

TOURIST GUIDE  
**DISCOVERING  
GUINEA-BISSAU**

2<sup>nd</sup> REVISED AND UPDATED EDITION





The Association “Afectos com Letras” was born from the desire to do a little more for others. As a Portuguese Non-Governmental Organization for Development (NGOD) founded in 2009 it is primarily engaged in the design, promotion, implementation and support of programs, projects and activities in Portugal and, foremost, in developing countries, in areas as of education, public health and education. Since 2009 the intervention of this NGO is focused in Guinea-Bissau, where it has been expanding several projects on education, health and women’s empowerment

It is an association 100% dependent of voluntary work, its headoffice is in Pombal (Portugal) and has delegation in Guinea-Bissau.

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HELP TO HELP



TOURIST GUIDE

# DISCOVERING GUINEA-BISSAU

JOANA BENZINHO | MARTA ROSA

2<sup>nd</sup> REVISED AND UPDATED EDITION



## SPECIFICATIONS

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## HELP TO PROTECT CHILDREN: TRAVEL RESPONSIBLY!

Guinea-Bissau has joined the Code of Conduct for the Protection of Children from Sexual Exploitation in Travel and Tourism and **all acts of sexual exploitation are punishable by law**. Sexual abuse, including child sex tourism, has serious emotional, psychological, physical and social consequences for victims. In the long run victims have to deal with feelings of guilt, depression, trauma and low self-esteem. Quite often the victims are stigmatized and excluded from education. Child sex tourism has a negative impact on the health, well-being and future prospects of children.

Commercial sexual exploitation of children involves the purchase and sale of children under the age of 18 for sexual purposes. The sexual exploitation of children in tourism, child sex trafficking, child prostitution and child pornography are all forms of this crime. Commercial sexual exploitation of children when travel and tourism generally occur in hotels or other travel infrastructures. Therefore, it is important to work with responsible tourism operators to avoid these crimes.

The International Platform against child sex tourism [www.reportchildsextourism.eu](http://www.reportchildsextourism.eu) helps to report the sexual exploitation of children in the context of travel and tourism. Through this application can be made denunciations in 19 countries in just 3 clicks. The project “**Don't Look Away!**” is co-funded by the European Union and involves members of the International network ECPAT ([www.ecpat.org](http://www.ecpat.org)) to promote new ways of combating the sexual exploitation of children in the context of travel and tourism.

### RESPONSIBLE TOURISM: IF YOU ARE TRAVELLING, TRAVEL WITH RESPONSIBILITY!

- When preparing to travel choose a travel agency that adhered to the Code of Conduct for the Protection of Children from Sexual Exploitation in Travel and Tourism to obtain information about its child protection policies, report of potential cases and other child protection measures.
- Avoid venues such as nightclubs, bars, etc. if children are present.
- Do not stay in hotels where local minors are allowed in the hotel room.
- Do not give money to street children or street vendors. Instead, support local organizations that work to protect children.
- Always ask permission before taking photograph of children and never take them to another location without supervision and permission.

#### **If you are suspicious of child sexual tourism place, do not look away, report it!**

Every year about 1.8 million children are victims of commercial sexual exploitation worldwide. Some are trafficked into sexual slavery and millions of images of child sexual abuse circulate daily on the internet.

# PREFACE

The relations between the European Union and the Republic of Guinea-Bissau date back to 1975, the year the country joined the first Lomé Convention. Throughout these more than 40 years of development partnership between Guinea-Bissau and the European Union we pride ourselves on having established, jointly with our 28 Member States, a continuous dialogue with national partners, based on a peace project, democracy and respect for human rights, always committed in providing support to several sectors of common interest to promote a sustainable and comprehensive socio-economic development.

Guinea-Bissau has a strong history and is the cradle of many traditions that challenge and surprise us at every turn with the peculiarities that enrich it and make it so special to visitors, although it remains a mystery in the globalised world in which we live. The tourist potential of this country remains unknown and unexplored as does its rich heritage, unique flora and fauna and an ethnic and cultural diversity.

The first edition of this Tourist Guide received such acceptance and enthusiasm that we were immediately led to think about how to improve it and increase its diffusion to a wider audience. This second edition was once again created in collaboration with the NGO "Afectos com Letras", with the support of the Portuguese and French Embassies in the Republic of Guinea-Bissau, as well as with the Ministry of Tourism and Handicraft of Guinea-Bissau. It is intended to improve the previous edition, making it easier to read. To do so we included maps and graphics as well as new photos, all with the reiterated aim to show to the potential visitor of Guinea-Bissau, its natural, social and cultural excellence, in an unpretentious guide, including a range of cooperation projects financed by

the European<sup>1</sup> Union. We tried as well to incorporate the suggestions of national and international tourism operators and a designer improved the Guide's overall presentation. In addition, we introduced a representative character from Guinea-Bissau, which was created by a young person living in Guinea- Bissau.

We believe that this publication is an important contribution to understanding and enjoying the intrinsic riches of Guinea-Bissau, without interfering with the preciousness it has: a world sanctuary of biodiversity that should be respected and protected.

Bissau, March 2018

*Victor Madeira dos Santos*  
Ambassador  
Head of the EU Delegation for the Republic of Guinea-Bissau

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<sup>1</sup> For more information on the European Union activities in Guinea-Bissau you may consult: [eas.europa.eu/delegations/guinea-bissau\\_pt](https://eas.europa.eu/delegations/guinea-bissau_pt)





# WHAT TO VISIT IN:

# ONE DAY



NATIONAL HEROES' SQUARE



AMÍLCAR CABRAL MAUSOLEUM

© AFECTOS COM LETRAS



PANO DE PENTE WEAVER

© STAND UP MEDIA/ MIKE MARROQUIM



CACHEU

© INÊS MÁXIMO PESTANA

## HISTORICAL AND CULTURAL TOUR

The city of **Bissau**, the Ilhéu do Rei (King's Islet) and peripheral districts.



## GUINEAN ART AND TRADITIONS TOUR

**Quinhamel** with visit to Artissal and the distillery with a lunch of oysters and a stroll by the river branches and mangroves. How to travel: drive to Quinhamel, which is, located 37 km from Bissau.

## HISTORICAL AND CULTURAL TOUR

In the city of **Cacheu** you can visit the Memorial of Slavery and Slave Traffic of Cacheu and other attractions like the fort, church and the cemetery. In the city of Canchungo you can visit the city and make contact with the local craft network. How to travel: drive from Bissau to Cacheu (100 km) with a return stop in Canchungo, located 79 Km from Bissau.



QUINHAMEL

© AFECTOS COM LETRAS



BAFATÁ MARKET

© AFECTOS COM LETRAS



SALTINHO

© AFECTOS COM LETRAS



CACHEU MANGROVES

© AFECTOS COM LETRAS

## HISTORICAL AND CULTURAL TOUR

**Bafatá** is the second city of Guinea-Bissau and the birth place of Amíl-car Cabral. On the way to Bafatá (150 Km from Bissau) you will have the opportunity to stop at Ponta Nova, a well-known centre for traditional fabric dyeing. Some 10 km beyond Bafatá is the typical Guinean village of Tabatô, where the residents build and play the Balafon and Kora, traditional instruments of the Mandinga culture.

## NATURE TOUR

A great opportunity not to miss is a visit the rapids in **Saltinho** and **Cussilinta**. Here it's possible to bathe and enjoy a natural jacuzzi in Corubal River. How to travel: drive from Bissau to Saltinho (175 km) with a return stop at Cussilinta, which is located 15 km from Saltinho.

## NATURE TOUR

Visit the **Cacheu River Mangroves Natural Park**, by boat trip to São Domingos or to one of the more distant villages. How to travel: drive from Bissau to Cacheu (100 km) and then by motorized boat hired in advance. Tours schedules are conditioned by the tides.



# TWO DAYS



© CHIARA GUIDETTI

CUFADA LAGOONS

## NATURE TOUR

A chance to visit the Cufada Lagoons Natural Park with kayak ride, hiking, boat trip along Rio Grande de Buba (Big River of Buba). How to travel: drive from Bissau to Buba (223 km) and 20 km of dirt road to the lagoons.



© AFECTOS.COM/LETRAS

VARELA BEACH

## TOUR ALONG THE BEACHES

A visit to Varela allows the tourist to see the most beautiful beach in the country's continental coast and the culture of Felupe ethnic group. How to travel: drive 175 km from Bissau with the last 53 km in dirt road.



© AFECTOS.COM/LETRAS

CANTANHEZ

## HISTORICAL AND CULTURAL TOUR

The well know visit to the Cantanhez Forest where chimpanzees can be seen in their natural habitat and a chance to see the Guinea-Bissau Museum of Independence, in Guiledje. How to travel: drive 258 km from Bissau, the last 60 Km being of dirt road in very poor condition.

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# THREE DAYS



© CHIARA GUIDETTI

KERÉ

## NATURE TOUR

Islands of Keré, Caravela and Carache. How to travel: trip by boat from Ponta Biombo with flexible days and schedules to be arranged with the Keré Hotel, owner of the boat.



BOLAMA

© CHIARA GUIDETTI

### HISTORIC TOUR

A trip to the Island of Bolama and its capital, of the same name. Tourists can travel to the Island of Galinhas in a motorized canoe. How to travel: in a boat that leaves regularly from Bissau. Schedules are conditioned by the tides; to be checked at the harbour on the day prior to the trip.



RUBANE

© AFECTOS COM LETRAS

### NATURE AND BIJAGÓS TRADITIONS TOUR

A visit to the Island of Bubaque which may include the chance of a trip to the Islands of Rubane, Soga and Canhabaque in motorized canoes or in private boats hired locally. How to travel: schedules are conditioned by the tides; to be checked at the harbour on the day prior to the trip.



ORANGO ISLAND

© VALENTINA CIRELLI

### HISTORIC AND NATURE TOUR

Visit the Island of Orango known for its community of amphibian hippos and visit the mausoleum of Queen Okinka Pampa, who ruled the Bijagós until 1923, the year of her passing. The Queen is worshipped throughout the Archipelago. How to travel: boat trip to Orango, to be scheduled with IBAP, Orango Park Hotel or a travel agency.



## A WEEK OR MORE



BUBAQUE

© AFECTOS COM LETRAS

### TOUR OF THE ISLANDS

With the option of taking a cruise from 8 to 10 days along the wildest Islands that are often difficult to access. How to travel: Africa Princess cruise.

# BICYCLE CIRCUITS

## A DIFFERENT WAY OF GETTING TO KNOW GUINEA-BISSAU...

*"Branco...Branco! Branco peelé, Branco Mindjer... ! Branco patim bicicleta bo!"*

These are the words most heard by cyclists adventuring in Guinea-Bissau.

Cycling is a nice way to be in contact with the surrounding environment and with the communities. It allows direct contact with nature without disturbing the fauna and the flora. Sometimes the local communities will be surprised by cyclists. Even though the villagers use bicycles to move around, they rarely see tourists passing by their *tabancas* (villages) in bicycles.

Guinea-Bissau is a relatively safe country and tourists can take advantage of cycling to get to know the country without fear.

Precautions: avoid cycling in Bissau city. The traffic in the capital is intense and dangerous. Always wear a helmet. Usually, when travelling in the bicycle circuits there are containers (transformed in small shops) or *tabancas* where you can buy water. Nevertheless, it is advisable to bring a good amount of water, since the heat is strong and there is an increased risk of dehydration, especially for those who are not used to humid and tropical climates.

The circuits described below were tested by people living in Bissau, amateur sportsmen, non-professional cyclists and are therefore, suitable for the average cyclist. The travel time and the average speed are indicative.



### BUBAQUE ISLAND: BUBAQUE - BRUCE BEACH

Distance: 15 km  
Elevation travelled: 32 m  
Time: 0h40 | Average speed: 22.7 km/h

The island of Bubaque doesn't have many options for moving around, so cycling is a relaxing way to get to Bruce's beach from Bubaque, on the opposite side of the island. Bicycles can usually be rented directly in the hotel. It is advisable to request them on the day before and verify the bicycles' conditions before leaving. It is also advisable to leave before 10am and return after 4pm to avoid cycling during heat peaks. The path is simple, well sign posted and it's the only passable road that arrives to Bruce' beach. On route it is possible to see some of the large sacred trees and small animals including monkeys.



### LEAVING BISSAU: HOSPITAL SIMÃO MENDES - NHACRA WAY

Distance: 23 km  
Elevation traveled: 65 m  
Time: 1h30 | Average speed: 14 km/h

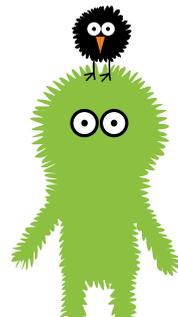
This route is perfect for an afternoon stroll, as the music of the Guinean singer Binhan says “Um dia de tarde cabeça quente n’sai pa dai um passeio” (get out and relax after a hard day of work). Leaving from the National Hospital Simão Mendes head towards Bissau Velho, turn left immediately after the Hospital. Then pass by “Mavegro Company” and in front of the Turkish Embassy, turn right to the street of “Afrispesca” and then to the new road of the port, continue for 5.5 km until you arrive at the Antula roundabout. At this small roundabout, take the first exit on the right, along a dirt road where you will reach a branch of the river Geba. The landscape around the Geba river changes daily due to the significant tide fluctuations and is well worth visiting at different times and days. From the Antula roundabout, you will arrive first at the Bairro Antula-Bono and soon after you will pass through some of the cashew plantations and finally reach to a small bolanha. You can walk this route all year long, although some areas of the *bolanha* may be muddy.



### BISSAU: TOUR OF BISSAU

Distance: 25 km  
Elevation traveled: 142 m  
Time: 1h40 | Average speed: 15.5 km/h

The following tour around Bissau passes through the inner districts and uses the external ring road around of the city. Leaving from the port through the *bolanhas* (large swampy ground) where the highway to Safim is currently under constructing you pass through Antula and São Paulo, you’ll see big *bolanhas* including a new asphalt road which is an easy and enjoyable cycle. After about 11.5 km you will arrive at the intersection of the main road leading to the airport. Next cross the intersection and you enter the inner districts of streets, which have no asphalt roads, and may appear to be footpaths. The last part of the circuit crosses the districts of Cuntum Madina, the *bolanhas*, arriving g at Alto do Bandim and passing by the stadium 24 de setembro (September 24) – this is dirt road but relatively easy to navigate during the dry season!





### NATIONAL PARK OF CANTANHEZ: GUILDEJE - IEMBERÉM

Distance: 34 km  
Elevation traveled: 232 m  
Time: 2h | Average speed: 16.8 km/h

Leaving Guidedje you will find the former Portuguese barracks, from the colonial period, which is now a museum. Continuing straight ahead you cross some *tabancas* and arrive at Faro-Silacunda, you will see a sign indicating "Cantanhez 18 km", turn left. The path, between the houses, is not clear but locals will help. From here you will enter the cashew plantations which are interspersed by jungle and, in the dry season, some parts of the road will be covered in sand. After passing by the Mission São Francisco de Mato, you will reach the main road again which was left behind in Faro-Silacunda. At the intersection, turn left and, without leaving the main road, you will arrive at Iemberem. Unlikely the other routes described in this guide, this circuit has some additional difficulties due to the poor conditions of the road that demand a bit more of effort from the cyclist. During the rainy season, the road has mud in some parts which should be avoided.



### BIOMBO: QUINHAMEL - PONTA BIOMBO - QUINHAMEL

Distance: 45 km  
Elevation traveled: 173 m  
Time: 2h50 | Average speed: 16 km/h

At the end of the paved road after Quinhamel, the cyclist may explore the "Reino de Pepel" (Pepel Kingdom), the so-called "Tchon di Pepel" and the "Reino de Tôr".

This circuit is a very varied path and it is covered by dozens of "poilões" - the sacred trees of the different "kingdoms".

In the last *tabanca* a grocery store sells water and drinks. You can find fruit markets and *mancarra* or cashew's, depending on the season. Passing through a more shaded part of the route, you will find the beach of Biombo where a lighthouse left from the Portuguese colonial period announces land to the ships. You may be lucky enough to see some dolphins from the shore.

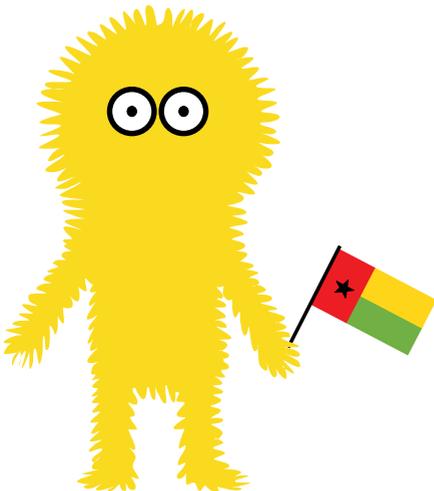
You might also be interesting by the Bissau-Quinhamel circuit, which is nice and easy being an entirely asphalted road.



### LEAVING BISSAU: BISSAU - PONTA VICENTE

Distance: 55 km  
Elevation traveled: 256 m  
Time: 3h30 | Average speed 15.7 km/h

From Bissauzinho you can leave the asphalt road that goes to Quinhamel and follow the red track on the right side. You will cross different paths in a zone of *bolanhas* and on the branches of the Mansôa River. In the dry season before the cashew campaign, the communities are dedicated to the production of salt; the land which is under rice production, is filtered and boiled in stoves letting the water evaporate to produce the salt of the earth.



### TWO DAYS GOING TO THE NORTH: EMBUNHE - BISSORÃ - FARIM - DJALICUNDA - MANSABÁ - BISSORÃ - EMBUNHE

Distance: 115 km  
Elevation distance: 692 m  
Time: 7h (in two days) | Average speed 16.8 km/h

This two-day tour includes a stay in the Kafo Centre of Djalicunda a few kilometres from Farim. The two courses have some difficult climbs and steep declines and some parts have sand. A series of different landscapes can be seen, between *tabancas* and small isolated huts. It is also possible to see large fields full of trees such as mango trees, cabaceiras and a few species of Portuguese trees planted in colonial period. It's a very pleasant route to cycle as it has extensive shade and cover provided by the trees. There are lots of animals to see including: palmist rats (squirrel-like), birds, monkeys and an occasionally a camel can still be seen arriving in the sector of Bissorã, these were apparently provided as a gift from Libya to the city.

# A PORTRAIT OF GUINEA BISSAU



## FROM THE COUNTRY ORIGINS UNTIL TODAY

The first traces of human presence in Guinea-Bissau date back to 200 000 years BC, but the most obvious historical records begin in the 3rd millennium BC with the arrival of the peoples from the Sahara Desert: the ancestors of today's ethnic groups of the coast and islands of Guinea-Bissau. In the fourth century BC, the empire of Ghana was established, which would last until the eleventh century, when the Almoravids took Kumbi-Saleh, the capital of Ghana. It is then that the Naulus and Ladurnas people come to Guinea-Bissau, and dominated the Mandinga people belonging to the Kingdom of Gabú, established between the northeast region of Guinea-Bissau and the Casamance region. The Gabú Kingdom was, in turn, a vassal of the Mali Empire (1230-1546), a rich and sumptuous state that extended from the region of Senegal River and Upper Niger. The arrival of the Portuguese in Guinea-Bissau took place between 1445 and 1447 and is attributed to Nuno Tristão, who died in the first forays in an attack perpetrated by local tribes in Geba River. Other historians attribute the first arrival of the first Portuguese colonists to Álvaro Fernandes, who arrived at Varela Beach around the same time. The Portuguese presence in the territory began in 1588 in Cacheu village which at the time was under the administration of the Cape Verde Archipelago. The town was known for its port of deep waters, ideal

for shipping gold, ivory, spices and slaves. In addition to the Portuguese and Cape Verdean traders, Cacheu was the home of the Portuguese adventurers and to those condemned to exile. The following Portuguese settlements, which also established trading posts, happened after 1640 and were always made via the rivers routes: Casamance, São Domingos, Farim, Bissau, and later, Bolama and Bafatá.

The Captaincy of Bissau was established in 1753 by the Portuguese. The British were able to settle in Bolama, the island of the Bijagós Archipelago nearest to the continental territory of Guinea-Bissau, in 1792.

In 1879 there was an administrative detachment from Cape Verde and it became a Portuguese colony known as Portuguese Guinea, which had Bolama as its first capital.

After the Berlin Conference (1884 - 1885), in which Portugal presented the failed Pink Map, Portugal was quick to accomplish the populating of Guinea-Bissau and devote themselves to agriculture, but not before the population resisted and bloody battles followed. In 1936 the last major rebellion occurred, which became known as the rebellion of the Bijagós of Canhabaque. The Guinean population was driven into forced labour, infrastructure remained completely underdeveloped and there was

a preference for the appointment of Cape Verdean as employees.

In 1951, due to international pressure, the Colony status of Portuguese Guinea was replaced by that of an Overseas Province, but the Guinean resistance and the struggle for self-determination were still felt, and included the creation of the PAIGC (African Party for the Independence of Guinea and Cape Verde) on 19th September 1956, by Amílcar Cabral, Luís Cabral, Aristides Pereira and Júlio de Almeida. For three years the PAIGC resistance was peaceful but stiffened after the Pidjiguiti massacre on 3rd August 1959. On this day, workers of the Port of Bissau - dock workers and sailors - were on strike, demanding wage improvements but the Portuguese PIDE force (International Police and State Security) stopped the protest, killing approximately 50 people and wounding 100 protesters. The 3rd of August became one Guinea's symbols of the struggle for liberation and is currently one of the most important holidays in the country.

In 1963, the PAIGC started the armed struggle of guerrilla opposition to the colonial regime, which was marked by the murder of their leader and doctriinaire; Amílcar Cabral, on 20th January 1973, in Guinea Conakry. However, responsibility for his death has never been determined. On 24th September 1973, the PAIGC declared the unilateral independence of Guinea-Bissau in Boé, being the first of the former Portuguese colonies to become independent. Portugal only officially recognized the independence of the Republic of Guinea-Bissau by deliberation of the

United Nations General Assembly on 17th September 1974. The independent state of Guinea-Bissau began on a difficult path to progress and suffered many set-backs. The first president of Guinea-Bissau was Luís Cabral, brother of Amílcar Cabral, the leader of PAIGC murdered in 1973. The first post-independence years were very agitated and were marked until 1979 by the execution of former African Army Commandos and citizens linked to the FLING Party, as well as an attempt by the President to implement a government of socialist inspiration, a project of unity between Guinea-Bissau and Cape Verde, which ended abruptly in 1980 with a coup d'état perpetrated by the Prime Minister Nino Vieira, who took the country's lead. Another attempted coup d'état was carried out in 1986, this time headed by the Vice President of the Council of the Revolution, the Attorney General of the Republic and by several senior officers of the Armed Forces who were arrested and some of them shot in what came to be known as "Event of October 17th". The multi-party system arrived in 1991 and in 1994 the first free elections were held in Guinea-Bissau with the victory of the PAIGC and Nino Vieira for President, with an absolute majority. In 1997, Guinea-Bissau integrated into the Economic and Monetary Union of West Africa (UEMOA) and adopted the CFA Franc as its currency, replacing the Peso. The country also became a member of the Economic Community of West African States (ECOWAS) since 1975.

1998 sets the beginning of a very difficult period for Guinea-Bissau - a civil war between the democratically elected government and a self-entitled



© AFECTOS COMLETRAS

AMÍLCAR CABRAL BUST, BISSAU

“Military Junta”, based on rivalries and struggles for power in the PAIGC. This war, which lasted about 11 months, devastated infrastructures, economy, society, families and claimed many lives. The destruction of the economic and social fabric had catastrophic consequences for the country and the effects are still being felt to the present day.

The civil war ended in 1999 with the resignation of Nino Vieira from the position and taking on functions, on an interim basis, the President of the National Assembly, Malam Bacai Sanhá. Between the elections of 2000, in which Kumba Yalá was elected President of the Republic, and 2017, the country experienced tense political and military periods that resulted in two coups d'état (2003 and 2012), eight Presidents of the Republic (one killed in 2010) and eighteen Prime Ministers.

Any discussion about the recent history of Guinea-Bissau and its 44 years of independence, is a discussion about a state with difficulties in stability. Difficulties that are the result of repeated coups d'état and conflicts leading to political instability which is reflected in a frail economy and a society weakened by years of conflict and a lack of future prospects. However, these political and military conflicts are not replicated in Guinean society, which is peaceful and extremely hospitable. Those people anyone who arrives with a smile and a twinkle in their eye that touches you forever. To talk about the history of Guinea-Bissau is also to talk about its people and its generosity, its ethnic richness, its cultural diversity, its enormous tourism potential and the great natural beauty found from north to south of the country, which absolutely deserves to be seen..



UROK

© BEMBA DI VIDA

## GEOGRAPHY

The Republic of Guinea-Bissau is located in Western Africa between Senegal (north), Guinea (east and south) and the Atlantic Ocean (west). It comprises a mainland and islands territories; the Archipelago of Bijagós with about ninety islands, of which only seventeen are inhabited. It occupies an area of approximately 36,125 square kilometres. Due to an average low sea level compared the sea waters and the vast network of lagoons and valleys, about 1/3 of its territory is flooded in the rainy season, between mid-May and October. The country has eight major rivers: Man-

sôa, Cacheu, Tombali, Cumbijã, Buba, Geba, Corubal and Cacine.

## CLIMATE

Guinea-Bissau enjoys a predominantly tropical climate with maritime characteristics, being very hot and humid and with two distinct seasons: the dry season, from November to April and the rainy season, from May to October. The average annual temperature in the country is 27,7 degrees Celsius. In Guinea-Bissau, the coolest months are December and January and the warmest from March to May. The rainy months are July and August.

## ADMINISTRATIVE DIVISION OF TERRITORY

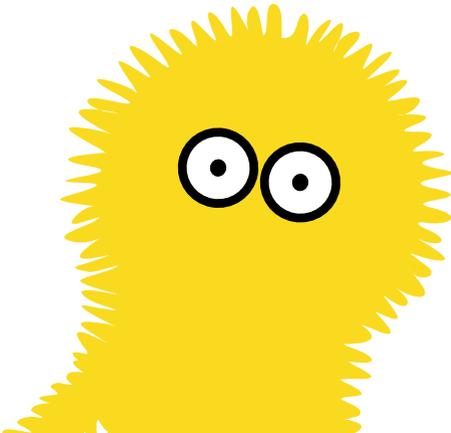
In administrative terms, Guinea-Bissau is divided into eight regions: Bafatá, Biombo, Bolama - Bijagós, Cacheu, Gabú, Oio, Quinara and Tombali and the Autonomous Sector of Bissau. These regions are divided into 36 sectors and these, in turn, in various sections of *tabancas* affected by the distance from the capital, Bissau, or by the lack or suitable infrastructure and poor roads. Because of the country's geography and the amount of lagoons and rivers a short distance in a straight line can take hours by road which forces long detours to reach the destination.

## DEMOGRAPHY

According to the 2016 census, Guinea-Bissau's population was 1 544 777 inhabitants and is characterized by being mostly young: about 49.6% of the population is under 18 and the average life expectancy stands at 52.4 years. The literacy rate is about 43.7% and school leaving is high due to economic, social and cultural reasons.

## ETHNIC GROUPS

There are between 27 and 40 ethnic groups in the country. The ethnic groups with higher expression in Guinea-Bissau, according to the 2009 census, are the Fula (28.5% of the population) live in the eastern part of the country - Gabú and Bafatá. They are, followed by the Balanta (representing 22.5% of the population) living mainly in the south (Catió) and in the north (Oio); the Mandinga (represent 14.7% of the population) live in the north; the Papel (represent 9,1%) and Manjaco (represent 8.3%). With lower expression we can find the Beafada (3.5%), the Mancanha (3.1%), the Bijagó (who, as the name implies, live in the Bijagós Archipelago and represent 2.15% of the total population), the Felupe, representing 1.7%, Mansoanca, (1.4%) or Balanta Mane (1%). The Nalu, Saracole and Sosso represent less than 1% of the Guinean population and 2.2% do not belong to any ethnic group. Its geographical distribution has historical reasons but is also closely related to the traditionally activities carried out by each one. The Balanta, Manjacos, Mancanhas and Papel are based predominantly in coastal areas and cultivate rice. The Papel are the major producers of cashew, one of the greatest sources of wealth for the national economy. The Fulas work mainly in trade and livestock, Bijagós are fishermen and the Mandinga work mainly in trade and agriculture.



