

General Information on Luanda

Gives brief introductory information on Luanda in alphabetical order:

Banking and Credit Cards

The banks in Luanda have improved considerably but may not be suitable for some transactions. Maintaining and using a stateside checking account is highly recommended. The use of credit cards in Luanda is extremely limited, generally only in the big hotels and at the major airlines, and one needs to check with the business before attempting to use them. Many supermarkets and restaurants accept dollars but there are some businesses working strictly with Kwanza, Angola's local currency.

Communication

Telephones are not always reliable, and it can sometimes be quicker to deliver messages personally. All Luanda landline phones have a 222 prefix; while cell phone numbers start with 912 (MOVICEL) or 923 and 924 (UNITEL). Cellular telephones are widely used and are issued to all direct-hire Embassy personnel. A number of people purchase or bring with them GSM phones for family that can be used with UNITEL or MOVICEL SIM cards. Very few people rely on the local postal service, as it is not considered reliable.

Internet

Access is available through Netangola and Ebonet, or TVCabo but at significant expense. Dial up internet service is also available through one of the cellular phone providers (Movicel). A free dial up is available from Angola Telecom and you are charged the same as a local call and based on usage. There are a number of internet cafes in Luanda and a few in provincial capitals.

Currency

The local currency is the Angolan new Kwanza (KWZ). It is not convertible on the international market and cannot be taken out of the country. The current exchange rate is approximately 85 KWZ to the dollar. Some stores and restaurants accept payment in dollars at an exchange rate that may vary from 80 to 90 KWZ to the dollar.

Electricity

Electricity is 220 volts, 50 cycles. As power outages are frequent, all residences have a generator. It is recommended to use voltage regulators to protect sensitive appliances from the regular power surges, and UPS devices for computers and other electronics.

Several transformers are provided to residences for 110 volt devices. Electrical service in Luanda is unreliable.

Gasoline

Both unleaded and leaded gasoline is available. However, unleaded gasoline may not be as easily available outside Luanda. Your car does not need to have the catalytic converter removed or disabled. Be sure to ask for “gasoline sem chombo” when fueling your vehicle with unleaded gasoline, unless you require diesel fuel.

Garbage

Garbage dumpsters are placed in various locations around the neighborhoods, and trash collection has improved dramatically over the last few years. There is door-to-door garbage collection, depending on your neighborhood.

Housing

There is a shortage of good accommodation. Rental/leasing prices are exorbitant. All Embassy personnel are provided with fully furnished Government rented/leased houses.

Language

Portuguese is the official language and is spoken almost exclusively in Luanda. French is also spoken to a lesser degree, particularly from Angolan returnees and migrants from the Congo. English is spoken much less frequently, although many young people are now studying English in schools. A basic knowledge of Portuguese is essential, although fluent Spanish speakers will also find some ease communicating. Outside Luanda, native languages spoken include Kikongo, Kimbundu, Umbundu, Tchokwe, Ovimbundu, Nganguela, and Fiote.

Radio

There are many local radio stations on the AM and FM dials. The most popular for foreigners and Angolan youth is 88.6, 93.5, 95.5, and 96.5. 93.5 and 96.5 play a variety of American (rock, pop from all times), Angolan and Brazilian modern and traditional music.. Other local radio stations are FM 94.5, 97.5, 98.5 and 99.9. The stations play a variety of music, including traditional Brazilian, American (rock, pop, and R&B), and Classical. They also have daily news programs in Portuguese on 97.5, 99.9. Short-wave frequencies, including, BBC, VOA, European Stations, etc. can also be found.

Religion

Many Angolans practice indigenous beliefs, but most of the population is Roman Catholic. Protestant and evangelical churches are also represented and have grown in recent years. There are several different churches in Luanda, with most of the services being conducted in Portuguese. There is also an English language Protestant Service on Sunday mornings.

Satellites and Television

There are two local TV stations. TPA is the primary one and shows local and international news in Portuguese nightly. Satellite TV is available through several local companies such as DSTV (Multichoice). DSTV charges a monthly fee and an installation fee which includes the satellite dish. Armed Forces Network (AFN) is also available but requires the purchase of a larger satellite dish, which costs approximately \$500-1000 to purchase and have installed. Many Embassy houses already have dishes installed, however.

Satellite dishes can be both purchased and installed by Jembas. Their address is:
Jembas - Assistencia Tecnica, Lda
Largo do Soweto, 88 Luanda - ANGOLA
Tel: 320629 Fax: 398454
Cx Postal 10013
Email: jembas@jembas.com

The cards for satellite service receivers are obtained from MultiChoice/DSTV through Jembas, and cost about \$350 for 6 months of basic service.

Cable TV is also a new option through TV Cabo, which is expanding services in a number of neighborhoods. It also offers broadband internet service.

Families should keep in mind that the purchase of a Multisystem PAL/NTSC TV and a multiregional DVD player may offer more flexibility to use video material for both regions; "region 1" for American DVDs and "region 2" for any European, South African, Brazilian and Angolan DVDs. Satellite TV is generally broadcast as PAL (European), while most American videos and DVDs brought from home will be in the NTSC format.

Transportation

Roads have had some maintenance over the past year, so the number of large potholes has been reduced. Vehicles drive on the right side of the road as in the U.S.; public transportation is not considered suitable for use by Embassy personnel. Taxi service is extremely limited; only one company (MACON TAXI) provides radio taxis called by telephone, but service can be slow and expensive. Another Taxi service AFRI-Taxi is based out of the airport and so far seems reliable. There are no street taxis.

Luanda is a very congested city, originally built for less than a half million people, and now swollen to between 7-8 million. The city is now investing in new roads and infrastructure, but this will take time. Newcomers can expect traffic-choked streets and thoroughfares between housing outside of the Embassy neighborhood of Miramar. Mini-buses dart dangerously through intersections, providing local transport for hundreds of thousands of Angolans who come into the center of the city for

business each day. Drivers must be cautious and alert at all times; on the positive side most accidents are fender-benders because high speeds are usually not possible downtown. Obtain if possible an international drivers license before coming, to accompany your driver's license from the States; it may take many months before an Angolan license is obtained. The purchase of local liability insurance is required by Angolan law. Check if your insurance provider offers local liability; if not, liability insurance may be purchased through an Angolan company such as AAA at reasonable prices.

Water

City water is supplied to residences and apartment buildings but can be sporadic. It is necessary to have an emergency supply. While Luanda produces potable water, damage to city pipes makes it necessary for to use water distillers. Please service your water distiller regularly by draining the tank and checking the filter.

Useful Services

A general list of local shops and services for most needs in alphabetical order.

Arts and Crafts

- **Artesanato Livraria Vanguarda, Ltd. (OKAPI)**- tastefully displayed ritual artifacts, musical instruments, basketry, paintings, jewelry, and wood sculptures. Rua Rei Katyavala, #67A (2 doors down from Pizzeria Bella Napoli), Tel. 222-342-568
- **Atmosphere**- Rua Higino Aires,#20 (by Igrrsia do Carmo) Gifts,candles,Furniture
- **Bossa Nova**-Rua Fernando Brique,#46/50 Gifts,candles,upstairs:fabrics
- **Casa e Coisas**-Rua 1st Congresso MPLA,#5 222-391-390/912-503-667 Gifts,Candles,Table linens,Kitchen items,furniture
- **Coconote – Artesanato** – Variety of African art, handicrafts and clothing. Across from the Sonangol building after Banco Sol. They are open every day, except Sunday. Tel. 222396-991.
- **El Oscar** – Across the street from the Teatro Avenida downtown. On the same side of the street as the Hotel Continental. A less expensive variety of artifacts mainly from Angola. Works include paintings, wooden sculptures and boxes, bronze sculptures, ceramic masks, etc.

- **Espelho da Moda (“yellow awning store”)-** Sells local woodcarvings, paintings, jewelry, pottery, cloth, and some pieces of wood furniture. There is a resident artist. Rua Major Kanhangulo, behind the BPC building, next to Nando’s and Steers. 222-339 436
- **Galeria Arte Africa** – Intriguing arrangement of artifacts from all over Africa. Cloth from Zimbabwe and Tanzania, woodcarvings from Angola, bath oil from Zanzibar, to name a few. Rua Rainha Jinga (close to Continental Hotel)..
- **Kariko and Kit Kat Rua da Missao,#27- 222-370-715/775** Gifts, serving items, decorating items, Baby gifts, knick-knacks
- **“Kilometer 17” or “Benfica” or “Futungo Market”** - a variety of African arts are displayed at this traditional open air market, such as paintings, ivory, carvings, malachite, bronze, and hand-woven baskets. 17 Km south of Luanda. Bargaining is necessary.
- **Trinche** – on the downhill side of Largo Lenin, with awning Candles, vases, glassware, dishes, Portuguese pottery and more

Note

It is required that all Angolan crafts be certified with a stamp before leaving the country when they are hand-carried. The stores in town will do this for you, but if you’ve bought items in a market or on the street you will need to go to the government agency on Rua Major Kanhangulo (opposite from UNIAO and Casa Inglesa). Stamps are also available in the market to buy separately, but they may charge you a little bit more.

Bakeries

- **Bolo Rei** – Just around the corner from the Chevron building on a little side street, Rua Manuel Augusto Dos Santos, Bairro de Ingombotas. Tel 222- 391 372. Offers a nice variety, quite popular with Europeans on weekend mornings.
- **Esplanada Nilo.** An outdoor café-type bakery located downtown between the BCI building and Pintos restaurant. A very refreshing green place to go for a coffee, drink or pastry.
- **NICOLAS.** Newer bakery selling French-style pastries – croissants, pain au chocolat, chausson au pommes, etc.

