

Language

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Portuguese is the official language of Mozambique. It is widely spoken in larger towns, less so in rural areas. Mozambique's numerous African languages, all of which belong to the Bantu family, can be divided into three groups: Makua-Lomwe languages, spoken by more than 33% of the population, primarily in the north; Sena-Nyanja languages in the centre and near Lago Niassa; and Tsonga languages in the south. The exact number of independent languages spoken in Mozambique has not been established, although it is estimated that there are at least nine, and perhaps as many as 16. Outside southern resorts and the areas bordering Zimbabwe and Malawi, English is not widely spoken. In northern Cabo Delgado and Niassa provinces near the Tanzanian border, Swahili is frequently heard and is often more useful than Portuguese. See p205 for a few Swahili greetings and essentials.

PORTUGUESE

PRONUNCIATION

The pronunciation guides included with the words and phrases below should make things a lot easier for the uninitiated. Word stress is indicated by the italicised syllable.

LOCAL GREETINGS

While learning some Portuguese will greatly facilitate your travels in Mozambique, learning a few words of one of the local languages is even better. Grammar books and the like are difficult to find. Bookstores in Maputo have the best selection, though even there the choice is limited. Your best bet is to arrange a tutor, but in the meantime, a few greetings and basic phrases will be warmly received.

One of the most useful languages in Maputo and southern Mozambique is Shangana:

Good morning.	<i>lixile</i> (li-shee-le)
Good afternoon.	<i>lipelile</i>
Thank you.	<i>kanimambo</i>
Goodbye.	<i>salani</i>

In the far north near Lago Niassa, most people speak Nyanja:

Good morning.	<i>mwaka bwanji</i>
Good afternoon.	<i>mwalongedza</i>
Thank you very much.	<i>zikomo kwambile</i>
Goodbye.	<i>ine de likupita</i>

The main languages in central Mozambique are Sena and N'Dau. To greet someone in Sena, say *magerwa*. In N'Dau, it's *mawata*. In and around Chimoio, you will also hear Manica, and the greeting, *mangwanani*.

In much of Nampula and Cabo Delgado provinces, where major languages include Makonde, Makua, the most useful greeting is *salaam'a*. In northern Cabo Delgado Swahili is useful (see p205).

A characteristic feature of Portuguese is the use of nasal vowels and diphthongs (vowel combinations). Pronounce them as if you're trying to make the sound through your nose rather than your mouth. In the pronunciation guides, 'ng' is used to indicate a nasal sound.

GENDER

Portuguese has masculine and feminine forms of nouns and adjectives. Alternative endings appear in this language guide separated by a slash with the masculine form first. Generally, a word that ends in **o** is

masculine and one ending in **a** is feminine, with a few exceptions.

ACCOMMODATION

I'm looking for a ...

<i>Procuro ...</i>	proo-koo-roo-...
Where's a ...?	ongd e ...
camping ground	
<i>um parque de campismo</i>	oong park-de kang-peezh-moo
guesthouse	
<i>uma pensão</i>	oo-ma peng-sowng
hotel	
<i>um hotel</i>	oong oo-tel
room	
<i>um quarto</i>	oong kwarr-too

I'd like a ... room.

Queria um quarto de ... kree-a oong kwarr-too de ...

Do you have a ... room?

Tem um quarto de ...? teng oong kwarr-too de ...

double	
<i>casal</i>	ka-zal
single	
<i>individual</i>	ing-dee-vee-dwal
twin	
<i>duplo</i>	doo-ploo

Do you have ...?

<i>Tem ...?</i>	teng ...
a room with a private bathroom	
<i>um quarto com casa de banho privativo</i>	oong kwarr-too kom ka-za de ba-nyoo pree-va-tee-woo
a safety deposit box	
<i>uma caixa de segurança</i>	oo-ma ka-sha de se-goo-rang-sa

For (three) nights.

Para (três) noites. pa-ra (trezh) noyths

Does it include breakfast?

Inclui pequeno almoço? eeng-kloo-ee pee-ke-noo al-mo-soo

May I see it?

Posso ver? po-soo verr

How much is it per ...?

