

LIVING IN MAPUTO

PRODUCED BY ADRIAN FREY EDITED BY ELINE JAKOBS

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“Wildlife” in the middle of Maputo on a Sunday stroll through FEIMA. Wooden sculptures are commonly on sale at an accessible price at the various art stalls.

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Maputo Carnival is on its way...



This week the event organisers for “Carnaval de Maputo” held their first press conference to launch one of the biggest events on our yearly cultural calendar.

Ramimo Mayet, Commercial Director of Sapo Moçambique, said that 2014’s carnival looked to be not only an event for the capital but for the whole country.

“This will be a carnival not only for Maputo but for the entire country and will involve various sectors of society, hosting a range of activities. From fashion shows, to school competitions, floats and a lot more,” said Ramimo.

Organisers of this event include the SOICO group in partnership with various world-renowned companies and the Maputo Municipal Council.

The event is set to take place on 1st and 2nd of March, at Parque dos Continuadores and looks to unite thousands of carnival lovers.

Keep an eye on the agenda for details on this event, closer to the date.

Maputo’s Cathedral marks its 70th Anniversary

By Nyangala Zolho



It was visited by Pope John Paul II in 1988, shortly after independence was declared. It replaced the first, significantly smaller, cathedral to make way for the expansion of Maputo city and to stand rightfully as a landmark in Mozambique. Maputo’s Cathedral is a triumphant architectural building which cost the colonial powers a heavy investment, which was still insufficient for its completion. The United States Catholic Church is said to have donated the remaining capital, needed to finish this outstanding building by 1944.

This year marks the Cathedral’s 70th Anniversary and the parish will host various events throughout the year. In actual fact, the celebrations began last year in August and will finish August this year. Last year, this included a competition to design a logo for the Cathedral. Various judges were selected to pick the winning design which will feature on memorabilia, scheduled to be released this year. Caps, T-Shirts, Pens, Hats, you name it, soon Maputo will be filled with items highlighting this significant historical, religious and touristic landmark.

What’s more, the parish has proceeded to train 25 guides to begin official tours of the church. These tour guides will not only tell us the usual historical stories about the Cathedral, but they promise to also provide us with curious added gems. The evolution of this Cathedral’s life is the main focus.

Sports, music, cultural and wedding events, topped off with a fireworks display finale, the Cathedral’s 70th year looks to be a treat, throughout the coming months! Head down directly to the church, on Praça da Independência, for more information and details.

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LIFESTYLE

Lígia de Noronha

Transpersonal Orientation with Lígia de Noronha

By Nyangala Zolho



© Lígia de Noronha

Recently opened holistic association Kosmoz is still finding its feet. It's plan is to slowly introduce the various aspects of its holistic vision and its newest addition is psychologist Lígia de Noronha.

Lígia de Noronha says she is her greatest case study. What has brought her back to Mozambique has been connected to her personal journey but she is here to serve as well. Joining the new ho-

listic hotspot Kosmoz, on Rua Mateus Sansão Muthemba, Lígia is able to put to practice more than 15 years of experience. A Universidade Lusófona de Humanidades e Tecnologias qualified psychologist, Lígia has travelled the world collecting tools which have shaped her counselling style. Brazil, India, Portugal and Mozambique have given Lígia a world-rounded perspective, giving her psychoanalytic approach a holistic dimension which goes beyond traditional methods.

So what is transpersonal orientation?

A branch of psychology which intertwines modern psychology with spirituality and transpersonal orientation which pulls in the spiritual teachings borne out of Buddhism, Hinduism, Shamanism and other eastern based philosophies linking them with the modern scientific framework. Unlike traditional psychological approaches, transpersonal orientation believes in consciousness which goes beyond the material world.

"Before leaving Mozambique in 2007, my work became very popular. I conducted various workshops for companies like Banco Austral (now Barclays), British American Tobacco, Mozal, amongst others, alongside my individual, couple and family counselling sessions" says Lígia "I want to let people know I'm back and ready to serve again with love and dedication."



© Lígia de Noronha

Find Ligia on:

www.ligiadenoronha.com
ligia@ligiadenoronha.com
 +258847798569

And look out for Lígia de Noronha's first published book "Desenvolvimento Pessoal em Casa e no Trabalho" available soon in Maputo.