- **Pastelaria Maravilha** – Located at the Kinaxixe market on the corner. Within walking distance from the Embassy. Offers café type atmosphere, nice variety of pastries and snacks.
- **Pastelaria Mensagem.** Rua 1 Congresso do MPLA N. 36. Tel: 37.10.20. Down the street from the National Assembly and the Cha da Caxinde bookstore.
- **Pastelaria Nilo** - There are several different locations in the city, Rua Kwamme N’Krumah # 31 in Maianga, Tel. 222 -398 707. Rua Alameda Manuel Van Dunem in Maculuso, Tel 222-335 248. Rua Higino Aires in Mutamba, Rua Dr. Antonio Saldanha in Ingombota, Tel 222-398 811. They serve confections, pastries, breads, and drinks. European style café. Pay first, and then retrieve your order.
- **VANAN** – Good variety in bakery and pastries, prices are reasonable. Located at Rua Principal da Kinanga No 38 Praia do Bispo west side of the Mausoleum. Tel. 222-335-003 vanan@multitel.co.ao.
- **Vanana-** on the Ihla, bayside, across from Tamariz 222-335-003 great sandwich rolls, hot dog and hamburger buns and more. M-F 7-1:30 and 2:30-9, Sat 7am-9pm
- **AL DAR** – Offer a fine variety of exquisite pastries – and excellent Lebanese food.. A bit pricey but worth it. Located at Rua Salvador Allende # 62/66, Ingombota Luanda, this street runs directly to the main gate of the Church Sagrada Familia in Maianga. Tel. 222-393-577, 912-665-355

Butchers (“Talhos”)

- **Talho ‘22-Kinaxixe** – Meats are sold from a cold room at the back of the shop. They sell beef, pork, and minced meat.
- **Talho Sobrão**—Rua Liga Nacional Africana. Reasonable prices, popular with the locals, very busy on Saturday mornings. Fresh meat and fish. This store also sells fruits and vegetables. For information on hours of operation (see section on *supermarkets*).
- **Talho Taclara** – a good quality South African superette. Sells a good selection of fresh beef and pork, fresh fruits and vegetables, frozen meats, vegetables and other items. Located behind the building across the street from the National Assembly.

Clothing and Shoes

- **Samirana Comercial, Lda. Comercio Geral-Export.** Rua Hoji ya Henda 194-196. Reasonably priced clothing and shoes for men, women and children.

- **“Os Filhotes” Moda Infantil.** Rua da Alfandega No. 29 – A. Tel: 39.97.00. Very good quality children’s clothes and shoes – mostly imported from Portugal. Next door to a good-quality toy store. Pricey.
- **INDAP Industrias de calçados e artefactos de Pele, S.A.R. L.** Sociedade Anonima de responsabilidade Limitada. Rua Rei Katyaval No. 71/A. Tel: 44.51.09, 44.06.52, Fax: 44.27.65, C.P. 6147, Movel: 091-504-286. Good quality leather shoes among other brand-name items. Pricey.

Dry Cleaners

- **Casa Mexicana** – Dry-cleaners and Laundromat, 77 Rua Karl Marx. Dry-cleaning is expensive and of inferior quality.
- **A Lavandaria I** – Dry cleaners, at Rua R.Rei Katyavala # 878. Tele 222- 444 733. Email: alavandaria@netangola.com. Across from Kodak.

Electronic stores

- **FCI. Fenicia Comercio e Industria Lda.** Av. Cmdte. de Valodia 216/216/A. Tel: 44.00.26, 44.15.15, e-mail: fci@netangola.com. Great place for reasonably priced TV’s and other electronic equipment.

Fabric Stores

- **Albuquerque Mobilio**– Rua Major Kanhangulo, about No. 29, ground floor behind the Foreign Relations Ministry. A variety of fabrics for clothing and furniture. Also sells household goods and cleaning products.
- **Bossanova** – Rua Femado Brique/Sousa Cortinha Mutamba (between Mutamba Clinic and the back of the bus station) A good selection of fabrics upstairs. Same street as supermercado Martal in Maianga
- **Sewing accessories** – Organisations Kizomba Ltd., Rua Presidente Marien N’Geuabi (between #s 118 and 122).

Florists and Garden Nurseries

- **A Nossa Sombra** -- Largo do Kinaxixe, Rua da Missão. They sell all necessary garden tools and many types of plants, but their prices are not cheap. They specialize in decoration pieces, natural and artificial. Located on the property is a nice café and bar. Tel. 222-341-423, 912-502-207 (cellular).
- **A Palmeira Florista.** Rua Francisco Pereira Africano, 107 – A. Tel./Fax.: 32.41.31. A small shop with flowers for all occasions. Fresh and artificial arrangements. Inside plants, presents and decorations.

- **Afro Jardim** – Rua Direita de Luanda. Plantarte, R. de 1 Congresso, 11-A. Tel. 393-789. Very expensive.
- **Estufa Angolana** – Sidonio Pais, #159. In front of the Hospital Militar. Tel. 325-494. Ask for Lidia.
- **IA-UABA** – Rua Amilcar Cabral, Tel. 330-428 Fax. 393-022
- **Plantearte.** On the other side of the street from the National Assembly, a little further up the street. A great place to procure fresh flower arrangements, gifts, and cards. Tel. 222- 393 789 in Rua Primero de Congresso # 11 – A.

Furniture and House Decoration stores

- **Decolar – Mobiliario e Decoracao.** Rua Rainha Ginga, no. 41 e 43. Telfax. 39.90.16/39.58.06. High quality, pricey furniture.
- **Decoracoes & Comercio Limitada. Rosario Albuquerque.** Rua Major Kanhangulo, No. 29, 1 Andar. Tel: 33.83.45/6, Tel. Movel: 091-503-667, Fax: 33.81.79, e-mail: decoracoes @ netangola.com. Reasonably priced furniture, fabrics, and household decorations. Some furniture from Indonesia, Spain and Portugal.
- **Armika.** Specialists in decorations and good European furniture. Rua Rainha Ginga No 114, Tel. 222-371-343 / 923-884-521, e-mail: filipa@armika.com.

Hair Dressers, Manicures, Pedicures

- **Hotel Alvalade:** Men and women’s haircuts at Western rates. Salons are open during normal hotel business hours and on Sunday at the Hotel Alvalade. At last check, price for a men’s cut at the Alvalade Hotel was roughly \$18. Roberto is the most qualified stylist for both men and women. 222-327-470, ask for the hair salon “salao de beleza.”
- **Hotel Tropico - Cabaleiro Unisexo** – Located in the Hotel Tropico on the second floor. Offers hair care, manicures, pedicures, and just recently waxing. Prices a little more than other places, but the shop is clean and professional. *Hours:* Monday-Saturday 0900-1900. \$25 for men; women’s prices vary depending on the type of cut and treatment.

- **Hair Cabeleireiros** – Rua Samuel Bernardes 7A (Located just around the corner from “Tango 34-6” apartment building, Edifício Soleil). Tel. 399-496
Hours: Tuesday-Saturday 0800-1800. Paula is very good. A very professional salon. They do hair care, manicures and pedicures at reasonable prices.
- **Mukifu- Cabeleireiros** – Unisex salon- Hair cutting and dressing, manicures, pedicures, and depilatory services. Rua Commandante Kuenha, # 42 (around the corner from the Cuban Embassy). No telephone.
- **Stendhal-Institutos de Beleza** – Rua Luis de Camões, 379A. Located in the Ministry of Finance building. Tel. 336-656/336-765. Hours: 0800-1900.
- **Salao Geny Arte.** Rua Amilcar Cabralm 79 – 1st floor. Tel: 33.49.50. See or speak to Alica (Maria Alice do Carmo Adriano) or one of her colleagues for a good cut. They also do pedicures and manicures. Women and men. They don’t take appointments – first come, first served basis. Best to call to see if they are busy or not before going. Inexpensive. Location: If you are going down the road from the Maianga roundabout, you pass Espelho da Moda on your right, cross the next street and park if you can. You will see a blue and white building with arches. There is no sign, just enter the doorway to the left, go up a dilapidated stairway and the salon is on your left.
- **Lys.** A French hairstylist who does good haircuts, colors and styles hair at her home. Only speaks French. Tel.: 222- 67.4552. About \$30/cut.

Hardware Stores

- **Cimex, Lda.** – Rua Stuart Carvalhais #11 (past Jumbo going out to Viana, will be on the right, should be able to see a big sign from the road.) They have all types of hardware items including cases of drinks, such as liqueurs and some grocery items. Portuguese company, most items imported from Portugal. Tel/Fax: 362-458/362-235

Hotels

- **Hotel Alvalade.** Rua Cmdt. Gika. Tel. 222-327-470
- **Hotel Continental** - Rua Manuel Fernão Caldeira, No. 2 – Office Tel. 334-241/242/243
Fax. 392-890/392-735
- **Hotel Presidente Meridien** – Largo 4th de Fevereiro. Located on the Marginal. Office Tel. 310-104/859, 311-449/717
Fax. 310-607
- **Hotel Tivoli** – 85 Rua Missão – Office Tel. 335-645

- **Hotel Tropic** – 103 Rua Missão – Office Tel. 222-370-070

Massages

- **El Oscar.** Located across from the Teatro Avenida downtown. Doesn't take appointments. Shower access for men Monday, Wednesday, and Friday; for women on Tuesdays and Thursdays. About \$20 for a full-body massage.
- **Herculana.** Tel.: 091-21-8585. She can come to your home. About \$15/hour.
- **Hotel Tropic** Tel. 222- 370 070. Prices are lower if you buy a membership.

