

AFTER WORK - Venue: Cafe Acacia (Parque dos Professores)/next to Cardoso Hotel, Maputo

Date: Thursday 21 January 2010 - Time: 17:30 to 19:30 hrs

Organiser: Diplomatic Friends of Maputo (DFM) & Maputo Young Professionals Network (MYPN)

How can we have fun during the week without being tired the next day at work?

The concept is simple: Why wait until 23 hrs/midnight to have fun?
Let's do it after work. And you can sleep early after.

The After Work Party begins immediately after work. We arrive at 17:30 hrs with colleagues or friends (Reminder: The two are not incompatible). Let us socialise and network around a sip or a bite

Who said we can't combine work & leisure out? So? Now you won't have any excuse...

Learn more about wine and have fun!
Wine tastings are held on the second Tuesday of each month at Zambi Restaurant. Please contact Denise on 843837715 to find out more about the tastings.



Vem assistir à transmissão televisiva
Celebramos a Arte Futebolística! em directo

Grupo D - Benguela

#	Data	Dia Semana	Hora	Visitado	x	Visitante
23	21 Jan.	Quinta	18:00	<u>Gabão</u>	x	<u>Zâmbia</u>

Grupo D - Lubango

#	Data	Dia Semana	Hora	Visitado	x	Visitante
24	21 Jan.	Quinta	18:00	<u>Camarões</u>	x	<u>Tunísia</u>

¼ Final

¼ Final - Luanda

#	Data	Dia Semana	Hora	Visitado	x	Visitante
25	24 Jan.	Domingo	18:00	1º A	x	2º B

¼ Final - Cabinda

#	Data	Dia Semana	Hora	Visitado	x	Visitante
26	24 Jan.	Domingo	21:30	1º B	x	2º A

¼ Final - Benguela

#	Data	Dia Semana	Hora	Visitado	x	Visitante
27	24 Jan.	Domingo	18:00	1º C	x	2º D

RuaD'Arte are situated at Rua Travessa da Palmeira,59— (in front of Mercado Central at Av 25 Setembro). For more information contact: Luisa Freitas on 82 7966795: or Ruadarte@gmail.com— Blog: <http://ruadarte.blogspot.com>. Opening Days: Thursday to Saturday, from 8pm until 4am





FOR SALE: Mazda MX 5 sports car
Mileage 73000 km
Year 1996 - 4 new tyres
Price \$US 8500 - Serviced in Nelspruit
Mozambique registered
White with black soft top
Contact : 82 3041050 or email : cstring@panintra.com

Play me some real music!!
LM Radio's back
 playing the hits of your lifetime just like the first time!

www.lmradio.co.mz

LM Radio is Mozambique's English language Happy Music Station, YOU CAN TUNE IN ON 107.4FM in Maputo and Ponta do Ouro..The station is available on satellite throughout Southern Africa. Visit <http://www.lmradio.co.mz/> for the programme schedule..

Street Party for the Young!!! "Friday 22nd Jan - From 10 p.m. the night will vibrate with chromosomes "X"... Come enjoy a Xtraordinary evening... An Xclusive atmosphere with sound of Dj Illust (London) and DJ Nunas ...only for 200Mt... Av Marginal (a little before Tara) district of Triunfo. XFactor (Deborah, Daniela Melo, Sofia, Wacy, Yara) and Amnesia production." Contact: 82 6050300

EFIC Language Academy / Academia de Línguas

Tuition for effective communication in Portuguese and English. Normal price is US\$12 per hour but we are currently running a promotion offering US\$10 per hour for registration before 31 March 2010(group rates also available). Remedial classes (helping children improve in their English/Portuguese classes at school), Intensive and Executive courses available. Lessons start 6.30am up to 8pm.

Our Education Director, Sr. Tajú has more than 30 years experience in language tuition and our professional and dedicated tutors have received intensive training to improve your grammatical knowledge, language skills and confidence.