Additionally, contact Kosmoz for more details on Lígia and other activities happening at their centre this year:



Visit Ligia de Noronha's Web Page



Visit Kosmos Facebook Page





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Just send your event's information (date, time, place & price) and a Google maps location link to: lmeditor@clubofmozambique.com

Thursday 16 January

- Venue Lounge Bar | Girls Gone Wine | 18h00
- Soul Gourmet | Real Jazz Project Mozambique: Sax Trio | 19h00 | Free
- Bar & Bar | Let's Dance: Dj Charles & Dulas | 19h30
- Polana Hotel Gardens | Michael Gerson Project | 19h30
- Bar Lounge 1908 | Ladies Night | 21h00
- Macaneta | Noites Tropicais with DJ Celsinho & DJ Abrão | 22h00
- Bar Gil Vicente | Os Gallotones | 22h30
- Elvis Pool Bar | Bar Dj Serito and Dario D | 23h00

Friday 17 January

- Elvis Pool Bar | Live Music | 19h00
- Bar & Bar | Sextas de Karaoke with Duda Aled | 21h00
- Xima Bar | Nordino Chambale | 22h00
- Gil Vicente | Wazimbo | 23h00

Saturday 18 January

- Venue Lounge Bar | Cocktail Fun Class | 16h00
- Casa Sigauque | Sigauque Project | 20h30
- Elvis Pool Bar | Karaoke | 21h00 | 200Mts
- Bar & Bar | Lets Dance with guest DJ | 21h00
- Xima Bar | Sankai Band | 22h00
- Dolce Vita | Jay Jay Bianco & DJ Vedas in Tha House | 22h00
- Gil Vicente | Ta Basilly | 22h00
- Matchedje Club | Dj Wireless | 23h00

Sunday 19 January

- Dolce Vita | VitAcústico with Jay Jay Bianco | 18h00
- Mbuva | Jazz & Jam Session | 18h00
- Elvis Pool Bar | Matiné Dançante | 19h00
- Café Camissa /Nucleo De Arte | Black Liberation | 19h00
- Dolce Vita | Chilling Night | 20h00 until 00h00

For a full list of events venues in Maputo, please [click here](#)

plarte d'alma apresentado

perfume live 2014 #1 sonoro

Joel T Jay voc & guitar, Samito Tembe drums, Nicolau keyboard, Mudjidji Manguene bass. special guest: Werner Puntigam (A) trombone

chillout: DJ D Pak (SWA) + DJ Heldito Malele

neo classic soul fusion funk jazz gospel

25 de Janeiro
as 22h30 (sáb)

apoio:
NOITES DE POESIAS

Gil Vicente
CAFÉ • BAR

PNTGM EDITORIAL

photos & poster design by Werner Puntigam - pntgm.com

Mozambique, Swaziland, South Africa and Austria in the first edition of PERFUME SONORO 2014

By Féling Capela



The “Perfume Sonoro” project opens the concert season with a great cultural exchange in the new year in Maputo. The project, which started five years ago, and usually happens every four months, has already featured many great musical names who get to plan the evening and invite their friends for a true musical feast. In its first edition of this year, due to take place at Bar Gil Vicente on 25 January, Perfume Sonoro gives the stage to Quartet Joel T Jay.

The quartet is made up of Joel T Jay on vocals and guitar, Samito Tembe on voice and percussion, bass guitarist Mudjidji Maguene and keyboard player Thapelo. The group will present a new musical approach of its repertoire and for the first time will share the stage with the Austrian trombonist Werner Puntigam and South African keyboardist Thapelo. Words are not enough to describe the magic of this merger.

The quartet will present a concert of contemporary fusion (funk, jazz, soul, gospel, hip-hop) with a more exotic African musical seasoning. The cast for this first edition in 2014, besides the musicians, will also feature a performance from two DJs: Dj D Pak (Swazi) and Dj Malele (Mz) who will play rhythms like Old School Hip Hop, Funk, Jazz Fusion, Soul Music and a lot of Reggae. Guided by contemporary expressions and sounds, they truly match the “Perfume Sound” project - an idea that aims to bring a different component to musical performance and make room for new composers to exhibit their productions.

The next session of Perfume Sonoro is scheduled for 1 March and will have the young musician Miguel Xabindza and his band as poster figure.