## SOCIAL TRADITION AND CUSTOMS

In Guinean society, in spite of the central and local authorities, a traditional form of power, the *Regulado*, which is exercised by the heirs of the pre-colonial kingdoms, is present in various ethnic groups. The *Régulo* is the governing body in a particular local community that operates independently from the State, being responsible for territorial administration, arbitration in social issues or land division and even acting in judicial matters. It also plays a crucial role in social regulation and is responsible, for example, in the context of Manjaco ethnic group, for determining the start and the end of the harvest by all the citizens of the region, under its power, followed by a series of pre-established rituals. In Islamized ethnic groups, the *Régulo* has been replaced by religious authorities. All the ethnic groups have great respect for the elders and the concept of family and solidarity is broad. As an example there is always space for a few more people in other homes if the main wage earner or head of family dies.

The most important moments of the Guinean social life such as births, weddings, funerals, initiation rituals of the young or the beginning of the harvest season are celebrated in ceremonies filled with meaning and which differ for each ethnic group. The *Fanado*, an initiation ritual of adulthood practised by boys (involving circumcision, among other things) and girls (in some cases, involving excision, which is criminalized in Guinea-Bissau since 2011) and is performed by several ethnicities, varying in the age of the participants, frequency or duration. Through this ritual, the-

se young people become aware of their social role and personality, with some ethnic groups spending a period in the forest or in the woods, fulfilling a number of ceremonies shrouded in great secrecy, which they must not speak of when they return to take home

Marriage is a joyful moment, with traditions again varying, between ethnic groups. In Guinean society, polygamy is practiced by some ethnic groups and arranged marriages between families are also common. For example, among the Balanta, the marriage is arranged and a dowry is paid, usually in a certain amount of livestock. There is still a preference for marriages within the same ethnic group, although mixed marriages have been increasing recently, especially in the capital, Bissau, where most of the population is concentrated. For animists, death is an extension of life and the funeral is a time of joy and cause for celebration when the deceased had a long life. Life is the result of a balance between material and spiritual forces that, when disturbed, manifest themselves in diseases, premature deaths and even misfortune for the local communities. If the deceased was a good person in his or her life, they immediately find happiness in the new realm; otherwise their souls wanders without peace in the forest to pay for their sins. The funeral, though it varies between ethnic groups, has a common foundation in the *Choro* (the weep). This is a ceremony, which joins family members and friends of the deceased. For a week, they eat and drink, in a joyful moment to say goodbye to the soul that is freed from the body, often to the sound of *Bombolom* in moments of pure trance. The *Toca-Choro*,

a ceremony of invocation of the spirit of the deceased, is held a year or more after the passing and family and friends bring food and animals to be sacrificed, during several days of celebration and communion. The more important the deceased was in the society, greater the celebration and the number of sacrificed animals are. Sometimes, relatives and friends only perform this ceremony a few years later, so they are able to save the amount needed to carry out the ceremony.

### LANGUAGE

Guinea-Bissau's official language is Portuguese, although it is spoken only by around 13% of the population. For every day communication, Guineans essentially use Creole (about 60% of the population) or one of about 20 languages, such as Fula, Balanta, Manjaco, Mandinga, Felupe, Papel, Bijagó, Mancanha or Nalu.

### RELIGION

About half of the population practices the Muslim religion (mainly the Sunni) and another 10 to 15% are Christians. Regardless of the religion professed, or not, almost all population has an animist nature and practice ancient traditional African beliefs. For Animists, the spirits are ubiquitous (they live in rocks, statues, trees, water, in people, in the deceased) and they offer protection, fight diseases, droughts, floods, and tragedies, as well as punish and cause harm. Animal sacrifice (particularly chickens) is common among Animists and are used to appease spirits, achieve grace, good harvest or even in decision making. The use various amulets for protection is also quite common.



## ECONOMIC CHARACTERISTICS

Guinea-Bissau is in 178th position in a total of 188 countries, according to the 2016 Human Development Report of the United Nations Program for Development. Approximately 48.9% of the population lives in extreme poverty, with less than \$1.25 dollars per day, an inflation rate of around 9.4% and a literacy rate of only 43.7%. Unemployment stands at 10.5% but many employees are in underemployment in primary activities representing 82% of the workforce, while the remaining 18% are dedicated to secondary and tertiary sectors.

Guinea-Bissau is economically dependent when it comes to the export of cashew nuts, which represents more than 90% of exports, over 60% of GDP and about 17% of state revenues. Cashew trees fill the country's landscape, making Guinea-Bissau the 9th largest cashew nuts producer. *Mancarra* (peanut), rice and corn plantations play a very important role in subsistence of families. Fishing is the second largest source of revenue with remarkable marine resources in waters that are considered the richest in Western Africa. Industrial activity is virtually non-existent, with a small processing industry for agricultural products. The country has no tradition in the extractive sector, with only the inert zones being exploited for construction and road works at various locations; however important bauxite deposits were found in Boé and phosphates were found in Farim. There are also favourable prospects for offshore oil; in recent years heavy minerals have been explored in the Varela coastline. Guinea-Bissau

also has considerable tourism potential, centred on the Bijagós Islands, and a national parks system covering 23.7% of the territory.

## FAUNA

The country's nature reserves have a rich variety of protected fauna, making it one of the most important hubs for birdwatching worldwide, mainly in the Cacheu area - where 248 varieties of birds were identified in 2014 - as well in the Cufada Ponds. The Archipelago of Bijagós is also very rich in birds and rare marine species. The mangroves, which serve as estuary and breeding areas, enjoy a great biodiversity. There are about 374 species of birds in Guinea-Bissau including: the royal tern (*Sterna maxima* and *Sterna cospia*), the grey parrot (*Psittacus erithacus*), flamingos, pelicans, the African spoonbill (*Platalea alba*), black terns (*Chlidonias niger*), goose (*Auritus De Nettapus* and *Plectropterus Gambens*), the sulphur-crested cockatoo (*Cacatua galerita*), the chestnut-backed sparrow-lark (*Eremopterix leucotis*), the lesser striped-swallow (*Cecropis abyssinica*) or the heuglin's wheatear (*Oenanthe heuglini*). In Guinea-Bissau, there are about 230 species of fish, crustaceans and molluscs, 10 species of bats and about 85 different reptiles, including the crocodile (*Crocodylus niloticus*), the dwarf crocodile (*Osteolaemus tetraspis*), 46 types of snakes and several sea turtles: the green sea turtle (*Chelonia mydas*), hawksbill sea turtle (*Eretmochelys imbricata*), the olive ridley turtle (*Lepidochelys olivacea*), the common turtle (*Caretta caretta*) or the leather-back sea turtle (*Dermochelys coriacea*).

Several rodents are identified in the country, namely, the flying squirrel (*Flaniscurus becrofyi*) and several carnivour's including as the spotted hyena (*Crocuta crocuta*). Marine mammals such as dolphins (*Sousa teuzil and Tursiops truncatus*), otters (*Aonyx capensis*) and the endangered manatees (*Trichechus senegalensis*) can also be found. In terms of hoofed animals, there is the hippopotamus (*Hippopotamus amphibius*) and several species of gazelles and antelopes.

Guinea-Bissau is also the habitat for two species of pangolins and several primates such as the chimpanzee (*Pan troglodytes*), the green monkey (*Chlorocebus sabaeus*), the king colobus (*Colobus polykomos*), the western black and white colobus (*Colobus polykomos polykomos*) and the Bijagó monkey or the greater spot-nosed monkey (*Cercopithecus nictitans*), the latter two considered rare.

## FLORA

The diversity of flora matches the geographical and soil characteristics. Forests provide a real barrier against desertification, land degradation and siltation of river basins, helps agriculture and produce timber, firewood, charcoal, game and non-timber products such as honey, fruits, roots, tubers, medicinal plants, wine and palm oil and many other essential goods. However, population pressure, climate change, human intervention by fires, massive extraction of hardwood's, monoculture of *mancarra* (peanut), rice and cashews, have altered the flora (and fauna) of Guinea-Bissau. Nevertheless, we can observe several distinct

types of landscape. Throughout the length of the rivers, we can find mangroves as high as 10 meters (high mangrove or *Rhizophora*) and others that 5 meters high (low mangrove or *Avicennia*). There are also areas of rice fields, tannes, sub-humid forest, transition forest, secondary or degraded forest, dry forests and savannahs. In areas of tannes, sludge-sandy areas leading up to the mangrove or tarrafe, the soil is almost dry and barren because it is saturated with salt. Only a few plants and sodium tolerant grasses can withstand these conditions. In the south of the country, because of higher humidity, the *bolanhas* (flooded rice fields) are predominant. Here, especially in the regions of Tombali and Quinara and in some of the Bijagós islands we can find the sub-humid forest, with varied vegetation: tall trees, 30 and 40 meters high - especially Pó de Miséria (*Anisophylla lamina*), Polon (*Ceiba pentandra*) and Pó de bitcho amarelo (*Chlorophora regia*) - trees between 20 and 30 meters high, shrubs and also lianas. Transitional forests, as the name implies, draw a boundary between the sub-humid forest and dry and semi-dry forests, especially in the Gabú region and on the coast, dominated by Kapok Trees (*Ceiba pentandra*).

Dry and semi-dry forests in north-central and south-central areas of the country have shrubs, lianas and trees between 20 and 30 meters high. The predominate species are African mahogany (*Azelia africana*), African oil palm tree (*Elaeis guineensis*), ordeal tree (*Erythrophleum guineensis*), Senegal mahogany (*Khaya senegalensis*), kosso



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wood (*Pterocarpus erinaceus*) and iron tree (*Prosopis africana*). Secondary or degraded forests are the product of human action, through fires, fallow land and planting fruit trees, as in the case of large monocultures of cashew trees, prevailing in the regions of Biombo, Cacheu and Oio. The landscape of these regions is also influenced by production of rainfed rice m'pampam. In the north-western we find many oil palm trees (*Elaeis guineensis*) and African fan palm (*Borassus aethiopum*), whose trunk is often used for home construction. Savannah area situated on the coast is sparse, with bushes reaching up to 2 meters and shea trees (*Butyrospermum parkii*), African copai-ba balsam tree (*Daniellia oliveri*) and oil palm trees (*Elaeis guineensis*). There is also the area of humid herbaceous savannah, in the countryside, which is characterized by scarcity of trees, except for a few palm trees and African fan palm (*Borassus aethiopum*). They are mainly used for grazing and farming

the rice in *bolanhas* (swamps) of Lala. Plants in Guinea-Bissau, as well as all their natural elements, are of great importance, not only as raw material and means of subsistence, but also have a cultural expression and are used in traditional medicine. Scientific research points to almost 900 different plants in Guinea-Bissau, of which about 128 are used in traditional remedies, 76 are consumed by man and 86 are used for grazing and the handicrafts.

## GASTRONOMY

Traditional Guinean cuisine is impressive thanks the pallet of flavours, aromas, colours and ingredients used. A simple but surprising cuisine, resulting from the combination of African ancestral culinary culture - with local products such as vegetables or fruits found only here and with a touch of the traditional Portuguese cooking.

Oysters are abundant in Guinea-Bissau and are a pretext to gather with a group of friends under the corral. Farim shrimps are another delicacy that must be savoured.

Lime, chilli, palm oil or *mancarra* broth are all present in the Guinean cuisine, which is known for its intense and spicy flavours. To accompany the Mafe - made of seafood or fish sauces and broths - we invariably find rice. Fish such as Bica are greatly appreciated and are usually eaten grilled, topped with a sauce made with onion, lemon and chilli. And of course, rice!

The most characteristic dishes, to mention are: Chabéu broth (made with palm oil, okra, meat or fish), the *Mancarra* broth (peanut broth with meat or fish), Siga (made with okra, meat or fish and shrimp), Oyster shea (oyster rice), Cafriela (local chicken or grilled lamb with lemon sauce, chilli and onions) and stewed or grilled goat. Some ethnic groups eat monkey, which represents a real threat for some and the Papel peoples also eat dog.

Pure natural juices are also very famous here, including: calabash juice (made with the fruit from the baobab tree), onjo juice (made with bagitche leaves), veludo juice (made with a red fruit known to have some medicinal properties), fole juice (from the fruit green monkey orange), farroba juice (fruit from the farroba tree), mandiple juice (made with a yellow fruit from a shrub of the same name) and papaya, guava or mango juices. These juices are often too sweet so we suggest that a little sugar is added.

Other more well-known fruits include papaya, mango, custard apple, banana, pineapple, green monkey orange and fresh cashew, which of course is also very appreciated in Guinea-Bissau.

## PROJECTS SPONSORED BY THE EUROPEAN UNION

<b>Title</b>	<b>PROTECTED AREAS AND RESILIENCE TO CLIMATIC CHANGES</b>
<b>Implementing partner</b>	Institute of Biodiversity and Protected Areas (IBAP)
<b>EU contribution</b>	3 900 000 EUR
<b>Duration</b>	2016 - 2020
<b>Region</b>	National with focus in the Protected Areas of Quinara, Tombali, Gabú, Bafatá, Cacheu and Bolama-Bijagós.
<b>Description</b>	<p>The management of the Protected Areas of Guinea-Bissau, which account for about 26% of the territory, is under the protection of the IBAP. The European Union supports the national capacity building to manage the Protected Areas and to combat their deforestation and forest degradation. This includes the support to the Secretariado de Mudanças Climáticas (Secretariat for the Climate Changes), improving technical capabilities, developing the community management of forests, promoting activities that reduce pressure on forest resources, generate benefits for the population and for the environment, and the monitoring of deforestation in protected areas.</p> <p>More information: <a href="http://www.ibapgbissau.org">www.ibapgbissau.org</a></p>

<b>Title</b>	<b>TRANSPARENT MANAGEMENT - SUSTAINABLE RESOURCES: Civil Society Capacity Building Project for monitoring the management of the natural resource in Guinea-Bissau</b>
<b>Implementing partner</b>	Tiniguena – Esta Terra é Nossa!
<b>EU contribution</b>	200 000 EUR
<b>Período:</b>	2016 - 2017
<b>Region</b>	National with focus in the regions of Bafatá, Cacheu, Oio, Quinara, Gabú and the archipelago of Bolama-Bijagós
<b>Description</b>	<p>The project contributes to improving transparency and accountability in the management of the country's natural resources (forests, mines and fisheries). To this end, it strengthens the capacities of the citizens and civil society organizations to monitor public policies and to denounce abusive practices in the exploitation of natural resources.</p> <p>More information: <a href="http://www.tiniguenagb.org">www.tiniguenagb.org</a></p>

## SPORTS

**Football** is the number one sport in Guinea-Bissau and the best-known teams are the Sport Benfica e Bissau and Sporting Clube de Bissau. There

are several Guinean footballers playing in international teams. Guinea-Bissau has also gathered some international notice in **Judo** and **Wrestling**.

## CULTURE

Guinea-Bissau has a very rich and diverse cultural heritage, with a multitude of rhythms, musical instruments, dances and cultural events. Guinean **folklore** is very rich and varies widely between ethnic groups, not only in body language, but also in costumes, sounds and instruments and is very present in Guinea's daily lives, such as festive days, funerals or in initiation ceremonies such as Fanado. The group Os Netos de Bandim allows us - through their performances - to witness the great folk diversity of the country's ethnic groups. The Cultural Festival of Cacheu, which takes place every year in November, brings together traditional folklore performances and more modern artistic expressions at the same event.

**Art** in Guinea-Bissau is very important and plays a role in religion and animist rites, enabling a close relationship with the supernatural, because it allows communication with Irãs (spirits) and the ancestors. The most valuable and rarest Guinean art is the art of Bijagós, but Nalu, Papel and Manjaco ethnic groups are also known for their sculptures. These sculptures are usually animal masks (sharks, bulls, cows, and hippopotamus) and are used during the rituals and traditional dances. Basketry, loom and dyed cloths and pottery are also typical examples of Guinea-Bissau handicrafts.

**Music** is part of everyday life in Guinea-Bissau and is present during the hard times of the crop, in leisure time, in ceremonies like marriage, initiation, baptisms and of course funerals. The best-known kind in Guinea-Bissau is Gumbé, a mixture of different musical styles. Various music festivals occur throughout the year, such as the famous Bubaque Festival, which takes place on the weekend of Easter, in Bubaque, Archipelago of Bijagós, bringing together today's best musicians.

The most influential musical reference in Guinea-Bissau, and a symbol of resistance to colonialism is the author and poet, the late José Carlos Schwartz. In contemporary music we have Super Mama Djombo, *Tabanca* Djaz, Dulce Neves, Bidinte, Issabary, Justino Delgado, Kaba Mané, Ramiro Naka, Zé Manel, Karyna Gomes, Eneida Marta, Klim Mota, Atanásio Atchuen, Binhan Quimor, Charbel Pinto, Iragrett Tavares, Manecas Costa, Miguelinho Nsimba, Demba Baldé or Patche di Rima.

Three typical musical instruments in Guinea-Bissau are the **Kora** (a Mandinga musical instrument, consisting of a gourd adapted with a guitar, with the open side lined with goatskin, crossed from side to side by a round stick that forms the main arm of the instrument, providing 21 vertically arranged cords); the **Balafon** (xylophone with wooden slats arranged in parallel on four

bamboo cane supports) and **Tina** (a cylindrical container with water where a hollow gourd is placed face down to float), which is also known as the water drum, and used in Guinean music.

In **literature**, the most well-known authors include Amílcar Cabral, poet and author of important political essays and nationalist speeches, Abdulai Silá (novelist, poet), Agnelo Regalla (poet), Carlos-Edmilson Vieira, Tony Tcheka (poet) Félix Sigá, Hélder Proença Vasco Cabral, Antonio Baticã Ferreira (poet), Odete Semedo, Julião de Sousa (historian), Francisco de Pina, Carlos Lopes, Filinto de Barros and Saliatu da Costa.

In the **visual arts**, we find prominent names such as Augusto Trigo, Ismael Hipólito Djata, Sidney Cerqueira, Lemos Djata, João Carlos Barros, Anselmo Godinho, Malam Câmara or Manuel and Fernando Júlio.

**Cinema**, includes names like Flora Gomes, the Guinean film-maker award-winning and internationally recognised cinematographer, and the young film-maker Filipe Henriques is also worthy of mention.

## GUINEA-BISSAU THROUGHOUT THE YEAR:

### FESTIVITIES AND IMPORTANT EVENTS

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#### JANUARY:

- 01 – New Year
- 20 – National Heroes Day
- 23 – Combatants Day
- 30 – Guinean Women’s Day | Day of the Death of Titina Silá, hero in the fight for independence

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#### FEBRUARY:

**Moveable holiday** – Carnival

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#### MARCH:

- 08 – Women’s Day

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#### MARCH / APRIL:

**Moveable holiday** – Easter

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#### MAY:

- 01 – Worker’s Day

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#### JUNE/JULY:

**Moveable holiday** – Eid al-Fitr (End of Ramadan)

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#### AUGUST:

- 03 – Day of Colonialism Martyrs  
Date of Pidjiguiti Massacre

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#### SEPTEMBER:

- 24 – National Day | Celebration of Independence Day

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#### SEPTEMBER/OCTOBER:

**Moveable holiday** – Tabaski | Eid al-Adha or Festival of Sacrifice

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#### NOVEMBER:

- 01 – All Saint’s Day

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#### DECEMBER:

- 25 – Christmas
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# GUINEA-BISSAU BY REGION AND SECTORS



# BISSAU

## NATION'S CAPITAL



Capital of the country and of the autonomous sector of Bissau, it is the largest city in Guinea-Bissau. Located on the estuary of the Geba River in the west, Bissau is a city surrounded by *bolanhas* (swamps) with the highest point standing at 39 meters above sea level. In March 15, 1692, the Portuguese created the Captaincy of Bissau, under the administration of Cacheu, which would become extinct in 1707, with the demolition of the fortification that were under construction. In 1765, the fortress of Amura was built, under the previous project and Bissau assumed importance in a global context and in terms of economy and trade, taking into account its fortified port. While still under the administrative dependence of Cape Verde, Bissau became a capital on two occasions (1836 and 1915). In 1942 Bissau becomes the capital of the colony and in September 1974 becomes the capital of the independent Guinea-Bissau. In the 1950's, an urbanization plan created the current Bissau Velho district, a street system designed with ruler and set square, which had as its centre the current Avenida Amílcar Cabral. In this period of growing services and trade, Portuguese and European residents in Guinea-Bissau settled here. In Bissau, the houses have one or two floors and colonial architecture predominates, with narrow streets some of which still use a number and place names system. Today Bissau is the capital and the political, administrative and military centre of Guinea-Bissau. According to the 2009 census, it has an area of 77.5 square kilometres and 387 909 inhabitants, although it is believed to host, in fact, many more. Here, about 20 different ethnic groups coexist throughout different highly populated districts, in the vicinity of the historic city centre, particularly in the areas of, Santa Luzia, Antula, Caracol, Bairro da Ajuda, Bairro Militar, Bairro de Quelelé or Bairro Belém. The Papel peoples were originally from this region.

HISTORICAL  
ELEMENTS AND  
SITES TO VISIT IN  
THE REGION

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NATIONAL HEROES' SQUARE

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BISSAU REGION

MINISTRY OF JUSTICE

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## AMURA FORTRESS (P1) Page 46

The São José da Amura Fortress, better known as Amura Fortress, is located near the port, in the old part of Bissau. Its construction began in November 1753, following a project by Friar Manuel de Vinhais and included subsequent amendments introduced by Colonel Manuel Germano Mota in 1765. The fortress has undergone some reconstruction work over the years, the latest of which in the early 70s, under the responsibility of architect Luis Benavente. Since independence in 1974, the fortress has been occupied as the Guineans armed forces Headquarters. It is a strong quadrangular bastion, with a regular shape, built in stone with 38 embrasures and surrounded by a deep trench.

The Fortress is in an advanced state of degradation, with some of the buildings already in ruins, but is worth the visit. The visitor can see the mausoleum of the Father of the Nation, Amílcar Ca-

bral, whose remains were placed here in 1975. Beside it there is a memorial to the Nation's other Heroes and veterans of the independence struggle Titina Silá, Francisco Mendes, Osvaldo Vieira and Pansau Na Isna are buried here. More recently, the former Presidents of the Republic Malam Bacai Sanhá and Kumba Yala were buried here also. The Amura Fortress is also home to the car in which Amílcar Cabral was being transported when he was killed, as well as the container from which he broadcasted the Libertação Radio Station, from Guinea to Guinea-Bissau. All visits to the Amura Fortress must be preceded by a formal written request to enter in the facilities given as it is a military area with restricted access.



BISSAU VELHO

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## BISSAU VELHO (P2) Page 46

The neighbourhood around the harbour is in an advanced state of dilapidation, but it's worth a walk to enjoy the façades and the predominantly colonial architecture. Today, the district of straight-lined streets, accommodates the Casa dos Direitos (House of Rights) the first police station and prison, which was transformed into the headquarters of the Liga Guineense dos Direitos Humanos (the Guinean-Bissau Human Rights League) and other NGOs. The Casa dos Direitos is a meeting place and includes a space to work, a library, a resources centre and a room for exhibitions and debates. Here you may visit the permanent photographic exhibition about the prison's transformation in a centre for the fight of protection of human rights. In

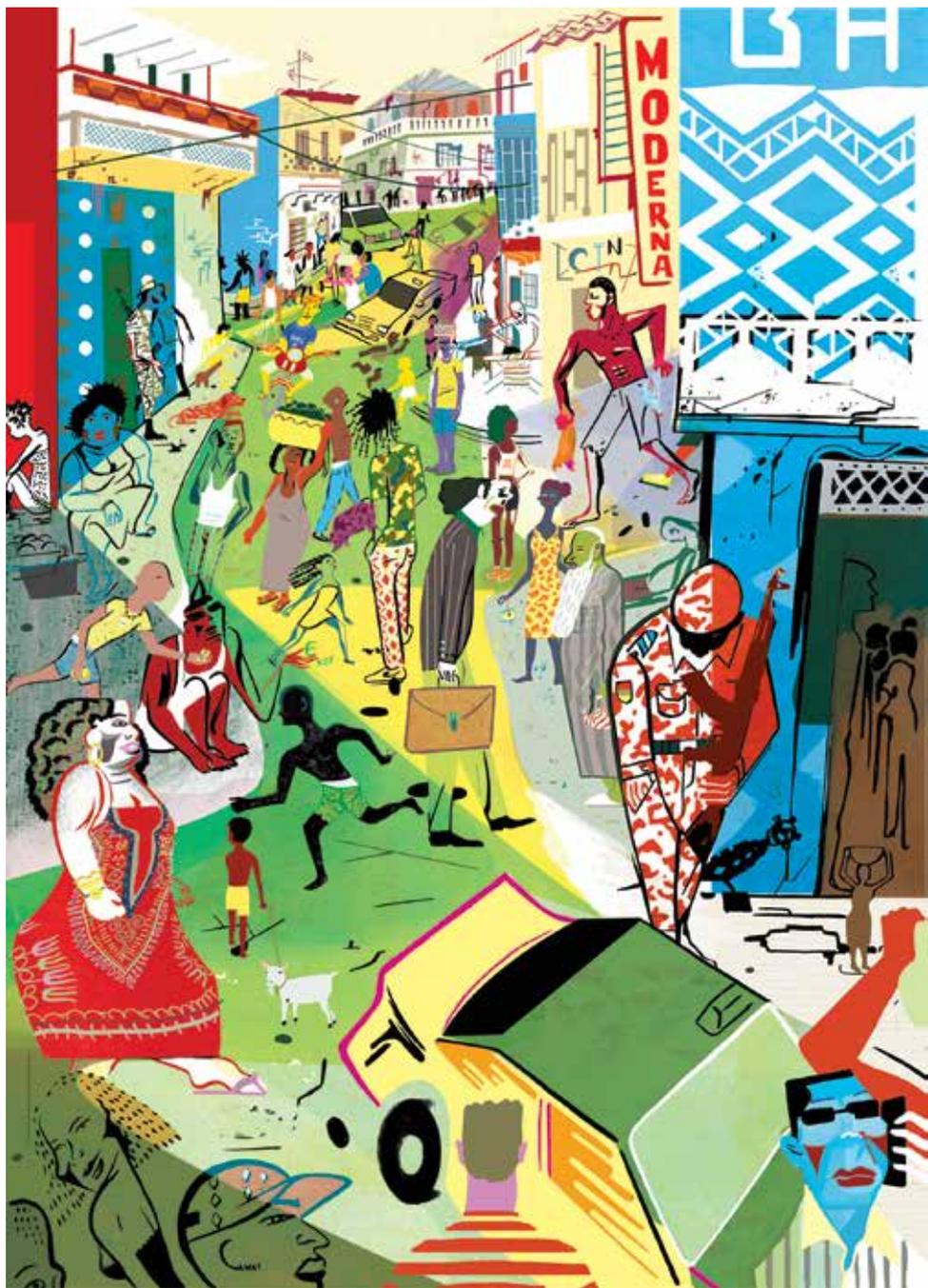
the same neighbourhood, we find the Supreme Court, some banks, services and commerce. The houses are mostly two-storey with a high ground floor formally used as the store or the warehouse, and a first floor that served as housing. Although degraded, and often full of heavy goods vehicles stationed there, awaiting entry into the port for loading or unloading, the Avenue 3 de Agosto has a great view of the Geba River estuary and harbour, as well as of the King's Islet (Ilhéu do Rei), just across from Bissau. The Geba waters accumulate a lot of garbage and the smell is sometimes unpleasant but nevertheless, it's worth the view.

## PROJECT SPONSORED BY THE EUROPEAN UNION



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Title	<b>Human Rights Observatory - Casa dos Direitos</b>
Implementing partner	Guinean League for the Human Rights (LGDH) in a partnership with the Association for the Cooperation Between People (ACEP) and the Centre for African Studies and Development (CESA)
EU contribution	300 000 EUR
Duration	2013 - 2017
Region	National
Description	<p>This project contributed to develop a culture of human rights in Guinea-Bissau, encouraging civic action and the effective respect for rights. To improve knowledge and increase the monitoring of human rights in Guinea-Bissau the Human Rights Observatory was established in "Casa dos Direitos", Bissau. The project conducted awareness-raising, advocacy campaigns on human rights and assessed the specific competencies of organizations from the civil society working in this area. The Observatory has published three annual reports on human rights indicators, "Observing Rights in Guinea-Bissau - Education, Health, Housing, Water, Energy, Justice", which contains information collected in various sectors in all regions of the country.</p> <p>More information: <a href="http://www.observatoriodireitos-guinebissau.blogspot.com">www.observatoriodireitos-guinebissau.blogspot.com</a> <a href="http://www.casadosdireitos-guinebissau.blogspot.com">www.casadosdireitos-guinebissau.blogspot.com</a></p>





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## PIDJIGUITI HARBOUR (P3) Page 46

The Pidjiguiti harbour deserves a visit because of its morning animation, the bubbling sounds, the smells and the colours. Pirogues boats (local fishing) arrive daily with fish that is sold in a small market on the dock. The market also offers fresh fruits and vegetables and the sounds of the market are supplemented by the local women bragging about the fish and seafood they have for sale. The port also has occasional trading activity and international transport including the arrivals and departures of container ships. At the entrance of the harbour, there are two monuments to the martyrs of 3rd August 1959. During a strike of dockworkers and sailors from the port

of Bissau, the repression by the colonial authorities resulted in the death of around 50 people and 100 protesters wounded - the Pidjiguiti Massacre. The date is still commemorated as a national holiday. In the square in front of the port there is a large abstract representation of a black fist, the "Hand of Timba" (P4) and nearby a playground with evocative images of the massacre. At the entrance of the Pidjiguiti harbour, on the left, there is another memorial of the massacre and in front of the entrance there is a bust of Amílcar Cabral (P5).