Music

- **R.M.S.** – Produções Musicais—Rua José Anchieta, #89. They offer a huge variety of CDs and cassettes. Their prices are a little steep. Telefax. 346-255 E-mail--rms@ebonet.net Hours: Monday- Friday 1000-1300, 1430-2000, Saturday 1000-1400

Sony – Located next door to the Bela Napoli Pizzeria, on Rua Commandante Valodya, No. 73. Tel: 34.42.01. The music is located on the second floor. They sell a wide variety of CDs for reasonable prices, they also have some movies on DVD. Also have some good-quality shoes for sale

Supermarkets

A listing of supermarkets and choices of catalog and online shopping in alphabetical order

Afri-Belg. Good for canned products, pasta, oils, rice or other long shelf-life products. Small variety of Indian and Asian products. You can also find small kitchen appliances, utensils, shampoo, soap, dishes, and a variety of related items.

Three locations:

- Boa Vista (close to Continental Hotel) downtown.

- Miramar, just up the street from the Embassy back gate.
- On Av. Cmdt. Valodia, Sao Paulo. (Combatentes)

Hours of Operation: 9:00 a.m. – 7:00 p.m. – Monday thru Friday
9:00 – 3:00 p.m. – Saturdays

Angoship

Rua Rainha Jinga, #172. Well stocked with most grocery items, fresh fruits and vegetables, frozen meats, bread, drinks, and alcohol. Most food items imported from Portugal. There is also one located at Praça do Ambiente down the “serpentine” from the embassy that is open to everyone with payment made in Kwanzas.

Hours of Operation: Monday 3:00 p.m. – 6:45p.m., Tuesday – Friday 9:00 a.m. – 6:45 p.m. , Saturday 9:00 a.m. – 1:45. (closed 12:45 p.m. and 3:00 p.m. for lunch on weekdays)

SHRM – TotalFinaElf

Cantina Palanca

The store is located in the basement of the apartment building Elf Palanca Negra. Rua Presidente Marien N’Gouabi. Membership is required; a letter must be submitted to the French Company TOTAL requesting membership. Well stocked with French and South African items. Weekly restock. Fresh meats and cheese counter. Also, provide fresh fruits and vegetables, frozen foods, alcohol, bread, and fresh flowers. Inexpensive Maple syrup is available. Frozen vegetables such as peas, beans, and spinach are cheaper than other stores.

Hours of Operation: Monday thru Friday 8:30 a.m. – 7:30 p.m.; Saturday 8:30 a.m. – 1:30 p.m.

SHRM Kinaxixe

Their products are mostly the same as at the SHRM Palanca, but less turnover in general. Less waiting in lines but meat may not be as fresh. Otherwise a good choice when the Palanca store is out of particular products. Only requires a minimum deposit of \$50 and easier access. To become a member you only have to provide a letter of intent on company letterhead directly to the store management (the Palanca store requires that a letter be sent to the direction of Total for approval). Same hours of operation as the Palanca store. Frozen vegetables and South African brand ice cream cheaper than in other stores.

Hipermercado Samba

Rua da Samba. It is open to everyone with payment being made in Kwanzas. Well stocked with canned and packaged products, a refrigerated area and meat counter. It

also has fresh fruits and vegetables, drinks and household items. Samba has its own parking lot as well.

Hours of Operation: Monday- Friday 0900-1700, Saturday 0900-1400

Intermarket

An Italian supermarket chain located behind the Presidente Hotel is open to everyone with payment made in Kwanzas or dollars. There is a small bank on the premises if you need to exchange money. It is well stocked with a good variety of products. Inexpensive fresh deli products – roasted chicken, lasagna, and salads/cooked vegetables. Fresh fruits and vegetables, dairy, meats, as well as canned, frozen and boxed foods are available. In addition, it has a wide variety of household items. Intermarket has its own parking lot. Close to the Embassy on the road to the port and Boa Vista; go down the serpentine road, at the second oval turn right, second block on the left, Rua R. Major Kanhangulo.

Hours of operation: Monday – Friday 9:00 a.m. – 7:00 p.m.; Saturday 9:00 a.m. – 3:00 p.m., Sunday 9:00 a.m. - 1:00 p.m.

South African Market “Casa dos Frescos”

Small store with a good selection of fresh, frozen and canned products, they do have fresh fruits and vegetables weekly. It has a small selection of baked and vegetarian/organic products as well as household items. You can pay in dollars. New location at R. Gregorio Jose Mendes 76, Vila Alice (Largo do Soweto) 222- 327-312/331. Next to cine Atlantico.

Metro

The store is located in the same compound as Casa dos Frescos, leaving their parking lot turn to the left, small entrance. It has a variety of soft drinks, liquor, canned food and household items sold in bulk as well as individually. They also carry some furniture and appliances. Payment is only in Kwanzas.

“Jumbo”

Loja Francas de Angola

Avenida Deslinda Rodrigues (Rd. to Viana)--off Premier de Maio roundabout. It is open to everyone with payment made in Kwz only, it has an office at the entrance where you can exchange money. This store is very large and has a huge selection of all household items, kitchen, food, a variety in juices, soft drinks, alcohol, fresh fruits/vegetables, bakery items, and children’s toys. This store also has its own parking lot. It is crowded on Saturday mornings. *Hours of Operation:* Monday-Friday 09:00 a.m. -19:00 p.m., Saturday 09:00a.m. -17:00 p.m.

Supermercado Martal

A local supermarket, lots of dry goods and fresh fruits and veggies. Located at Rua Marien N'Gouabi, 166-172. Tel: 222-351-955 (just 1 block down the street from the Palanca Superette) Maianga.

Hours of Operation: Monday – Friday 0800-2000, Saturday 0800-1800

Shoprite/Mega Save

Have private parking lots. Well stocked with canned and packaged products, a refrigerated area and meat counter and fresh bakery. It also has good selection of fresh fruits and vegetables, drinks and household items. Most products are from South Africa. Av Deolinda Rodrigues - road to Viana

Hours of operation: Monday-Saturday 0900-2000 Sundays 0900 - 1200

Sodispal

Rua Dos Combatentes/ Rua Commandante Valodya. The store is located across from the Feira N'Goma, Tel. 222- 336 613. **New store location: Largo Julius Fucika in Mutamba** Tel: 222- 33 0565. Membership is possible, but not necessary; there are two checkout lanes for purchasing in Kwanzas. There are Brazilian and native frozen cuts of meat that include steaks, hamburgers, pork, chops, etc. Also stocks fresh fruits and vegetables, wines, other foodstuffs. They have some American items, such as Log Cabin maple syrup and Crayola Crayons. Reasonable priced. In addition, there is a bakery with freshly baked bread, rolls, cakes, and pastries.

Hours of Operation: Monday – Friday 0800-1730, Saturday 0900-1300

Interests

A listing of holidays, airlines, extracurricular activities, churches, museums, and what the weather is like.

Beaches

Beaches are a popular diversion and are accessible by car or Embassy boat.

- **Ilha de Luanda** – ocean side. Polluted, but there are nice restaurants with umbrellas for sunbathing to rent. Keep a watchful eye over your possessions.
- **Ilha de Mussulo** – quiet, beautiful beaches, especially on the ocean side. The current can be very strong on the ocean side, so beware.
- **Palmerinhas.** South of the city - Km 45. Take the dirt road until you reach the Soares da Costa sign and veer off to the left until you hit the beach. Isolated, clean beach becoming more and more popular on Sundays. Best to go on Saturdays or other holidays if you want to avoid crowds.
- **Cabo Ledo.** South of the city past the Barro do Kwanza bridge, **about 90 km** south of Luanda. Gorgeous ocean-side beach with beautiful cliff views.
- **Barra do Dande:** Northeast of Luanda, about an hour plus away is the beach at Barra do Dande. Take the road past Intermarket on north, past Boa Vista, past Cacucaco and the petrol plants, and keep going until a fork in the road divides the route from Caxito to the northeast and Barra do Dando to the northwest. Once you get there, you will see there is a bridge you need to cross to the beach. Unfortunately the bridge was taken out in the war, and now you have to take a small boat a short distance across the river to the beach. Some say the beach is a little dirtier than others due to river silt and sedimentation. Just to the south there is a famous beach with the skeletons of dozens of old ships that are beached aground, worth visiting for some photographs.

Boating

- **Clube Militar** – Embarcador, membership required.
- **Clube Naval** – Ilha de Luanda, membership required. Boat moorings, storage, bar and restaurant.
- **Clube Nuno Alvares** – Ilha de Luanda, membership required.

- **“Embarcador”**– Below Costa do Sol Hotel at the end of Samba Rd. At bottom of hill turn left in front of Arco Iris Restaurant (“rainbow”), park in dirt lot, walk to jetty to hire a boat to take you to Mussulo from here.

