
<thead>
<tr>
<th>Day</th>
<th>High</th>
<th>Low</th>
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</thead>
<tbody>
<tr>
<td>Friday</td>
<td>25°C</td>
<td>15°C</td>
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<tr>
<td>July 13</td>
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<td>Monday</td>
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<td>July 15</td>
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<td>Saturday</td>
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<td>Tuesday</td>
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<td>July 16</td>
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<tr>
<td>Wednesday</td>
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<td>July 17</td>
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<tr>
<td>Sunday</td>
<td>16°C</td>
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<tr>
<td>July 15</td>
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</table>
All the characters in American Pie as we know, returning to East Great Falls for a meeting of colleagues from school. In a “long” week-end, they find out what changed, what has not changed and that the time and distance does not break the ties of friendship.
WHAT YOU WILL LEARN IN CERTIFIED LEADER TRAINING

This is a basic training on how to lead a laughter session for social clubs, corporate organizations, seniors, school children and people with special needs. You will acquire the basic facilitation skills of how to lead a group of people through laughter session and meditation. You will also learn the history, concept, philosophy and different steps of Laughter Yoga and meditation.

Note: CLY leaders are not authorized to certify others as leaders.

LAUGHTER YOGA CAN BE VALUE ADDED TO THE FOLLOWING PROFESSIONALS:

- Alternative Therapist and Healers,
- Recreation Activity facilitators,
- Yoga/Tai Chi/physical fitness trainers,
- Occupational Therapists,
- Psychologists and Psychotherapists,
- Nurses,
- Social Workers,
- Counselors,
- Health Care Workers,
- Professional Speakers,
- HR Trainers,
- Clowns and Comedians.

DATES & PLACE

TO BE CONFIRMED (IN AUGUST)

* SUBJECT TO MINIMUM 15 PEOPLE CONFIRMATION

18,000.00 MT / P.P.

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- Nurses,
- Social Workers,
- Counselors,
- Health Care Workers,
- Professional Speakers,
- HR Trainers,
- Clowns and Comedians.
KRUGER PARK SPECIAL
R 7,000.00 per person

Day One:
This morning make your way through to Nelspruit and deliver your vehicle into the shop for a full service including tyres, airconditioning and maintenance. We recommend: The Worx (#2 Meidlinger Street, Nelspruit (013 755 4194). You will then be collected by your Vula representative who will transfer you to the Kruger Park Lodge where you will spend the next two nights. This Beautiful self-catering thatched lodge, with wood-en decked private patio’s looks over the mountains and a stunning palm fringed water hole and the short Seventh hole from shot to drop. The water hole attracts local birds and animals such as impala and Vervet mon- keys throughout the day. Upon arrival you will have the opportunity to unpack, relax and take in your surroundings while your guide is lights a braai for dinner.

Night at leisure

Day Two:
An early morning await you and after early morn- ing coffee/tea and rusks you depart together with your Vula Guide to explore the Kruger National Park. You will enter the Kruger at the Phabeni Gate. The world-renowned Kruger National Park offers a wildlife experience that ranks with the best in Africa. Established in 1898 to protect the wild- life of the South African Lowveld, this national park of nearly 2 million hectares is unrivalled in the diversity of its life forms and a world leader in advanced environmental management techniques and policies. This is the land of baobabs, fever trees, knob thorns, marula and mopane trees un- derneath which lurk the Big Five, the Little Five (buffalo weaver, elephant shrew, leopard tortoise, ant lion and rhino beetle), the birding Big Six (ground hornbill, kori bustard, lappet-faced vul- ture, martial eagle, pel’s fishing owl and saddle- bill stork) and more species of mammals than any other African Game Reserve.

Together with your Vula Tours guide you will spend the day exploring and seeking out the game that call this reserve home. During your time in the Kruger you will enjoy breakfast and lunch at one of the rest stops or rest camps within the park.

After a full day in the park you will return back to the Kruger Park Lodge for dinner and overnight

Day Three:
This morning you will pack up your belongings and make your way back to the Kruger National Park to enjoy a half day safari. Departing from the park around mid day you will be delivered back to the Worx to collect your vehicle in time to do some shopping and stock up on supplies before returning to Maputo.