VIEW OF THE OLD FACTORY OF THE REI ISLET

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## ILHÉU DO REI (P6) Page 46

The Ilhéu do Rei (King's Islet) islet is directly opposite to the port of Bissau. To get there you can take a short 10-minute trip in a pirogue from the small port behind the Customs centre. Again the price must be negotiated before departure but a round trip in a pirogue without other customers should not exceed 7500 CFA francs. The Ilha do Rei has a building in an advanced state of dilapidation which used to be a factory of excellence in the second half of the twentieth century. Here, *mancarra* (peanuts) were peeled and peanut oil and palm oil were produced. Rice was peeled and energy was produced using peelings and waste that fuelled the island. Products processed here were sent by sea to the other points of Gui-

nea-Bissau and for export. Today, the factory is in ruins and a former factory worker guides visitors through rare paths taken over by tall grass and shows the *Tabanca* of those who stayed here after the closure of the factory. It is a very poor *Tabanca* surviving essentially of the drying of catfish that women sell daily in Bissau. The population is extremely ethnic diverse due to the fact that it was working class origins.



BISSAU CATHEDRAL (AV. AMILCAR CABRAL)

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## AMILCAR CABRAL AVENUE (P7) Page 46

One of the main arteries of the city, which begins in Pidjiguiti harbour and ends at the Presidential Palace, calls for a walking tour to better appreciate the mixed styles and influences of the architecture. Leaving the port, on the right side we find the Ministry of Justice, a Greco Roman inspired architecture building, followed by the old Dona Berta guesthouse, consisting of a large balcony with iron elements, a work inspired by Gustave Eiffel. Still on the right we can also find the Bissau Cathedral, a work from 1945 designed by architect João Simões. There is also the old Nunes & Irmão warehouse, today Hotel Coimbra & SPA. In front of the Cathedral, is the Guinea-Bissau Post Office building, built in 1955 and, again to the right, the former headquarters of União Desportiva Internacional (UDIB) and also former movie theatre in city.

## NATIONAL HEROES' SQUARE (P8) Page 46

Here in this square, the nerve centre of the city, we find a bandstand and a monument of 1941. It's placed in the middle of the roundabout and it also features a gazebo. The Presidential Palace, a work originally designed in 1945 in the former Portuguese Guinea was recently rebuilt after being heavily bomb damaged in the war that started on June 7th, 1998. Today it is the official residence of the President of Guinea-Bissau. The building located at the right side of the Palace, also in this square, is the former Commercial, Industrial and Agricultural Association of Bissau, a majestic building designed by Jorge Chaves in late 1940. It is now the headquarters of PAIGC, a political party in Guinea-Bissau. The building located at the left side of the Palace is the National Ethnographic Museum of Bissau. The square fills up on weekends with families strolling, children playing, young couples dating on park benches and as a hot spot and meeting point for those drawn by the offer of free Wi-Fi, which was made available recently.





COLINAS DE BOÉ PALACE

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## LEAVING THE CENTRE

### OTHER DISTRICTS Page 46

Leaving the old city centre, we find the **Che Guevara roundabout** <sup>(P9)</sup> where the French Cultural Centre is also located. The **Municipal Market** <sup>(P10)</sup>, in Vitorino Costa street operates in temporary facilities after the fire of 2006 that destroyed the old Market City. Other districts include: The **Lino Correia Stadium**, (1946), at Avenida Francisco Mendes <sup>(P11)</sup>, the **Portuguese Cultural Centre** <sup>(P12)</sup> at Avenida Cidade de Lisboa, the Meteorology Building, a work designed by Lucínio Cruz in 1952 and located at Rua do Brasil <sup>(P13)</sup>. Then we have the **Colinas de Boé Palace** <sup>(P14)</sup>,

headquarters of the National Assembly, also known as Palácio do Povo (People's Palace), built in 2005 which is next to the **Brazilian Cultural Centre** <sup>(P15)</sup> and then the **Mãe de Água** <sup>(P16)</sup> roundabout where the water tank, built in 1947 which supplied the city of Bissau is located. This area acts as nerve centre for circulation of toca-tocas (mini-buses), dissemination of election campaigns and informative posters for all that goes on in Bissau.

### BANDIM MARKET <sup>(P17)</sup> Page 46

The largest street market of Guinea-Bissau, the Bandim Market begins at Mãe de Água. This market, dating back to 1960, and is occupied by shops and warehouses from one side of the avenue to the other. Every centimetre is used by vendors for every imaginab-

le item: fruit, vegetables, household appliances, medicines, clothing, traditional bread, shoes, drug store, tools, and leather goods, meat, fish, cereals, etc.. Anything you need you will surely find at the Bandim market.



PRIMATURA

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## AVENIDA DOS COMBATENTES DA LIBERDADE DA PÁTRIA (P18) Page 46

On the avenue leading to the airport, a distance of 7.5 kilometres, we enter the extremely populous suburbs of Bissau, such as Bairro da Ajuda, Bairro Militar or Bairro de Quelelé. Without leaving the avenue with two lanes on each side (sometimes three!), and after passing the Chapa de Bissau Roundabout, on the right side, we'll find the Grande Mesquita de Bissau (Great Mosque of Bissau). Up ahead, on the left, the Embassy of the European Union and the embassies of some countries, the BCEAO headquarters (Central Bank of West African States), the Palácio da Justiça and the new complex which houses the office of the Prime Minister Office and some of the other minis-

terial offices - Primatura. Arriving at Osvaldo Vieira International Airport, there is a statue of Amílcar Cabral on a large roundabout, which is a much visited place on weekends for sports activities by the capital's youngsters.

The "volta de São Paulo", a road that was partially recovered and that works as an external road to reach the city, allows the visitor to see the beautiful view of *bolanhas* that exists in Bissau fringes. It goes through the populous Antula neighbourhood and reach's the Customs centre and the old part of the capital.

## PROJECTS SPONSORED BY THE EUROPEAN UNION

<b>Title</b>	<b>PARQUE EUROPA (Europa Park) – LAGOA N'BATONHA – project “Kau di catchu ku kau di pecadur”</b>
<b>Implementing partner</b>	Monte-ACE in partnership with Municipality of Bissau
<b>EU contribution</b>	386 008 EUR
<b>Duration</b>	2015 - 2017
<b>Region</b>	Bissau
<b>Description</b>	
<p>Situated between the Ancar Hotel and the Marinha (Navy), the Park is rehabilitating an urban wetland in the heart of the city of Bissau which was formerly very degraded. The Park has two distinct areas: an area of nature, one servicing biodiversity conservation, environmental awareness and education; and another for leisure activities, including local flora and fauna observatories, circuits for walking and exercise, a playground and a cafeteria. The project aims to contribute to increase knowledge on the importance of natural resources and biodiversity, encouraging its good management and conservation, as well as offering to the population of Bissau a leisure space.</p> <p>More information: <a href="http://www.cmbissau.com/parque-nbatonha">www.cmbissau.com/parque-nbatonha</a></p>	

<b>Title</b>	<b>NO CULTURA I NO RIQUEZA – PROMOTION OF CREATIVE ECONOMY</b>
<b>Implementing partner</b>	ADPP-GB in partnership with University of Girona, with the Cultural Group Netos de Bandim and with the Cultural Association Ussufoal
<b>EU contribution</b>	692 000 EUR
<b>Duration</b>	2016 - 2020
<b>Region</b>	Bissau
<b>Description</b>	
<p>The project promotes the cultural sector as a vector of economic growth in Guinea-Bissau. Artists are offered professional training through the project and will then organise cultural activities in different areas (handicrafts, theatre, dance, painting, traditional cuisine, singing). This will take place in the existing or rehabilitated Centros Culturais de Bairro (Cultural Centres of the Districts) of Bissau. A virtual platform will also support the artists' projection and the collaboration network at international and regional level.</p> <p>More information: <a href="http://www.gbnoculturainoriqueza.com">www.gbnoculturainoriqueza.com</a></p>	

## PROJECTS SPONSORED BY THE EUROPEAN UNION

<b>Title</b>	<b>CULTURA I NÔ BALUR – A STRATEGY OF EDUCATION FOR THE CULTURE IN GUINEA-BISSAU</b>
<b>Implementing partner</b>	FEC (Foundation Faith and Cooperation) in partnership with Faculty of Educational Sciences of the Catholic University of Guinea-Bissau, with the Institute of Education of the University of Lisbon, with the Afectos com Letras ONGD, with the Guinea-Bissau Association of Writers and with ENGIM ONG.
<b>EU contribution</b>	700 000 EUR
<b>Duration</b>	2016 – 2020
<b>Region</b>	National, focusing in Bissau, Biombo and in regional capitals of Bafatá, Gabú, Oio, Cacheu, Tombali and Quinara.
<b>Description</b>	<p>The project aims to promote Guinean cultural heritage, improving the population's access to cultural goods and services. It includes: training for craftsmen to improve craft techniques using local products (wood, fabrics, can), the production of three story books and a CD with children's music related to Guinean culture. The project also includes the creation of a Centre for Studies of Education and Culture of the Guinean Child, with pedagogical and playful purposes, as well as the holding of handicraft fairs and book fairs and a traveling library.</p> <p>All products will be available at the Centro Artístico Juvenil" and in the Catholic University of Guinea-Bissau, in Bissau.</p> <p>More information:</p> <ul style="list-style-type: none"><li>- FEC management project in Bissau. Tel. (+245) 966 965 722</li><li>- Centro Artístico Juvenil de Bissau. Tel. (+245) 955 555 336</li><li>- Facebook page promoting artisans: <a href="http://www.facebook.com/Arguib">www.facebook.com/Arguib</a></li><li>- Webapage of the Catholic University of Guinea-Bissau: <a href="http://www.ucgb.gw">www.ucgb.gw</a></li></ul>



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BISSAU REGION

## TRADITIONS

The Carnival is a fantastic three days traditional celebration in Guinea-Bissau and, is focused in particular on the capital: Bissau. City life stops for these three days to see these colourful groups parading from all over the country and with representatives from all ethnic groups. It is an ethnographic phenomenon of great significance, where all the most rooted traditions take to the streets to show off and proudly parade through Bissau avenues, whilst competing in a competition organized by the local authorities.





## WHERE TO EAT

In Bissau, there are several restaurants with a wide range of cuisine and quality. Here are some restaurants that we consider reliable

### **A PADEIRA AFRICANA** R1

Rua M. N' Guabi, 30A - International Guinean cuisine. Known for the traditional Portuguese cuisine.  
Tel.: (+245) 955 681 577

### **COIMBRA** R2

Avenida Amílcar Cabral - International and Guinean cuisine - buffet. Vegetarian cuisine.  
Tel.: (+245) 966 568 526

### **DOM BIFANAS** R3

Avenida do Brasil - Near the Mãe de Água roundabout - International and Guinean cuisine with a gourmet touch.  
Tel.: (+245) 966 604 312

### **HUGOS** R4

Rua de Angola - Known by its grilled food. Portuguese and Guinean cuisine.  
Tel.: (+245) 966 558 025

### **IMPÉRIO** R5

Hotel Império, last floor. Portuguese and international cuisine. Tel.: (+245) 956 001 212 | 969 004 848

### **COQUEIROS** R6

Avenida Unidade Africana, close to the fire station. Barbecue and Portuguese cuisine. Seafood. Live music.  
Tel.: (+245) 966 202 175

### **PAPA LOCA** R7

Avenida Francisco Mendes - international and Guinean cuisine. Known for its grilled chicken.  
Tel.: (+245) 955 507 020

### **HOTEL ANCAR** R8

Rua Osvaldo Vieira, 10 - international cuisine.  
Tel.: (+245) 955 804 547

### **BISTRO** R9

Rua Eng.ª José Guedes Quinhones - international cuisine, including pasta, wood oven pizza and a Belgian beer menu.  
Tel.: (+245) 969 253 058 | 955 621 144  
E-mail: restbistro@gmail.com

### **TAMAR** R10

Rua 12 de setembro - Guinean food. Live music on weekends with terrace service. In Bissau Velho.  
Tel.: (+245) 966 602 304

### **O QUINTAL** R11

Av. Pansau na Isna, Near the craft market Coqueiros. International and Guinean cuisine, live music at the weekends.  
Tel.: (+245) 955 963 930

### **ALI BABA** R12

Av. Pansau na Isna - barbecue and Lebanese cuisine.  
Tel.: (+245) 966 610 000

### **O PORTO** R13

Rua Severino Gomes de Pina - international and Guinean cuisine. Known for its fish dishes.  
Tel.: (+245) 966 624 632

### **DAR SALAM** R14

Rua Severino Gomes de Pina - Guinean and Senegalese cuisine.  
Tel.: (+245) 955 525 220

### **AL AMIR** R15

Avenida Francisco Mendes - Lebanese cuisine. Pizza.  
Tel.: (+245) 955 544 449

### **LAROSA** R16

Near the Hotel Malaika - Lebanese cuisine. Grilled fish.  
Tel.: (+245) 966 974 488

### **KALLISTE** R17

Avenida Domingos Ramos. International and Guinean cuisine. Pizzas.  
Tel.: (+245) 955 124 953

### **GUINÉ DOCE - COFFEE SHOP & RESTAURANT** R18

Rua A Mbana, Bissau Velho.  
Tel.: (+245) 966 148 352

**DONA FERNANDA R19**

Santa Luzia – Guinean cuisine. Known for the grilled fish Bica, *espetadinhas* and chicken cafriela.  
Tel.: (+245) 966 795 000

**RODAS NO AR R20**

Aeroporto Osvaldo Vieira – International and Guinean cuisine. Buffet service at lunch.  
Tel.: (+245) 966 239 386

**ALMAGUI R21**

Avenida dos Combatentes da Liberdade da Pátria – Guinean and Portuguese cuisine.  
Tel.: (+245) 966 611 094

**A COZINHA DA TERRA R22**

Avenida Caetano Semedo, Las Palmeras, Belém - Traditional Guinean cuisine on demand and local products. Catering service.  
Tel.: (+245) 966 616 799

**SENEGALESA R23**

Rua Eduardo Mondlane (near the crossroad with the Rua Diassi) – Senegalese and Guinean cuisine. Known for its fish dishes.  
Tel.: (+245) 966 661 919

**MACHADO R24**

Av. Combatentes da Liberdade da Pátria  
Tel.: (+245) 966 613 827

**CONTENTOR A MANGUEIRA R25**

Rua de S. Tomé Behind the Brazilian Cultural Centre. (behind the Brazilian Cultural Centre) - esplanade bar with meals. Seafood and oysters at the weekend.  
Tel.: (+245) 955 803 748 | 966 674 877

**OÁSIS R26**

Near the Largo do Porto and Timba's Hand, in Marinha's corner. Portuguese and Guinean cuisine.  
Tel.: (+245) 955 289 669 | 966 702 188

**NA TÁBUA R27**

Largo do Porto, behind Timba's Hand. House speciality is meat and grilled seafood.  
Tel.: (+245) 966 306 283

**COFFEE SHOPS****Café-Pastelaria Império C1**

Praça dos Heróis Nacionais

**Ponto de Encontro C2**

Rua M. N' Guabi

**Kais C3**

Largo do Pidjiguiti

**WHERE TO SLEEP**

The city of Bissau is served by several hotels with prices tailored to every budget. Guinea-Bissau is not regulated by the hotel classification, so we have not included any qualification.

**HOTEL COIMBRA & SPA H1**

Avenida Amílcar Cabral  
Tel.: (+245) 966 568 526  
E-mail: [contacto.bxo@gmail.com](mailto:contacto.bxo@gmail.com)

Rooms with air conditioning and mini bar, electricity and water 24h/day, spa, gym, library, bar, restaurant, internet, laundry and craft store. Shuttle service to the airport. In the city centre, next to the Cathedral.

**HOTEL AZALAI 24 DE SETEMBRO H2**

Avenida Pansau na Isna, Santa Luzia  
Tel.: (+245) 955 803 000 | 955 803 004  
Page: [www.azalahotels.com](http://www.azalahotels.com).  
E-mail: [24desetembro@azalahotels.com](mailto:24desetembro@azalahotels.com)

Rooms with air conditioning and mini bar, light and water 24h/day, internet, laundry service, swimming pool, garden. Bar. Shuttle service to the airport. 5 minutes from the city centre.

### LEDGER PLAZA HOTEL H3

Avenida Combatentes Liberdade da Pátria, 107  
Tel.: (+245) 955 577 007  
E-mail : reservations.ledgerbissau@laicohotels.com

Rooms with air conditioning, satellite TV, hair-dryer, free hygiene products, electricity and water 24h/day. Outdoor swimming pool, playground, tennis court. Bar. Parking. Shuttle service to the airport.

### HOTEL IMPÉRIO H4

Praça dos Heróis Nacionais, nº1  
Tel.: (+245) 956 001 212 | 969 004 848  
E-mail: info@hotelimperio.net  
| reservas@hotelimperio.net

Rooms with air conditioning, satellite TV, hair-dryer, free toiletries, electricity and water 24h/day. Airport shuttle.

### HOTEL TERRAÇOS DE RUBY H5

Rua Vitorino Costa, nº 28/29  
Tel.: (+245) 955 381 537  
Rooms with air conditioning and free Wi-Fi.  
Outdoor pool and bar.

### HOTEL ANCAR H6

Rua Osvaldo Vieira, 10  
Tel.: (+245) 955 804 547  
Hotel with air conditioning, electricity and water 24 hours/day, internet, bar and restaurant. Shuttle service to the airport. In the city centre.

### HOTEL MALAIKA H7

Rua Osvaldo Vieira  
Tel.: (+245) 966 710 010  
Rooms with air conditioning, mini bar, electricity and water 24h/day, internet. Shuttle service to the airport. In the city centre.

### APARTHOTEL SOLMAR H8

Rua Vitorino Costa  
Tel.: (+245) 955 804 547  
Hotel with air conditioning, mini bar, electricity and water 24h/day internet. Shuttle service to the airport. In the city centre.

### HOTEL LISBOA-BISSAU H9

Avenida dos Combatentes da Liberdade da Pátria  
E-mail: hotellisboabissau@hotmail.com

Hotel with air conditioning, electricity and water 24 hours/day, internet, pool. Shuttle service to the airport. 15 minutes from the city centre.

### HOTEL BASSAMAR H10

Avenida Pansau na Isna, Santa Luzia  
E-mail: hotelbassamar@gmail.com  
Rooms with air conditioning and mini bar, internet, bar and restaurant. Shuttle service to the airport. 5 minutes from the city centre.

### RESIDENCIAL ALMAGUI H11

Avenida dos Combatentes da Liberdade da Pátria  
Tel.: (+245) 966 611 094

Rooms with air conditioning, pool, laundry service. 20 minutes from the city centre, close to the airport.

### HOTEL KALLISTE H12

Avenida Domingos Ramos  
Tel. (+245) 966 765 662

### APARTHOTEL LOBATO H13

Avenida Pansau na Isna, 29  
Tel.: (+245) 955 951 063  
Email: olgalobato5@hotmail.com

### APARTHOTEL JORDANI H14

Avenida Pansau na Isna  
Tel.: (+245) 955 830 605

### APARTHOTEL TAMAR H15

Rua 12 de Setembro  
Tel.: (+245) 966 602 926

### PENSÃO CREOLA H16

Avenida Domingos Ramos  
Tel.: (+245) 966 633 031  
Rooms with fan and mostly with shared toilet, basic services.



## NIGHT OUT:

The nightlife in Bissau is very hectic. There is always an option to listen to live music or dancing to warm African rhythms.

### INSÓNIAS

Open from Thursday to Sunday. International and lounge music.

### KAIPIRINHA

Bar. Avenida Amílcar Cabral. Closed on Sunday. Terrace with diversified environment, African music. Attended mostly by Guinean and international community.

### X CLUB

Music and international environment. Open from Wednesday to Sunday.

### BALAFON

Bar. Avenida Domingos Ramos. Open every day. Music and international environment.

### A GARAGEM

Bar known for its Gin Tonic. Rua de Cabo Verde. Attended by Guinean's and internationals.

### TABANKA

Nightclub. Rua Justino Lopes. Guinean and African music. Frequented by Guinean and international community.

### SABURA

Nightclub. Rua Ermelinda Gomes. Open every day Guinean and African music. Nightclub frequented by Guinean and internationals.

### KINGS CLUB

Restaurant, bar, nightclub. Bairro da Ajuda. Open on weekends with weekends, with live music.

### BAMBU

Nightclub. Bairro da Penha, Avenida dos Combatentes da Liberdade da Pátria. Open every day. Guinean and African music. Frequented mainly by Guinean.

### BOMBOLOM CLUB

Bairro de Ajuda, near Sonhos' nightclub.





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## TRANSPORTATION

In Bissau, hundreds of taxis are in constant movement, just raise your hand and one will immediately pull over. The trips are shared, taxis stop once in a while to let in other passengers who are heading in the same direction. Prices are very low (between 250 CFA and 500 CFA Francs for routes in the city). Another alternative during the day are the *toca-tocas*, mini buses for the public, which connect the various districts of the city to Mãe de Água, near the Colinas de Boé Palace and the slaughterhouse area of Bissau. Also available are the green buses for urban transportation connecting the various districts of the city and the surrounding localities.



## CRAFTS

The craft market can be found at Mercado dos Coqueiros, provisionally installed in the cross-road of the Avenida Pansau na Isna with Avenida da Unidade Africana. Craft can be found as well in the Centro de Arte Juvenil (Youth Art Centre), which is located on the road from Bissau to the airport, near Chapa. Here young people work the wood in plain sight and the pieces are all unique and numbered. For those looking for handicrafts from around the country, the store Cabaz di Terra, in the Rua Vitorino Costa, has a wide variety of Guinean crafts. Next to the Cathedral, there are also crafts for sale on the street, some of which are from Senegal and other African countries. Other local handicraft products such as honey, rice, jams, salt, among others, are on sale in the store Sabores da *Tabanca*. As well as in Bissau Velho, Rua Guerra Mendes near the port, in the Lojinha da Terra, Bairro de Bélém and in some mini-markets.

## TOURISM OFFICE

At the airport, there are two tourist information desks (arrivals and departures). Another two tourist information centres are available in the city centre, next to Malaika Hotel and another in the Praça dos Heróis Nacionais, next to TAP headquarters. Another option is to consult the website of the Ministry of Tourism and Handicrafts of Guinea-Bissau: [www.discoverbijagos.org](http://www.discoverbijagos.org) [www.discoverybijagos.com](http://www.discoverybijagos.com).





## BIOMBO REGION

This region, the country's second smallest, is also called Tchon di Pepel because of the predominance of Papel ethnic group. You may say that Biombo is one of the richest regions in terms of ancestral cultural manifestations and animist traditions. This is partly due to the representation of various ethnic groups - Balanta, Mancanha, Manjaco, Fula, Mandinga, Bijagó and Beafadas in this region.

The proximity of the sea and the Mansôa River have great influence on the landscape, determining the territorial variations according to the tides. It is a region known for extensive areas of mangroves, making it one of the preferred locations for catching and tasting oysters. The mangrove zone is also well sought after by migratory birds. The *bolanhas* and some beaches, palm forest, savannah's, cashew and sugar-cane plantations complete the Biombo landscape. The region is also rich in traditional products that are later sold in Bissau: the production of sugar, wine and palm oil, cashew, dry or distilled in wine, blacksmithing or weaving.



QUINHAMEL

## QUINHAMEL

Quinhamel is a village 37 km from Bisau, the capital of Biombo region with 43 000 inhabitants. The road to get there from the capital is in good condition and lets you to enjoy the beautiful landscape of mangroves, *bolanhas* and cashew trees. Entering in the centre of the village, the street market completely fills the road curbs and sometimes the road itself. The main square is wide and a place where youngsters and families have carefree promenades. Further along this square you can take the road on the left, which follows a fenced path of centenarian *poilões* which will take you to the banks of Mansôa River, where you can take a refreshing swim or simply contemplate men fishing, women catching the

oysters or children playing in the water. The Papel, are a strongly animist ethnicity and have a very close relationship with nature therefore they consider the *balobas* sacred places. You can get to know some of these sanctuaries and see some artefacts that mark the spot. This region is perfect for hiking or trekking across adjacent circuits to see the various river branches. We recommend comfortable clothes, walking shoes and bottled water.

## HISTORICAL ELEMENTS AND SITES TO VISIT IN THE REGION



### PANO DE PENTE WEAVING FACTORY

Artissal, is an NGO which is located at the entrance of Quinhamel. It has the objectives of providing training, promoting regional culture and aiding in the produce and exportation of traditional products from the region, including the *pano de pente*, a textile that can carry much symbolism. Only the Papel men are weavers, learning the art from their fathers or uncles. The textiles continue to be produced with the same traditional methods and on the same looms. These looms are regarded as sacred and are sometimes used in rituals for curing diseases. Weaving is considered a sacred activity and the use of these textiles is also a symbol of social status. To receive an offer of a pano de pente should be considered an honour. The use of these textiles is widespread in features, ceremonies and rituals. They were primarily used in funeral ceremonies and considered rare and valuable pieces. In the Artisan headquarters, it's possible to visit the workshops where the craftsmen work the material and see the tradition passed on according to the ancestral rules mentioned above: from father to son or from uncle to nephew.

### PAPEL MUSEUM

In Artissal it's also possible to visit a small museum with a display of objects and elements of Papel culture.

### MANUEL PORTUGUÊS DISTILLERY

Following the dirt road that leads to the Artissal headquarters, we find the distillery of a Portuguese family, who have lived in Guinea-Bissau for decades, and who still produce sugar cane brandy, cashew brandy or honey brandy using traditional but larger scale methods. This distillery works all year round but is dependent on the production of whichever raw materials are in season. You can also track all the stages of the production following this completely artisan method. The cane is planted and harvested in the fields near the distillery; the women extract the broth which is created during the grinding process. The mash that results from it then passes through a fermentation process where sugar is added to the broth and it passes to the still tanks, where it is stored before being bottled. This historic artisan distillery is well worth a visit.

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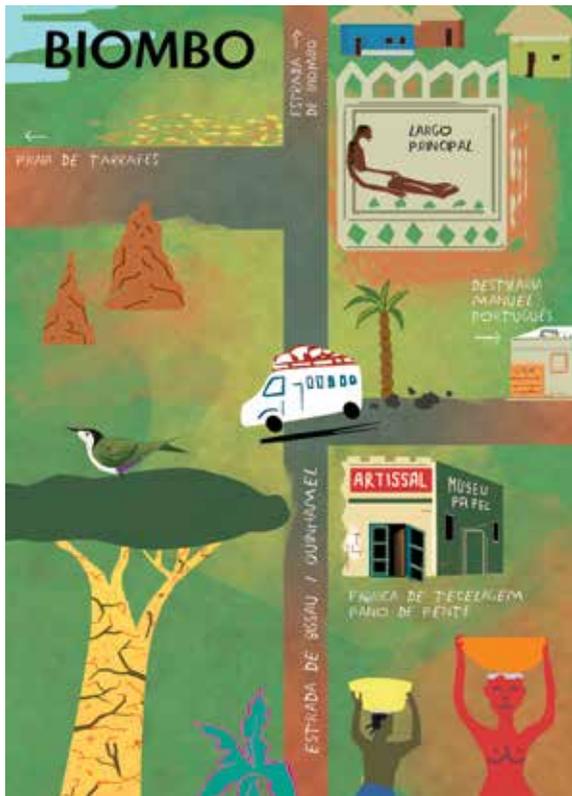
Title:	<b>MULHERES+ (WOMEN+) – INCLUSIVE AND SUPPORTIVE VALORISATION OF GUINEAN CULTURE</b>
Implementing partner	Cabaz di Terra in partnership with CIDAC
EU contribution	457 129 EUR
Duration	2016 – 2018
Region	Bissau

**Description**

The culture of artistic creation and the economic value of traditional Guinean weaving are the basis of this project, which aims to support the emancipation of women and the improvement of the quality of life for their families and communities.