Quanto custa por ...? kwang-too koos-ta porr ...

night	
<i>uma noite</i>	oo-ma noy-te
person	
<i>peessoa</i>	pso-a
week	
<i>uma semana</i>	oo-ma se-ma-na

CONVERSATION & ESSENTIALS

Hello.

Bom dia. bong dee-a

SWAHILI BASICS

A few basics in Swahili will be well received in northern Cabo Delgado.

Hello.	<i>Jambo or Salama.</i>
Welcome.	<i>Karibu.</i>
How are you?	<i>Habari?</i>
I'm fine, thanks.	<i>Nzuri.</i>
Goodbye.	<i>Kwa heri.</i>
Yes.	<i>Ndiyo.</i>
No.	<i>Hapana.</i>
Please.	<i>Tafadhali.</i>
Thanks (very much).	<i>Asante (sana).</i>

0	<i>sifuri</i>
1	<i>moja</i>
2	<i>mbili</i>
3	<i>tatu</i>
4	<i>nne</i>
5	<i>tano</i>
6	<i>sita</i>
7	<i>saba</i>
8	<i>nane</i>
9	<i>tisa</i>
10	<i>kumi</i>
11	<i>kumi na moja</i>

Hi.

Oldá. o-la

Good day.

Bom dia. bong dee-a

Good evening.

Boa noite. bo-a noy-te

See you later.

Até logo. a-te lo-goo

Goodbye.

Adeus. a-dyoos

How are you?

Como está? ko-moo shta

Fine, and you?

Tudo bem, e tu? too-doo beng e too

Pleased to meet you.

Prazer. pra-zerr

Yes.

Sim. seeng

No.

Não. nowng

Please.

Por favor. poor fa-vorr

Thank you (very much).

(Muito) Obrigado/a. (mweeng-too) o-bree-ga-doo/da

You're welcome.

De nada. de na-da

May I?

Da licença. da lee-seng-sa

EMERGENCIAS

Help!

Socorro! soo-ko-rroo

It's an emergency.

É uma emergência. e oo-ma e-merr-zheng-sya

I'm lost.

Estou perdido/a. shto perr-dee-doo/da

Where are the toilets?

Onde ficam os lavabos? ong-de fee-kam oos la-va-boos

Go away!

Vai-te embora! vai-te eng-bo-ra

Call ...!

Chame ...! sham ...

a doctor

um médico oong me-dee-koo

an ambulance

uma ambulância oo-ma am-boo-lan-sya

the police

a polícia a poo-lee-see-a

Excuse me. (to get past or requesting help)

Com licença. kong lee-seng-sa

I'm sorry. (to apologise)

Desculpe. desh-kool-pe

What's your name?

Como se chama? ko-moo se sha-ma

My name is ...

Chamo-me ... sha-moo-me ...

Where are you from?

De onde é? de ong-de e

I'm from ...

Sou (da/do/de) ... so (da/do/de) ...

May I take a photo (of you)?

Posso tirar (-lhe) uma foto? po-soo tee-rarr(-lye) oo-ma fo-too

DIRECTIONS

Where's ...?

Onde fica ...? ong-de fee-ka ...

Can you show me (on the map)?

Pode mostrar-me (no mapa)? pod moos-trarr-me (noo ma-pa)

How far is it?

Qual a distância daqui? kwal a dees-tan-see-a da-kee

How do I get there?

Como é que eu chego aí? ko-moo e ke e-oo she-goo a-ee

Turn left/right.

Vire à esquerda/direita. veer a skerr-da/dee-ray-ta

near ... perto ... perr-too ...

straight ahead em frente eng frengt

north	norte	nort
south	sul	sool
east	este	esh
west	oeste	oo-esh

HEALTH

I'm ill.

Estou doente. shto doo-eng-te

I need a doctor (who speaks English).

Preciso de um médico (que fale inglês). pre-see-zoo de oong me-dee-koo (ke fal eeng-glesh)

I've been vomiting.