Includes:
• Transfer from service station to Kruger Park Lodge
• 2 Nights accommodation at the exclusive Kruger Park Lodge private home
• Breakfast, lunch and dinner daily
• 1 Full day Kruger National Park Safari in Open Safari Vehicles
• 1 Half Day Kruger National Park Safari in Open Safari Vehicles
• Kruger National Park Conservation levies
• Return transfer from the Kruger National Park to service station

SPECIALS

• Half Day Kruger National Park Safari in Open Safari Vehicles
• Kruger National Park Conservation levies
• Return transfer from the Kruger National Park to service station

2 NIGHT STAY AND SERVICE PACKAGE
4 Star
R 6,000.00 per person

Day One:
This morning make your way through to Nelspruit and deliver your vehicle into the shop for a full service including tyres, airconditioning and full maintenance. We recommend: The Worx (#2 Meidlinger Street, Nelspruit (013 755 4194). You will then be collected by your Vula repre- sentative who will transfer you to Perry Bridge Hol- low where you will spend the next two nights. Perry’s Bridge Hollow is set in beautiful surroundings amongst baobab, fig and acacia trees, in the colonial-style shop- ping village called Perry’s Bridge Trading Post. Al- though on the main road, the hotel is far enough back so won’t be disturbed by the sound of traffic. Upon arrival you will have the opportunity to unpack, relax and take enjoy a delicious dinner on the deck before you retire for the evening.

Night at leisure

Day Two:
This morning you will wake up and enjoy breakfast at Perry’s Bridge Hollow before you depart together with your Vula Guide to explore the Kruger National Park. You will enter the Kruger at the Phabeni Gate. The world-renowned Kruger National Park offers a wildlife experience that ranks with the best in Africa. Established in 1898 to protect the wildlife of the South African Lowveld, this national park of nearly 2 million hectares is unrivalled in the diversity of its life forms and a world leader in advanced environmental manage- ment techniques and policies. This is the land of baobabs, fever trees, knob thorns, marula and mopane trees underneath which lurk the Big Five, the Little Five (buffalo weaver, elephant shrew, leopard tortoise, ant lion and rhino beetle), the birding Big Six (ground hornbill, kori bustard, lappet-faced vulture, martial eagle, pel’s fishing owl and saddle-bill stork) and more species of mammals than any other African Game Reserve.

Together with your Vula Tours guide you will spend the day exploring and seeking out the game that call this reserve home. During your time in the Kruger you will enjoy lunch at one of the rest stops or rest camps within the park (Lunch for your own account)

After a full day in the park you will return back to Per- rys Bridge Hollow for dinner and overnight

Day Three:
This morning you will pack up your belongings, enjoy a hearty breakfast at Perry’s Bridge and make your way back to the Kruger National Park to enjoy a half day sa- fari. Departing from the park around mid day you will be delivered back to the Worx to collect your vehicle in time to do some shopping and stock up on supplies before returning to Maputo.

Includes:
• Transfer from service station to Perry’s Bridge Hollow
• 2 Nights accommodation at Perry’s Bridge Hollow
• Breakfast and dinner daily at Perry’s Bridge Hollow
• 1 Full day Kruger National Park Safari in Open Safari Vehicles

Day One:
This morning make your way through to Nelspruit and deliver your vehicle into the shop for a full service including tyres, airconditioning and full maintenance. We recommend: The Worx (#2 Meidlinger Street, Nelspruit (013 755 4194). You will then be collected by your Vula repre- sentative who will transfer you to the Hippo Hol- low where you will spend the next two nights. Hippo Hollow Country Estate is situated outside Hazyview on the Sabi River between the Drakensberg mountains to the west and the low-lying bushveld to the west. It is the ideal destination from which to access the reserves of the Lowveld and the sights of Mpumalanga. The Lodge has “Out of Africa “ feel about it, and leaves you feeling totally relaxed and refreshed. Upon arrival you will have the 203 opportunity to unpack, relax and take enjoy a delicious dinner on the deck before you retire for the evening.