The opening of a store/weaving centre is planned in Bissalanca, in the road from the airport to Quihamel.

More information: [cabazditerra@gmail.com](mailto:cabazditerra@gmail.com)





ARTISSAL - PANO DE PENTE

© CABAZ DI TERRA



WHERE TO SLEEP

**7 DJORSON COMPLEX ARTISSAL**

Tel.: +245 955 124 953  
Quinhamel

**HOTEL MAR AZUL**

Tel.: (+245) 955122508  
| 966760990

E-mail: tonyferrage@hotmail.com

Hotel and restaurant specialising in oysters, grilled fish and African dishes. Swimming pool and bathing by the river.



WHERE TO EAT

**ESPLANADA OMAV**

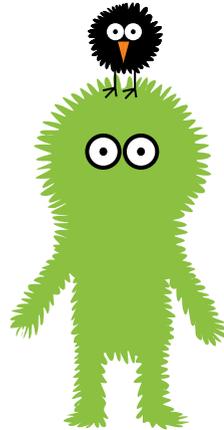
Tel.: (+245) 955 532 974

In a beautiful setting by the river, you may enjoy an all-inclusive buffet with fixed prices and featuring oysters as a speciality. Open on Saturdays, Sundays and holidays. Reservations required.

**NELSON**

Tel.: (+245) 966 672 839

Specialty oysters in a picturesque setting along the river. Open on Saturdays, Sundays and holidays. Reservations required.



**INDUM-MAR**

Tel.: (+245) 955 804 195  
| 966 621 750

Restaurant by the river.

## BIOMBO

Moving forward, after Quinhamel village, on a dirt road for about an hour, and passing by Kingdom of Tôr, we arrive at a relaxing beach that is uncluttered plain and simple. The journey to the beach is much more colourful: with small *tabancas* with houses covered with thatched roofs bordering the road, people sitting in the shadow of a *poilão*, a pond full of birds, *bolanhas* and endless vegetation. Here in Biombo you can choose to take a motorized canoe to one of several islands or the larger boat to the Island of Keré.

## PRAIA DE PIQUIL

Mangroves dominate this area and there are little infrastructures so access to this beach is restricted. The trip has to be made by the river in a motor boat or canoe. The nearest town to this beach is Ondame and the distance between Quinhamel and Ondame is about 20 km much of which is a dirt road, except for the first 3 kilometres.

## PRÁBIS AND SURU BEACH

Suru beach is about 20 km from Bissau and the trip should be made from the capital toward Prábis. The distance between Prábis and Suru beach isn't very long. The access includes a paved and dirt road. Suru is the closest beach to the capital Bissau and is considered as a good place to rest. It is a deserted sandy beach where you can bathe and if lucky and the season in right see the some of the migratory birds that pass through this area.



BIOMBO



## WHERE TO EAT

### AURÉLIA

Tel.: (+245) 966 966 612

Specialities: oysters. Barbecue and fish in the shade of the corral.



© AFECTOS.COM/LETRAS

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BIO/WBD REGION

## SAFIM

For those who want to know the country there is an almost obligatory passage through Safim, a village with about 18 000 inhabitants. The population lives mostly around the road that cuts through, the village and the market and small businesses embellish the road side. At the fork in the road we can go right towards Mansôa, Bafatá, Buba and Gabú or to the left towards Bula, Canchungo, Cacheu, São Domingos or Ziguinchor. And at the junction of this cross roads, there is a small Catholic chapel that you could take the opportunity to visit.



WHERE TO EAT

### MARISQUEIRA DE SAFIM

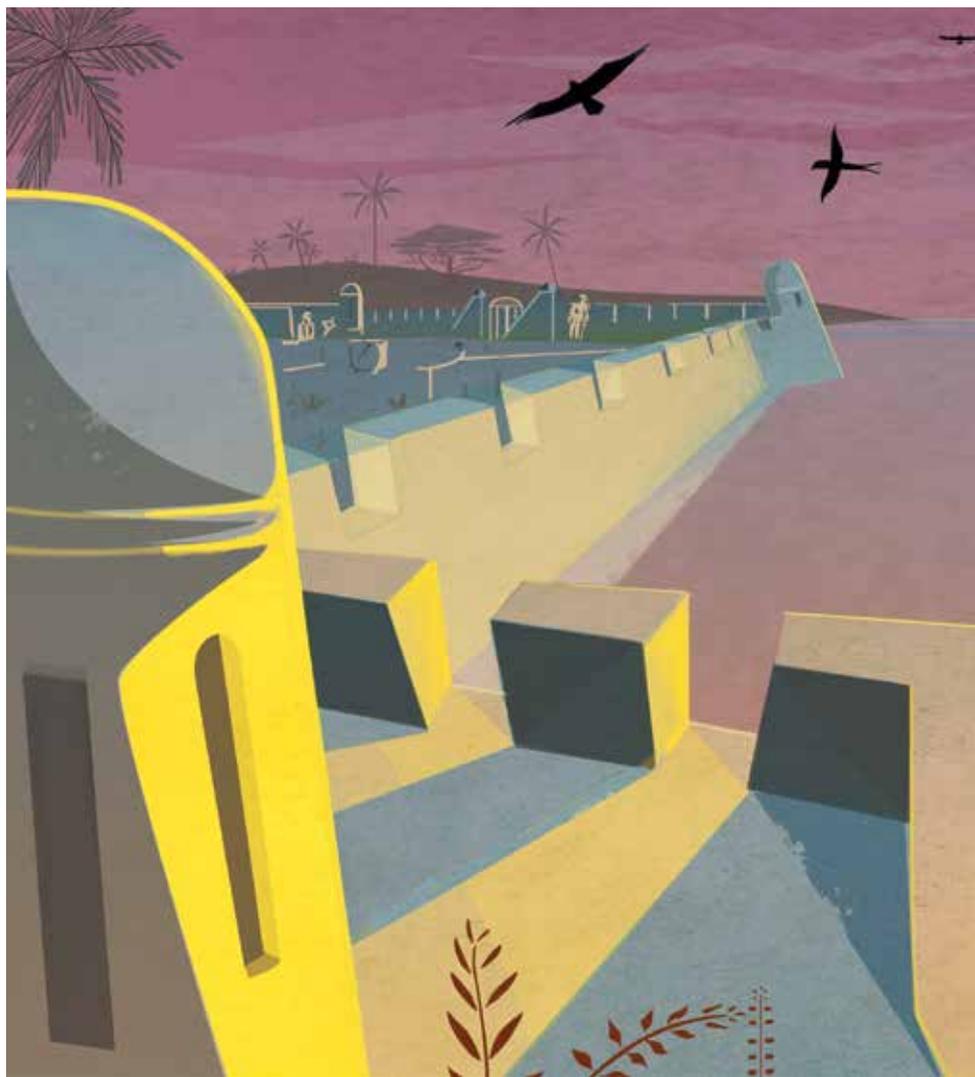
Tel.: (+245) 966 506 312  
| 955 977 788

Guinean food. Buffet on Sundays.

### NOVO PLANETA RESTAURANT

Tel.: (+245) 955 535 311

Guinean food.



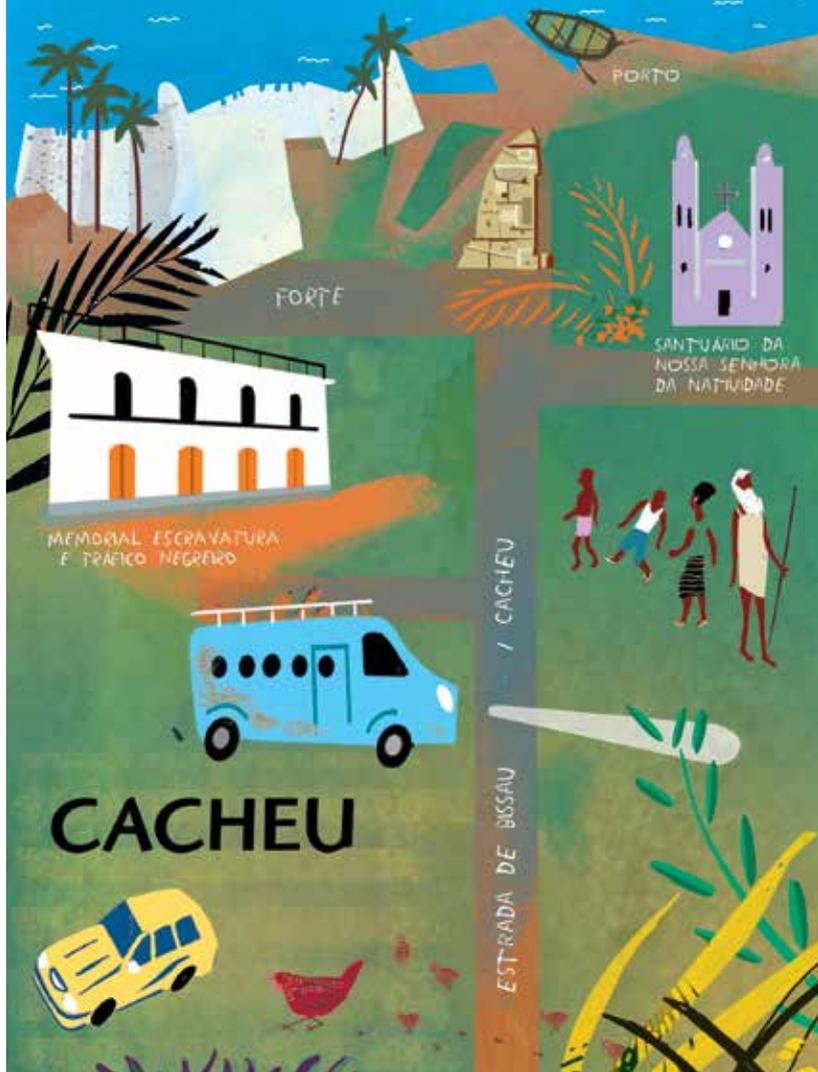


# CACHEU REGION

The Cacheu region has about 185 000 inhabitants and is located in the north-western part of the country. Surrounded by sea and creeks, this region is crossed by the Cacheu River, one of the most important of Guinea-Bissau. Cacheu is also the name of the sector and the capital of the Region, which also includes the sectors of Canchungo, Caió, Bula, Bigene and São Domingos.

## CITY OF CACHEU

This town is roughly 100 km from Bissau, covered in a paved road and in reasonable condition. When you arrive here you will be transported back in time to the centuries of the slave trade and slave trading posts. Cacheu was the capital in colonial times and, according to historians, the first Portuguese trade post of what is, today, Guinea-Bissau. Created in 1588, it was the slave trade centre and in May 1656 the Company of Cacheu e Rios was founded here. In 1879, with the creation of the province of Portuguese Guinea, it was no longer under the authority of Cape Verde.



## WHERE TO EAT

### CONTENTOR DA GABRIELA CARVALHO

Porto de Cacheu  
Tel.: (+245) 966 251 010  
Call in advance for booking.



## WHERE TO SLEEP

### SEDE DO IBAP

Tel.: (+245) 955 703 172 | 955 597 426

## HISTORICAL ELEMENTS AND SITES TO VISIT IN THE REGION



CACHEU FORT

© AFECTOS COM LETRAS

## CACHEU FORT

Cacheu Fort was built in 1588 at the request of the Cape Verdean Manuel Lopes Cardoso receiving authorization from the Portuguese Crown and from the Régulo Chapaia. The aim was to organize the defence against corsair attacks that threatened the region. This fort was very useful as it gave control of the river and naturally the entrance and exit of ships in anchorage. In architectural terms, the Fort is characterized by a rectangular 26 meters long by 24 meters wide plant with ramparts in the corners symmetric to the sides. The walls are built in 4 meters high mortar stone and there are 16 cannons, still in their original defensive positions. Surprisingly, still inside the fort are several statues of Portuguese navigators and heroes which were relocated here after independence. These are the statues of the first Europeans to arrive in Guinea in the fifteenth century - Diogo Gomes (the first Portuguese explorer to navigate the waters of the Geba River); Nuno Tristão (according to historians was the first navigator to reach what

is now called Guinea-Bissau); Teixeira Pinto, the "peacemaker" of Guinea as well as the first governor of the Praça de Cacheu; and Honório Barreto, who was born in Cacheu in 1813, son of João Pereira Barreto (Governor of Guinea between 1830-1859) and Rosa de Carvalho Alvarenga (Dona Rosa of Cacheu). The Fort is usually closed but you can request a visit which can be arranged with Mr. Caminho (+245) 955 907 341, who is responsible for taking care of the place. We also suggest a small tip at the end would be very much appreciated.



SHRINE OF OUR LADY NATIVITY

© AFECTOS COM LETRAS

## SHRINE OF OUR LADY OF THE NATIVITY

This church, dedicated to Our Lady of the Nativity, patron saint of Cacheu, was the first Portuguese church built in Western Africa and recalls the arrival of the first Franciscan missionaries in Cacheu in 1660. It is still in operation and there, the homily is celebrated on Sunday. It is an austere church but worth a visit, although it is of common knowledge that the walls are bowing to the pressure of moisture and time. Every year in December, a great national pilgrimage to the shrine is carried out, in what is considered the greatest manifestation of popular Catholic piety of Guinea-Bissau. To visit the interior of the church, we advise you to ask at the police station, right next to the church, where you will find the person responsible for the church key.



SLAVERY MEMORIAL

© CHIARA GUIDETTI

## SLAVERY MEMORIAL

This museum takes us on a historical journey through the world of slavery and the role that the city of Cacheu had in the world's slave trade routes.

Here we can find an exhibition of images and texts, replicas of the instruments used to transport slaves in the Atlantic crossing as well as a documentary centre with information on the history of slavery.

Rua Bacampolco, Caixa postal 606, Cacheu.  
Tél.: (+245) 955 361 104 | 966 772 934 | 955 650 263.  
E-mail: [memorialdeescravatura.cacheu@gmail.com](mailto:memorialdeescravatura.cacheu@gmail.com)  
Page: [www.adbissau.org](http://www.adbissau.org)

## MONUMENT IN THE HARBOUR ROUNDABOUT

The avenue leading to the port, with a traffic separator and two-lanes, ends in a roundabout where we can find a monument of Henriquinas celebrations dated from 1960 and attributed to the sculptor Severo Portela.



HENRIQUINAS' CELEBRATIONS MONUMENT

© AFECTOS COM LETRAS

## PROJECT SPONSORED BY THE EUROPEAN UNION



© STAND UP MEDIA / MIKE MARROQUIM

<b>Title</b>	<b>MEMORIAL DA ESCRAVATURA E DO TRÁFICO NEGREIRO DE CACHEU (MEMORIAL OF SLAVERY AND SLAVE TRAFFIC OF CACHEU) – PROJECTS CACHEU, SLAVE PATH AND CACHEU DI SI CULTURA I ISTORIA</b>
<b>Implementing partner</b>	Acção para o Desenvolvimento (AD) in partnership with Associazione Interpreti Naturalistici del Parco Nazionale del Gran Sasso and dei Monti della Laga Onlus (AIN), COAJQ and Civil Government of the Region of Cacheu
<b>EU contribution</b>	1 049 600 EUR
<b>Duration</b>	2012-2016   2016-2020
<b>Region</b>	Cacheu
<b>Description</b>	<p>The two consecutive projects aim to promote the historical and cultural heritage of the city of Cacheu and to boost the local economy, creating opportunities for employment and poverty reduction in the region. The focal point of the initiative is the Memorial of Slavery and Slave traffic, located in a renovated historical building. In addition to the museum, the Memorial includes a research centre and a conference centre. As related activities, the project promotes craft and artistic production, the organization of historical, cultural and environmental tourist circuits, the creation of housing, catering and training of young people and women.</p> <p>The project promotes the annual Cacheu Cultural Festival in November, often associated with a fair of local economy products.</p> <p>More information: Tel. (+245) 955 650 263 E-mail: <a href="mailto:memorialdeescravatura.cacheu@gmail.com">memorialdeescravatura.cacheu@gmail.com</a> Page: <a href="http://www.cacheu.adbissau.org">www.cacheu.adbissau.org</a>   <a href="http://www.memorialcacheu.org">www.memorialcacheu.org</a></p>

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CACHEU REGION



CACHEU RIVER MANGROVES

© AFECTOS COM LETRAS

## CACHEU RIVER MANGROVES NATURAL PARK

Cacheu River Mangroves Natural Park is the largest mangrove forest in Western Africa and an ecotourism sanctuary worth a visit. By catching the boat at Cacheu's port it is possible to make journey along the river's branches of with the same name and although 150 km long they are mostly navigable. Through the lush greenery mangrove's, filled with oysters at the roots, you can see the local population fishing in canoes amidst a great diversity of fauna. Among the more common species of animals in the park is the crocodile (*Crocodylus niloticus*), the African piton (*Python sebae*) - known as the irã cego, the Gambian squirrel (*Heliosciurus gambianus*), the bushbuck (*Tragelaphus scriptus*), the mangusto (*Herpestes paludinosus*) or the black bush hog (*Phacochoerus aethiopicus*

*africanus*).

One of the park's biggest attractions is birdwatching with more than two hundred species of birds present, including pelicans, flamingos and many migratory shorebirds. Also in this area you can find the Abyssinian ground hornbill (*Bucorvus abyssicus*) or the spur-winged goose (*Plectropterus gambensis*).

In aquatic terms and since we face an estuary, shrimps are born and grow here. As well as the catfish, the carp, the barracuda (*Psittacus*), the corvina (*Cilus gilberti*) or the grey mullet (*Mugil cephalus*) which are the most common fish. The hippopotamus (*hipopotamus amphibius*) and the manatee (*Trichechus senegalensis*) also inhabit this region.

There are many possible circuits to take



© AFECTOS.COM LETRAS

CACHEU RIVER MANGROVES

with different prices taking account of distances. The short circuit that connects Cacheu to São Domingos lasts about an hour. The stop in São Domingos allows a stroll through the city streets that although it has little relevance to the visit, is home to an interesting local crafts market. This market has no certain day given and it depends on the Felupe calendar, who are the dominant ethnic group in this region.

A more complete circuit passes through Elia (a village which is characterised by two floor huts) and Jobel, a village known as the little Venice because people move through the river channels in canoes. You can also extend the boat trip to Poilão de Leão, a village where it is likely that you will see a hippopotamus.

### SOME INTERESTING POINTS TO NOTE ON YOUR VISIT TO THE NORTHERN VILLAGES

Watch closely for the traditional techniques of tarrafe; wood cutting for housing in Elalab, the particularities of the Felupe people, the animist rituals or other traditional ceremonies. In terms of architecture we must mention the technical and construction material for housing and the local crafts, undertaken in wood or clay

### SOME INTERESTING POINTS TO VISIT IN THE SOUTHERN VILLAGES

Look for diverse fauna and flora and a uniqueness in the surrounding landscape coupled with an unparalleled series of locations for watching wildlife.

The management and protection of the natural resources here is often undertaken with the active participation of resident populations, as is the case of Cobiana zone, and its sacred forest.

For these tours, contact the IBAP in Bissau (Avenida Don Settimio Arturro Ferrazeta, P.C. Bissau), contact the NGO Monte (Page: [www.monte-ace.pt](http://www.monte-ace.pt)) or the tour operator Osseh'mene Tours & Souvenirs. Tel.: (+245) 955 359 818 | 969 271 705.

## PROJECT SPONSORED BY THE EUROPEAN UNION



© IBAP

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CACHEU REGION

Title	<b>SUSTAINABLE MANAGEMENT OF FOREST RESOURCES IN THE CACHEU MANGROVES NATURAL PARK</b>
Implementing partner	Monte ACE, in partnership with the Institute of Biodiversity and Protected Areas (IBAP)
EU contribution	1 999 156 EUR
Duration	2012 - 2017
Region	Cacheu
Description	<p>The project promotes the conservation and the promotion of biodiversity in the Cacheu Mangroves Natural Park. It benefits 8 000 inhabitants of the Cacheu region. The project reinforced IBAP's intervention in the Park's management, as well as the increasing the appreciation of the forest resources and the subsequent promotion of eco-tourism. Among other aspects the project: built accommodation to host tourists in the Park, identified circuits for the observation of animals and plants, introduced a fund to support community's initiatives that contribute to the communities' life quality, awareness-raising and environmental education actions aimed at children and young people.</p>
More information: <a href="http://www.monte-ace.pt">www.monte-ace.pt</a>   <a href="http://www.ibapgbissau.org">www.ibapgbissau.org</a>	

## CANCHUNGO

The journey to this city, which is 79 km from Bissau and almost halfway between the capital and the city of Cacheu, is made by an embroidered road through leafy trees that provide shade and a special beauty on the entrance of Canchungo. It is worth a visit for the colonial architecture alone although it is a bit dilapidated it gives us an idea of the majesty of what was certainly once a beautiful city. At the roundabout in the village centre, you can find artisans craftsmen selling ceramics, Manjaco fabrics and baskets produced of this Region. This point marks the beginning of a journey that takes us through a wide avenue with two lanes in each direction and a central island where we still find lamps, traces of a city that benefited from electrification and permanent street lighting in former times. On this avenue we find the 1946 water tank, the primary school (1947), the Church contains tile panels from 1943 which came from the renowned Sacavém Ware Factory in Portugal. There are also houses with large balconies overlooking the main road, the old Canchungo Cinema and the headquarters of the Sector Committee. At the roundabout, you will also find the old house of the Governor, half walls with a military quarter. The market takes place all along the avenue and adds life and colour to the city.



### WHERE TO EAT

#### CASA MONTEIRO

Avenida Titina Silá  
Tel.: (+245) 966 700 931  
Cape Verdean and Guinean food.

#### GAMAL'S SAFARI LODGE

Entrance in dirt road close to the SOS Children's Village  
Tel.: (+245) 966 450 000  
Page: [www.gamalsafarilodge.com](http://www.gamalsafarilodge.com)  
Email: [gamcha2011@hotmail.com](mailto:gamcha2011@hotmail.com)  
Guinean and Lebanese food. Fresh fish. Call in advance for booking.

#### CASA CANCHUNGO

Tel.: (+245) 955 651 272  
Page: [www.casacanchungo.com](http://www.casacanchungo.com)  
Call in advance for booking.



### WHERE TO SLEEP

#### GAMAL'S SAFARI LODGE

Entrance in a dirt road close to the SOS Children's Village.  
Tel.: (+245) 966 450 000  
Page: [www.gamalsafarilodge.com](http://www.gamalsafarilodge.com)  
Email: [gamcha2011@hotmail.com](mailto:gamcha2011@hotmail.com)  
Rooms with air conditioning. Call in advance for booking.

#### CASA CANCHUNGO

Canchungo.  
Tel.: (+245) 955 651 272  
Page: [www.casacanchungo.com](http://www.casacanchungo.com)  
Small ecological hotel structure with simple rooms.

## CAIÓ

Caió is located 28 km from Canchungo and can be accessed along about one hour of dirt road. Upon arriving you will find a large roundabout around which all local life revolves. There are administrative buildings, the police station, the medical centre and the market. In Caió there are two islands of interest to the tourist: Pecixe and Jeta, both totally wild and with beaches of an inviting beauty that are well worth a visit.

The **Pecixe Island** has extensive sandbanks of fine white sand and beaches befitting paradise, embroidered with palm trees and small sand dunes. Pecixe is, as indeed all the Cacheu region, inhabited mainly by the ethnic group, Manjaco, who are strongly animist and makes this island rich in ceremonies and sacred rituals. Many of which

take place at the beginning and at the end of crops and on other important occasions. To get there you can catch the boat at Ponta de Pedra (about an hour on dirt road since Canchungo) or canoe from Ponta Biombo (unfortunately this is not advisable due to the dangerous currents and tides). To visit we suggest to contact the Association Pilil Alil - President: Júlio Alves Pinto. Tel.: (+245) 966 672 620 | 955 271 940.

Also in **Jeta Island** you can find endless white sandy beaches (about 7 Km) and warm water. Here you can arrive by pirogue from Caió, Ponta da Pedra or Ponta Biombo.

Note: For any visit to the islands you must should ensure you bring a camping tent, bottled water, food, insect repellent and comfortable shoes and clothes.



PECIXE ISLAND

## BULA

Bula is a town 37 km from Bissau and while it does not have any major tourist attractions, we do recommend the competitive and extensive market which fills the streets with people, animals and stands practically throughout the entire village.

## SÃO DOMINGOS

Is 123 km from Bissau and can be accessed by travelling on an asphalt road which is in a relative good condition. São Domingos is a frontier town with Ziguinchor in Senegal. It hosts a market with Felupe craft utilities, spoons, pots, machetes and definitively deserves a short visit. The port, although deteriorated, has a pleasant view of the Cacheu Mangroves Natural Park and here you can capture beautiful images of the sun setting.



### WHERE TO EAT

#### FATUMATA E OCTÁVIO

Near the Port of São Domingos.  
Tel.: (+245) 966 642 205  
| 966 617 996



### WHERE TO SLEEP

#### FATUMATA E OCTÁVIO

Near the Port of São Domingos  
Tel.: (+245) 966 642 205  
| 966 617 996

#### CASA DE PASSAGEM DA AD - "ACÇÃO PARA O DESENVOLVIMENTO"

Page: [www.adbissau.org](http://www.adbissau.org)  
E-mail: [ad.gbissau@gmail.com](mailto:ad.gbissau@gmail.com)



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## VARELA

Varela is 175 km from the capital, Bissau. First, we head for São Domingos and from here, instead of following the paved road to Senegal, we go through a narrow path of 53 Km that brings us to the most beautiful continental beach of Guinea-Bissau. The road, although not in the best condition, it is full of wonder with dense forest landscape in some parts and *bolanhas* (large swampy ground, usually near a river where suitable for the cultivation of rice) on the other. You will also pass by many palms trees and possibly see monkeys, cows, stripped ground squirrel (*Xerus erythropus*) plus some *tabancas* here and there surrounding the road. At 12 km from Varela you will meet the people of Susana where you can see some local life, a small military quarter, a health centre and a Catholic Mission that was here installed there many years ago. It is also on this road that you will find a picturesque wooden bridge, which was still in use until the early 2015, and has now been replaced by another bridge made from iron, right here on the side, while lacking in any aesthetic it does have the benefit of enhanced security.

Varela is a long avenue dirt road with houses on one side and the other side leads to the sea. This region, predominantly inhabited by Felupes (a warrior ethnic group of great renowned who are also predominant in the Casamance region) is within walking distance of Senegal and separated only by a narrow sea inlet.

## NIQUIM BEACH

Niquim Beach is a little further away from the village and it can only be reached by vehicles equipped with 4x4 transmission or by walking along the sand. The beach has a rare beauty with small dunes of white sand abounding. Continuing along the beach on foot (not accessible by vehicles) for about an hour, you arrive at a lagoon that is often full of flamingos, pelicans and other birds. The quietness, beauty and calm of this totally wild place is well worth the visit.



## MUSEUM

In Varela-lale there is a small marine museum which is the responsibility of the NGO AD – Acção para o Desenvolvimento and has been integrated into the existing environmental verification school.



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CACHEU REGION



WHERE TO EAT  
AND SLEEP

### APARTHOTEL CHEZ HÉLÈNE

Tel.: (+245) 955 301 373 | 966 640 180

Page: [www.facebook.com/Aparthotel-Chez-Helene](https://www.facebook.com/Aparthotel-Chez-Helene)

Italian and Guinean food. Bungalows with fan.

We advise you to call for booking in advanced.





SACRED TREE - VARELA

## SACRED TREE

In Varela you can find a particular tree that is considered sacred to the locals and where they usually perform animist ceremonies. It is a palm tree curled up in another tree, within a circle surrounded by trunks which is also considered sacred ground. It is traditional to make a request here and leave a coin or offering at this site.

## HISTORICAL ELEMENTS AND SITES TO VISIT IN THE REGION



FISHERMEN'S BEACH - VARELA

© APECTOS COM LETRAS

### FISHERMEN'S BEACH

On the left side of Varela's and a 10-minute, walk away is the Fishermen's Beach, which is quite rocky in parts and shallows washed by the sea, making it easy to lose your footing. The Felupes, a strongly animist people, recently abandoned this beach as fishing port, due to the death of one of the fishermen. As they believe that a curse has befallen

this beach. It is now used mainly for harvesting wood intended for cooking and as a point of interest for the few tourists who frequent the area. We suggest you to take time out to enjoy the view of the sun setting from this wonderful beach.

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CACHEU REGION

### VARELA BEACH

Straight ahead at the end of the road, lies Valera beach, with long stretches of white sand and warm water, completely wild and full of trees that almost enter the sea. Marine erosion has damaged this natural habitat disastrously in recent years and this damage is clearly visible within the first few meters of the beach. Some areas have even been taken over completely by the sea.