EFIC is easily accessible and is located in a quiet and secure area in Bairro de Polana, close to Polana Shopping Centre. We know that our students' needs are unique and that their time is precious so come and discover a personalized, friendly, relaxed atmosphere in which to study and caring professionals who are keen to help you make the most of your time. Open 7 Practical results **GUARANTEED**

Contact: Sr. Tajú on +258 82 8736850 or Clara on +258 82 6102129
 Email: eficmaputo@yahoo.com or visit us at Rua de Argélia N° 173, Bairro Polana A (opposite the art gallery)

With the latest Earthquake in Haiti here are the Biggest Earthquakes since 1900 "CNN"

- January 31 1906 – Off coats of Ecuador – Magnitude 8.8 (5th Biggest)
- August 15 1950 - Assam, India and Tibet – Magnitude 8.6 (8th Biggest)
- November 4 1952 – Kamchatka Peninsula-Magnitude 9.0 (4th Biggest)
- March 9 1957 – Andreanof Islands Alaska – Magnitude 8.6 (9th Biggest)
- May 22 1960 – Coast of Southern Chile – Magnitude 9.5 (1st Biggest)
- March 28 1964 – Alaska – Magnitude 9.2 (2nd Biggest)
- February 4 1965 - Rat Island Alaska - Magnitude 8.7 (6th Biggest)
- December 26 2004 - North Sumatra – Magnitude 9.1 (3rd Biggest)
- March 28 2005 - Northern Sumatra – Magnitude 8,6 (7th Biggest)
- September 12 2007 – Southern Sumatra – Magnitude 8.5 (10th Biggest)

FOR SALE: * A set of 4 office chairs at the price of \$600. (Black wood teak.) Negotiable. * 1 Pine single bed at the price of \$130 - Contact: 82 388 2514 and 82 307 9370.

English Speaking empregada available from 1 February

We are moving back to South Africa and we are trying to find a new job for our emprigada, Beatriz.

Beatriz has been working for us full time (5 days a week) since April 2005, doing house cleaning, laundry cooking and occasional baking. She is very reliable, hard working and rarely off sick. She speaks English very well. She is also an excellent nanny – very good with children. She has been babysitting our three daughters every Wednesday night for the past year while we were out, and we’ve never had any problems. Beatriz is a good person with good morals and totally trustworthy. If we could take her home with us, we would!!

She lives in Maputo, has a stable home and has always been able to help out on weekends when we needed her. She is 35 years old, divorced with 2 children.

If you want to arrange an interview with her, you can contact her, **Beatriz Mabjaia 824233290**, or you can contact **Sue 846250990** (only until 27 Jan), or you can contact **Ronnie, 849970250** until 11 Feb. Beatriz will be available from 1 Feb 2010.

Thursday, 21 Jan, 22:30hrs – Domingas & Belita At CAFÉ BAR GIL VICENTE

Friday, 22 Jan, 22:30hrs – Miss Zav AV. SAMORA MACHEL 43

Saturday, 23 Jan, 23hrs - Jam Session TEL: 82 153 1020

We are waiting for you, at the usual place!!! Price: 100MT for more information :gilvicente.cafebar@gmail.com

THE CENTER OF KOSMOZ

Price List for 2010

A center in Maputo for health and healing, for integrated human development, for individual and collective transformation

Therapies, Treatments, Activities

- Healing Therapies: Massage; Reiki; Reflexology; Su Jok (Korean Acupuncture); Twist Therapy; Bach Flower Remedies; EFT (Emotional Freedom Techniques)
- Beauty Treatments (Facials, waxing, and more!)
- Low-Impact Aerobics
- Personal Training

Upcoming Workshops:

February

- 13 (9:00-17:30) Reiki for Children
- 20 (9:00-17:30) Reiki I, part 1
- 21 (9:00-15:30) Reiki I, part 2
- 27 (9:00-17:30) Connecting and working with Angels, part 1
- 28 (9:00-15:30) Connecting and working with Angels, part 2

March

- 13 (9:00-17:30) Techniques for Living a Spiritual Life
- 20 (9:00-17:30) Reiki II, part 1
- 21 (9:00-15:30) Reiki II, part 2

10-Week Course: February 1-April 9

The 5 Tibetan Rites for Rejuvenation
Every Monday, Wednesday, and Friday
6:00-7:00 am

Yoga, Meditation, and Dance Class Schedule

Hatha Yoga (with Kelly)

Monday & Wednesday: 19:00-20:30
Tuesday & Thursday: 6:30-7:30; 8:00-9:30;
18:00-19:30
Saturday: 10:00-11:30; 16:00-17:30
Sunday: 10:00-11:30; 16:00-17:30