Churches

- **Igreja Adventista do Septimo dia** – Saturday mornings from 0930
- **Igreja do Carmo – Parroquia Nuestra Senora de Carmo** Sunday Mass: 0730, 0930, and 1100 One of the oldest Churches in town, located near to the Provincial Government of Luanda in Rua Mama Tita, Bairro de Mutamba. Services in English Saturdays at 5:00 p.m.
- **Anglican Church** – English services on Sundays at 8 am; Portuguese services are later in the morning at 10 am.
- **Igreja Unida Metodista** – Sunday Services 0700, 0930, and 1130. Located off the Largo do Kinaxixe.
- **International Christian Fellowship** – 1st Baptist Church. Sunday morning service in English 0800-0930.
- **St. Joaquim** – A Catholic church located between Rua Gueffilhero Maguezo and Rua Doctor Antonio Agostinho Neto. Mass in French each Sunday at 1000 (no English).
- **Sagrada Familia** – A Catholic Church in Alvalade, a major landmark of the area. Sunday mass from 0700 (no English).
- **Jewish** – There is a small Jewish community, mostly made up of Israeli businessmen and their families associated with several different commercial and technical assistance interests. Contact at the Israeli Consulate Ms. Avital, Tel. 222-395 295 to participate in Jewish holidays celebrations.
- **Muslim** – It’s a Mesquita at Bairro Martires do Kifangondo in Rua Ho-Chi-Min across the Rotonda Largo das Heroinas (Av. that goes to the Airport).
- **Baha’i** - There is a small Baha’i community in Luanda. Contact: Mr. Dagama Tel. 923- 424-220 e-mail: dagama@aldar.net

Fishing

Sport fishing is popular and the waters just off the coast are teeming with many varieties of game fish. Among the common catches are Dorado, King Fish, Tuna, Barracuda, Sailfish, and Marlin. Some of the best fishing in the country is located at the Kwanza River south of Luanda, where there is a new fishing lodge. The waters off

the coast of Luanda are also excellent, as are the coastal waters further south toward the border with Namibia.

Kwanza River Lodge – Angola Adventure Safaris – costs \$125 during the week and \$150 per person on Saturday nights, meals included. The lodge has professional fishing guides and several boats for rent by the day or half-day for fishing in the river or in the ocean. Bruce: 912-440-052

Flamingo Lodge – Angola Adventure Safaris. The same operator has a lodge in Namibe with access to excellent ocean fishing from the shore or from boats. Rates are \$140 per night per person including meals and drinks. Rico: 923-494-992 or Raymond: 924-697-108

In Luanda, the embassy boat may be rented for fishing from Thursday-Sunday, depending on availability of the boat and the captain. Check with GSO for availability. There are also commercial boats available through Jembas resort on Mussulu.

Fitness

Aerobics classes are available at local gyms. Aerobics is also available at the Swedish compound in Miramar on Monday and Wednesdays (just across the road from the Embassy, outdoors on a tennis court) for anyone, \$35 a month or \$5 per session.

There is an exercise class (mainly toning) on Tuesdays and Thursdays at the Hotel Presidente (Meridien) on the 8th floor in the workout room. Cost per session is \$5.

There are several local gyms that offer a reasonable selection of equipment. Though some of them are not air-conditioned, the gyms seem more professional and modern than you would expect.

- **Tropico.** Full health club facilities. Squash and tennis courts, swimming pool, saunas, aerobics. Payable per visit, they also offer membership but not all the facilities are included and you still have to pay for some other services.
- **Fitness.** On the other side of the cemetery not far from the Portuguese School / ESCOLA. Work out equipment, aerobics, dance classes, etc.

Tennis and Golf

- **The Tennis Club of Luanda** –close to the recently rehabilitated Stadium of Football, some parallels from the Marginal. Nice place to play and also have tennis lessons. Open from 06:00 am to 10:00 p.m. and for reservations call at 222-330733 or with Nato at 923-318-813. Courts cost \$ 20.00 per hour and classes range from \$20 to \$30 per hour.

Golf – The Luanda golf course is located along the coast 30 minutes to an hour south of the city depending on traffic. There is no need for reservations. 18 holes will cost \$25. Caddies cost \$10. The course is not manicured and is left in its natural state, similar to traditional links land. Greens are oiled sand and are well maintained. Views from the course over the ocean are spectacular. Bring plenty of bottled water as there are no facilities at the course.

Recreation and social Clubs

- **AMIZADE** – An international charity club formed by the spouses of diplomats. Offers various programs and holds functions to raise funds for charitable organizations. (I.e., Christmas Bazaar yearly.) \$125 per year.
- **T.I.C.A.** – The International Community of Angola. An international club that encourages social interaction among its diverse community. This club offers a variety of cultural programs and encourages fund raising for charitable organizations. Hold monthly forums with guest speakers from different community organizations. \$35 membership per year.
- **Viking Club** – Scandanavian, Rua Presidente Marien N’Geuabi, # 118. Bar, library, open to members with an ID card or invitation. Open on Thursday nights, nice for conversation and a drink with friends and contacts outside the Embassy.
- **American Women’s Association of Angola (AWAA)** – Comprised largely of spouses of American oil companies but also includes several Embassy spouses. Membership dues are \$100. Please see the CLO for details.

Running/Walking

- **“Fun run”** - Each Friday evening at 1730, there is a fun run/walk from the back of the British Embassy of about 5 km. People usually come back after and socialize on the deck of the British Embassy, which has a nice view of the water and sunset.
- **“Hash house harriers”** – informal group of expatriates who gather for a run or walk. They meet every other Saturday near the U.S. Embassy. They run through the local neighborhoods and then enjoy a beverage or two. Annual membership fee.
- **Marginal** – a 1 mile run along the bay; 2 miles from the port to the fort and back. Very pleasant in the early evenings and in the morning. It is not recommended to run or walk past 8:30 pm.

Swimming

- **Embassy** – the Embassy has a medium sized swimming pool. No children under 16 allowed without adult supervision. Using sunscreen is strongly encouraged.
- **Alvalade** – there is an Olympic sized swimming pool open to the public. Water aerobics classes and small restaurant available. Some Angolans come here for dinner on the weekend; relaxed atmosphere. Tel.323-937/323-219.
- **United Nations Club** – Estrada da Corimba, swimming pool, tennis court. Membership required.
- **TSE Compound** – Membership required.
- **Baia de Luanda** – Do not swim in the harbor.

Squash

Squash can be played at the Elf Club and British Embassy, by invitation only. Also available at the Hotel Tropicico.

Tennis

- **Coqueiros (Luanda Tennis Club)** Four courts. Court costs are \$20 per hour for non-members. 222-330-733
- **TSE Compound** – Membership required.
- **Tropico** - \$17/hour members, \$33/hour nonmembers.
- **Primeria Augusta Club.** \$5/hour weekdays, \$10/hour weekend. Bad lighting –playing not recommended after 6 p.m.

Touch Rugby

The **Luanda Barbarians** play on scheduled days. Newcomers are welcome. Contact the British Embassy. Tel. # 222-334-582/3

Weather in Luanda

Luanda has a good climate. The only months when it can be quite hot and humid are February, March, and April. This is also the time to expect the heaviest rain. September –October is the time of the “pequenas chuvas” (small rains), but these are usually light. The cool season is “cacimbo” from mid-May to mid-August, during which it does not rain, but is gray and overcast. The temperature is never lower than 18 C in Luanda and seldom above 38 C.

Restaurants, Jazz Clubs, and Nightclubs

Listing of a sampling of some restaurants tried and tested by various US Embassy employees. Each has its own charm or ambience, and others just have good quality for the price. Enjoy! However, caveat emptor!

Restaurants

Ilha area

- **Asia** – A new Chinese restaurant near the end of the Ilha on the ocean side of the peninsula; includes a Thai menu as well, located on the beach, seaside. Small variety of DIM-SUM (Chinese breakfast). Open every day.
- **Bordão** – Angolan and Portuguese cuisine. Located on the Ilha de Luanda, at the very end just as the U-turn is made to come back. (Look for blue and white striped awnings.) Reasonably priced. Nice atmosphere, popular for lunch.
- **Café del Mar** – same owner as Coconuts. Located on the Ilha next to Coconuts. Good place to go for light sandwiches. Also has live jazz on Thursday nights after 9 p.m.
- **Cais de Quatro** – as you enter the Ilha on the right-hand side. Good international, Angolan Portuguese food to enjoy with a beautiful view of the city from the port side of Luanda. Behind the building which houses the British Airways offices.
- **Caribe**. Located on the Ilha. Upscale beach restaurant, which plays nice music. Can order an “entrada” which is enough for a lunch meal and less expensive.
- **Chez Wou.**- Historic Formosan Chinese restaurant, located on the Ilha in two locations. The old location is in Chicala, on the south end, and a new much larger location is opposite Le Bistrot just past the Club Naval returning back to the city on the sea side. Good Chinese food for Angola. Affordable. Tel.222-309-517 / 309-567 / 924-237-190 / 924-237191 email:chezwou@snet.co.za
- **Shanghai Bahia** – New Chinese restaurant on the Ilha just behind the building of British Airways. VIP salons, nice outdoor atmosphere with a beautiful view of the city. Pricy compared to the other Chinese restaurants. Tel. 923-788-188 / 924-296-666

- **Coconuts** – Angolan, Portuguese, and European food. Menu in English, Portuguese, and French. Very nice atmosphere (patio, overlooking the ocean side of the Ilha), with good food. Nice grilled fish and steak. Pastas okay as well. Moderately priced. This restaurant has its own beach area and lounge chairs for sunbathing in the afternoon.
- **Hotel Marinha** – Located on the Ilha, Travessa Mortali Mohamed. Chinese and Korean restaurant. Casino bar. Tel. 222-309-726/309-727. Breakfast 7:30 a.m. – 10:00 a.m.; Lunch 12:30 p.m. – 14:30 p.m.; Dinner 19:30 p.m. – 21:30 p.m.
- **Macau** – Chinese restaurant on the Ilha. Crashing waves and open roof make a nice atmosphere for dining. Good Chinese food. Affordable.
- **Miami Beach** – Bar and restaurant right on the beach, neat atmosphere. Located on the Ilha de Luanda.
- **Multi-Bocas** – a popular, good local, inexpensive restaurant across the street from Tamariz on the Ilha.
- **O Caril** – mid way down the Ilha on the right hand side, serving Indian food in the Palm Beach hotel building. Expensive \$50 buffets, a la carte items less expensive; sometimes a floor show.
- **São Jorge** – Located on the Ilha de Luanda after Coconuts and Miami Beach restaurants. Tel. 222-309-812
- **Surf** – Murtala Mohamed 262, located on the Ilha de Luanda. This outdoor restaurant is a fun place to people watch. The café atmosphere makes it a place for casual dining. The grilled “gambas” (shrimp) are particularly tasty. The Surf serves lunch and dinner daily. Closed on Mondays. Hours: 1230-1530/1730-2200.
- **Tamariz** – on the ilha. Italian restaurant run by the same owner as the Rialto. Good pizza, pasta, and fish dishes.