Tenho estado a vomitar. ta-nyo shta-doo a voo-mee-tarr

Where's the nearest ...?	<i>Onde fica ... mais perto?</i>	<i>on-de fee-ka ... ma-ees perr-to</i>
dentist	<i>o dentista</i>	<i>oo deng-teesh-ta</i>
doctor	<i>o médico</i>	<i>oo me-dee-koo</i>
hospital	<i>o hospital</i>	<i>oo osh-pee-tal</i>
medical centre	<i>a clínica médica</i>	<i>a klee-nee-ka me-dee-ka</i>

I feel ...	<i>Estou ...</i>	<i>shto ...</i>
dizzy	<i>com tonturas</i>	<i>kong tong-too-ras</i>
nauseous	<i>com náuseas</i>	<i>kong now-shas</i>

antiseptic	<i>antiséptico</i>	<i>an-tee-sep-tee-koo</i>
asthma	<i>asma</i>	<i>azh-ma</i>
contraceptives	<i>anticoncepcional</i>	<i>an-tee-kon-sep-syoo-nal</i>
diarrhoea	<i>diarréia</i>	<i>dee-a-ray-a</i>
fever	<i>febre</i>	<i>febr</i>
malaria	<i>malaria</i>	<i>ma-la-ree-a</i>
pain	<i>dores</i>	<i>dorsh</i>
painkillers	<i>analgésicos</i>	<i>a-nal-zhe-zee-kooos</i>

I'm allergic to ...	<i>Sou alérgico/a à ...</i>	<i>so a-lerr-zhee-koo/ka a ...</i>
antibiotics	<i>antibióticos</i>	<i>ang-tee-byo-tee-kooos</i>

aspirin	<i>aspirina</i>	<i>ash-pee-ree-na</i>
bees	<i>abelhas</i>	<i>a-be-lyas</i>
peanuts	<i>amendoins</i>	<i>a-meng-doyngs</i>
penicillin	<i>penicilina</i>	<i>pnee-see-lee-na</i>

LANGUAGE DIFFICULTIES

Do you speak English?

Fala inglês? fa-la eeng-glesh

Does anyone here speak English?

Alguém aqui fala inglês? al-geng a-kee fa-la eeng-glesh

I (don't) understand.

(Não) Entendo. (nowng) eng-teng-doo

Could you please write it down?

Pode por favor escrever num papel? po-de-porr fa-vorr es-kre-verr noom pa-pel

NUMBERS

0	<i>zero</i>	<i>ze-roo</i>
1	<i>um/uma (m/f)</i>	<i>oong/oo-ma</i>
2	<i>dois/duas (m/f)</i>	<i>doys/dwash</i>
3	<i>três</i>	<i>trsh</i>
4	<i>quatro</i>	<i>kwa-troo</i>
5	<i>cinco</i>	<i>seeng-koo</i>
6	<i>seis</i>	<i>saysh</i>
7	<i>sete</i>	<i>set</i>
8	<i>oito</i>	<i>oy-too</i>
9	<i>nove</i>	<i>nov</i>
10	<i>dez</i>	<i>desh</i>
11	<i>onze</i>	<i>ongz</i>
12	<i>doze</i>	<i>doz</i>
13	<i>treze</i>	<i>trez</i>
14	<i>quatorze</i>	<i>ka-torrz</i>
15	<i>quinze</i>	<i>keengz</i>
16	<i>dezesesseis</i>	<i>dze-saysh</i>
17	<i>dezesete</i>	<i>dze-set</i>
18	<i>dezoito</i>	<i>dzoy-too</i>
19	<i>dezenove</i>	<i>dze-nov</i>
20	<i>vinte</i>	<i>veengt</i>
21	<i>vinte e um</i>	<i>veengt e oong</i>
22	<i>vinte e dois</i>	<i>veengt e doysh</i>
30	<i>trinta</i>	<i>treeng-ta</i>
40	<i>quarenta</i>	<i>kwa-reng-ta</i>
50	<i>cinquenta</i>	<i>seeng-kweng-ta</i>
60	<i>sessenta</i>	<i>se-seng-ta</i>
70	<i>setenta</i>	<i>steng-ta</i>
80	<i>oitenta</i>	<i>oy-teng-ta</i>
90	<i>noventa</i>	<i>noo-veng-ta</i>
100	<i>cem</i>	<i>sang</i>
200	<i>duzentos</i>	<i>doo-zeng-toosh</i>
1000	<i>mil</i>	<i>meel</i>

SHOPPING & SERVICES

What time does ... open?