VARELA

© CHIARA GUIDETTI





# OIO REGION

The region of Oio which is inhabited mainly by the Balanta ethnic group has five sectors: Bissorã, Mansaba, Mansôa, Nhacra and Farim, city which holds the title of Oio's capital.

## FARIM

The road between Mansôa and Farim, a distance of 55 km, is one of the best driving roads in Guinea-Bissau; the distance of the city itself around 115 km from the capital. The last village before Farim is K3, a remnant of colonial military presence. Here the path ends abruptly at the edge of Cacheu River (be especially careful when travelling at night or with reduced visibility). Once you arrive at your destination you will have to wait for the raft at the riverbanks. This raft can carry a light vehicle with each crossing and a few dozen passengers. Within the options available the best choice has got to be the raft, although there are many canoes to make the same journey to the other side, they aren't really suitable, especially with the increasing reports of crocodile attacks on humans and animals. Farim is also the birthplace of Vasco Cabral (1926-2005) a leading intellectual figure who fought for the independence of Guinea-Bissau. It was from the prison in 1953 that he became famous for his poems and, until his death, he held various political positions. As Oio region's capital, Farim enjoys some buzz thanks to the (public) utilities that the city owns and the proximity to Senegal's border, which favours regional commerce. It is a city with about 49 000 inhabitants where the Mandinga ethnic group predominates followed by the Fula ethnic group. Titina Sila, respected fighter for the national independence, was victim of a deadly ambush here in Farim and she is still today a highly respected personality and well-remembered.

© AECTOS.COM/LETRAS

MONUMENT ALLUSIVE TO THE 5<sup>TH</sup> CENTENARY OF THE DEATH OF INFANTE D. HENRIQUE

© AECTOS.COM/LETRAS



FARIM HARBOUR

HISTORICAL  
ELEMENTS AND  
SITES TO VISIT IN  
THE REGION



FARIM

© AFFECTOS.COM/LETRAS

## CITY CENTRE

Farim village was founded after 1640 by the Portuguese whose traces are still visible in the monument in front of the port, which alludes to the fifth anniversary of the death of Infante D. Henrique. Right next to it is a small chapel, also of Portuguese origin, now under the management the Regional Education Directorate. While strolling

through the streets of the village, the colonial houses are easily recognizable and well preserved. It's easy to imagine the daily lives of this population. The Farim olympic swimming pool, which was built in 1958 and is now abandoned, is part of the Farim Recreation and Sports Club, once famous for their football victories.

## TERRORISM MARTYRS SQUARE

In the former *Tabanca* of Morcunda, currently part of Farim, there is the Terrorism Martyrs Square, where a monument of the same name was erected after an attack (of contradictory origin) that took place here, killing at least 30 people and injuring over 100. In the evening of 1st November 1965, while

people were dancing the Djamdadon, a Mandinga cultural dance a bombing took place which has never been claimed by any group.



FARIM MARKET

© AFECTOS.COM/LETRAS

## FARIM MARKET

The market is located in the city centre and is the core of social life. Here many women sell salt, although the sea is about 150 km away. They also sell traditional medicines to cure several diseases, vegetables, fish and fruit. In the middle of the square there is a well where women go to get water for daily use.

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OLD REGION

## CACHEU RIVER

Another Farim main attraction is the Cacheu River, which offers quality shrimp that can be savoured in loco and are also sold in Bissau with huge success.



© AFECTOS.COM/LETRAS



### WHERE TO EAT

#### TINA

Near the port.  
Tel.: (+245) 955 706 279  
Must be ordered in advance.  
Cafriela and Farim shrimp.

#### CHINA

In the city centre.  
Tel.: (+245) 955 209 673  
Must be ordered in advance.



### WHERE TO SLEEP

#### CENTRO KAFO

Djalicunda  
Tel.: (+245) 955 729 603  
| 966 607 141  
Call in advanced for booking.

## PROJECT SPONSORED BY THE EUROPEAN UNION



© AFECTOS COMLETRAS

Title	<b>CENTRO CAMPONÊS DE DJALICUNDA (Peasants Centre of DJALICUNDA) - project "Firkidja di bida digna di nô mindjeres ku joven i product di nô tchon"</b>
Implementing partner	KAFO Peasants Federation in partnership with Association ESSOR
EU contribution	692 734 EUR
Duration	2015 - 2018
Region	Oio e Cacheu
Description :	
<p>In the village of Djalicunda is the Peasants' Centre for Training for Agricultural Dissemination and Increase the Value of Traditional Knowledge, with the aims of strengthening the capacities of local populations and promoting sustainable rural development. The project directly benefits about 2 000 peasants and 38 <i>tabancas</i> from the Oio and Cacheu regions. In this centre workshops are organized for fruit processing (juices and jams). The Centre also promotes socio-cultural exchange, radio communication and the empowerment of women in the rural world. The Centre is involved in strategic sectors for the regions, such as agriculture, fisheries, livestock farming, traditional medicine, community health, bee-keeping and their appropriate technologies, and community-based exploitation of forests.</p> <p>A visit to the Centre will offer you the chance to purchase regional products, such as natural juices as well to know some of the country's agricultural characteristics.</p> <p>More information: <a href="mailto:kafo.comercial@yahoo.com">kafo.comercial@yahoo.com</a></p>	



## MANSÔA

Another important village of Oio region is Mansôa, a vital trade centre and a military base of strategic importance for the country. The village is located 60 km from Bissau, has about 47 000 inhabitants, according to the 2009 census, and the dominant ethnic group is the Balanta. Entry into Mansôa, through the Amílcar Cabral Bridge, built in 1964, allows us to enjoy a beautiful view of the *bolanhas* surrounding us on one side and dikes and traditional flood-gates on the other. When it's time for

the field preparation, it's up to the men to deal with the dikes and turning over the soil with shovels, while the women are responsible for the nurseries, transplanting and transporting rice. Men are also in charge of harvesting the rice that is mostly used for subsistence and not for sale.



### WHERE TO SLEEP

#### HOTEL RURAL DE UAUQUE

Uaque, 7 km from Mansoa.  
Tel.: (+245) 955 889 615  
Hotel with bungalows, air conditioning, swimming pool, bar, restaurant with live music in the weekends.

## CENTRAL MARKET

The central market follows the road toward Farim with stalls on both sides which greatly enlivens the centre of Mansôa. Here we can find some dilapidated buildings retaining a little architectural beauty including the old post office, the governor's house, the old cinema, the old power plant once known as Gouveia house.

One of the most popular radio stations in the country also operates in Mansôa: the station Sol Mansi, which has an extensive geographic coverage. There is also the football team Balanta of Mansôa one of the most important in the country.

## PORTO GOLE

This small village is located on the road connecting Bafatá to Bissau, a few kilometres from Bambadinca. Porto Gole, on the banks of the Geba River, is said to have been discovered by the first Portuguese explorer Diogo Gomes in the year 1456.

HISTORICAL  
ELEMENTS AND  
SITES TO VISIT IN  
THE REGION







# BAFATÁ REGION

The Bafatá region has a capital city of the same name and is a region inhabited mainly by the Fula and Mandinga ethnic groups. It is bordered on the north by the Republic of Senegal and in the west by the Oio region, on the east by the Gabú region and on the south by the regions of Tombali and Quinara.

## CITY OF BAFATÁ

With about 69 000 inhabitants, located 150 km east of Bissau, Bafatá is the second largest city in Guinea-Bissau and lies on the banks of the Geba River. It is a city with a large colonial mark upon its architecture. And the streets of low rise houses invite you to take time to view them. 60% of its population are of Fula ethnic group and 22.9% are Mandinga.



HISTORICAL  
ELEMENTS AND  
SITES TO VISIT IN  
THE REGION

# BAFATÁ



VIEW OF THE MAIN AVENUE OF BAFATÁ

© AFECTOS.COM LETRAS

## CITY STREETS

It is a picturesque and lively city that lives around the road that connects Bissau to Gabú and to the border. At the avenue that links the main street to down town, to the Geba River and to the market, you can find, on the right side of the street, the main church of Bafatá, dating from 1950, and just across is the former home of the gover-

nor which now is used as the Regional Government Headquarters of Bafatá. The houses, again dominated by colonial architecture, are less dilapidated than in the areas and house various administrative services. Near the market is the old cinema on a street where you can still see marks of the various shops and stores that were located here.

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## CENTRAL MARKET AND SQUARE WITH A BUST OF AMÍLCAR CABRAL

The central market of Bafatá, recently reopened, is a neo-Arabic style building that stands out in the city's architectural landscape. The saleswomen and stalls placed on the outside of the enclosure give add to the beauty of the space, with the main façade acting as a backdrop. In the market, on a small roundabout, you will find a bust of Amílcar Cabral, born in Bafatá where his father, a Cape Verdean, was posted at the time as a teacher.

There is a small pier by the market's side on the Geba River, although dilapidated it is quite beautiful, and a public

garden where we can find a pedestal, lacking the statue which locals say was removed for the copper it contained. The legend on the pedestal states that it was a statue of João Augusto de Oliveira Muzanty, Governor of Bafatá from 1906 and 1909. Also, we can still find, etched in the stone, the profile possibly of a historic figure from the colonial period which includes the Quinas (the five corners) of the Portuguese flag. From this garden, you will see a beautiful old pigeon house of pure Portuguese colonial style and in relatively good condition.

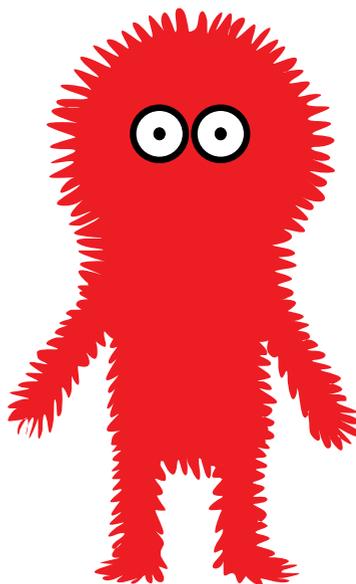


HOUSE MUSEUM AMÍLCAR CABRAL

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## HOUSE MUSEUM AMÍLCAR CABRAL

Amílcar Cabral national hero of Guinea-Bissau and founder of PAIGC, was born here in Bafatá in 1924 and in 2011 his house, where he spent his early years, was transformed into a museum created with UNESCO's support. There is also a permanent photograph exhibition that bears witness to his path as a resistance fighter and as the founder of PAIGC. The house needs some maintenance work and although friendly, there is a distinct lack of expertise in the information given. The visit is free although it is not surprising to be asked to provide support for the maintenance of the building.



## PROJECT SPONSORED BY THE EUROPEAN UNION

Title	<b>BAFATÁ MISTI IAGU</b>
Implementing partner	TESE (Association for Development by Technology, Engineering, Health and Education) in partnership with the Association of Basic Sanitation, Water Protection and Environment of Bafatá (ASPAAB) and with the Netherlands Development Organization (SNV)
EU contribution	883 000 EUR
Duration	2010 - 2012   2012 - 2015
Region	City of Bafatá
Description	Two consecutive projects have rehabilitated the drinking water supply system of Bafatá and its system of communal management. The system was developed based on a strategic investment plan for human consumption, and awareness-raising on the reasonable use of water. Thereby ensuring that prices would meet expectations and the needs of the population. After ending the project in 2015, the Association of Basic Sanitation, Water Protection and Environment of Bafatá (ASPAAB) are now managing the maintenance of the city's water system.

## CAPÉ

As we leave Bafatá along a road which was once the airstrip and is now lined with houses, we journey along a dirt road and cross the bridge over the Geba River. At this point we can take a pause for photos, with an opportunity to snap the many mangroves that embroider the river, and perhaps also to spend a little time contemplating the beauty of this landscape with its backdrop of the old town of Bafatá. By walking another 10 Km you arrive at Capé, a private property with a brandy distillery that is worth a visit and take in some of the natural beauty.



### WHERE TO EAT

#### PONTO DE ENCONTRO

Tel.: (+245) 966 921 690  
Guinean and Portuguese cuisine.



### WHERE TO SLEEP

#### APARTHOTEL TRITON

Avenida do Brasil  
Tel.: (+245) 955 910 210 | 966 170 612



TABATÔ

## TABATÔ

Tabatô is a village about 10 km from Bafatá whose residents are known as musicians of great skill and for building and playing traditional instruments of Mandinga culture, the Kora and the Balafon.

## TRADITIONS

Bafatá is a city well known for producing dyed cloths, the So-ninké culture ("tye and dye"). This tradition went into decline because of the importation of cheaper products from neighbouring countries. However, it is again being used and is valued as a window of opportunity to revive the traditional dyeing done by the Islamized ethnic groups of Guinea-Bissau.

## PROJECT SPONSORED BY THE EUROPEAN UNION



© DIVUTEC

<b>Title</b>	<b>TCHOSSAN SONINKÉ – Panos de Ponte Nova</b>
<b>Implementing partner</b>	Guinean Association of Studies and Dissemination of Appropriate Technologies (DIVUTEC) in partnership with Asociación Internacional Unimos (AIU)
<b>EU contribution</b>	1 141 502 EUR
<b>Duration</b>	2012-2016   2016-2017
<b>Region</b>	Bafatá
<b>Description</b>	<p>Through two consecutive projects the Ponte Nova Women's Association in Bafatá was able to resume a forgotten activity, creating and developing a traditional cloth dyeing centre with the objective of improving the socio-economic situation of women. The project promotes the traditional culture of cloth dyeing and its commercialization, as well as promoting training and the qualification of the women who work in this sector.</p> <p>Cloths, garments and other products can be purchased at the Bafatá Association centre store, as well as in some stores in Bissau Velho (Loja Sabores da <i>Tabanca</i> and BIBAS).</p> <p>More information: <a href="http://www.panostingidos.org">www.panostingidos.org</a></p>



BAMBANDINCA PADDY FIELDS

© AFECTOS COM LETRAS

## BAMBANDINCA

Bambandinca is a small town with 32 000 inhabitants and 123 km from Bissau. Located west of Bafatá all life revolves around the roadside where the market attracts many visitors from the surrounding villages and even as far away as Xitole. Those arriving from

Bissau have a superb view of the *bolanhas* (extensive wet lands) surrounding the road from one side to the other and where large herds of cows wander through the green fields.

## PROJECT SPONSORED BY THE EUROPEAN UNION



© TESE - ASSOCIAÇÃO PARA O DESENVOLVIMENTO PELA TECNOLOGIA, ENGENHARIA, SAÚDE E EDUCAÇÃO.

<b>Title</b>	<b>BAMBADINCA STA CLARO - COMMUNITY PROGRAM FOR RENEWABLE ENERGY ACCESS</b>
<b>Implementing partner</b>	TESE – The Association for Development by Technology, Engineering, Health and Education in partnership with Community Association for the Development of the Bambadinca Sector (ACDB), with Guinean Association of Studies and Dissemination of Appropriate Technologies (DIVUTEC) and with the University of Lisbon (UL).
<b>EU contribution</b>	1 605 543 EUR
<b>Duration</b>	2011 – 2015
<b>Region</b>	Region of Bafatá, City of Bambadinca
<b>Description</b>	Through the construction of a hybrid plant (photovoltaic and generators) and an electricity distribution network in the City of Bambadinca, the project ensures electric energy on a regular basis for the local population. The project implemented a technically and financially viable management model, which manages to maintain supply without interruption and meet the expectations of the consumers. The project ended in 2015 and the Community Association for the Development of the Bambadinca Sector (ACDB) now manages the maintenance of the electrical system.

## XITOLE

The ruins of the old Marshal Carmona Bridge, a colonial monument of some importance, provides access to an excellent vantage point from which you can appreciate the surrounding scenery.

## CUSSILINTA

Between the city of Bambadinca and Saltinho and very close to Xitole, with a 3-km detour, marked with a crude wooden board, you may find yourself in a little paradise of rocks and hot water that act as a real natural jacuzzi. The Corubal River creates small waterfalls and rock pools where you can spend some quality time in pure relaxation. This is a little known location and so it is rare to be bothered by other tourists. Only one day of the year is an exception to this rule and that's the 1st of May, when many in the city decamp from the capital and take the opportunity to visit this the springs. At this time the local residents become entrepreneurs and take the opportunity to charge a toll to get there. Sure, why not?

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BAFATA REGION

## SALTINHO

175 km from Bissau is another area of Corubal River where we can find entrancing waterfalls. The cascades of Saltinho result from the rock formation and create a visual effect of great beauty. During the rainy season the flow rate of the river increases so much that, although you can hear the deafening sound of the current, you hardly see the rock formation at all. During the dry season, since the flow rate is lower, it is easier to appreciate the beauty. You can also bath in the river but check to see which areas are used by the locals as there are potentially dangerous currents and swirls. The submersible Saltinho Bridge, used until 1955, now serves primarily for washing and drying of clothes on the rock sand can result in a mosaic of colour worthy of any photographer. The reinforced



SALTINHO



CUSSILINTA



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concrete bridge that crosses the river can be passed by foot allowing you to enjoy the sounds of fast water running, the women racketing as they wash clothes and children playing. On one of the banks is an old Portuguese barracks turned into a home. Here you can eat and stay and also request an excursion along the river, to fish, to hunt. Alternatively, just take a river bath and rest on the warm black stones that are on the waterfront of Corubal River.



## WHERE TO EAT AND SLEEP

### POUSADA DO SALTINHO

Hunting/Fishing hotel and restaurant.

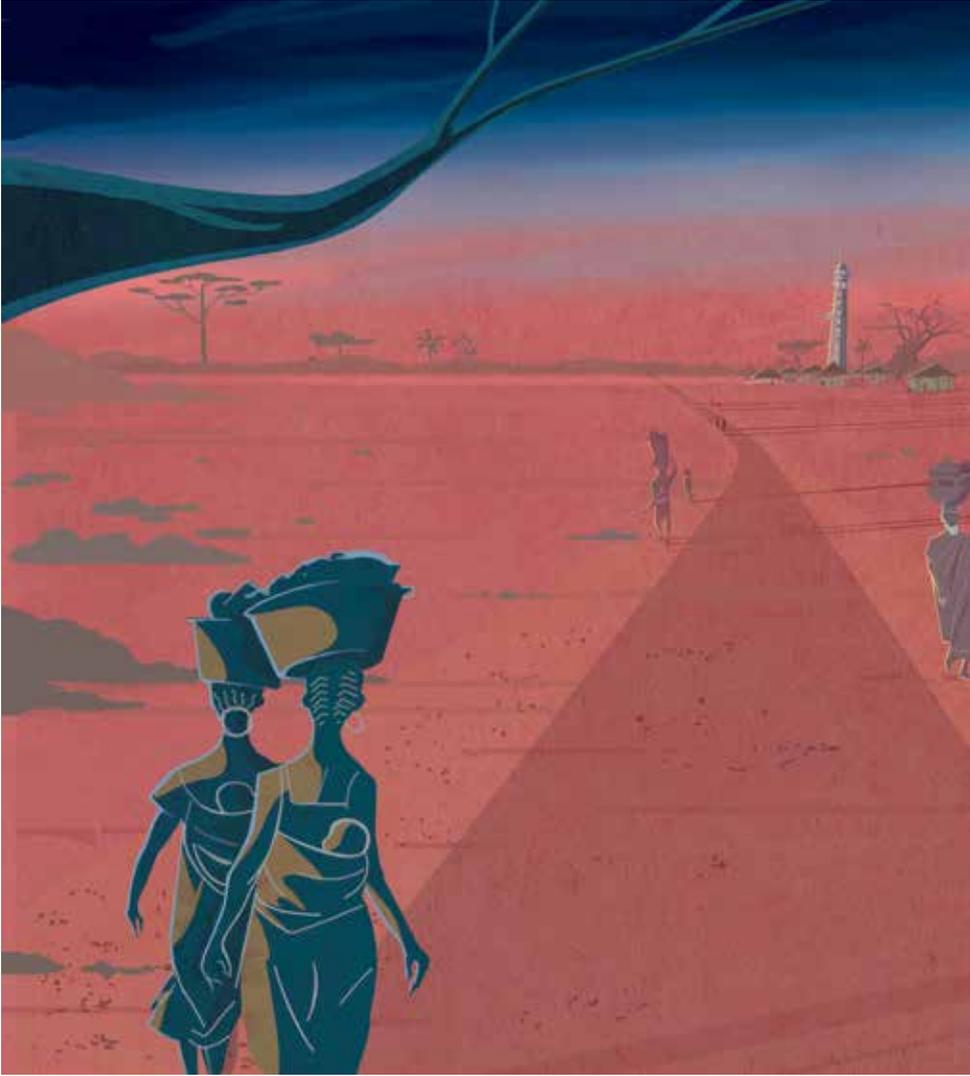
Tel.: (+245) 955 998 800

| 966 375 795

Rooms with air conditioning.

Swimming pool and playground.

Call to book in advance.





# GABÚ REGION

Gabú region is divided into five sectors: Boé, Gabú, Pirada, Pitche and Sonaco. Geographically it is the furthest from the capital and is bordered to the north by Senegal, to the east and south by Guinea as well as in the west by the regions of Tombali and Bafatá. The temperatures are around 30 to 33 degrees Celsius during the day and between 18 and 23 degrees Celsius overnight. This region is extremely dry between October and May, when the rains start. The vegetation is in its nature dry, with a sparse forest resembling a savannah, yet with some dense forest patches. The main economic activities of the region are commerce, agriculture and livestock, traditionally practised by the Fula, one of the most significant ethnic groups in the region. Gabú is a poor area but its proximity to Senegal and Guinea breaks the isolation of the region with the rest of the country and stimulates trade.

## CITY OF GABÚ

Gabú, a town that lies a short distance from the border of Guinea and Senegal, has approximately 42 000 inhabitants and is located 263 kilometres from Bissau. The trip to the city of Gabú is done on paved roads relatively well preserved. However, the adjacent roads to nearby villages are mostly dirt roads, some in very poor condition. During the rainy season it may be impossible to reach some *tabancas*.

The city was the capital of ancient Mandinga kingdom of Kaabu (Ngabou or N'Gabu). Its people were from Mandé, currently Mali and part of Guinea. This kingdom existed between 1537 and 1867 in the so-called Senegambia, a region that spanned from the north-east of Guinea-Bissau and stretched out to Casamance in Senegal. Before that, Gabú paid allegiance to the Mali Empire only becoming independent with the decline of this empire. Then, the governor of Gabú, Sama Koli, proclaimed himself king, keeping the Malian cultural heritage and establishing trade relations with the Portuguese. In the early nineteenth century, calls were made for a Jihad by the Fula ethnic group converted to Islam and the "Kansala War" began. It ended with a big fire which caused casualties on both sides. The Kingdom of Fouta Djallon was then attached to Gabú as its vassal state until the Portuguese state assimilation assimilated both. The dirt fortifications made by the Mandinga during Kaabi's reign are no longer visible. The Gabú capital is now a major commercial centre and the main streets are packed with sales stalls and an extensive market on the roadside presenting us with a colourful scenario. Here they sell fruit, vegetables, coal, fish, meat, crafts and ceramics in what is considered the second largest market of Guinea-Bissau.

It is easier also to see the Muslim influence on the city. The garments differ from the rest of the country with men and women wearing Islamic costumes, small mosques abound and even the musical traditions are different. The streets are drawn with a striking symmetry around the main road. The low houses, some of colonial architecture and a small chapel also shows the Christian influence of the colonial Portuguese in the region. Gabú crafts are well known although it is difficult nowadays to find artisans still active at work. Another of Gabú features are the large amount of donkeys circulating on the streets. These animals are far superior to others in any part of the country and are an indispensable asset in farming and transportation of goods and people.



WHERE TO EAT

**RESTAURANTE BAR KONI**

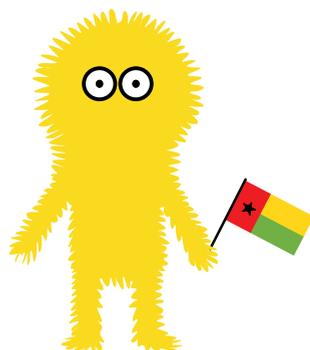
Bairro Praça, Gabú



WHERE TO SLEEP

**HOTEL HBC VIFER**

Bairro Sitcam Djulé, Gabú  
 Tel.: (+245) 955 954 179  
 | 966 674 070  
 Hotel with swimming pool.



## PROJECT SPONSORED BY THE EUROPEAN UNION



© CHIMBO

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GABU REGION

Title	<b>CONSERVATION BY THE COMMUNITIES OF THE CULTURAL AND NATURAL VALUES OF THE BOÉ SECTOR</b>
Implementing partner	Chimbo Foundation in partnership with Daridibó
EU contribution	499 000 EUR
Duration	2016 - 2020
Region	Gabú
Description	<p>The project takes place in the National Park of Boé with an emphasis on natural resources, the cultural values of the population and the preservation of the Park for the conservation of chimpanzees.</p> <p>Plans are in place to develop eco and scientific tourism as well as preserving sacred places and the traditional history of the population. In addition, the plans will support an improvement of the quality of life for the residents and sustainability of the Park.</p> <p>More information: <a href="http://www.chimbo.org">www.chimbo.org</a>   <a href="http://www.daridibo.org">www.daridibo.org</a></p>



NHAMPASSARÉ

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## NHAMPASSARÉ

In the immediate vicinity of Gabú you can visit the Caves of Nhampassaré, which gather a wealth of remarkable archaeological and natural value. In these caves, you can see traces of engravings indicating they were once occupied by prehistoric man as well as quartzite formations sculpted by erosion to produce a natural columnar formation.

The caves and the giant stones of Nhampassaré are indeed a fascinating natural work and were inhabited by man for the first time during the Neolithic period. Also in this place is a Muslim shrine where it is common for people to come and pray.

## BOÉ

Twice the Gabú region was considered the cradle of Guinea-Bissau. Apart from Gabú having the realm name that was at the genesis of Guinea-Bissau, Boé gave shelter to the Guinean resistance who, in this very place, declared the country's independence on 24<sup>th</sup> of September 1973, invoking the right to self-proclamation by the voice of Nino Vieira, in the Boé Hills. On this date they also proclaimed the Constitution of the Republic and held the first National People's Assembly of Guinea-Bissau.

This sector is rich in bauxite whose exploitation could have a positive impact on the economic activity in the region, unfortunately this would pose a threat to the already fragile ecological balance of the surrounding nature parks. The population here has also grown reaching 12 000 people in this sector around and distributed over about 85 villages with the Fula ethnic group predominating. Boé is located around 33 kilometres from Gabú but the poor conditions of the dirt road make it virtually impassable between May and October, the rainy season.

## TO VISIT IN THE REGION: NATIONALS PARKS OF DULOMBI AND BOÉ

In this sector there are two national parks, the Dulombi - Boé I and Dulombi - Boé II, created in 2014, and legalized in 2017, under the supervision of IBAP (Institute of Biodiversity and Protected Areas).

These parks are fed by a single river, which is also the largest river of fresh water in the country, the Corubal River. Both of these parks are more recent than the Forests of Cantanhez and for this reason are less accessible to tourists and it is interesting to note that the surveys of its species have not been exhaustive. Nevertheless, there have been 170 species of birds identified, of which three are new to the country: the chestnut-backed sparrow-lark (*Leucotis eremopterix*), the lesser-striped-swallow (*Abyssinica cecropis*) and the heuglin's wheatear (*Oenanthe heuglini*). Among the mammals, the

chimpanzees are common (*Pan troglodytes*). There are also African buffalo (*Syncerus caffer*), the kingcolobusor western black-and-whitecolobus (*Colobus polykomos*), the bay duiker (*Cephalophus dorsalis*), the yellow-backed duiker (*Cephalophus sylvicultor*) or the roan antelope (*Hippotragus equinus*) and lions that can be found in the remote parts of Boé. It is worth noting that the last sighting of the giant eland (*Tragelaphus derbianus*) was made in this area. To schedule a visit contact: IBAP in Bissau.

Although Boé has very complicated access, we suggest a raft crossing into Cheche or a trip to Béli by Contabane, as well as making time for a visit to the beautiful *tabancas* further east.

Note: To visit this area, we recommend that you bring camping tents, comfortable clothes and shoes, insect repellent, bottled water and food.



WHERE TO EAT  
AND TO SLEEP

### TOURIST CABINS IN DINGUIRAI

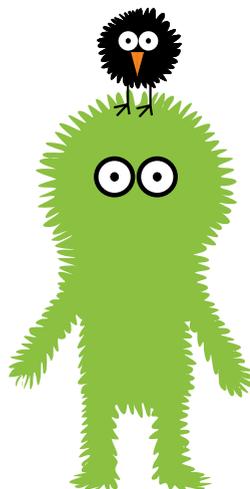
Food service, guided walks, bicycles. Ecotourism is linked to the research project on chimpanzees and integrated into local everyday life.