Chicala

- **So'Tam “No. 8”** – “Swedish-Vietnamese” restaurant located Rua Paralelo Massano, in the area of town known as Chicala, left of the Ilha de Luanda. Also a nice guest house, although frequently full. Also known as the “restaurant in a tree” for its outdoor dining room. Highly recommended for evening dining, with a view of the Fortaleza when trees are pruned back. Try

their specialties of fish soup and spring rolls, which are excellent. Moderate prices on most items. No lunch service. Hours: 1730-2200. Tel. 222-393-429

Marginal

- **Espaco Bahia** – down the marginal towards the Ilha on the left-hand side just after the post office and the Rialto, opposite the gas station before the new Chevron building. Look for the “Palanca Negra” Impala statue out front. Upscale African décor. Expensive Portuguese cuisine on the second floor. Rooftop cocktail lounge nice for sundowners, excellent pizza and sandwiches. Also has live music late at night on weekends.
- **Catermar Guest House** – Portuguese and European food. Small, nice atmosphere. Reservations are recommended. Expensive. Near Chinese Embassy in Miramar. Tel. 222-342-199. Open daily; breakfast 8:30 a.m. – 10:00 a.m.; Lunch 12:00 p.m. – 4:30 p.m.; Dinner 19:00 p.m. – 21:00 p.m.
- **Fortaleza “Naquele Lugar”** - Charming outdoor patio atmosphere. Good Portuguese food. Doesn’t hurt to reserve and order in advance. Live music on weekends. Famous for grilled grouper fish, and pepper steak. On the left side of the cobblestone road on the way up to the Portuguese fort.
- **Rialto** – Pizzeria, bar, ice cream stand. Their pizza is good as well as their ice cream. Prices are reasonable and service is marginal. Hot during the day! Open veranda atmosphere. (“Take out” stand for their ice cream, sells by the liter or cone). Located on the Marginal, Av. 4 de Fevereiro.
- **Zero-** Restaurant, Bar and Pub. Portuguese restaurant located on the Marginal, Av. 4 de Fevereiro, #96, on the corner just before the National Bank of Angola (second floor). An upscale place with prices to match. Lunch is a better bargain than dinner. Their Chinese food is good. Clean, quiet atmosphere with good service. Tel. 222-330-625. Breakfast 7:00 a.m. – 15:00 a.m., Lunch 12:30 p.m. – 15:30 p.m.; Dinner 18:30 p.m. Saturdays open only 16:00 p.m. – 23:00 p.m. Closed Sundays.

Downtown

- **Esplanada Nilo** – Located across the street from the Teatro Avenida between Sonangol and the Hotel Continental. A nice pastry shop, which also serves lunch-type salgados – mini pizzas, tosta mistas, etc. Nice green park area for children to play.

- **Flor da Sé** – Pub – Bar. Located on Rua dos Mercadores #39
Tel. 222-338-422 Fax. 335-495
Hours: Tuesday-Friday 1800-0100 Saturday 2200-0300
- **Hotel Continental** – Located just off the Marginal, on the end closest to the fort. Nice restaurant, but very pricey. Open Daily. Breakfast 7:00 a.m.; Lunch 12:00 p.m. – 15:00 p.m.; Dinner 19:00 p.m. – 21:30 p.m.
- **Hotel Presidente - Meridien** -- Restaurant and bar on the 6th floor, located at Largo 4 de Fevereiro, Marginal. The restaurant in this hotel has an excellent Sunday brunch for approximately \$30 per person. Pricey for other meals as well. Tel. 222-310-104/310-859/311-449/311-717. Open daily.
- **Hotel Tivoli** – Has a good restaurant, though pricey for what you get. Varied entrees. Tel. 222-392-292 Open daily. Breakfast 7:00 p.m.; Lunch 11:00 p.m. – 15:30 p.m.; Dinner 19:30 p.m.
- **Pintos** - International ambiance and cuisine. A bit expensive. Excellent service. Closed Sundays. Dress: smart casual. Across the street from the BCI building and the Esplanada Nilo.
- **Restaurante Espanhol** – Spanish restaurant and bar. Rua Mercadores 16. Very quaint neighborhood. Located next door to the Royal Pub. Very good and highly recommended for its “paella” and “tapas”. Also features Cuban cuisine. Moderate prices for lunch and dinner. Tel. 338-668. Lunch 12:15 p.m. – 15:00 p.m.; Dinner 19:30 p.m. – 23:00 p.m. Closed on Sunday.

Kinaxixi

- **Hotel Tropico** – Rua da Missão on the left. The restaurant prices are expensive. There is a buffet for Breakfast and Dinner. There is also a grill located on the same floor. Tel. 370-070. Open daily 7:00 a.m. – 21:00 p.m.

Alvalade

- **Cine Karl Marx.** Good sandwiches and pizzas, beer on their sidewalk café (one of the rare places good American chicken sandwiches can be found). Also has a nice restaurant inside to the right before entering the theatre. Ice cream and popcorn also available. A small play area for children.
- **Hotel Alvalade.** Good buffet, but expensive at \$50 per head.
- **PIMMS** – expensive but the food is very good and is nicely presented. When coming from the Embassy on Rua Commandante Gika turn right at the

Texaco building and then left onto Rua Emilio Mdidi, pass the theatre on the right and about 200 meters down on the left side is PIMMS, just before Belle France minimarket. Open for Lunch 12:00 p.m. – 15:30 p.m.; Dinner 19:30 p.m. – Midnight. Saturdays offers dinner only. Sundays closed.

- **Swim Bar** – Piscina do Alvalade, Located at the Alvalade swimming pool complex. Patio type restaurant and bar. Very calm and peaceful in the evenings, a popular place where Angolan society gathers. Tel 222-325-197. Hours: Restaurant – 10:00-midnight. Bar – 20:00-02:00

Maianga

- **Al-Dar** - Offers Arab food and will cater for parties. A bit pricey but worth it. Located at Rua Salvador Allende # 62/66, Ingombota Luanda, this street runs directly to the main gate of the Church Sagrada Familia in Maianga. Tel. 222-393-577, 912-665-355.

Miramar/Cruzeiro

- **A Vouzelense Pastelaria/Restaurant.** Nice Portuguese style bakery with good lunches. Also houses a wine cellar restaurant, which is a nice atmosphere for munchies or dinner. Call Walter Duarte 091-207-400 or 091-243-232. Rua Garcia Neto, 68 – between Sao Paulo and Miramar. Tel: 44.35.55.
- **Lua Nova** –Located not far from the Miramar compound – advance reservations should be made for lunch. This restaurant has fast service, tasty food, and inexpensive prices. Best value in town with great grilled fish and t-bone steaks. There are usually at least two different specials to choose from daily. Hours: 1200-1400/ 1900-2100 Saturday open 15:00 p.m. only. Tel. 222-341-750.
- **Oficina do Sabor.** Opened recently and reasonable prices. Good reviews from reliable sources. Starter, main dish, dessert and wine for around \$35/person. Should be down around the Italian Embassy. Location to be verified. 923.304.207 or 22244.39.86. Rosa Maria is the person to speak to.
- **Pizzeria Bela Napolis** – Italian, their specialty is pizza. They also have other items on the menu, “hamburgers”, grilled chicken, etc. Good ice cream as well. Reasonable prices. Tel. 222447-860. Open daily.
- **Pao Dorado** – Lebanese food, prices are very reasonable: their pita bread is the best. They also make deliveries by phone order to the Embassy for lunch or residences. Tel. 923- 888-488. Rua Comandante Kwenya, just down from Harry’s Clothing Store or the old Cuban Embassy.

- **Restaurante XL** – sometimes has art exhibits. Good Portuguese Angolan food. Rua Ho Chi Min.
- **The Ritz** – Rua Commandante Valódy. Very reasonable prices, excellent presentation and delicious dishes. Nice atmosphere.
- **Roviana** – Rua Ho Chi Min, N° 28/30. Tel. 222343-559
- **Trinca Espinhas** – next to Cruz Linda, down the bumpy road in a guest house is this cozy typical Portuguese restaurant with good food and reasonable prices. The service is a bit slow.
- **Sonabresa** – Restaurante Esplanada e “Take Away”—Rua João Seca #21, Maianga. Their menu looks good and offers standard fare. Prices are reasonable. The atmosphere is patio, with potted and hanging plants, very pretty. Take-away is fast, depending on the item ordered, better to go to the restaurant to order rather than calling ahead. Tel. 222345-683/348-634
- **Tambarino** – Portuguese restaurant located at Av. Amílcar Cabral 23. This restaurant has a nice bar/lounge area. It serves lunch and dinner, however there is no dinner service on Saturdays. Closed on Sundays. Moderate to expensive prices. Hours: 12:30-1400/1930-2300 Tel. 222-396-884/397-343
- **Veneza** -- “Steak on a Rock” Portuguese restaurant located on Rua Commandante Che Guevara. Large, cafeteria type atmosphere. Good food, reasonably priced. Tel. 222-320-954. Open daily.