A que horas abre ...? a ke o-ras a-bre ...

I'd like to buy ...

Queria comprar ... kree-rya kom-prarr ...

How much is it?

Quanto custa? kwang-too koosh-ta

That's too expensive.

É muito caro. e mweeng-too ka-roo

Where is ...?

Onde fica ...? ong-de fee-ka ...

an ATM

um multibanco oom mool-tee-bang-koo

a bank

um banco oom ban-koo

the ... embassy

a embaixada do/da ... a eng-bai-sha-da doo/da ...

a foreign-exchange office

uma loja de câmbio oo-ma lo-zha de kam-byoo

a market

um mercado oom merr-ka-doo

a pharmacy/chemist

uma farmácia oo-ma far-ma-sya

the police station

o posto de polícia oo pos-too-de poo-lee-see-a

the post office

o correio oo coo-ray-oo

Can I pay ...?

Posso pagar com ...? po-soo pa-garr kom ...

by credit card

cartão de crédito karr-towng de kre-dee-too

by travellers cheque

cheque de viagem she-kee de vee-ya-zheng

I want to buy ...

Quero comprar ... ke-roo kom-prarr ...

a phone card

um cartão telefónico oong kar-towng te-le-fo-nee-koo

stamps

selos se-loosh

Where can I ...?

Onde posso ...? on-de po-soo ...

change a travellers cheque

trocar traveler cheques troo-karr tra-ve-ler she-kes

change money

trocar dinheiro troo-kar dee-nyay-roo

check my email

ver o meu e-mail ver oo me-oo e-mail

get Internet access

aceder à internet a-se-der a een-terr-net

TIME & DATES

What time is it?

Que horas são? ke o-ras sowng

It's (ten) o'clock.

São (dez) horas. sowng (desh) o-ras

now	<i>agora</i>	<i>a-go-ra</i>
this morning	<i>esta manhã</i>	<i>esh-ta ma-nyang</i>
this afternoon	<i>esta tarde</i>	<i>esh-ta tard</i>
today	<i>hoje</i>	<i>ozh</i>
tonight	<i>esta noite</i>	<i>esh-ta noyt</i>
tomorrow	<i>amanhã</i>	<i>a-ma-nyang</i>
yesterday	<i>ontem</i>	<i>ong-teng</i>

Monday	<i>segunda-feira</i>	<i>scoon-da-fay-ra</i>
Tuesday	<i>terça-feira</i>	<i>terr-sa-fay-ra</i>
Wednesday	<i>quarta-feira</i>	<i>kwarr-ta-fay-ra</i>
Thursday	<i>quinta-feira</i>	<i>keeng-ta-fay-ra</i>
Friday	<i>sexta-feira</i>	<i>saysh-ta-fay-ra</i>
Saturday	<i>sábado</i>	<i>sa-ba-doo</i>
Sunday	<i>domingo</i>	<i>doo-meeng-goo</i>

TRANSPORT

Public Transport

Which ... goes to ...?

Qual o ... que vai para ...? kwal oo ... ke vai pa-ra ...

(ferry) boat	
<i>barco (de travessia)</i>	barr-koo (de tra-ve-sya)
bus	
<i>autocarro/</i>	ow-too-kaa-rroo/
<i>machibombo</i>	ma-shee-bom-bo
converted passenger truck	
<i>chapa(-cem)</i>	sha-pa(-seng)
train	
<i>comboio</i>	kom-boy-oo

When's the ... *Quando sai o ...* kwang-doo sai oo
... (bus)? *(autocarro)?* (ow-too-ka-rroo)

first	<i>primeiro</i>	pree-may-roo
next	<i>próximo</i>	pro-see-moo
last	<i>último</i>	ool-tee-moo

What time does it get to ...?

Que horas chega a ...? ke o-ras shee-ga a ...

A ... ticket to (...)

Um bilhete para (...) oong bee-lyet pa-ra (...)

Please take me to (this address).