Hatha Flow Yoga (with Mairead)

Monday: 17:30-18:45

Sahaja Yoga Meditation (Free! with Tatiana)

Thursday: 6:30-7:15

Osho and others meditations (with Vera)

Tuesday: 18:00-19:00

Sacred Belly Dance (with Elisangela)

Monday & Wednesday:
Beginner: 16:00-17:00; 17:00-18:00
Intermediate: 18:00-19:00

Membership Fees

TYPE	1 YEAR (in meticais)	6 MONTHS (in meticais)
Individual	6,000	3,300
Couple (or 2 adults from one household)	10,000	5,500
Family (2 adults+1 child)	12,000	6,500
Family (2 adults+2 children)	15,000	8,000
Students	3,000	1,650

Class Prices

Number of Classes	Members (in meticais)	Non-Members (in meticais)
1 class	350	400
5-class package	1,500	1,800
10-class package	2,000	3,000
*Unlimited monthly	3,500	5,000
Students	50% discount on all above prices	50% discount on all above prices

*Unlimited monthly packages allow you to take as many different classes you want-every day for the entire month.

Basic Treatment Prices

Number of Treatments	Members (in meticais)	Non-Members (in meticais)
1 treatment	800	1,000
5-treatment package	3,750	4,750
10-treatment package	7,000	9,000

Therapies, Treatments, and Personal Training

Call for an appointment.

Rua Cahora Bassa, 326 (Off of Av. Kenneth Kaunda, near the Military Hospital)
Tel: 84 215 4874 (Kelly Owen) E-mail: kosmoz.org@gmail.com or fiokelly@gmail.com



fraldário

Baby care for New born babies +

fraldário provides baby care for new born up to 2 years old babies

We have competent and capable staff and a very neat, clean and friendly environment.

If you are looking for a safe and good care for your baby **we are the solution.**

Limited number of seats

For application please call:
84 - 89 15 255 (English)
82-32 87 300 (Portuguese)



fraldário

Rua Almeida Garrett n° 126, Coop- Maputo.
(road behind Super Luz- Woolworths Food)



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Maputo
Mozambique
Tel/fax: +258 21 300 921
Office Mob: +258 82 530 9675
Mob: +258 82 703 2148
Email: epreservations@gmail.com
Nuit No: 105797461

Recruitment and Selection

EP Recruitment Service, a Mozambican-owned company and provider of Mozambican recruitment services.

EP Recruitment Services was founded March 2009. Today, EP Recruit is one of the most competitive and most trusted professional recruiting firms in the country. With offices based in Maputo we have networks of contacts across Mozambique. We are well positioned to provide our customers with the highest level of service - a level they've come to expect from EP Recruiting Services.

WHY WORK WITH US?



Recruitment Services

Quite simply, we know the market. We know who the best candidates are and what they're looking for in their careers. Our unique approach to recruiting allows our consultants to specialize in specific areas, providing better customer service to both our clients and our candidates. Our expert teams of recruiters across the country specialize in placing permanent, temporary and contract professionals in Accounting & Finance, Engineering & Technical, Human Resources, Information Technology, Household Services, Legal, Sales & Marketing, Mining, Industrial Sales & Supply Chain Management and Office Personnel.

Payroll Services



EP Recruit Service, not only provides full recruitment service to your organisation, but is the most knowledgeable payroll processing company in Mozambique. Our dedication and commitment to this market enables us to uniquely provide your organization the resources and support to stay within your strict payroll deadlines while maintaining compliance with the Mozambican Labour Law and requirements. We empower you to make the necessary adjustments within your schedule by keeping you informed of the latest tax laws, legislation, insurance and other considerations that can affect your payroll.

Housekeeping Services



EP has several years experience in the local labor market. We offer recruitment solutions; sourcing and supplying quality domestic staff. We are 'up to speed' with the Labor Law, and make finding the perfect domestic staff easy. If you are busy working or new in Maputo, we take the time to find and 'screen' suitable staff for you. Taking away the everyday worries whether your home is large or small, whether you require full-time, part-time or temporary staff, we have a small yet dedicated team who are well-qualified to make your life easier by undertaking the time-consuming and difficult task of securing quality staff for your home. We offer the following: Housekeepers, Child minders, Gardeners, Cooks, waiters, drivers, Office cleaners and House sitters. Don't leave Housekeeping to chance; Contact us today to chat about your family needs.