### ASSOCIAÇÃO DARIDIBÓ

Tel.: (+245) 966 397 087  
E-mail: [daridibo@gmail.com](mailto:daridibo@gmail.com)  
[comtamara@gmail.com](mailto:comtamara@gmail.com)  
Page: [www.daridibo.org](http://www.daridibo.org)

### FONDA HUUWA - BELI

Júlio Djaló  
Tel.: (+245) 955 822 954  
| 955 428 341 | 955 805 386  
Bungalows with local products restaurant. Programs for the observation of wild animals like chimpanzees with local guides.







# QUINARA REGION

The region of Quinara with an area of 3 138,4 square kilometres comprises the sectors of Buba, Empada, Fulacunda and Tite. It lies in the centre of Guinea-Bissau and here the Beafada ethnicity predominate. While Buba has great natural potential for developing tourist visits the other regions: Empada, Tite or Fulancunda are of little relevance to the tourist being primarily areas of agriculture and fishing.

## A CIDADE DE BUBA

The city of Buba, capital of the region, is 223 kilometres drive from Bissau, covered in a tar road in good condition. With 744,2 square kilometres and a population estimated at 17 123 people, Buba is inhabited by Beafada and Mandinga ethnic groups, also there but to a lesser extent are the Fula, Balanta, Manjaco and Papel. The town lies on the banks of the Rio Grande de Buba (Big River of Buba) and in the main people derive a living from fishing, agriculture and commerce. Agricultural commodities are essentially rice, peanuts and corn with a shifting cultivation system using slash-and-burn techniques which threatens this last patch of primary forest in Guinea-Bissau.

The town of Buba deserves a quick visit, while there is nothing of particularly importance to justify a stop, it does serves as a starting point for a visit to the Cufada Lagoons Natural Park, located on the town's outskirts, or perhaps a boat trip on the Rio Grande de Buba. From Buba it is a two hours' drive to São João, where you can catch a motorized pirogue that in a short trip takes you to Bolama Island. Leaving São João you can also find within two kilometres the beautiful beach of Colónia.



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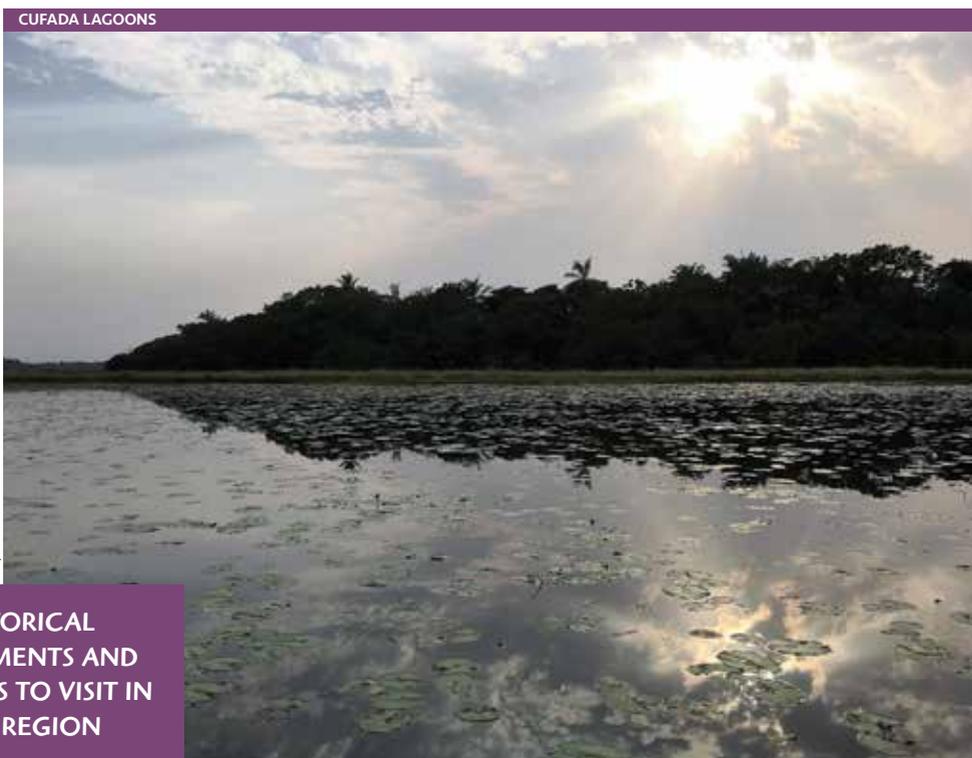


CUFADA LAGOONS

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QUINARA REGION

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HISTORICAL  
ELEMENTS AND  
SITES TO VISIT IN  
THE REGION

## CUFADA LAGOONS NATURAL PARK

This park, created in 2000, is located between the two greatest rivers of the region, the Big River of Buba (Rio Grande de Buba) and the Corubal River and is the largest freshwater reserve in Guinea-Bissau. Its 89 000 hectares are composed of primary forest and three freshwater lakes with a length ranging from 200 to 600 hectares and serving as a cradle to many species of birds, primates and freshwater fish. Within the Park's area there are 36 *tabancas* hosting a population of about 3 500 people belonging to different ethnic groups, in particular, Beafada (77.4%), Balanta (8.7%), Fula and Manjaco.

Just outside the town of Buba, turning left (the park is marked) there is a 20 kilometres dirt road between *tabancas* and nature. The last 5,5 kilometres of this bumpy road is in an exceptional poor state which requires the use of a 4x4 vehicle or at least a car with quite generous clearance and chassis height. The visit to the Cufada Lagoons Natural Park should be done under the supervision of the Biodiversity Institute and Protected Areas of Guinea-Bissau (IBAP) guides, responsible for the preservation of this area, who are based in Buba. It's possible to make a kayak tour (paid) with the IBAP guides across the calm waters of the lagoon, drifting amongst the water lilies with only the sounds of the oars and the park guide pointing out signs of wildlife all around. It is best to go early to maximize the opportunity for observing the countless species of animals in the

lakes. Across the lake you have the opportunity to climb an observation post there installed and listen to the birds, monkeys or frogs in an explosion of sounds that requires a few minutes of silence to absorb all life nearby. The white hippopotamus (*Hippopotamus amphibius*), the dwarf crocodile (*Osteolaemus tetraspis*), the antelopes (*Kobus defassa*), several duikers, black-crowned-cranes, African pygmy geese, Gambia geese, yellow crest hornbills, African buffalos (*Syncerus caffer*), gazelles, hyenas and about 7 to 8 species of primates, including the chimpanzee (*Pan troglodytes*) can be found in the park. In addition to the native birdlife, the park is an important stop-over site for European birds that spend the winter here. Some of the birds are protected species worldwide. Two percent of pelicans around the world choose these lakes as a basis for their annual migration and in total there are about 250 species of birds that can be seen in the Park.

### SACRED WOOD

The Sacred Wood is a part of the forest in which local communities practice animist rituals; therefore, this area is treated with profound reverence by the population. A tour to this area should be preceded by an application for authorization where you are bound to strictly follow the inhabitants' instructions.

## POSSIBLE EXCURSIONS IN THE CUFADA LAGOONS NATURAL PARK

Adding to the kayaking already mentioned above (the kayaks are in the care of the Lagoons' adjacent *tabanca* inhabitants and under the supervision of IBAP), we also suggest a walk along the Corubal River passing in Uaná Port, to the north, and Ga Gregório Bacar Conté, to the south. For this tour, that lasts all day, it is advisable to bring food and water, comfortable shoes trousers to the ankle, socks and long-sleeved shirts to prevent bites from insects and protect skin in areas of overgrown and dense vegetation. You can also opt for boating on the salt river of Fulacunda and in the Rio Grande de Buba or in the freshwater rivers (Madina Ache, Cantanha and Corubal River). These circuits must be done and overseen by a park's guide who will know the tracks to take, the tidal regime and the dangers. For this reason we strongly advise you make contact with the IBAP prior to your visit.

## CONTACTS FOR CIRCUITS AND VISITS:

### INSTITUTE OF BIODIVERSITY AND PROTECTED AREAS OF GUINEA - BISSAU (IBAP)

In Bissau (Avenida Don Settimio Arturo Ferrazeta, P.C. Bissau) or in Buba (near the Port).

Director of the Cufada Lagoons Natural Park

Tel.: (+245) 966 098 080 | 955 575 758

Page: [www.ibapgbissau.org](http://www.ibapgbissau.org)

### OSSEH'MENE TOURS & SOUVENIRS

Tel.: (+245) 955 359 818 | 969 271 705

### ADVENTURE CORUBAL

Page: [www.adventure-corubal.fr](http://www.adventure-corubal.fr)

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## PROJECT FINANCED BY THE EUROPEAN UNION

Title	<b>Integrated Support Project to Rural Development in the regions of Batafá, Quinara and Tombali (PAIDR)</b>
Implementing partner	Camões - Instituto da Cooperação e da Língua, IP (CICL) in partnership with CARITAS, ADRI, VIDA and RESSAN-GB
EU contribution	3 500 000 EUR
Duration	2016 – 2020
Region	Batafá, Quinara and Tombali
Description	The project aims to contribute to the improvement of the economic and social conditions of the rural populations, through the intensification and economic valorisation of agricultural production. Among the expected results is the improvement of the productivity of family agriculture and the strengthening of the autonomy of women family leaders. A Centre for Agricultural Education and Training (CEFA) was created in Buba, and the first academic year began in October 2017.



CUFADA LAGOONS

© JOÃO PEDREIRO

## CHANNELS OF THE RIO GRANDE DE BUBA

The Rio Grande de Buba (Big River of Buba), one of the most important rivers of Guinea-Bissau with an area of 285 square kilometres is a sanctuary of excellence for the spawning of barracuda and deserves a walk through its embroidery of mangrove channels. African manatees (*Trichecus senegaelensis*) and some species of turtles are also native residents of these waters. This river, which flows into the Atlantic near the Bolama, has a great diversity of marine species and is rest site for a wide variety of birds. It is extremely rewarding to take a boat circuit and watch these birds while enjoying the surrounding natural environment or take time to stop for a picnic in one of the small islands of the river.



### WHERE TO EAT

#### BERÇO DO RIO

Tel.: (+245) 955 705 700 | 966 624 786  
Call in advance for booking.



### WHERE TO SLEEP

#### CASA DE PASSAGEM DO IBAP

Director of the Cufada Lagoons Natural Park  
Tel.: (+245) 966 098 080  
| 955 575 758

#### POUSADA DA BELA VISTA

Tel.: (+245) 966 624 786 | 955 706 700  
| 955 378 089

#### BERÇO DO RIO

Tel.: (+245) 966 619 700 | 966 624 786

#### BUBA HOTEL

Tel.: (+245) 955 929 966

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QUINARA REGION





## TOMBALI REGION

The most southern region of Guinea-Bissau is Tombali, its capital is Catió. The isolation of this region leads us to green landscapes where mangroves prevail along the river branches, here we also find rice fields, baobabs, African oil palm trees (*Elaeis guineensis*, and of course its palm oil), primary forests and, in the innermost zone, savannahs.

From the capital Bissau we can head south towards Mansôa, Bambandinca, Quebo and then to Mampata. The journey from Bissau to Catió is 258 km and the last 60 kilometres is of dirt road and in poor condition. This region is divided into four sectors: Catió, Bedanda, Cacine and Quebo

## HISTORICAL ELEMENTS AND SITES TO VISIT IN THE REGION



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CANTANHEZ

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TOMBALI REGION

## CANTANHEZ FOREST NATIONAL PARK

Introductory note: to travel from Bissau to Cantanhez you should use a four-wheel drive or a at least a vehicle with high clearance for the final part of the trail, between Guiledje and Iemberem, which is in very poor condition. We strongly recommend hiring a guide to escort you for the rest of the trip as the paths have a variety of forks and a total absence of signposts. Southeast of Catió and along the border with Guinea, lies the Cantanhez Forest National Park. This park is bordered on the north and south west by the river Cumbijã, east and south by the river Cacine, to the north by Balana and Balanzinho rivers and southwest by the Atlantic Ocean.

Cantanhez National Park has become a major landmark for Guinea-Bissau due to its density and preservation, with about 1 057 square kilometres of forest, and one of the most emblematic important natural biodiversity sites in Guinea-Bissau. The World Wildlife Fund (WWF) classified it as one of the two hundred most important ecologic regions worldwide. About 207 plants, more than 30 species of mammals and about 40 species of fish have been identified here.

The Park's guides have received specific training on environmental preservation and conservation of fauna and flora, which combined with ancestral



DARI - CHIMPANZÉ - *PAN TROGLODYTES*

© IBAP

knowledge and practical experience ensure reliable monitoring for all visitors. On offer are several trips with differing itineraries and various degrees of difficulty. Some include traditional culture experiences, itineraries in forests and/or routes to the islands. The greatest attraction is the chimpanzees (*Pan troglodytes*) that can be better observed in the early hours of the morning, when they wake up and start their daily ritual of loud screams and beating the floor to echoes through the forest. The primary forest is both dazzling and majestic, with huge Samauma and Tagaras trees, which invites the tourists to embrace them and track down all the animals resident thereabouts. The produ-

ce of these forests are still a source of subsistence for the local populations providing fruits, palm oil, timber and firewood. In the rainy season the rivers increase their flow by up to six cubic meters and you can see the calm mangrove interrupted only by birds such as herons, the kingfisher or by fishermen in canoes. The towering palm trees and fresh water springs, sacred to the people of Cantanhez, will ensure you are not left indifferent to their beauty.

The Park is also still the habitat to the king colobus (*Colobus polykomos*), buffalo (*Syncerus caffer*), antelopes (*Hippotragus equinus*), the black bush



© AFECTOS COMLETRAS

ECOCANTANHEZ - IEMBERÉM

hog (*Phacochoerus aethiopicus aethiopicus*), the bush pig (*Potamochoerus porcus*), the manatee (*Trichechus senegalensis*) and the crocodile (*Crocodylus niloticus*) among others. It is also a place where herons, flamingos, pelican, the African spoonbill and many other birds, many endangered, pass by.



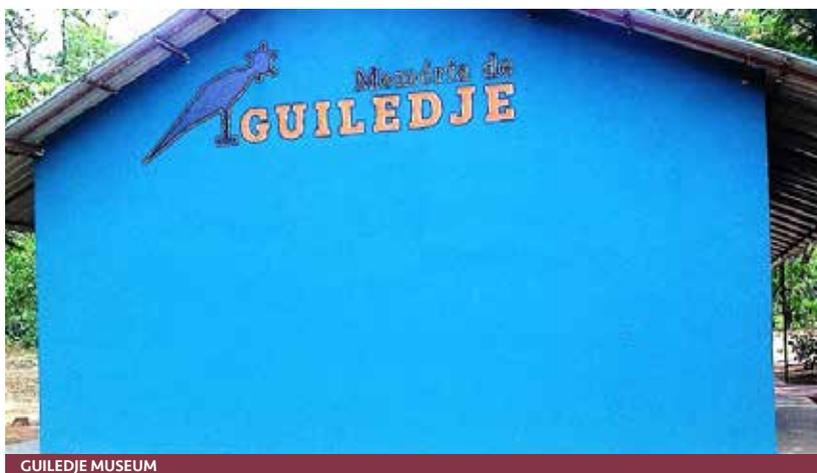
WHERE TO EAT AND SLEEP

**ECO-CANTANHEZ**

Head office of Cantanhez Park.  
Tel.: (+245) 955 523 358  
Call in advance for booking.

**FARO SADJUMA**

Road of Iemberem, Cantanhez Park  
Tel.: (+245) 955 523 358  
Call in advance for booking.



## GUILLEDJE – INDEPENDENCE MUSEUM OF GUINEA-BISSAU

In Bedanda sector lies Guiledje, town that was made famous when the Portuguese military headquarters was taken by storm during the struggle for the national liberation of Guinea. In the space of the old quarter stands the Museum of Independence of Guinea-Bissau where you can see weapons, ammunition, documents and maps. On a visit to the museum where you will be escorted by an ex-combatant who, in explaining the military strategy seems to relive the moment, nevertheless, he is keen to emphasize that the museum is an ode to peace.

### TRADITIONS

In this area the population is divided into 13 *tabancas* with different traditions and customs. The main ethnic groups living in the Park are the Balanta, the Nalu, the Tanda, the Djacanca, the Fula and the Sousso. Almost all these ethnic groups maintain family ties with residents of neighbouring Guinea. The Nalus are known for their beautiful handicrafts, Balanta's pottery is also available in this region. One can also manage a visit to the Park where the palm oil production areas are, to the extraction site for Cibe wine, to see the traditional rice peeling process, to observe the transformation of cassava into various products or to visit the plantations of cashew, peanuts and tropical fruits.

ECO  
CANTANHEZ

PARQUE NACIONAL  
CANTANHEZ

ESTRADA PARA IEMBEREM →

GULEDJE

**TOMBALI**

MUSEU MEMORA  
DE GULEDJE

CANTANHEZ →

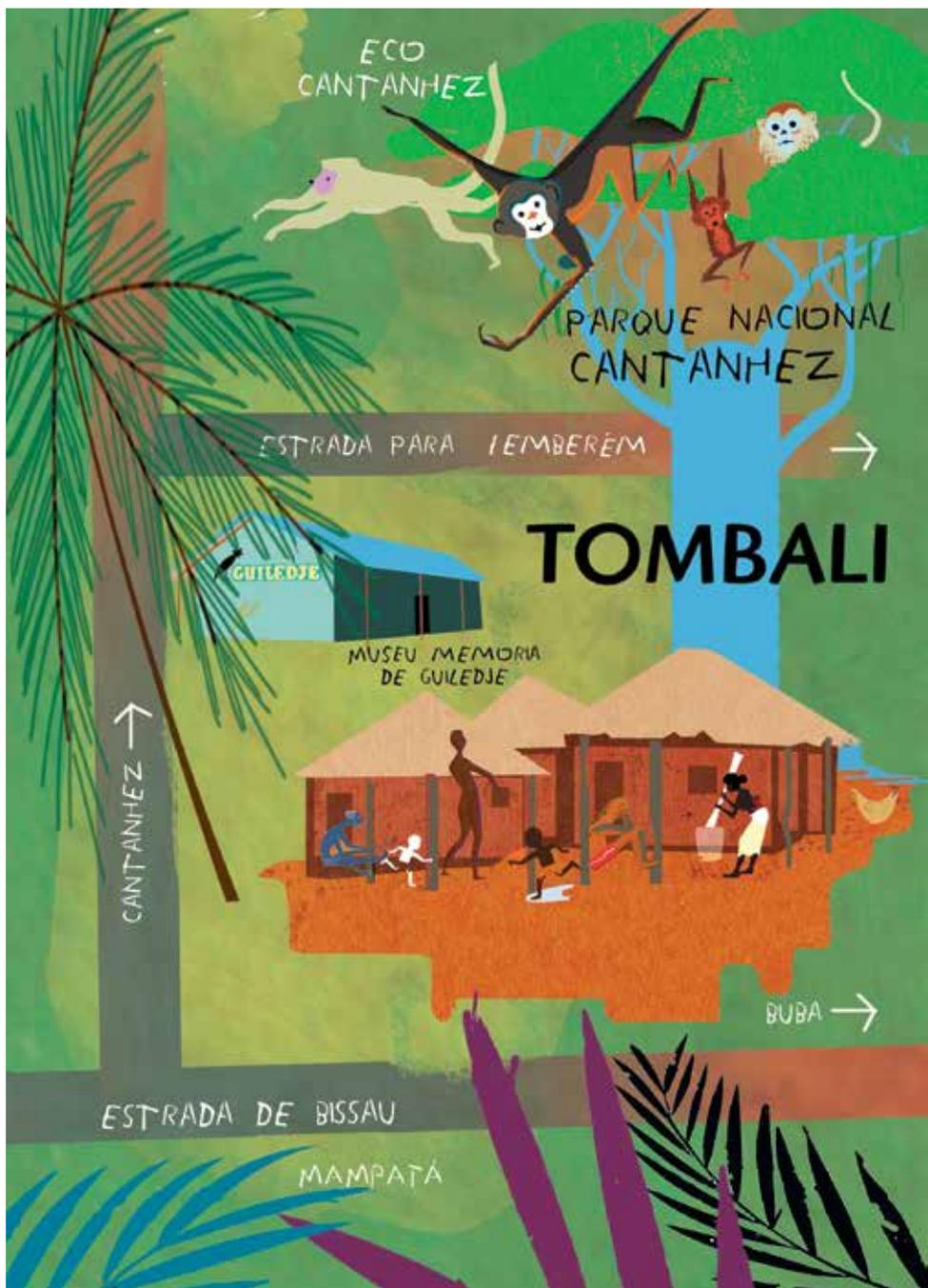
BUBA →

ESTRADA DE BISSAU

MAMPATA

IIG

TOMBALI REGION



## PROJECT SPONSORED BY THE EUROPEAN UNION



<b>Title</b>	<b>ECO-CANTANHEZ - Ecotourism in the Cantanhez National Park</b>
<b>Implementing partner</b>	AD - Acção para o Desenvolvimento in partnership with Associazione Interpreti Naturalistici del Parco Nazionale del Gran Sasso and dei Monti della Laga Onlus (AIN)
<b>EU contribution</b>	491 880 EUR
<b>Duration</b>	2011 – 2014
<b>Region</b>	Tombali
<b>Description</b>	<p>The project promoted the improvement of the living conditions of the Tombali communities and eco-tourism practices in the Cantanhez National Park, benefiting around 40 000 people. The creation of the museum House of the Environment and Culture of Cantanhez encourages to deepening of knowledge about the ecological and cultural diversity of the Park. The project involved the population (mainly women and young people) in creating conditions for tourists to stay in the region and to use local guides. The project also supported the local production and processing of typical products (manioc flour, palm oil) adding value which enabled the communities to remain and fostered job creation.</p> <p>In lemberém there are three bungalows built with local materials (adobe and straw), two bungalows in the <i>tabanca</i> of Faro Sadjuma and one bungalow in Catesse, next to the river Cumbija.</p> <p>More information: <a href="http://www.ecocantanhez.org">www.ecocantanhez.org</a></p>



# BOLAMA AND BIJAGÓS REGION

In terms of administration, the Bolama-Bijagós region is divided into four sectors: Bubaque, Bolama, Caravela and Uno. In each one there is a sector administrator and a governor-general for the entire Bolama region.

## BOLAMA ISLAND

The Island, which has a city with the same name is the capital of the Bolama sector and of the Archipelago of Bijagós.

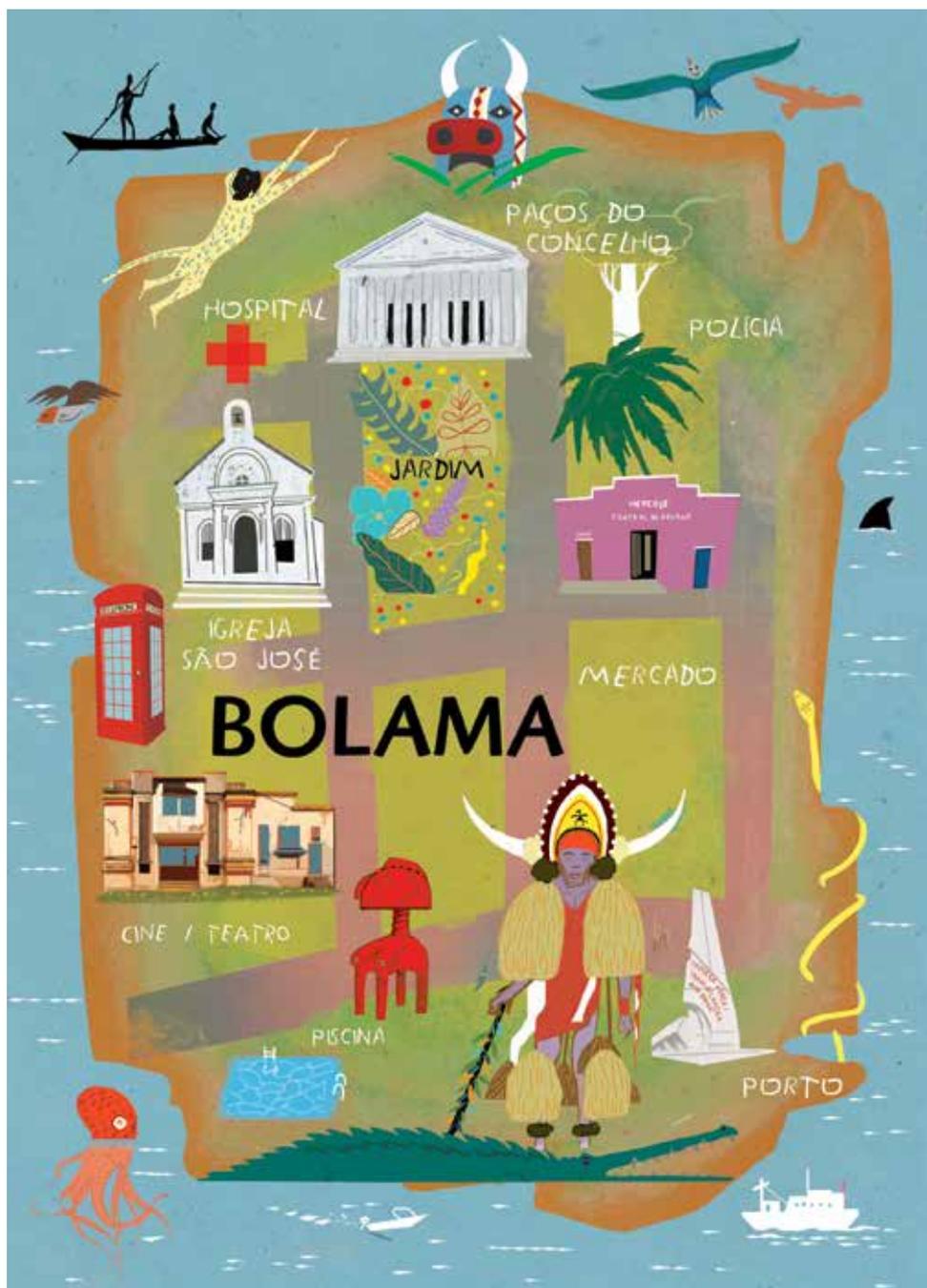
## HISTORICAL BACKGROUND

The Bolama Island was detached from the Cape Verde Archipelago and became the first capital of Portuguese Guinea on 19th March 1879. According to historical sources, Bolama had been previously discovered and occupied by the British who built a trading post here and, on this basis, claimed ownership of the territory. In 1870 with the arbitration of the US President, Ulysses S. Grant, a decision was made in favour of Portugal which took into account as evidence a slab that had been submerged and was inscribed with the date the Portuguese prior entry into the territory. The British then also gave up their claims over Bolama and the adjacent areas.

## CITY OF BOLAMA

The city of Bolama has 21 000 inhabitants an area of 65 km<sup>2</sup> and is inhabited mainly by Mancanhas and a few Bijagós. The main activities are fishing and agriculture (peanuts, potatoes, corn, manioc and cashew).







SÃO JOSÉ CHURCH

© AFECTOS COM LETRAS

Bolama is like an abandoned city, buildings of great historical interest are completely destroyed and without any maintenance are at risk of collapse. Still, they deserve to be visited, in this land that “once upon a time ...”

## TOWN HALL PALACE

Built in 1919, this building resembles the White House in Washington DC, with its Greek type columns representing the pillars of power. Here all administrative services related to current management of Portuguese Guinea were handled. The building was abandoned in 1949 when the capital was moved to Guinea-Bissau and is currently at risk of ruin, some of the structure is also missing.

## SÃO JOSÉ CHURCH

São José Church was built on May 16<sup>th</sup> 1871. With a simple façade and austere interior, but still has some of its original tiles. It was restored in the late twentieth century.

## RUINS OF THE ULTRAMARINO BANK

The Ultramarino Bank which was located in the main town square and in use until the 1940s and was later a highly reputed hotel, called the Turismo Hotel, which has also since closed. Today there is not much left of the building.