Leve-me para (esta morada), por favor.

le-ve-me pa-ra (esh-ta moo-ra-da) porr fa-vorr

(bus) stop	<i>paragem</i>	pa-roo-zheng
customs	<i>alfândega</i>	al-fang-de-ga
immigration	<i>imigração</i>	ee-mee-gra-sowng
visa	<i>visto</i>	veesh-to

Private Transport

I'd like to hire a/an ...

Queria alugar ...

ke-rya a-loo-garr ...

4WD	
<i>um quatro por quatro</i>	oom kwa-troo por kwa-troo
bicycle	
<i>uma bicicleta</i>	oo-ma bee-see-kle-ta



Also available from Lonely Planet:
Portuguese Phrasebook

car	
<i>um carro</i>	oong ka-rroo
motorbike	
<i>uma motocicleta</i>	oo-ma mo-too-see-kle-ta

Is this the road to ...?

Esta é a estrada para ...?

esh-ta e a es-tra-da pa-ra ...

Where's a gas/petrol station?

Onde fica um posto de gasolina?

on-de fee-ka oong pos-too de ga-zoo-lee-na

Please fill it up.

Enche o depósito, por favor.

en-she oo de-po-see-too porr fa-vorr

I'd like ... litres.

Meta ... litros.

me-ta ... lee-troosh

avenue	<i>avenida</i>	a-ve-nee-da
beach	<i>praia</i>	prai-a
beach road	<i>marginal</i>	mar-zhee-nal
bush (countryside)	<i>mato</i>	ma-to
diesel	<i>diesel</i>	dee-sel
documents	<i>documentos</i>	do-koo-meng-toosh (passport, drivers licence, car registration papers, etc)
fine (penalty)	<i>multa</i>	mool-ta
a lift/ride	<i>uma boleia</i>	oo-ma bo-lai-a
petrol	<i>combustível</i>	kom-boo-stee-vel
(unleaded)	<i>(sem chumbo)</i>	(seng shoom-boo)
roadside stall	<i>barraca</i>	ba-ra-ka
street	<i>rua</i>	roo-a
tar/asphalt	<i>alcatrão</i>	al-ka-trownng
track	<i>pista</i>	pee-sta

The (car/motorbike) has broken down at ...

(O carro/A motocicleta) avariou em ...

(oo ka-rroo/a moo-too-see-kle-ta) a-va-ryo eng ...

The car won't start.

O carro não pega. o ka-ho nowng pe-ga

I need a mechanic.

Preciso de um mecânico. pre-see-soo de oong

me-ka-nee-koo

I have a puncture/flat.

Tenho um furo no ta-nyoo oong foo-roo noo

pneu. pe-ne-oor

Where can I get this repaired?'

Onde posso consertar on-dee po-soo kon-ser-tar

isto? eesh-too

I've run out of petrol/gas.

Fiquei sem gasolina. fee-kay seng ga-zoo-lee-na

I've had an accident.

Sofri um acidente. soo-free oong a-see-deng-te

Glossary

See the food glossary on p52 for culinary terms and Mozambican dishes.

ablutions block – a building containing a toilet, shower and washing facilities, found mainly in camping grounds and caravan parks

aldeamentos – village complexes

alfaiataria – tailor's shop

ANC – African National Congress

animist – various definitions, but the most useful seems to be: 'beliefs based on the existence of the human soul, and on spirits that inhabit or are represented by natural objects and phenomena, which have the power to influence human life for good or ill'

assimilados – a colonial-era population classification, referring to those Mozambicans who adopted Portuguese customs and ways

autocarro – see machibombo

Av (Avenida) – Avenue

baía – bay

bairro – neighbourhood, area or section of town

baixa – the lower-lying area of a city or town. Since in coastal Mozambique this often means the part of the city near the port, the baixa is frequently synonymous with 'commercial district'.

baixar – to reduce or decrease (as in price)

barraca – market stall or food stall

barragem – dam

BIM – Banco Internacional de Moçambique

buleia – lift (ie, in a vehicle) – a very useful word in Mozambique

buraco – hole, pothole

cabines públicas – public telephone booths

caipirinha – A (traditionally Brazilian) cocktail made from lime juice, sugar and ice mixed with cachaça, vodka or rum