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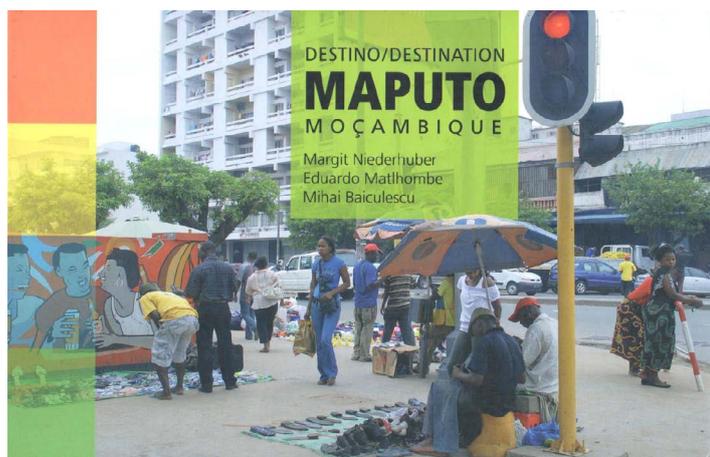
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Destination Maputo, Moçambique: a book review

By Jane Flood



I found it very “off the beaten path”... It’s like a mosaic of less-than-obvious faces and voices from Maputo, which gives you a genuine feel of the cultural richness and diversity in this warm and welcoming city”. Cristiana Pereira, editor (has been living and working back in Maputo since 2006).

This new book on Maputo (in German and Portuguese) certainly does that, produced with funding from UNESCO with support from several German public and private organisations. It helps get under the skin of Maputo and nicely fills the gap left by the now out of print 2004 offering of the French Cultural Department.

The book features articles by Albie Sachs, Panaibra Canda (choreographer), Manuela Soeiro (actress and director of Teatro Avenida), Remigio Van Eys Chilaule (architect) and Paulina Chiziane about her experience as a maid in colonial times as well as Mia Couto, who won the Camões prize last year and was made in co operation with Beatrice Rangel and staff of the CDFF (Centro de Documentação e Formação Fotográfica). There is plenty inside its covers to dip into and

appreciate what inspires the current and past creatives in the city.

Each piece is interleaved with little photo essays of what strikes the first time visitor - beach life and the Fish Market looking wholesome, Malangatana murals, a dance performance at CCFM, photos by Tomas Cumbana (head of the Mozambican Association of Photographers) and Maputopia Exhibition 2012 at the City Hall. The book finishes with a few of the classic Ricardo Rangel images of Bagamoyo in the early 70s, and one I have never seen of Albuquerque OFF his horse and other assorted colonial statues parked in the garden of Museum of Art before being sent to Fortaleza and other resting places.

Destino/Destination Maputo, Moçambique By Margit Niederhuber, Eduardo Matlhombe and Mihai Baiculescu is hard backed and available via Amazon at under 20 Euros. If you speak German or Portuguese, a nice book to for example get for someone’s birthday!

Want to see some of the places in the book for yourself? Jane Flood has been running city walking tours since 2009, Maputo a Pé (+258) 82 419 0574.

Museu Nacional de Arte

Arte Assinada No Feminino

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UNTIL 19 JANUARY

Art Exhibition: Arte Assinada No Feminino
National Art Museum



UNTIL 7 FEBRUARY

Art Exhibition: ONDAS by Liliane Gillmann & Pekiwa
CCFM



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CINEMA EVENTS

THURSDAY 16 JANUARY

RUNNING

LUMUMBA, A MORTE DO PROFETA / LUMUMBA - Raoul Peck
17h00 | CCFM



OTHER EVENTS

FRIDAY 17 JANUARY

Mafalala Tour | 10h00
Associação IVERCA



FRIDAY 17 JANUARY

Social Club Gastronomy Fair | 13h00 | 400Mt
Parque dos Continuadores



FRIDAY 17 JANUARY

Maputo a pé | Art Deco Walking Tour | 15h00
Natural History Museum



SATURDAY 18 JANUARY

CFM for Maccaneta day trip | 7h00
CFM



SATURDAY 18 JANUARY

Mafalala Tour | 09h00
Associação IVERCA



SATURDAY 18 JANUARY

Maputo a pé | Art Walking Tour | 10h30
Sukos juice bar



SUNDAY 19 JANUARY

Maputo a pé | Colonial Maputo Walking Tour | 10h00
Hotel Cardoso



TUESDAY 21 JANUARY

Maputo a pé | Architectural Walking Tour | 9h30
Portuguese Association



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When? Every Saturday - Fee: 80 MT
contact@maputohashhouseharrisers.org

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Where? The Aeroclub, Nº 1697, Av. Mártires da Machava
When? Every Monday, 19h00 to 22h00 - Fee: 50 MT
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