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BOLAMA AND BIJAGÓS REGION

TOWN HALL PALACE



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BRITISH TELEGRAPH

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## TRACES OF THE BRITISH TELEGRAPH TRADING POST

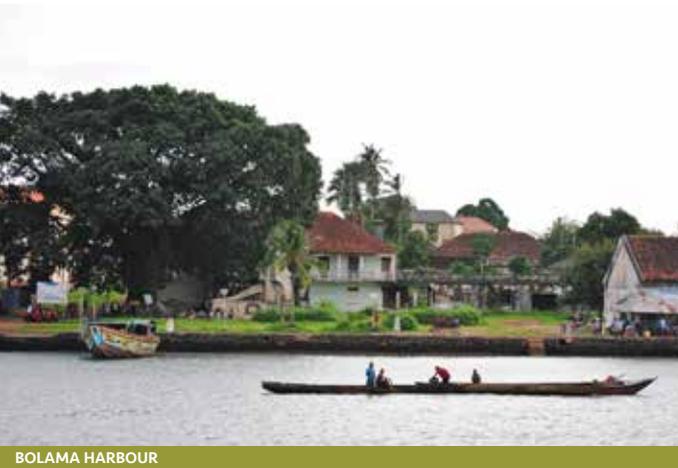
Very close to the main square you can find the metal ruin of the first telegraph in Western Africa built by the British trading post in Bolama. In addition to the board that marks the spot, recently placed by the British Government. There is little more to define the site of the old telegraph which along with the Municipal Garden Bandstand was mel-

ted and sold. This action calls for increased attention by the authorities to ensure the preservation of the historical elements of the city. There are also a few contemporary buildings here besides the British trading post, they are built on pillars and high off the ground to protect them from the water.

## TOWN GARDEN

The garden has a damaged bandstand and several park benches, hidden among the grass. But it's easy to imagine the beauty of this Municipal Garden

in past days. The houses surrounding the square and the ones in adjacent streets remind us of the Portuguese colonial architecture.



## HOW TO GET HERE

The boat connections between Bolama and Bissau occurs regularly. In addition, there is a canoe to São João, mainland that you can see from the island (about two hours of Buba by car) and private pirogues which are an economical alternative for transportation between Bissau and Bolama (although they are not recommended).

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## WHERE TO SLEEP

### RESIDÊNCIA PESCARTE

Tel.: (+245) 955 905 262  
| 966 633 827

### HOTEL GÃ-DJAU

Tel.: (+245) 955 288 717



## WHERE TO EAT BAR O FOGO

Tel.: (+245) 955 235 887  
Inês Tavares.  
Call in advance to order.

## THE CITY HARBOUR

In the lower part of Bolama town is the harbour and the main square with an imposing statue to honour the dead of two Italian seaplanes, victims of a crash in Bolama, in January 1931, during the 1st crossing of the Atlantic Ocean from Rome to Rio de Janeiro. In the harbour we also find a structure of Olympic dimensions which was once the city's municipal swimming pool surrounded by palm trees and with superb views over the ocean and São João, and which is now abandoned. Next to it is the Regional Government Headquarters of Bolama.

## WHAT TO VISIT IN BOLAMA ISLAND

The island has nice beaches all worth visiting. Ofri Beach (about 3 km from Bolama), where you can find the remains of a structure that was once a hotel unit is the most popular with inhabitants. At about 21 km, to southwest, tip, it's the beautiful beach Bolama de Baixo, with fine white sand.

## ISLAND OF GALINHAS

The Island of Galinhas with about 1 500 inhabitants is close to Bolama. It has absolutely no hotel support structure but it worth a brief visit for its historical significance and the beauty of the beaches. In colonial times, it was an island prison, known as the Penal and Agricultural Colony of Ilha de Galinhas where they incarcerated political prisoners, independence advocates, and in particular, the intellectual and Guinean musical reference, José Carlos Schwartz. José Carlos Schwartz was inspired in this experience to compose the music *Djiu Di Galinha*. It has wild beaches that are worth exploring. You can get to the Island by pirogue from Bolama, São João or Bissau.



QUEEN OKINKA

© BALDOMERO COELHO

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BOLAMA AND BIJAGÓS REGION

## ARCHIPELAGO OF BIJAGÓS

The Archipelago of Bijagós, elevated to a Biosphere Reserve by UNESCO in 1996, consists of about 90 islands, 17 of which are inhabited permanently. Some islands have a seasonal population that move to them for rice farming or fishing, others are considered sacred to the Bijagós and it is therefore forbidden to live or to spend the night on them. The animistic faith of Bijagós

prohibits economic and subsistence activities in many of the areas considered sacred and is the guarantor in a sense of the Archipelago preservation. We can also associate the conservation status of these islands to the fact that they have been isolated for many years, not only by insularity but also by the Bijagós warrior temperament that has always fought against foreign

intrusion, even in the period of colonization. This Archipelago which has a natural beauty and cultural wealth has a marine extension from 10 000 square kilometres and the closest island to the mainland is located around 20 km away. The sea surrounding the islands is shallow but extremely rich, which allows us to find, for example, the manatee (*Trichechus senegalensis*), cape clawless otter (*Aonyx capensis*), sharks, rays, sawfish, dolphins (*Sousa teuzil* and *Tursiops truncatus*), crocodiles (*Crocodylus niloticus* and *C. tetraspis*), the marine hippopotamus (*Hippopotamus amphibius*) and four species of sea turtles, including the green turtle (*Chelonia mydas*) - which has in the Poilão Island the main area for spawning across the African continent.

The mangrove cover about a third of the emerging part of the Archipelago which explains the richness of its waters, which are also as equally desirable to birds. In fact, the Bijagós Archipelago is a host point to one of the largest populations of migratory birds worldwide. In this paradise we can find, for example: the little bee-eater (*Merops pusillus*), the blue-cheeked bee-eater (*Merops persicus*), the palm-nut vulture (*Gypohierax angolensis*), the hooded vulture (*Necrosyrtes monachus*), the spur-winged lapwing (*Vanellus spinosus*), the African fish eagle (*Haliaeetus vocifer*), the fish eagle (*Pandion haliaetus*), the Senegal thick-knee (*Burhinus senegalensis*), the red-chested swallow (*Hirunda lucida*), the little swift (*Apus affinis*), the African wattled lapwing (*Vanellus senegallus*), the bronzy sunbird (*Nectarinia kilimensis*), the olive-bellied sun bird (*Cinnyris chloropygius*), the African grey hornbill

(*Tockus nasutus*), the little tern (*Sterna albifrons*), the violet-backed starling (*Cinnyricinclus leucogaster*), the splendid starling (*Lamprotornis splendidus*), the bar-tailed godwit (*Limosa lapponica*), the black crane (*Amaurornis flavirostris*), the Western reef heron (*Egretta gularis*), the black tern (*Chlidonias niger*), the grey-headed gull (*Larus cirrocephalus*), the slender-billed gull (*Larus genei*), the sandwich tern (*Thalasseus sandvicensis*), the caspian tern (*Hydroprogne caspia*), the royal tern (*Thalasseus maximus*), the goliath heron (*Ardea goliath*), the striated heron (*Butorides striata*), the malachite kingfisher (*Alcedo cristata*), the African sacred ibis (*Threskiornis aethiopicus*), the saddle-billed stork (*Ephippiorhynchus senegalensis*), the whimbrel (*Numenius phaeopus*), the yellow-billed kite (*Milvus aegyptius*), the African paradise flycatcher (*Terpsiphone viridis*), the pink-backed pelican (*Pelecanus rufescens*), the curlew sandpiper (*Calidris ferruginea*), the little stint (*Calidris minuta*), the African green pigeon (*Treron calvus*), the blue-spotted wood dove (*Turtur afer*) or the village weaver (*Ploceus cucullatus*). Also Poilão, João Vieira and Orango are still the natural habitat for the timneh parrot (*Psittacus timneh*), a threatened species.

## POPULATION

The Bijagó peoples (which is divided into four distinct groups: Oracuma, Ogubane, Oraga and Ominca) constitutes the majority population of the Archipelago with an estimated 34 000 inhabitants. However, we can still find in some of the Islands, Papel, Beafada, Manjaco, Mandinga, Fula and Nhomınca peoples, the last coming from Senegal and settling in seasonal fishing camps. The bases of the economy in the Archipelago is rice, fishing, harvesting shellfish, palm oil production or grazing. All of these activities are just for subsistence with a sustainable use of all resources which is common to all residents of the Bijagós.

## GEOGRAPHY

We can distinguish in the Archipelago five geographic zones: the east side consists of Galinha Island, Canhabaque, Soga, Rubane and Bubaque; the south zone that integrates Orangozinho, Meneque, Canogo, Orango Grande; the west with the islands of Uno, Uracane, Eguba, Unhocomozinho and Unhocomo; northwest we can find Caravela, Keré and Carache; and finally, in northeast, there are the islands Formosa, Ponta and Maio. It is worth mentioning the two Marine National Parks – João Vieira and Poilão Marine National Park and the Orango National Park – and also a Protected Community Marine Area of the Islands of Formosa, Nago and Tchediã (Urok).

## ISLAND OF BUBAQUE

The Bubaque Island has an area of 48 square kilometres and about 11 300 inhabitants. It is located in the southeast corner of the Archipelago, separated by a narrow channel of Rubane and relatively close to the Soga and Canhabaque Islands. This is the most attractive island for tourists, with a wide variety of hotels and a music festival at the Easter weekend. At this time it attracts many tourists moving from the mainland to attend all three days of contemporary and traditional Guinean music.

## CITY OF BUBAQUE

Life in the city of Bubaque, capital of the island, is lived around the harbour and the market adjacent to the pier. It's a city of disorderly streets and various types of buildings, with some traces of colonial architecture.



TABANCA NOVA BIJAGÓ

© MOURA FRAGOSO

## PORT

Although highly dilapidated this is the main point of arrival for the island. Here the port simmers with people especially with the arrival and departure of the boat bound for Bissau. It's a ferry where everything embarks and disembarks: fish, chickens, cows, pigs, goats and of course a lot of people. Getting in and out of the boat has to be a little inventive as the structures is less than suitable for "standard" landing conditions.

## MARKET

Leaving the port on the right side we find the old local market with stalls filled with colour. Here they sell a little of everything in small warehouses and stalls including vegetables, fruit, fish, meat, clothing, cereals, rice, medicines, shoes or small appliances. The new market is also located at the exit of the port, on the left.

## FORMER HOME OF THE BUBAQUE ADMINISTRATOR

This colonial building which is located across the channel separating Bubaque of Rubane, is in an obvious state of disrepair, but was formerly the centre of the main administrative power in Bubaque.

HISTORICAL  
ELEMENTS AND  
SITES TO VISIT IN  
THE REGION



FORMER HOME OF THE BUBAQUE ADMINISTRATOR

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## BUBAQUE MUSEUM

To the left side, just outside the port, is a street where you will find the Bubaque museum “Padre Biasutti” which hosts dozens of statues, masks and objects of daily use by the Bijagós. Collected over the years by Luigi Scantamburlo, an Italian missionary who has been residing there since 1975. Bijagó art alongside Nalú crafts are the most important and best known of Guinea-Bissau. The Bijagós artisans with only a knife and a piece of wood produce religious sculptures and masks, the Régulo benches or statues (these require a ceremonial prior to their implementation), canoes paddles, pestles and mortars. All these cultural riches are represented at this museum which opened in 2009. Opening days are from Tuesday to Sunday. Times: 10h00-13h00 and 16h00-19h00.



© AFECTOS COM LEIRAS

BRUCE BEACH

## THE INTERIOR OF BUBAQUE ISLAND

From the museum we can go travel to the island where we will come across the New *Tabanca* of Bijagó or Bijante, a walk of about 4 km, first along a street with houses on both sides and then through the dense woods. This is the largest *Tabanca* after Bubaque and home to the very particular traditions and rituals of Bijagós. Tourists are welcomed and are soon surrounded by children and young people who show them to the village and forward them to the house of the Homem Grande (Great Man). Rules of courtesy advise the visitor to be provided with tobacco or brandy to offer to the Chief of the *Tabanca*. This *Tabanca* owns the sacred island of Rubane, just across from Bubaque where they derive a seasonally living from the cultivation of rice.

## BRUCE BEACH

At approximately 18 Km from Bubaque, although it's at the other end of the island, the Bruce beach justifies a shift in your journey. It is a stretch of white sand and calm waters with palm trees and a dense bush almost touching the sea. Nearby there is a large *Tabanca* with the same name. The calm sea and warm water invites you to bathe but special attention should be given to the rays that abound in this area and it is advisable to use sandals to protect feet. To get there you should ask in one of the hotels about the possibility for using a car, bike or a motorbike.

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## WHERE TO EAT

### SALDOMAR

Tel.: (+245) 955 496 826  
Mediterranean food. Pizzas made in wooden oven.

### DJIU MANCEBO

Tel.: (+245) 966 100 174  
| 955 805. 563  
African food, close to port.

### CASA DORA

Tel.: (+245) 955 967 714  
| (+351) 919 856 165  
Page: [www.casadora.yolasite.com](http://www.casadora.yolasite.com)  
Must be ordered in advance.



## WHERE TO SLEEP

### DAKOSTA ISLAND BEACH CAMP

Bruce Beach  
Tel.: (+245) 966 978 066  
E-mail: [Getinfo@dakostabc.com](mailto:Getinfo@dakostabc.com)  
Hotel by the sea, with bungalows with fans, toilets and tents on the beach. Transfers secured by the hotel from Bissau to Bubaque.

### KASA AFRIKANA

Hotel designed for sport fishing programs. It is possible to get excursions in the island and to other islands.  
Tel.: (+245) 955 949 213  
| 966 581 667  
Page: [www.kasa-afrikana.com](http://www.kasa-afrikana.com)

### CASA DORA HOTEL

It is possible to get excursions in the island and to other islands. Tel.: (+245) 955 967 714  
| (+351) 919 856 165  
E-mail: [casadorabubaque@gmail.com](mailto:casadorabubaque@gmail.com)  
Page: [www.casadora.yolasite.com](http://www.casadora.yolasite.com)

### LODGE LES DAUPHINS

Hotel designed for sport fishing programs. It is possible to get excursions in the island and to other islands.  
E-mail: [denisebubaque@hotmail.fr](mailto:denisebubaque@hotmail.fr)  
Page: [www.lodgelesdauphins.com](http://www.lodgelesdauphins.com)

### HOTEL CALYPSO

Tel.: (+245) 955 949 207  
| 966 106 436  
E-mail: [gerald@hotelcalypso-bubaque.com](mailto:gerald@hotelcalypso-bubaque.com)  
Page: [www.hotelcalypso-bubaque.com](http://www.hotelcalypso-bubaque.com)

### LE CADJOCO

Tel.: (+245) 955 575 470

### CHEZ TITI – GUESTHOUSE

Tel.: (+245) 955 991 353  
Page: [www.titibubaque.com](http://www.titibubaque.com)



## HOW TO GET HERE

The boat leaves regularly from Bissau. Information on schedules should be obtained at the Bissau or Bubaque port. A small plane trip from Bissau or Cap Skirring (Senegal) is also an option via a private operator as there is an air-strip in operation on the island. It is also possible to make the trip in private speedboats or motorized canoes (this last not recommended because the tides and currents advise redoubled caution in Archipelago seas).



## PROJECT SPONSORED BY THE EUROPEAN UNION



© ASSOCIAZIONE MANITSE

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Title	<b>BUBAQUE CIDADE ABERTA (BUBAQUE OPEN CITY)</b>
Parceiros implementadores:	Associazione Manitese in partnership with Engim, Adim, Faspebi and Cá Foscari University of Venice
EU contribution	481 121 EUR
Período:	2013 - 2016
Region	Cidade de Bubaque
Description	<p>Among other activities of the project, there is the creation of the first tourism training school dedicated to young people from the Bijagós Islands, currently managed by the local organization Faspebi. The Project also includes the renovation of the Market of the city, which can now be considered one of the best markets in the country, and the implementation of a system of selective collection of garbage in the city, currently under the management of the local administration and of the youth organization Andorinha.</p>

## PROJECT SPONSORED BY THE EUROPEAN UNION



© COBIANA COMMUNICATIONS

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BOZAMA AND BIJAGÓS REGION

Title	<b>FESTIVALS DE CULTURA (FESTIVALS OF CULTURE) – SUPPORT THE MAN AND THE BIOSPHERE</b>
Implementing partner	Cobiana Communications & Culture
EU contribution	332 205 EUR
Período:	2014 – 2017
Region	Ilha de Bubaque
Description	<p>The project promotes the annual celebration (around the Easter period) of the Bubaque Music Festival, a true celebration of the cultural heritage and biodiversity of the Bijagós Islands and of the country. The project also strengthens a network of music festivals between Guinea-Bissau, Senegal and Mauritania and contributes to job creation in the cultural industry, enhancing young people's ability to produce multimedia content and facilitating collaboration, exchanges and artist residencies between the three countries. Thus, ensuring the integration of the Festival in the context of sub-regional cultural events.</p> <p>More information: <a href="http://www.festivaldebijagos.com">www.festivaldebijagos.com</a></p> <p>ACP cultures+: <a href="http://www.acpculturesplus.eu">www.acpculturesplus.eu</a></p>



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RUBANE

## ISLAND OF RUBANE

On this sacred Island, very close to Bubaque, you are unable to build permanent constructions, shed blood or bury the dead. Part of the year Rubane host to the inhabitants of the New *Tabanca* of Bijagó or Bijante of Bubaque, who live in camps while cultivating rice or producing palm oil. There is also on this island a small Senegalese camp dedicated to fishing. The island has a lush landscape that invites long walks on the island. In front of Bubaque is the

hotel / camp Chez Bob and, in a wider area, reserved and very well kept, you can find the Hotel Ponta Anchaca with wooden buildings and walkways filled with statues. It is worth a stay or at least a visit where you can take some late afternoon refreshments on the deck located in the sea.



### HOW TO GET HERE:

The hotels have their own boats to make the trip from Bissau or from Bubaque. You can also catch the boat between Bissau and Bubaque or do the trip by dinghy to Rubane. Another alternative is by light aircraft from Bissau, Dakar or Cap Skiring (Senegal) to Bubaque; also the owner of the Hotel Ponta Anchaca (and owner of the aircraft) can provide transport by boat to Rubane Island. You can also use an air taxi (see the contact for Arc en Ciel at the end of the guide).



### WHERE TO EAT AND SLEEP

#### HOTEL PONTA ANCHACA

Tel.: (+245) 96 639 43 52  
966 067 393 | 955 460 440  
E-mail: [pontaanchaca.rubane@gmail.com](mailto:pontaanchaca.rubane@gmail.com)

Hotel with swimming pool, air conditioning and hot water. Designed for sport fishing. International cuisine and fresh fish. It is possible to get excursions inside Rubane and to the other islands.

#### FISHING CLUB BIJAGÓS - CHEZ BOB

Tel.: (+245) 966 109 149  
E-mail: [Bob.acaoja@gmail.com](mailto:Bob.acaoja@gmail.com)  
Page: [www.chez-bob.sitew.com](http://www.chez-bob.sitew.com)

Hotel designed for sport fishing. It is possible to get excursions inside Bubaque and to the other islands.



CANHABAQUE

© JORGE HORTA

## ISLAND OF CANHABAQUE

The Island of Canhabaque, also known as Roxa (Purple), is an island of 111 square kilometres covered by lush vegetation and beautiful beaches alternating with rock formations. It was the first island of the Archipelago to be inhabited and today hosts a community of about 2 500 inhabitants, spread over several *tabancas*. It is considered the most traditional of the entire Archipelago, both in terms of the habits, the way of life and the disputes with Caravela over which is the most beautiful. Canhabaque is an enchanted island to the animists, who believe that here the trees talk. It worth a visit to learn about the traditions, especially in the *tabancas* at the eastern side of the island which are the furthest away from the influence of Bubaque: Inorei, Meneque, Inhodá and Ambe-no. Here we find a matrilineal society where women have a strong predominance in the management and maintenance of the balance of *tabancas*.

## ISLAND OF SOGA

This sacred island is reserved for female initiation rituals. All visits are conditional, so we advise you to get information in Bubaque about the possibilities of a visit before leaving.

### VISIT TO QUEEN - OKINKA

We suggest you pay a visit to Queen-Okinka taking her a gift, for what is always a very enjoyable experience. Okinka, the most influential in the island, stays in the Inorei *Tabanca*, although it worth noting that each of the island's *tabancas* has its own Queen.



### HOW TO GET HERE

From Bubaque it's about an hour on a motorized canoe. We advise you to bring offerings to the Chief of the *tabanca*, the Oronhó, as well as for the Queen Okinka in all the *tabancas* to be visited. Usually the gifts are tobacco, palm wine or brandy.



TABANCA OF ETICOGA

© IBAP

## ORANGO NATIONAL PARK

In the southern part of the Archipelago, this park consists of five main islands: Orango, Orangozinho, Meneque, Canogo and Imbone and three islets: Andonga, Canuapa and Anetive. It has a total area of 158 235 hectares.

## ORANGO ISLAND

Orango is part of the National Park and goes by the same name. It is the most distant island of the mainland of Guinea-Bissau and the largest in terms of surface, although it only has about 2 500 inhabitants spread over about 10% of the territory. This Island has an extremely abundant wildlife including marine hippos, crocodiles and some species of turtles that nest here, the painted-gazelle, green monkey, otters, manatees and dolphins.

Orango has the distinction of being ruled by women. Even when *tabancas* have a leader, they are the descendants of Queen Kanyimpa who wielded real power. Their decisions are unquestionable and irrevocable. Here they live in a matrilineal system in which the women wield power and are the owners of the land, of houses and crops, choose their boyfriends and husbands, take the initiative to divorce and keep the children in cases of child custody.

## TABANCA OF ETICOGA

It is the present capital of Orango Grande, the old capital was the *tabanca* of Ambuduco. Queen Okinka Pampa is originally from the *tabanca* of Eticoga. It is the largest *tabanca* of the island where they live in a traditional way, being governed by a Queen who is elected among the women of the *tabanca* (the Okinkas, that is to say baloberas). The queen will rule for the rest of her life. According to ancestral traditions, this woman, after being elected, devotes herself to the management of community interests and must abandon her family. The authority of this queen is great and is recognized throughout the Bijagós' Archipelago.

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## TOMB OF QUEEN OKINKA PAMPA

The Mausoleum of Okinka Pampa is located in the *tabanca* Eticoga. Okinka Pampa reigned in the Bijagós Archipelago until the year of her death, 1930. She was revered throughout the Archipelago (and in the mainland) for always having resisted the Portuguese colonization and for having completed a peace agreement, considered fair

to her people. In the sacred temple, Queen Pampa is revered as well as the entire royal family, considered gods by the people of Bijagós. The Régulo of the *tabanca* controls the entrance to the mausoleum where no one has the right to enter without the knowledge of the Régulo or his advisers.

## ANÔR LAGOON

Orango, full of mangroves and with an estuary that comes into the island has the distinction of being home to a large community of marine hippos living between the lagoon within the island and the salty ocean waters. While not being the only country in the world where hippos live both in the sea and in fresh water, here it is distinctly different in that they can live permanently at sea (just needing fresh water to drink) and travel the great distances between the islands of Bijagós. The Orango hippos spend most of the day in Anôr lagoon and at the end of the day, head to the sea where they bathe, and in this way getting rid of the leeches that adhere to their bodies. You can easily find the tracks of their passing in the dry grasses as we go through the Island. Arriving at the park, and depending on the tides, there are two ways of see the hippos in their natural habitat. One possibility is to go sailing on the arms estuary following a route of great beauty between mangroves that lead us to a pontoon close to the lagoon. From here it's only a short walk passed a *tabanca* and some rice fields. Another option is

to anchor the boat on the beach and follow a path for about an hour through a typical savannah landscape, dotted with palm trees. This alternative, although more tedious, takes you by a landscape well worthy of recording as well as small ponds with "lizards" (crocodiles) apparently as friendly as hippos, some monkeys and the people of the island as they go about their daily activities.

The hippo is considered a sacred animal by the people and you should not make disturb them in any way. According to local beliefs of the Bijagós animists when you hurt a hippo, disgrace looms upon you or your family. There is a known legend of a man who tried to kill a hippo with a spear for invading his rice fields. When his child was born he had a defect on his lip at the same place as this man had touched on the hippopotamus. To protect the rice fields, often assailed by these animals, electrified fences have been installed to ensure the healthy coexistence between the man and hippo.



ORANGO BEACH

© AFECTOS COM LETRAS

## BEACHES

The beach is extremely good with a long and sandy embroidery, in a completely wild landscape and close to the Orango Parque Hotel.



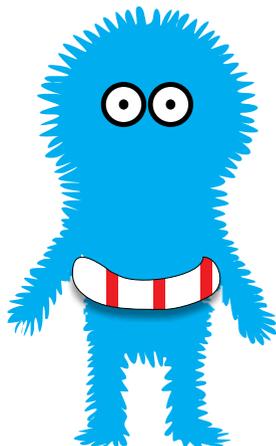
### WHERE TO EAT AND SLEEP

#### ORANGO PARQUE HOTEL

Tel.: (+245) 955 352 446  
| 966 605 015  
Page: [www.orangohotel.com](http://www.orangohotel.com)  
E-mail: [info@orangohotel.com](mailto:info@orangohotel.com)

#### CASA COMUNITÁRIA DE ANÔR

Tel.: (+245) 966 602 319  
| 955 383 642  
E-mail: [ecoibap@gmail.com](mailto:ecoibap@gmail.com)



### HOW TO GET HERE

From Bissau you can catch the boat to Bubaque and contact the IBAP to see how to organize a visit to these islands. The alternative is to use private boats from Mar Azul Hotel in Quinhamel or from Bissau, on the mainland, or from any of the Archipelago islands with tour options and by consulting the hotels.

Note: We advise taking bottled water, comfortable clothes, repellent, sun protection and food.

## PROJECT SPONSORED BY THE EUROPEAN UNION



HIPPUS, NATIONAL PARK OF ORANGO

© ORANGO PARK HOTEL

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BOZAMA AND BIJAGÓS REGION

Title	<b>STRENGTHENING NATURAL HISTORICAL AND CULTURAL TOURISM AS A GROWING ECONOMIC ACTIVITY FOR THE DEVELOPMENT OF GUINEA-BISSAU</b>
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Implementing partner	Fundación CBD-Habitat
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EU contribution	499 998 EUR
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Duration	2013 - 2016
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Region	Bijagós archipelago, island of Orango
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### Description

This project promotes natural, historical and cultural tourism, contributing to the socio-economic development, especially of the Orango island. Actions related to the conservation of biodiversity and natural ecosystems were developed, facilitating the relationship between the man and the environment in the Bijagós Archipelago. Responsible eco-tourism activities were also implemented in the existing natural parks.

Today, the Orango Parque Hotel in Orango Island reinvests the revenues made by small community projects for the benefit of the local population.

More information: [www.orangohotel.com](http://www.orangohotel.com)



CARACHE ISLAND

© AFECTOS.COM LETRAS

## ISLAND OF ORANGOZINHO

The Island of Orangozinho is also part of the Orango National Park and has the same characteristics of Orango Island, lush mangroves and sandy bays surrounded by totally wild palm trees.

### BEACHES

Ponta Anô beach, which is close to the *Tabanca* of Acanho in Ponta Canapá, located in the south extreme of the island near the channel giving access to the *Tabanca* of Uite. Both are totally wild beaches that are only reachable by boat. In Ponta Canapá there is an important colony of monkeys that come and play and eat seafood on the sands of low tide.

## ISLANDS OF CARAVELA, CARACHE AND KERÉ

### ISLAND OF CARACHE

This is an island with dense vegetation, small bays and a large community of African green monkeys who live next door to the sparse human population spread over three *tabancas*. The model of society and traditions are a replica of those that will be described on the neighbouring island of Caravela.



### HOW TO GET HERE

You can book a motorized canoe from Bissau (not advisable) or use private boats that make the journey from Bissau or from Mar Azul Hotel in Quihamel.



### HOW TO GET HERE

There is a possibility to catch a motorized canoe from Bissau (ill-advised) or use private boats that make the journey from Bissau or Biombo to the islands of Keré, Caravela and Carache.



CARAVELA

© AFECTOS COM LETRAS

## ISLAND OF CARAVELA

This is the island of beautiful beaches full of white sand, turquoise water, centenarian *poilões* trees and shady trees where it is common to find monkeys. This island, with low population density, shows the best and nearest to nature you will find in the Archipelago of Bijagós. Here lives approximately 10 500 people spread across five *tabancas* inside the Island. The population is mainly dedicated to traditional fishing, rice cultivation *m'pampam*, cashews and *mancarra* and picking *combé*, the basis of the island's diet. The society of Caravela is similar to other islands mentioned - that it is matrilineal, where the woman chooses their husbands. Every seven years they carry out the *fanado*, an initiation ritual of adulthood and entry into the ancient Bijagó culture. The *fanado* has a duration of 30 days and includes various rituals and practices including circumcision. Each *tabanca* has its *ponta de fanado*, a vast area with a house which no one can approach without having passed the *fanado* ritual and access is forbidden to the opposite sex. The *fanado* of women is the most sacred because it has a strong spiritual component, since it's in them that the dead are reincarnated.