Ilha de Mussolo

- **Onjango (Jembas)** - Buffet restaurant on the Ilha. Has boats that can bring you over from Luanda side, down by the Futungo port. Tel: 637.000 or 638.501.

Luanda Sul

- **Clube Hipico.** Outdoor and indoor rustic dining. Horses, monkeys, chickens and other animals may be observed. Very pleasant atmosphere for cocktails before dinner. The owner sings (Brazilian/Portuguese style) on the weekends. Tel: 092.424.913 or 091-501-391/9. Artur Neves is the owner. Good to make reservations ahead of time and let them know what you would like to eat.
- **Restaurant Paradyse** – Across the street from the Total Compound and the Spanish Cooperation’s compound, Morro Bento. It has a swimming pool and plans to build a playground for children. Excellent Posta da Cherne fish. Open for lunch and dinner daily and on weekends.
- **Villa Araujo.** On the same road as the TSE complex about 3 minutes before the compound on the left. Typical Portuguese/Angola dishes. Also has a swimming pool, tennis courts, and children’s playground equipment. Currently closed for repairs. Should open again in August/September 2003.

Take Out

- **Frango no Churrasco** – Rua Americo Boavida, #135, located pretty close to the former USAID building in Maianga. They offer grilled chicken, pork, beef; rice; salads; puddings; ice cream bars. A nice, clean “hole in the wall” place with friendly people and excellent service. For a last minute meal decision, this is the place to go! *Take out only.* On the weekend it is wise to call ahead and order, they can be quite busy. Open from 0900-2200 every day, Sunday open from 0900-2100. Tel. 395-868
- **Pimentinha** – A new Angolan style take-out restaurant. Located just across from Kinaxixe, just after turning right, off Rua Marechal Broz-Tito (coming from the US Embassy). Tel. 09-503-189
- **Pizzaria O Padrinho** – pizzas for take out or delivery. Tel. 222-333-805 or 923-469-121
- **Pizzaria Paladar** – pizzas for take out . Tel. 923-803-844

- **Pao Dorado** – Lebanese food, prices are very reasonable: their pita bread is excellent. They also make deliveries by phone order to the Embassy for lunch or residences. Tel. 923- 888-488. Rua Comandante Kwenya, just down from Harry’s Clothing Store or the old Cuban Embassy.

Delivery/Entrega ao Domicilio

- **Casa das baguettes** – Delivers lunch five days a week (Monday – Friday). Can phone or fax to obtain the special of the day telefax: 44.26.73. Rua da Liga Nacional Africana No. 119. E-mail: casadasbaguettes@hotmail.com.
- **Samira** – located just down the street from the Embassy. Excellent beef and chicken dishes. Tel: 091-519-596. Also delivers five days a week.

Jazz clubs

Espaco 93 – jazz club on the Marginal run by AID employee.

Xavorotti – Mello Xavier’s club. Great jazz Wednesday thru Saturday. Music starts after 11:00 p.m.

Nightclubs

Bingo – Angolan and international music, located near Intermarket.

Checkmate – Nightclub right next to Xavorotti, near the Ministry of Finance.

Chill-Out – relatively new bar on the Ilha next to Caribe; nice place to hang out. Also serves dinner but very pricey. Music starts around midnight.

Dom King (King’s Club) – Relaxed bar with pool table, open-air dance floor, and live music on Friday’s. Located near Cine Atlântico.

Don Quixote club – located downtown before Casa Inglesa. Closed on Sundays

Kaus – Bar near Palo’s that plays rap and hip-hop

Palos – International music, located downtown behind the Rialto Restaurant

Teatro Elinga – African and international music, located downtown next to BPC.

Zanzibar – located downtown near the Continental Hotel

Security Issues

An overview of recommended safety precautions necessary for an enjoyable stay in Luanda

The threat of criminal attack upon expatriates is always relatively high in Luanda due to inflation, high cost of living, and the stark contrast of living conditions with the majority of Angolans. The living conditions of expatriates contributes highly to a threatening environment that requires us all to consider our personal security.

Hundreds of thousands of internally displaced Angolans, attempting to escape the ravages of civil war, have moved into Luanda over the past four decades. The resulting influx of so many desperately poor people into a city incapable of providing employment or decent housing largely accounts for the city's critical crime rate. In general, movement around Luanda is considered safer by day than by night. Carjackings are common and usually involve violence. Heavily armed groups have engaged in shootouts with police and security guards.

The most common problems involving the expatriate community is "snatch and run" type robberies, pick pocketing, and theft from vehicles. Leaving car windows open and doors unlocked is an open invitation to theft. Gangs will jump onto cars, trucks and vans, as they slow for intersections or turns, and attempt to unload them on the move. They roam freely by day or night, and are known to target affluent residential areas for burglary and crimes of violence against residents. Neighborhoods and slums are often intermingled throughout the city. There are no specifically defined residential

areas. Street people and gangs loiter in all areas of the city including where Embassy housing is located.

Criminal perpetrators who commit street crimes and burglaries are not deterred by the risk of confrontation with occupants during burglaries. Most of the time, they are not seeking violent confrontation, but will use force if necessary. Criminal perpetrators usually are carrying firearms, often handguns or shoulder weapons. Most businesses and residences have guards, but even this does not deter some criminals.

Criminals will attempt to enter cars while they are occupied, rob people in front of guards and/or police, and conduct their activities without hesitation.

Gangs commit the vast majority of crimes in the city. Even though some of the gangs may be loosely organized, they do operate in groups even for pick pocketing, street muggings, entering vehicles, committing larceny, etc.

Some of these attacks have indicated that expatriates have been the victims of well-prepared and well-planned criminal operations.

How to counter the threat

The following commonsense guidelines will lessen the risk you face in Luanda and make it more difficult for the criminal to get to you.

At home – use all security devices: shut and lock (double lock, if possible) all doors once you are inside. If you have a “safe haven”, sleep inside it with the doors locked.

- Do not investigate suspicious noises yourself; send your guard or call for help.
- Use eyeholes before opening the door and/or gate.
- Do not leave valuable possessions or large sums of money lying around.

In the car – before taking the car make sure that the vehicle is working properly, that you have sufficient fuel for the trip, your radios are charged, and carry a spare battery, if necessary.

- Check that you know where you are going. If new in town, or unsure, take a guide and/or a guard. Remember where there are “safe points”, such as the Embassy, and how to get to them.
- Drive safely and use your seat belts. Drive soberly, slowly, and minimally at night.
- Drive with your doors **locked** and your windows closed at all times.

- Try to vary the times, and routes, that you leave and return from work; unpredictability on a potential target's part will lesson the chance of a criminal attack.
- Make sure you have all your paperwork with you including driver's license, ID card, and car registration. It is very important to make sure that these are kept up to date.
- Stop and look around before leaving the vehicle, particularly if you have to open gates when you arrive. Drive away if anything makes you suspicious.
- Leave a gap of half a car length in front of you in traffic lanes and wherever possible, try to stay in the outside lane of traffic.
- Drive away from accidents if you can. If the accident is your fault, and circumstances permit, motion to other drivers involved to follow, or throw a card out of the window and head for the Embassy. Police authorities support this policy – the crowds that gather around accidents can quickly become aggressive.
- If you have a breakdown, flat tire, or an accident and you cannot drive away – radio call for help.
- If you have to park, do so in the best lit areas on main roads wherever possible. Always make sure your vehicle is securely locked.
- Keep an eye out for vehicles that may be following you, but do not become paranoid – many vehicles in Luanda look similar and a vehicle can take the same three or four turns as you without malicious intent. However, if you think you are being targeted, drive straight for a safe area. If you have a passenger, ask them to get a clear description of the vehicle. Call for help.
- Avoid touring Luanda after dark.
- Try to travel with at least one person capable of communication in Portuguese at all times.
- Avoid confrontations with the police.
- If anyone confronts you with a weapon, give them what they want!

Remaining secure in Angola is not altogether different from staying safe in the United States. While criminal activity can pose a threat to your security, it should not prevent you from having an acceptable lifestyle. Awareness and common sense go a long way

towards avoiding incidents. Most incidents, 80-90%, occur as a result of an expatriate doing something imprudent – such as driving late at night; under the influence of alcohol, in a bad neighborhood, or taking an evening stroll in an undesirable or unfamiliar area.

Visitors to Luanda should follow the same common sense security practices that they would in any large metropolitan area: travel around town in groups; lock car doors and keep windows rolled up; packages stored out of sight; never display anything that you are not willing to lose. Travel in many parts of Luanda is relatively safe by day, but visitors are strongly advised to avoid unnecessary travel after dark.

Do not challenge police authority or become confrontational with criminals. Police have been known to seek bribes.

Keep car keys separate from house keys and office keys.