Night at leisure

Day Two:
This morning you will wake up and enjoy breakfast at Hippo Hollow before you depart together with your Vula Guide to explore the Kruger National Park. You will en- ter the Kruger at the Phabeni Gate. The world-renowned Kruger National Park offers a wildlife experience that ranks with the best in Africa. Established in 1898 to protect the wildlife of the South African Lowveld, this national park of nearly 2 million hectares is unrivalled in the diversity of its life forms and a world leader in advanced environmen- tal management techniques and policies. This is the land of baobabs, fever trees, knob thorns, marula and mopane trees underneath which lurk the Big Five, the Little Five (buffalo weaver, elephant shrew, leopard tortoise, ant lion and rhino beetle), the birding Big Six (ground hornbill, kori bustard, lappet-faced vulture, martial eagle, pel’s fishing owl and saddle-bill stork) and more species of mammals than any other African Game Reserve.

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After a full day in the park you will return back to the Hippo Hollow for dinner and overnight

Day Three:
This morning you will pack up your belongings, enjoy a hearty breakfast at Hippo Hollow and make your way back to the Kruger National Park to enjoy a half day safari. De- parting from the park around mid day you will be delivered back to the Worx to collect your vehicle in time to do some shopping and stock up on supplies before returning to Maputo.

Includes:
• Transfer from service station to Hippo Hollow
• 2 Nights accommodation at Hippo Hollow
• Breakfast and dinner daily at Hippo Hollow
• 1 Full day Kruger National Park Safari in Open Safari Vehicles
• 1 Half Day Kruger National Park Safari in Open Safari Vehicles
• Kruger National Park Conservation levies
• Return transfer from the Kruger National Park to service station

2 NIGHT STAY AND SERVICE PACKAGE
3 Star
R 5,290.00 per person

Day One:
This morning make your way through to Nelspruit and deliver your vehicle into the shop for a full service including tyres, airconditioning and maintenance. (We recommend: The Wox #2 Meidlinger Street, Nelspruit 013 755 4194). You will then be collected by your Vula representative who will transfer you to Pine Lake Inn where you will spend the next two nights. The Pine Lake Inn Hotel is nestled among the splendour of the Mpumpalanga woodlands and overlooking a vast lake on a golf course estate. This popular Mpumalanga Hotel imparts a feeling of understated relaxation. With 128 luxurious, en-suite rooms, this home-away-from-home has an intimate atmosphere, lending a feeling of understated elegance and comfort which complements the breathtaking scenic beauty of the environs perfectly. Upon arrival you will have the opportunity to unpack, relax and take enjoy a delicious dinner on the deck before you retire for the evening.

Night at leisure

Day Two:
This morning you will wake up and enjoy breakfast at Pine Lake Inn before you depart together with your Vula Guide to explore the Kruger National Park. You will enter the Kruger at the Phabeni Gate. The world-renowned Kruger National Park offers a wildlife experience that ranks with the best in Africa. Established in 1898 to protect the wildlife of the South African Lowveld, this national park of nearly 2 million hectares is unrivalled in the diversity of its life forms and a world leader in advanced environmental management techniques and policies. This is the land of baobabs, fever trees, knob thorns, marula and mopane trees underneath which lurk the Big Five, the Little Five (buffalo weaver, elephant shrew, leopard tortoise, ant lion and rhino beetle), the birding Big Six (ground hornbill, kori bustard, lappet-faced vulture, martial eagle, pel’s fishing owl and saddle-bill stork) and more species of mammals than any other African Game Reserve.

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After a full day in the park you will return back to Pine Lake Inn for dinner and overnight

Day Three:
This morning you will pack up your belongings, enjoy a hearty breakfast at Pine Lake Inn and make your way back to the Kruger National Park to enjoy a half day safari. Departing from the park around mid day you will be delivered back to the Worx to collect your vehicle in time to do some shopping and stock up on supplies before returning to Maputo

Includes:
• Transfer from service station to Pine Lake Inn
• 2 Nights accommodation at Pine Lake Inn
• Breakfast and dinner daily at Pine Lake Inn
• 1 Full day Kruger National Park Safari in Open Safari Vehicles
• 1 Half Day Kruger National Park Safari in Open Safari Vehicles
• Kruger National Park Conservation levies
• Return transfer from the Kruger National Park to service station

CONSULADO GERAL DE PORTUGAL
MAPUTO

INVITATION
At the CPLP summit in Maputo
OPENING OF THE EXHIBITION OF PHOTOGRAPHY

LUANDA- MAPUTO BY BICYCLE

Trip made by Pedro Fontes
+25 Kg with a bicycle, traveling itinerary of more than 8,000 KMN

MONDAY, JULY 16, 18H00
Consulate General of Portugal

With the Presence of the Traveller