If you're looking for professional recruiting services you can count on us, call one of our specialist consultants today. We look forward to working with you!

MAPUTO HASH HOUSE HARRIERS Commonly known as a drinking club with a running problem, we meet every Saturday to run or walk depending on your capabilities. With over 2,000 groups worldwide, the HASH is an international disorganization of people who enjoy having fun and a bit of exercise. In each location it unites expatriates from all over the world with locals from that country. The most commonly used language is English, but Portuguese is also spoken by most Hashers in Mozambique. So if you need some exercise, want to see some parts of Maputo that you have never been to before and want to expand your social life, give us a try. Kids and dogs are welcome! Find out more www.maputohashhouseharriers.org. **When:** Every Saturday at **15.30**. **Where:** The Aeroclube on Avenida Martires de Machava 1697 (Opposite the Nederlands Embassy). **Run Fees:** MtN 80 pays for drinks after the run & provides you with free live entertainment. contact@maputohashhouseharriers.org

Columbanus Limitada has once again prepared a fantastic line up of courses for 2010 which we have listed below.
 For more information please contact: Stephanie Walker, CA (Ireland), CA (SA) - Director, Columbanus Limitada.

Mobile:+258 84 3024370 - E-Mail:swalker@teledata.mz

Situated at Avenida Kenneth Kaunda 624, 2nd Floor, Maputo, Mozambique

Date	Workshop	Time	Language	Presenter	Cost (USD) Excl. Iva
15/16 Feb	Leadership Skills	09.00 – 17.00	Portuguese	Ricardo Carvalho	USD 440
1/2 March	Effective Selling & Negotiation Skills	09.00 – 17.00	Portuguese	Ricardo Carvalho	USD 440
4 March	Quality Customer Service – Customer is King (HOTEL GIRASSOL, NAMPULA)	09.00 – 17.00	Portuguese	Ricardo Carvalho	USD 320
5 March	Time Management & Prioritization (HOTEL GIRASSOL, NAMPULA)	09.00 – 17.00	Portuguese	Ricardo Carvalho	USD 320
11/12 March	IFRS REFRESH Workshop	09.00 – 17.00	English	Raymond Chamboko	USD 600
11 March	Excellent Tips on Branding your Business	09.00 – 17.00	English	Martin Blignaut	USD 350
12 March	Effective Problem Solving & Decision Making	09.00 – 13.00	English	Martin Blignaut	USD 270
15/16 March	International Financial Reporting Standards (IFRS) – Intensive Workshop (IAS 1,8,5,15,29)	09.00 – 17.00	Portuguese	Leadership Business Consulting, Portugal	USD 490
17 March	Effective Receptionist Skills (Telephone Skills, etc)	09.00 – 17.00	Portuguese	Ricardo Carvalho	USD 290
19 March	Writing Professional Reports & E-Mail Etiquette	09.00 – 13.00	English	Sarah Mackenzie	USD 270
23 March	Time Management & Prioritization	09.00 – 17.00	Portuguese	Ricardo Carvalho	USD 290
25 March	Managing Stress in the Workplace	09.00 – 13.00	Portuguese	Martin Blignaut	USD 270
12/13 April	IFRS Intensive Workshop (IAS 7,8,18,33)	09.00 – 17.00	Portuguese	Leadership Business Consulting, Portugal	USD 490
12 April	EXCEL Workshop (Intermediate/Advanced Level)	09.00 – 17.00	English	Samantha Kidd	USD 350
13 April	WORD Workshop (Intermediate/Advanced Level)	09.00 – 17.00	English	Samantha Kidd	USD 350
14 April	POWERPOINT Workshop (Intermediate/Advanced Level)	09.00 – 17.00	English	Samantha Kidd	USD 350
15 April	OUTLOOK Workshop (Intermediate/Advanced Level)	09.00 – 17.00	English	Samantha Kidd	USD 350
16 April	IFRS Technical Update	09.00 – 13.00	English	Bruce Mackenzie	USD 290