Caixa Postal (CP) – post office box (in addresses)

camião, camiões – truck(s)

capitania – port authority

capulana – a colourful cloth worn by women around their waist

casa de cultura – literally, 'house of culture'; cultural centre found in each provincial capital. The casas de cultura exist to promote traditional culture and are good sources of information on traditional music and dance performances in the area.

casal – room with a double bed

cascata – waterfall

casita – bungalow

cerveja – beer

chapa (from chapa cem) – any public transport that is not a bus or truck; usually refers to converted minivans or pickups (chapa cem means 'tin 100', in reference to the original price for a ride – Mtc100, in the days of the old metical)

chegar – arrive (hora de chegada – time of arrival)

comida – food

correios – post office

dhow – traditional Swahili Arabic sailing boat

dia da cidade – city or town day; a holiday commemorating the town's founding, often celebrated with parades and song and dance performances

duplo – room with two twin beds; see also casal

EN1 – Estrada Nacional 1; the main south–north highway

EN6 – Estrada Nacional 6; the highway running from Beira west towards Chimoio and the Zimbabwe border

estrada – road, highway

feira – trading fair

feticeiros – witch doctors

fortaleza – fort

Frelimo (Frente da Libertação de Moçambique) – Mozambique Liberation Front

ilha – island

indigenas – literally, 'indigenous people', refers to a colonial-era population classification

inselbergs – isolated rocky hills common to parts of Southern Africa; literally means 'island mountains'

já – meaning 'already', 'yet', 'now', 'right now/at once/right away'. If you inquire when your meal will be ready, waiters may tell you 'vem já', which means it's coming right up (although in reality it will likely be a while). 'Até já', also frequently used, means 'goodbye' (said with the expectation that you will see the other person in the near future).

LAM – Linhas Aéreas de Moçambique; the national airline

lobola – bride price or dowry

lago – lake

machamba – small farm plot

machibombo – bus

makwaela – a type of dance popular in the south, characterised by a cappella singing accompanied by foot percussion

mapiko – a ritual dance of the Makonde in northern Mozambique; mapiko also refers to the wooden masks worn by the dancer

marginal – beach road

marimba – African xylophone, made from strips of resonant wood with various-sized gourds for sound boxes

marrabenta – Mozambique's national music, with an upbeat style and distinctive beat

mata bicho – literally, 'kill the beast', a common expression for breakfast (the official translation for breakfast is pequeno almoço)

mato – bush (é muito mato, meaning 'it's really remote' – ie when speaking of an area or locale)

mercado – market

metical, meticais – Mozambican currency

migração – immigration

minas (minas de terra) – land mines

monte(s) – mountain(s)

nyanga – panpipes; also the name of a dance in which the dancer plays the panpipes

paragem – stop (ie, bus or transport stop)

parque nacional – national park

pastelaria – shop selling pastries, cakes and often light meals as well

pensão, pensões – inexpensive hotel(s)

piri-piri – hot pepper (a common addition to food in many parts of the country)

pousada – hotel or inn, usually a step up from a pensão

praça – square

praia – beach

prazeiro – prazo holder

prazo – privately owned agricultural estates allocated by the Portuguese crown; the prazo system was used by the

Portuguese between the 17th and early 20th centuries in an attempt to strengthen their control in Mozambique

pregos – steak and egg sandwich

pronto/a – ready (estamos prontos para sair – we're ready to leave)

quente – hot (as in água quente, hot water)

refresco – soda, soft drink

régulo – chief, traditional leader

Renamo – Resistência Nacional Moçambicana/Mozambican National Resistance (the main opposition party)

reserva – reserve

rondavel – round African-style huts or buildings

rua – street

sair – depart (hora de saída – the time of departure)

salão de cha – teahouse, cafe

tabacaria – small shop selling magazines, tobacco etc

tabela de marés – tide table

TDM (Telecomunicações de Moçambique) – the national telecommunications company

timbila (plural of mbila) – type of marimba or xylophone used by the Chopi people

tudo bem – everything's fine (in reply to 'como está'); also, as question ('tudo bem?'), meaning 'everything OK?'

tufo – a dance of Arabic origin, common on Ilha de Moçambique and along the northern coast

vinho – wine

xima – maize- or cassava-based staple, usually served with a sauce of beans, vegetables or fish; also known as upshwa in some areas

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