Scams to extort money by airport officials are not uncommon. Visitors are expected to have their yellow vaccination record, including yellow fever, available for inspection. Without such records, either you will be subjected to vaccinations with questionable equipment and/or pay bribes to the doctors.

Criminal activity in Luanda is generally of two types; assaults on pedestrians and car-jacking.

1. Avoid assaults by not going out for a stroll or shopping without arranging for proper security protection and advice.
2. Car jacking in Luanda are generally on-foot assaults against your vehicle.

What do you do if one of the above occurs?

- If the vehicle you are in is being pursued by another vehicle drive safely to the nearest safe haven.
- If you have been stopped by armed car-jackers, offer no resistance and hand over the keys on demand. You are advised to make no abrupt movement, get out of the vehicle when signaled to do so, keep your hands where they can be seen, avoid eye contact and back away slowly.
- Generally, the car-jackers will depart quickly and do not harm the occupants of the vehicle.

Security at your residence

- Exercise care in terms of what you discuss in front of domestic help, guards, and drivers. Information is critical for a criminal. Do not permit your staff to get into lengthy discussions with your workers.

- Key control is very important. Keep keys secure and in a safe place.
- Use secure storage for your valuables and pack away expensive items when you go away.
- Lock the doors and remove keys to areas that you consider off-limits.
- Be alert when you depart and arrive at your residence. Criminals will often observe and gather information on their target before acting.
- You should always be notified before workmen arrive. Put away valuables and do not allow them to be without supervision at any time; limit their exposure to your property as much as possible.
- Take great care in hiring a domestic and avoid temporary help whenever possible.

Medical Information

An introduction and overview of the medical situation as well as a list of available clinics and ways to keep healthy and safe in Luanda, including tips and guidelines for domestic help and pest control

Overview

The civil war has taken a large toll on the Angolan population leaving many children orphans. Luanda has a very large population of street children and orphans from the war. Angola has one of the largest amputee populations in the world mainly due to the severe landmine problem outside of Luanda. There is widespread malnutrition and infant mortality is high. According to the Human Development Report for 2003, only 24% of the population had access to health services, 38% to safe water, and 22% to sanitation facilities. HIV infection is low but may be spreading faster with greater travel and access around the country, and across the southern borders. Because of poor living and general health conditions within Luanda's neighborhoods, disease, illness, and malnutrition are commonplace among the majority of Luanda's population.

Medical Risks

The most common health problem is intestinal illness related to food and water contamination, and is mostly avoidable. *Malaria and auto accidents are the most prevalent serious health risks, and either one can be fatal.* In addition, auto accident injuries may lead to hospitalization and the risk of exposure to blood and needles contaminated with AIDS or hepatitis. Yellow fever exists but vaccination prevents illness. Cholera epidemics occur but expatriates rarely become infected, if following normal food and water precautions. Ebola and Marburg, like most of the contents of the tropical medicine textbooks, is of no real threat to official Americans.

Prevention

Health depends largely on pre-departure preparations; day-to-day attention to health related matters and a high standard of personal hygiene. You will be exposed to different environmental factors, foods and sanitation standards. If you take the recommended vaccinations and faithfully take your anti-malarial medication, there should be no major problems.

HIV/AIDS

AIDS is still a fatal disease despite recent advances in treatment. The incidence of HIV is between 3-5% in the general Angolan population.

Malaria

Angola is a high-risk area for malaria and many people get it. Estimates are that 80% of the Angolan population has been infected with malaria. The best advice is to avoid being bitten by mosquitoes, particularly at dawn and dusk. Cover bare skin with clothing, use personal mosquito repellent and sleep

under a mosquito net. Should you suffer from flu like symptoms, have a blood test and get treatment immediately.

Angola is in a chloroquine resistant area of Africa, which means that much stronger medicines need to be used to combat malaria. Malaria prevention is very important and requires use of medication (mefloquine, malarone, or doxycycline, check with your Physician as to which one to use.) as well as sprays/creams and mosquito nets. Mosquito repellent should contain 30% DEET, preferably in a slow release form, such as Hour Guard cream from AMWAY, U.S.A.

Medication

All necessary medication should be brought with you. The Embassy nurse provides refills for malaria medication and other basic non-prescription medicines. While some prescriptions can be filled through the mail, no liquids can be sent due to pouch restrictions.

Preparations before Arrival

Medical and dental evaluations should be completed before departure. Start to get all immunizations. Some require a series of shots over a period of time.

Immunizations

The only immunization required by the Angolan authorities is for **yellow fever**. Recommended immunizations are: Yellow Fever, Hepatitis A and B, Polio, Rabies, Typhoid, Tetanus, Meningitis. Routine immunizations should be up to date. The Embassy nurse is able to give the booster or any of the series of shots not completed before departure from the States. To avoid intestinal problems bring Pepto-Bismol, and/or Imodium; antibiotics are available to help with serious attacks.

Medical Care Available

Angola is a tropical African country with an inadequate medical and public health system by Western standards. Primary care for simple conditions should be obtained from the recommended resources. All serious cases can be stabilized locally, and then evacuated to Johannesburg, South Africa or Europe.

Health Services

There are two Regional Medical Officers and one Regional Psychiatrist based in Pretoria, South Africa. They cover Luanda as well as other countries in Southern Africa. They visit Luanda twice a year to perform patient consultations, perform clearance exams, assess general living and stress-related conditions, and to do relevant training according to post requirements..

24 Hour On call cell phone number for Pretoria Medevac Center:

Tel. 0027-84-9500 719

Tel. 0027-12-431-4660

Residence – 0027-12- 3473877

campbellhl@state.gov

Susan Summers,- FSHP Pretoria

Tel: 0027-12-4314033

Cellular: 0027 849500 723

Email: summerssb@state.gov

The Embassy Nurse:

Marina Potgieter – (call sign – Red Cross 2)

Embassy Ext. 1049 or 1673

Cellular # 923-412-757

Nurse Marina is available for assistance at the Health Unit on Monday-Thursday 0800-1800 and Friday from 0800 to 1200. The health unit can provide minor care and medications. Health precautions should be studied before arriving at post. All required vaccinations, including Yellow Fever for Angola, should be obtained and properly documented before arrival in country. All residences have water distillers; tap water must not be used for drinking, making ice, washing vegetables, or brushing teeth. Malarial drugs are strongly recommended and mosquito nets are advised.

Extreme Emergencies

In case of an extreme emergency, such as an automobile accident where someone is seriously injured, call the duty officer or Post One first, then Nurse Marina, Management, or RSO. You may also call the emergency phone number for SOS – 923-441-900 for an ambulance or a nurse – or 923-330-845 for a doctor – but please call one of the Embassy contacts listed above as well.

The Embassy has a contract with SOS for medical care in the event of an emergency and for outpatient care at Clinica Sagrada Esperança on the Ilha. If someone has a medical emergency and it is safe to move him/her, given the lack of ambulance services, the best option is to drive the person to Clinica Sagrada Esperança. The duty driver can also assist with transporting embassy employees and family members to the clinic.

The Management Officer and/or the Nurse will contact the RMO in Pretoria to inform him/her of an emergency or MedEvac situation. He will then coordinate with the medical staff at the Embassy in Pretoria for all necessary arrangements. Tel. 27-12-431 4000 (Health Unit), after hours, Tel. 0027-849500 719.

Clinics

The SOS clinic at Sagrada Esperança is reputable because they have a staff of English-speaking doctors trained in South Africa. The majority of practitioners in the other clinics have had training overseas and have some familiarity with American levels of medical care. They have been utilized by the American community in the past. Only a few have any command of English. The list is not meant to be exhaustive or definitive. There are many private clinics and hospitals, which can provide consultations, administer first aid and treat common ailments. These clinics are all open 24 hours.

Patient input, both positive and negative, regarding experience with local health care providers is encouraged and provides additional information to assist in expanding or condensing this list. It is wise to keep some U.S. dollars in a safe place at home in case you need to be treated at a clinic other than SOS, which may demand cash up front (no checks, credit cards or medical insurance is accepted). Following are the access procedures for the SOS clinic,

Clinic Access Information

CSE – International Health Services – Ilha
CSE – International Clinic – Talatona/Luanda Sul

Contact numbers: 923441900 or 923330845

SERVICES PROVIDED

Consultation for Diagnosis and Treatment

Consultation includes: initial consultation, standard consultation, or brief consultation.

Minor Surgical Services

General minor surgical procedures including a simple wound dressing, simple laceration suturing, simple foreign body removal, and simple incision and drainage, all depending on the limitations of the Clinic's medical equipment and the professional judgment of the doctor.