FOR SALE—TOYOTA COROLLA 2002
 Power Steering, MP3 Player and speakers in excellent condition, Fuel Injection,
 Airconditioner, Central locking, Alarm and anti-hijack, cup holder front and back seats. National
 number plates Contact: 84 520 2339



For Sale: -Mitsubishi Pajero 2.5 Turbo Diesel

Model 1991 – 200,000km - Manual Gears – A/C -Regularly Serviced: New batteries and Rear Shocks

Moz Registration - **USD 5,000**—Contact: 82 30 10 720 (Manu) or 82 84 00 437 (Mathilde) or emmanuel.aris@edhec.com

TIME tec (Moçambique) Limitada

Maputo: 1455 Eduardo C Moudlane Ph: 21-326072 Beira : Shoprite Checkers Centre Ph 23-328085
Chimoio: 271 Rua da Barue Ph 251- 22158



Urgent sale 16 500 USD negotiable

Land Rover Freelander

2.0 Petrol

Production 2004

62 000km

Excellent condition

All servicers

AC, automatic windows

Manual

84 7008697

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Eee PC Seashell 1005HA

MT 19,400.00 IVA incl

Super portable 1.27kg, 10.5 hours battery life, 2 Year Warranty

10.1" LED LCD Monitor SWVGA, 160GB Hard Drive, 1024 MB RAM, Fast Internet Access with 802.11n WiFi, Webcam and Microphone, 10/100 LAN, Bluetooth, Multi card reader, 3 x USB 2.0, VGA port, Genuine Windows XP Home, Skype ready. *Color Dark Blue*

Contact us at Time Tec at 21-326072, 23-328085, 251-22158

Learn to Tango.... Contact A F R O L A T I N O - D A N C E A R T C O .

Maputo, Mozambique - Mobile: +258 84 781 4056 or 82 705 6263

Email: odeonx@gmail.com



Penthouse to Rent: 5 bedrooms with open plan lounge and dining room in a small complex near the marginal with good



views (close to the "fish market" and to the American/French and Portuguese School). Parking for 2 cars and a small Splash pool. Rental Usd 3000.00. Available Immediately. To view contact Yolanda on 827474160

2 Bedroom modern apartment, fully furnished on Julius Nyerere in a secured complex with sea views. Swimming pool and parking available. Available Immediately . Rental Usd 2800.00 excl Levy. Contact 82 303 5940 to view



Av. Tomás Nduda no. 1050
Maputo, Moçambique
258 84 737 03 83

Circuit Gym: Aerobic and hydraulic resistance circuit

New Schedule: Mon to Fri 5:30h to 20:30h, Saturdays 6h to 18h, Sundays 6h to 12h

Your New Years resolution is to join the Gym..Pace Circuit Gym offer:- Sign up for 6 months or more during the month of January and get last years prices!!

New to start the year - Art Deco



City Walking Tours

Discover the city - enjoy it at its most peaceful.

17 + 31 January Rua John Issa 260
Maputo

jane@eventplanmozambique.com 82 5574337



Ashlea House

Accommodation for the discerning traveler

164 Umkomaas Street
Ashlea Gardens
Pretoria
Gauteng



Ashlea House is a self-catering unit situated in the centre of Pretoria East in close proximity to the popular Menlyn Shopping Centre and the Pretoria Country Club. Visit us for a peaceful and comfortable stay in the privacy of your own unit.

We provide:

- Fully furnished and equipped unit on first floor.
- Open plan unit sleeping two people with a sleeper couch suitable for a child.
- Full DSTV.
- Safe and secure parking.
- Continental breakfast on request only.
- Internet available on premises.
- Braai facility.
- Tea, coffee, sugar and fresh milk provided.
- The unit is serviced during the week.



Close to:

- Kloof and Pretoria East Hospitals.
- Various restaurants and coffee shops, Woolworths food store, pharmacy, ATM's.
- N1 off-ramp.
- Brooklyn shopping center.
- Pretoria Country Club golf course.

Rates:

- R380 for a single person.
- R540 for two persons sharing.
- R120 additional charge for sleeper couch.
- R55 per person for continental breakfast.
- Special rates apply for a stay longer than 10 days.

Contact Janine at +27 (0)12 346-2349 /
+27 (0)83 412 5300 or email to jcoet@mweb.co.za

100% deposit is applicable to secure your booking.



See overleaf for directions and map.