Procedures

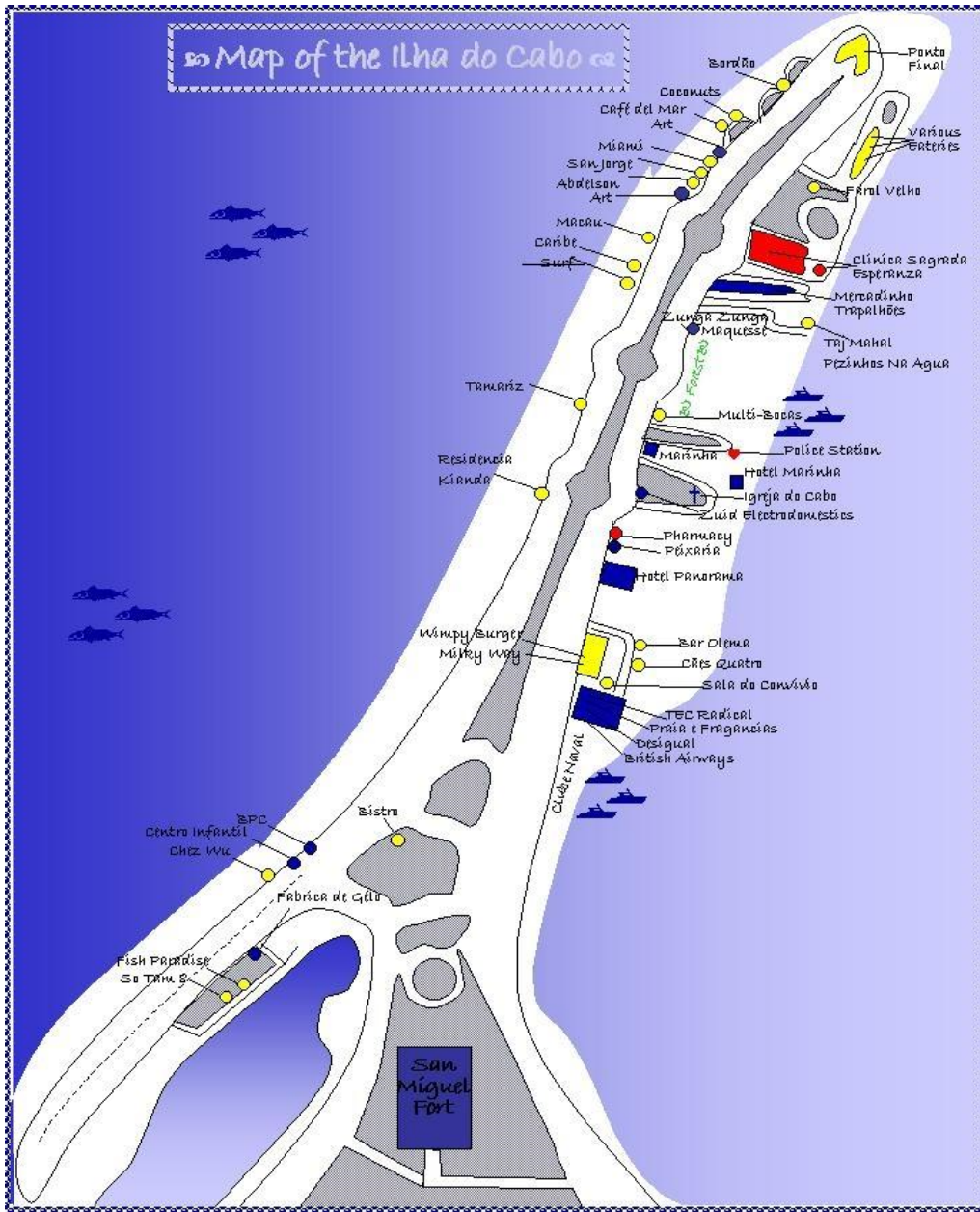
When you wish to consult the Doctor you must:

- Proceed directly to the clinic – it is not necessary to make an appointment
- On arrival at the clinic you please report to the reception desk of International SOS Clinic (Bloco Lateral) not the main clinic block
- Complete the personal details envelope
- International SOS will then issue you with a card which will contain your file number
- The Doctor will then see you on a first come first served basis – short delays may be experienced
- If you receive a prescription or a referral letter then you must report back to the International SOS reception and an International SOS employee will assist to complete the consultation in respect of referrals, x-rays or medications

After hours - Emergency

IF YOU ARE IN NEED OF AN **EMERGENCY** CONSULTATION:

- PHONE THE DOCTOR DIRECTLY ON THE EMERGENCY NUMBER AND INFORM HIM OF YOUR MEDICAL CONDITION AND THE DOCTOR WILL RECOMMEND THE NECESSARY PROCEDURE
- PROCEED DIRECTLY TO THE DOCTORS ROOMS FOR YOUR CONSULTATION
- THE DOCTOR WILL ASSIST IN THE REGISTRATION PROCESS AND COMPLETION OF THE PERSONAL DETAILS ENVELOPE
- YOUR CARD DETAILING YOUR FILE NUMBER WILL THEN BE ISSUED BY THE MAIN RECEPTION DESK WITH ASSISTANCE FROM THE DOCTOR
- THE INTERNATIONAL SOS DOCTOR WILL ASSIST YOU TO COMPLETE THE CONSULTATION IN RESPECT OF REFERRALS, X-RAYS OR MEDICATIONS



LIST OF OTHER ACCREDITED SERVICE PROVIDERS

List of Clinics and Pharmacies approved by SOS:

Medical Clinics

Clinica "CLIDOPA" ...Dra. Ana Costa ... Tel: 222.391488 / 391587

Rua Rainha Ginga, 98 a 106

Clinica Espirito Santo ..Dra. Victória Espirito SantoTel: 222.324135 / 321608

Rua da Liberdade, 15 - Vila Alice

Clinica Horton Pediátrica.... Dra. Maria Aline Batista ... Tel: 222.394236 / 394282

Rua Américo Boavida, 103-103A

Clinica Margom (Lubango).. Sr. Jeremias Maurício .. Tel: 2612.23645 e 923.703385

Bairro da Minhota (junto ponte Mitcha) - Lubango

Clinica Medigroup - Mutamba . Dr. Hermano David Tel: 222.394086 / 393783

Rua Pedro Félix Machado, 10 / 12 - Mutamba

Clinica Multiperfil .. Dr. Manuel Dias dos Santos.. Tel: 222.469445 / 7 / 8

Rua Morro Bento, 21 – Futungo de Belas

Clinica do Porto do Lobito (Lobito) ... Sr. Rafael Monteiro Francisco Tel: 2722.25368 / 25381

Serv.Clinicos: Av. Lisboa – Restinga Lobito

Clinica Sagrada Esperança ... Dr. Rui Pinto ... Tel: 222.309034 / 309360

Rua Murtala Mohamed - Ilha de Luanda

Clinica São Filipe (Benguela)... Dr. Norberto Baptista .. Tel: 2722.30205 / 30313 / 31646

Rua Cidade de Malange, 12 - Benguela

Dental Clinics

Biodente, Lda Dr. Jorge Leite Velho ... Tel: 222. 396095

Largo Comandante Che-Guevara, 4

Miradente, Lda ... Dra. Cláudia Cohen ... Tel: 222. 339912

Rua Lucrecia Paim, 4 - 1º. A

Ophthalmologists

Atelier (Óptica Médica), Lda ... D^a. Vânia Pitta-Grós.. Tel: 222.337760/ 339686

Rua Rainha Ginga, 8 / 10

Mundóptica (Centro Oftalmológico) ... Dr. Pedro Albuquerque ... Tel: 222.430964 / 430597

Largo do Kinaxixi, 20

Pharmacies

Farmácia Higiéne ... Dra. Catarina Oliveira Tel: 222.332827

Rua Comandante Kwenha, 206

Farmácia Maculusso ... Sr. Júlio Marques ... Tel: 222.328787

Av. Comandante Che-Guevara, 72

Farmácia Mecofarma ... Sr. Júlio Marques ... Tel: 222.396407

Rua Marien N'Gouabi, 47 – Maianga

Farmácia Medtech 24 Horas ... Engº. César Assis ... Telf: 222.440375

Travessa Rei Katyavala, 19

Farmácia Angopharmacos (Namibe) ... Sr. Fernando Costa ... Tel: 2642.62061 / 62280

Av. Amilcar Cabral, 56-B – Namibe

General Precautions

Eating and Drinking in Luanda

The following are a few things to remember, especially when eating out.

DO NOT DRINK

- **Do not** drink tap water, use it to rinse your mouth or for brushing your teeth.
- **Do not** drink or eat frozen confections prepared with unpurified water or non-pasteurized milk. Ice in drinks should be avoided if not certain of the source.
- **Do not** drink water served in hotels or restaurants unless you are sure the bottle was sealed. Open it yourself to make sure.
- **Do not** drink from a glass that is wet from washing.

DO NOT EAT

- **Do not** eat raw fruits and vegetables that you cannot peel yourself, or that have broken skins (salads especially).
- **Do not** eat foods likely to have been prepared far in advance of serving, especially chicken, eggs, or dishes containing mayonnaise.
- **Do not** eat custards and cream-filled pastries or other desserts.
- **Do not** eat raw or rare meats, poultry, fish, or shellfish.

Other Guidelines

- Always sterilize fruit and vegetables for at least 10 min. before storing.
- Eat well-cooked foods while still hot.
- Carry anti-diarrhea medications, preparations when traveling.
- When going on a trip to the Provinces take along water at least 1 liter or more.
- Do not swim, bathe, or wash in contaminated fresh water. Avoid fresh water streams, rivers, or lakes where schistosomiasis (bilharzia) is a potential hazard.
- Follow malaria precautions carefully, i.e. well screened house; wear long sleeves and pants from dusk to dawn if outside; take precautions against biting insects and apply a spray or cream containing DEET to exposed skin. Take malaria prophylaxis medication. Use mosquito netting on the bed.
- Protection from sunburn with clothing, wide-brimmed hats, good sun block, lip balm, and UV coated sunglasses is very important.

Mosquitoes

In addition to their annoying bites, some mosquitoes can transmit serious diseases, such as malaria and dengue fever. Mosquitoes lay eggs and the larvae develop in stagnant water. Hundreds of mosquitoes can grow in a small pot of water.

Preventative measures:

- Empty any open containers of water in and around your house, especially after it rains.
- Keep doors and window screens closed and intact.