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KERÉ

## ISLAND OF KERÉ

Kéré resembles the island of Peter Pan and while it is relatively small it is large enough to host a fishing camp which consists of several bungalows and a common area in which you can spend a relaxing weekend amongst the trees, enjoying the beach and the natural habitat. All facilities in this island are geared to salt water sport fishing and eco-tourism. There are several options available to tourists interested in a visit to the Bijagós Archipelago.



### WHERE TO EAT AND SLEEP

#### HOTEL KERÉ

Tel.: (+245) 966 993 827 | 966 794 965  
E-mail: [laurentsonia.kere@gmail.com](mailto:laurentsonia.kere@gmail.com)  
Page: [www.bijagos-kere.com](http://www.bijagos-kere.com)



### HOW TO GET HERE:

The Keré Hotel owns a boat to transport tourist from Ponta Biombo to Keré.



© IBAP

TURTLES - JOÃO VIEIRA AND POILÃO MARINE NATIONAL PARK

## JOÃO VIEIRA AND POILÃO MARINE NATIONAL PARK

The National Park belongs to the Biosphere Reserve and was declared Gift to the Earth by WWF in 2001. The park consists of six islands and islets: João Vieira, Poilão, Meio, Cavalos, Cabras and Aweto. The southern Islands comprising a total area of 49 500 hectares, of which 95% are part of the intertidal zone and shallow marine-water zone. Its vegetation is predominantly palm, savannah's and dry forests with dense and semi dense vegetation. These is-

lands are inhabited only seasonally and the access to them is limited because they are considered sacred. An application for prior authorization to enter any of them is required. Authorization is granted by the Canhabaque southern *tabancas*. The *Tabanca* Bine owns Cavalos Island, the *Tabanca* Meneque owns João Vieira, Meio is owned by the *Tabanca* of Inhoda and Poilão belongs to the *Tabanca* Ambeno.

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BOZAMA AND BIJAGÓS REGION

### ISLAND OF POILÃO

The Poilão Island is a sacred island that according to Bijagó myths are protected by the spirits this island is consecrated for the Régulos and the entrance is forbidden to the uninitiated. With a perimeter of about three kilometres, Poilão is about 50 kilometres from the mainland coast of Guinea and is a sanctuary for nesting turtles in Western Africa. Between October and November five species of sea turtles spawning in the Archipelago choosing this island

in particular. Here we find the green turtle, the hawksbill turtle, olive, loggerhead and leather. With the approval and monitoring of park rangers you can observe the spawning as well as the baby turtles racing to the sea.



JOÃO VIEIRA

© IBAP

## ISLAND OF JOÃO VIEIRA

The Island of João Vieira is seasonally inhabited by people of Canhabaque, its legitimate owners. Here they grow the traditional rice crop m'pampam, wine and oil palm are also produced in preparation for the several traditional ceremonies similar to those in the Meio and Cavalos Islands. Please note that the Bijagós people devote about hundred days a year to rites and traditional ceremonies.

This Island has a beautiful bay with a long beach of white sand, where the hotel serves as a logistic base to anyone visiting the islands of the Marine Park. The João Vieira and Poilão Park's guards' house hosts a modest museum as offers a good representative sample of the local biodiversity.



## HOW TO GET HERE

From Bissau you can catch the liner service to Bubaque and contact the IBAP to see how to organize a visit to these islands. The alternative is to use private boats either from Ponta Biombo, Bissau or the mainland, or even embark on any of the island chain with tourism and excursion options on offer, which you can choose with the help of hotels' staff.

Note: We advise you to bring bottled water, comfortable clothing, repellent, sunscreen and food.



## WHERE TO EAT AND TO SLEEP

There is a small hotel/camp in João Vieira for tourists as well as a temporary camp in Poilão, normally reserved for researchers of the Institute of Biodiversity and Protected Areas (IBAP). In this island there is a maximum limit for people who are allowed to stay overnight.

## CHEZ CLAUDE

Tel : (+245) 955 968 677  
| 955 270 798  
E-mail : joaovieira.chezclaudef@yahoo.fr  
| danmarchet17@gmail.com  
Page:  
[www.bijagosjoaovieirachezclaudef.blogspot.com](http://www.bijagosjoaovieirachezclaudef.blogspot.com)



ISLET OF MEIO

© JORGE HORTA

## ISLET OF MEIO

Known for the beauty of their wild beaches, it is said to be the most beautiful beach of the Archipelago located inside small cove emerald green waters, formed at low tide by the Islet of Aweto.

After an obligatory dip in the sea a wide clearing shaded by a large Poilão tree invites you to a picnic, which can be followed by a soothing nap should you choose. Opposite the Islet of Meio, with its long beach of white sand blanketed by dense vegetation, is the Islet of Cabras.

## ISLAND OF CAVALOS

This is an island surrounded by a contiguous beach with many shells and suitable for a quiet stroll around the entire isle, literally a 360° walk along the perimeter, which is a total of only 6 km. Some mangroves also grow in the rocks that protrude out of the water at high tide. Its interior, with palm trees and tall grass, is inhabited by a large colony of feral pigs. It has a beautiful fresh water lagoon and is a place of excellence for many nesting birds.





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## PROTECTED COMMUNITY MARINE AREA OF THE ISLANDS OF FORMOSA, NAGO AND TCHEDIÃ (UROK)

This group of islands has an area of 94 200 hectares, counts about 2 572 inhabitants spread over 33 *tabancas* and hosts a huge natural heritage with beautiful landscapes and interesting cultural Bijagós traditions. Here we find, as in most of the Archipelago, extensive mangroves, palms, trees and shallow waters that make this area extremely rich in shellfish and of enormous importance in terms of fish stocks. Women work mainly in the harvesting of Combé and razor clams, widely used in women's traditional ceremonies while men catch fish using artisan methods on a subsistence basis entailed by their own ceremonies. The Bijagós traditions are deep-rooted in these three islands and the animist ceremonies are very common. In the performer dance the Bijagós use masks, mimicking the animals most beloved as the cow's head, bull, sawfish, and hammerhead shark among others. Here the main activities of the population revolve around livestock and agriculture (rice m'pampam). This interesting way of life, the small yet heavenly beaches and all other sites of outstanding natural beauty are an invitation to a visit these special islands.

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BOZAMA AND BIJAGÓS REGION



### HOW TO GET HERE

You can book a motorized canoe from Bissau (not advisable) or use private boats that make the journey from Bissau.

## PROJECT FINANCED BY THE EUROPEAN UNION



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BOZAMA AND BIJAGÓS REGION

**Title** CONSERVATION AND DEVELOPMENT OF THE UROK ISLANDS - PROJECTS UROK OSHENI!, BEMBA DI VIDA! AND ETIKAPUN N'HA - UROK

**Implementing partner** Marquês de Valle Flor Institute (IMVF) in partnership with Tiniguena - This Earth is Ours!

**EU contribution** 1 841 715 EUR

**Período:** 2010 - 2013 | 2013 - 2016 | 2016 - 2020

**Region** Urok islands

### Description

Several projects have contributed to the conservation of natural resources and to the economic and social development of the Urok Islands, including the protection of the Bijagós' culture. These projects strengthen the participatory management system of the Área Marinha Protegida Comunitária (Community Marine Protected Area) (AMPC) and contribute to the recovery and enhancement of local cultural heritage. They contribute as well to the increase of the populations economic opportunities in what is a particularly isolated area, namely through the protection of local products. It is estimated that some 34 000 islanders benefit from these interventions.

Today, products bearing the trademark *Produtos da Terra e do Mar* can be found in the shop *Lojinha da Terra* in Tiniguena's headquarters, in Bissau.

An inventory of the islands' architectural heritage was published in the book *Bijagós - Património Arquitetónico* by Duarte Pape and Rodrigo Rebelo de Andrade, illustrated with photographs by Francisco Nogueira.

More information: [www.imvf.org](http://www.imvf.org) and [www.tiniguenagb.org](http://www.tiniguenagb.org)



© JORGE HORTA

ÁFRICA PRINCESS

## CIRCUIT TO THE ARCHIPELAGO OF BIJAGÓS

You can make a circuit by the Bijagós Archipelago in the cruiser "AFRICA PRINCESS", a pleasure boat for up to eight passengers (2 double cabins and couple cabins) allows you to visit the

wildest islands of the Archipelago and adapt the tour to the tourists' desires.

Contacts - (+351) 917 224 936

E-mail: [africa.princess.bijagos@gmail.com](mailto:africa.princess.bijagos@gmail.com)

Page: [www.africa-princess.com](http://www.africa-princess.com)

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## ARCHIPELAGO ISLANDS WITH FISHING CLUBS

In some of the Bijagós Islands it is possible to find small fishing camps with a fleet of boats that can take you on

fishing trips and trips through the Archipelago.

### ISLAND OF UNHOCOMOZINHO

#### ANCURAI

Atlantic Evasion Acunda

Tel.: (+22) 338 207 675

E-mail: [contact@atlantic-evasion.com](mailto:contact@atlantic-evasion.com)

### ISLAND OF ANGURUMA

#### AFRIKAN ECOLOGDE ANGURMAN

Page: [www.afrikanecolodgeangurman.com](http://www.afrikanecolodgeangurman.com)

# SURVIVAL GUIDE



Tourists who decide to visit Guinea-Bissau should provided themselves with up-to-date information on the country's and its regional context. All Tourist are recommended to consult with, and take the advice of, any government agencies responsible for external relations in their country of origin.

## ADVICE FOR TRAVELLERS FROM EU COUNTRIES REPRESENTED IN GUINEA-BISSAU:

### FRANCE

[www.diplomatie.gouv.fr/fr/conseils-aux-voyageurs/conseils-par-pays/guinee-bissao/#securite](http://www.diplomatie.gouv.fr/fr/conseils-aux-voyageurs/conseils-par-pays/guinee-bissao/#securite)

### PORTUGAL

[www.portaldascomunidades.mne.pt/pt/conselhos-aos-viajantes/g/196-gw](http://www.portaldascomunidades.mne.pt/pt/conselhos-aos-viajantes/g/196-gw)

### SPAIN

[www.exteriores.gob.es/Portal/es/ServiciosAlCiudadano/SiViajasAlExtranjero/Paginas/DetalleRecomendacion.aspx?IdP=79](http://www.exteriores.gob.es/Portal/es/ServiciosAlCiudadano/SiViajasAlExtranjero/Paginas/DetalleRecomendacion.aspx?IdP=79)

## WHEN TO TRAVEL

The best time of the year to travel to Guinea-Bissau is between the months of November and April; the dry season allows for easier movement across the country. Within those months, the coolest are December and January and the most moist and warm are March, April and May. The rainy season occurs between May and October and some tourist resorts in the Bijagós Archipelago are closed during this period. The tides and storms during rainy season

are not suitable for sea crossings in small boats and on the mainland many roads are impassable due to the heavy rainfall.

## VISAS AND PASSPORTS

A visa is required and can be obtained on line through the website [www.rgb-visa.com](http://www.rgb-visa.com), or requested from Embassy or Consulate of Guinea-Bissau closer to your point of origin. This requires filling out a form and submitting a photo. The passport must be valid for more than six months.

## WHAT TO TAKE IN YOUR SUITCASE

It is essential to take mosquito repellent, light clothes, comfortable shoes, a flash-light, sunglasses and sunscreen, especially if you go to the islands, to the beach or fishing. During the rainy season, a waterproof vest is indispensable. The tourist should be aware of the limitations to health care in the country, so it is advisable to have essential basic medication as well as your usual medicines. Moreover, we advise you to take water purification tablets to provide for those situations where there may be no access to potable water.

## HEALTH CARE

You should make a travel health appointment before the departure. The doctors will prescribe, according to circumstances, the appropriate vaccination. You should also consult the information made available, and advice to travellers, provided by the government entities responsible for the external relations from your country of origin. Malaria, which exists in Guinea-Bissau, is a parasitic disease (caused by the bite of the female *Anopheles* mosquito) which causes high fevers accompanied by chills, severe headaches and digestive disorders. In the worst-case scenario it may lead to death (cerebral malaria) if not properly treated. To prevent bi-

tes, you should use mosquito nets that can be impregnated with insecticides, clothes that protect arms and legs and the application of a repellent, especially at dawn and dusk. In Guinea-Bissau you should preferably consume bottled water.

## HOSPITALS

The response capacity in all hospitals is very limited due to a lack of diagnosis facilities and the availability of medical specialists, therefore tourists should obtain cover that includes evacuation and the possibility of treatment abroad.

## HOSPITALS IN BISSAU

### HOSPITAL NACIONAL SIMÃO MENDES

Rua Pansau na Isna. Referral Hospital with few specialities.

### HOSPITAL PRINCIPAL MILITAR "AMIZADE SINO-GUINÉ-BISSAU"

Road connecting Bissau to the airport, crossroad with BCEAO. Hospital with several medical specialities.

### HOSPITAL DE BÔR

Estrada de Bôr. Speciality paediatrics.  
Tel.: (+245) 966 761 059

### CLÍNICA ARTEMÍSIA

Between the airport and Safim.  
Tel.: (+245) 966 538 322 | 955 995 224

### CENTRO MÉDICO CASA EMANUEL

General medicine, obstetrics, paediatrics gynaecology dermatology.  
Afia - Bissau. Tel.: (+245) 966 672 110

### HOSPITAL RAOUL FOLLEREAU

Road connecting Bissau to the airport in front of the Great Mosque.  
Speciality: Tuberculosis.  
Tel.: (+245) 966 368 201

### CLÍNICA MADRUGADA, MISSÃO CATÓLICA

Bairro da Antula. Several specialities.  
Tel.: (+245) 955 391 667

### CLÍNICA ALVALADE

Rua 5 de julho, Bissau.  
Tel.: (+245) 955 204 270 | 966 813 585

### HOSPITAL DE CUMURA

Catholic Mission of Cumura  
Cumura, Prabis Sector, Biombo Region.  
E-mail: apesricardo@gmail.com

### NÔLAB -LABORATORY FOR CLINICAL ANALYSES

Avenida dos Combatentes da Liberdade da Pátria  
Bairro da Penha, Bissau.  
Tel.: (+245) 956176692 | 959 018 981

## PHARMACIES

We only indicate pharmacies in Bissau that sell imported medicines from Europe, although it is possible to find many other pharmacies with products from diverse background.

### PHARMACY SALVADOR

Avenida Francisco Mendes

### PHARMACY MOÇAMBIQUE

Rua de Cabo Verde

### PHARMACY RAMA

Rua Eduardo Mondlane

### PHARMACY PORTUGAL

Perto do Hotel Malaika

### PHARMACY MODERNA

Bissau Velho

### PHARMACY MAIMUNA

Perto do Hospital Nacional Simão Mendes

### PHARMACY NACIONAL

Estrada de Bôr

## PERSONAL SAFETY

The level of crime in the city of Bissau is lower than other major African cities or capitals in the world. Basic safety rules should be observed, such as avoiding walking at night, especially given the lack of public lighting. It is also unwise to walk with valuables including cameras or mobile phones, particularly in Bandim market. In Bissau, the police are very active during the day, however the large majority are traffic patrol officers. Nevertheless, there are several police stations in the city which are clearly marked should you encounter

any problems. Burglaries, abductions and other crimes are not common in Bissau. In the rest of the country crime is rare and people are rather hospitable and solicitous with tourists. Travelling outside Bissau should be undertaken mainly by daylight as the roads and villages have no electricity and assistance will be extremely limited.

## PERSONAL IDENTIFICATION

The passport and all valuables should be stored in the hotel safe box and you should carry only a copy of your passport when travelling.

## TIME ZONE

Guinea-Bissau maintains GMT Time: +00:00 throughout the year. Daylight-saving time is not observed. The stan-

dard time in Guinea-Bissau coincides with London's and Lisbon's in the winter however by the end of March these two European capitals reset their clocks one hour ahead.

## ELECTRICITY AND WATER

The electric current in this country is 220 volts. Electricity supply essentially exists only in the capital and the supply is irregular. The rest of the country has no public electricity, generators are in common use and there is limited use of solar energy.

## LOCAL CURRENCY

The currency of Guinea-Bissau is the CFA Franc. It has a stable exchange rate 1 Euro = 655.957 CFA Francs. The coins are 25, 50, 100, 200, 250 and 500 CFA Franc and the bills are 500, 1 000, 2 000, 5 000 and 10 000 CFA Franc.

## BANKS

There are few banks in the capital Bissau and fewer ATM's. It is unusual to use credit or debit cards and it is virtually impossible to pay by ATM in shops and restaurants. Cash transactions are the main if not only method of payment so always carry small amounts of cash. Outside the capital some of the villages have limited bank facilities but almost no ATMs.

The following is a list of the main banks:

### BANCO DA ÁFRICA OCIDENTAL

**Bissau:** Rua Guerra Mendes, Nº 18 A  
C.P. 1360 – Tel.: (+245) 955 804 292  
E-mail: bao@baogb.com

**Safim:** Estação de combustível da Petromar – Tel: (+245) 320 34 18 | 19  
E-mail: bao@baogb.com

**Canchungo:** Avenida Titina Sila  
Tel: (+245) 320 34 18  
E-mail: canchungo@bancodaafriacoidental.com

**São Domingos:** Estrada de Djegui  
Tel: (+245) 320 34 18 | 19  
Email: bao@baogb.com

**Bafata:** Estrada de Gabu, Bairro Banculé  
Tel (+245) 320 34 18  
Email: bafata@bancodaafriacoidental.com

**Gabú:** Estrada de Sonaco, Avenida Selo Coiada  
Tel (+245) 351 18 41  
Email: gabu@bancodaafriacoidental.com

### BANCO DA UNIÃO

Av. Domingos Ramos Nº 33, Bissau  
E-mail: info@bdu-sa.com

### ORABANK

Rua Justino Lopes, 70/70-A  
Apartado 391-1300, Bissau

### ECOBANK

Avenida Amílcar Cabral, B.P. 126, Bissau  
E-mail: ecobankgw@ecobank.com

### BANQUE ATLANTIQUE

Avenida Pansau na Isna, Bissau  
Tel.: (+245) 956 000 108

## COMMUNICATIONS: MOBILE NETWORKS AND INTERNET

The international country code of Guinea-Bissau is +245. Currently, there's no fixed telephone network and only mobile networks are available. There are two mobile phone operators that cover much of the territory – Orange and MTN – who also provide internet services having recently initiated 3G coverage in small parts of the country and even 4G in Bissau. The Internet, despite all the progress, remains slow and subject to some failures. In the Square of National Heroes and in the Titina Silá Garden you can access a free Wi-Fi network. There are also several internet cafés in Bissau and in the urban centres of some parts of the country.

## INFORMATION ON TRAVEL: INTERNATIONAL AIR COMPANIES

Guinea-Bissau has no national airline and only international airlines fly from Bissau to the rest of the world and vice-versa. The following is a list of the main airlines servicing Bissau.

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### TAP AIR PORTUGAL

Three weekly direct flights from Lisbon.  
Praça dos Heróis Nacionais, 14, PC131, Bissau  
E-mail: reservas@tap.pt

### EUROATLANTIC AIRWAYS

One weekly flight from Lisbon.

**Lisboa:** Av. João XXI, Loja 11D.  
Tel. (+351) 218 437 040  
E-mail: reservationslis@euroatlantic.pt

**Bissau:** Edifício dos transportes. Rua Vitorino Costa, Caixa postal 777  
Tel.: (+245) 955 361 081 | 955 805 005

Page: [www.flyeuroatlantic.pt](http://www.flyeuroatlantic.pt)  
E-mail: [reservationsoxb@euroatlantic.pt](mailto:reservationsoxb@euroatlantic.pt)

### ROYAL AIR MAROC

Several weekly flights from Casablanca.  
Page: [www.royalairmaroc.com](http://www.royalairmaroc.com)  
E-mail: [callcenter@royalairmaroc.com](mailto:callcenter@royalairmaroc.com)

### ASKY

Connects Bissau to several African capitals.  
Av. Domingos Ramos Ns19A / 21B, Bissau  
E-mail: [oxbkpcto@flyasky.com](mailto:oxbkpcto@flyasky.com)

### TRANSAIR

Connects Bissau to Dakar.  
Dakar's airport  
Tel.: (+221) 338 652 565 | 338 683 101  
Page: [www.groupetransair.sn](http://www.groupetransair.sn)

### ARC EN CIEL

Air Taxi Company from Dakar.  
Aéroport International, Léopold Sédar Senghor, BP29212, 14524 Dakar-Yoff, Senegal  
Tel.: (+221) 338 202 467  
Page: [www.arcenciel-aviation.com](http://www.arcenciel-aviation.com)

# TRAVEL AGENCIES

## SATGURU

Av. Domingos Ramos, Bissau  
Tel.: (+245) 955 804 857  
| 966 103 840  
E-mail: salesoxb@satguruun.com

## AGÊNCIA SAGRES

Av. Amílcar Cabral n°8/A  
CP 329, Bissau  
Tel.: (+245) 955 804 092  
| 966 615 150

## GUINÉ TOURS

Rua Mariem n'Guabi N° 8c  
CP - 170, Bissau  
Tel.: (+245) 966 672 783  
E-mail: guinetoursbissau@hotmail.com

## AUTO PORT BISSAU

Tel.: (+245) 955 920 992  
E-mail: autoportbissau@hotmail.com  
| autoportbissau@gmail.com

## ROUMIEH TRAVEL

Mr. Mohamed Surur  
Tel.: (+245) 955 518 888  
| 966 777 333

## VIFER

Tel.: (+245) 966 623 222  
| 955 953 848

## OSSEH'MENE TOURS & SOUVENIRS

Tel.: (+245) 955 359 818  
| 969 271 705

## CARRENE TOURS

Rua António n'Bana, Bissau  
Velho  
Tel.: (+245) 955 979 393

## GALINA TOURS

Rua Omar Torrijos, Bissau

## CREOLA TRAVELS

Av. Domingos Ramos, 37,  
Bissau  
Tel.: (+245) 955 986 262  
| 959 223 535 | 959 512 127  
| 966 644 747  
E-mail: travelcreola@gmail.com

## CINDERELLA TRAVEL & TOURS

Rua Justino Lopes, Chão de Papel  
Varela  
Tel.: (+245) 955 130 272|3|4  
E-mail: cinderella.oxb@hotmail.com

## ESA VIAGEM

Rua Angola, Chão de Papel,  
Ap. N° 08, Bissau  
Tel.: (+245) 95 580 41 95

## CUBITE TOUR

Av. Osvaldo Vieira, Bissau  
Tel.: (+245) 95 575 41 13



HOTEL PONTA ANCHACA RUBANE

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## GENERAL CONDITIONS OF ACCOMMODATION

Hotels in Guinea-Bissau are not yet subject to a uniform criteria evaluation. The legislation is being prepared so that each hotel unit takes the initiative to self-evaluate by displaying the stars it considers appropriate. In the city of Bissau and in some of the islands of the Bijagós Archipelago one can find hotels offering quality services, corresponding even to four or five stars of international standards.

## COUNTRY ROADS

The country has a network of paved roads of about 800 kilometres. It might be necessary to use dirt roads to reach most of the places referenced in this guide. In the rainy season, from May to October, these roads are impassable and it's advisable to use 4x4 and all-terrain vehicles. In the dry season, the road is very uneven, and it is recommended that you do not exceed a speed of 50 km/hour. Gasoline pumps are common in the city but rare in the country, so ensure that you have sufficient fuel for your programmed route.

## MEANS OF TRANSPORT

**TOCA-TOCA** - This is the cheapest way to travel in Bissau and in the surrounding areas. These vehicles are minivans with capacity for 20 passengers (now and then they exceed capacity) they stop whenever people ask to get on or off. The current fixed official fare is 150 CFA Francs for each journey.

**GREEN BUS** - This service is for urban transportation. It connects the various districts of the city of Bissau and surrounding localities. The fixed official fare is 150 CFA Francs for the Airport - Matadouro circuit.

**TAXIS** - Taxis are blue and white and easily identifiable. They are available from the airport to Bissau and readily offer to transport you to the city, even for night flights. Fare's to and from the airport is not fixed, and can cost be-

tween 3 000 CFA Francs (during the day) up to 5 000 Francs CFA (in the evening) inclusive of luggage. When travelling in Bissau, you must negotiate the price before the trip as there are no meters. It's also important to note that in Bissau taxis are collective, i.e., they stop to pick up and to drop off other passengers in a shared ride. It is also commonplace that these vehicles are old and worn-out but within the city, you may be pleased to know that the route fare won't go far beyond 250 to 1 000 CFA Francs. Alternatively, you may want to negotiate a day rate with a taxi driver to cover all the places you may want to visit, or agree a fixed contact for nocturnal journeys.

**BUS** - To move from Bissau to other cities or regions, you can opt for the public transportation service that picks up at the Ledger Plaza Bissau Hotel, on the road linking the airport to the city of Bissau. These buses will stop in several cities until they reach their final destination. Prices will vary according to distance, however very affordable.

**"SETE PLACE"** - This is a type of vehicle which allows you to travel to other cities or regions in the country and, as the name implies, it is a car of seven seats that usually only leaves when full. It is a very good choice to visit Ziguinchor and Dakar.

**“CANDONGA”** - This is a truck, with a capacity for 20 people, makes inter-regional trips. These vehicles, are not very safe, and carry a bit of everything: people, fruit, home equipment, furniture, cows, goats, etc..

**CAR RENTAL** This is a good choice and we suggest you hire the vehicle as well as a driver who’s familiar with Guinean roads which often lack of signposts. It is also worth noting that it is difficult to obtain directions from locals as they often speak in a local language or Creole.

Only in Bissau and on the road to Farim can you ensure clear signposting. Close attention must be paid at all times on all the roads in Guinea-Bissau such as goats, chickens, cows or pigs may appear at any time. More detailed information about travel agencies are also included in this guide for your aid. It is also worth noting that there are also GPS road files of Guinea-Bissau available if you have this service.

## SHIPPING

To visit the Bijagós Islands you have to use one of the two ferryboats that normally leave Bissau to Bubaque and Bolama. The hours of departure and arrival depend on the tides and therefore we advise a quick visit to the port, on the day before departure to check the scheduled services. In these boats, there are two types of tickets – for nationals and residents of Guinea-Bissau and for tourists. More information is available in the website of the company that operates this service:

CONSULMAR BISSAU, PORTO CAIS VELHO  
tel (+245 969 025 555 | 955 707 095 | 955 537 763  
E-mail: [bissau@consulmar.gw](mailto:bissau@consulmar.gw)  
Page: [www.consulmar.gw](http://www.consulmar.gw)

Alternatively, there are also oar and motorized canoes transiting to these and other islands, with all sorts of schedules. However, in our opinion this is for adventurous risk-takers, due to the danger they represent. Last but not least, there are small private boats in the harbour that can be rented; price to be agreed and perhaps it’s a solution more suitable for large groups. These vessels are equipped with radio control and life jackets for all passengers.

## ESSENTIAL VOCABULARY IN CREOLE

Although the official language in Guinea-Bissau is Portuguese, it is more common to hear people speak Guinean Creole as few have mastered the Portuguese language. For your aid we have listed below some of the best-known expressions used in a Guinean daily life. To deepen the knowledge of the language, we suggest you also consult the Dictionary Guinean - Portuguese by the Italian Missionary Luigi Scantamburl

HOW ARE YOU?	<i>Kuma ku bu sta?</i>
I'M FINE.	<i>Ami sta dritu.</i>
HOW IS YOUR HEALTH?	<i>Kuma di kurpu?</i>
ALL IS GOING ALRIGHT	<i>Alin'li</i>
WHAT IS YOUR NAME?	<i>Kuma ki bu nómi?</i>
WHERE DO YOU COME FROM?	<i>Di nunde cu bim?</i>
WHERE IS THE HOSPITAL?	<i>Nunde ki hospital?</i>
I NEED HELP.	<i>Nmiste pa bu djudan.</i>
WHERE IS THE HOTEL?	<i>Nunde ki hotel?</i>
WHERE IS THE CAB STATION?	<i>Nunde cum pude otcha taxi?</i>
WHAT IS THE CAB FARE?	<i>Taxi i cantu?</i>
TAKE ME TO THE HOTEL.	<i>Lebam pa hotel.</i>
WHERE IS THE CATHEDRAL?	<i>Na busca nunde ki catedral</i>
IT'S CLOSE. / IT'S FAR AWAY.	<i>I perto / I lundju</i>
HOW CAN I GO TO THE CITY CENTRE?	<i>Kuma k'un pudi tchiga praça?</i>
WHERE IS THE POLICE STATION?	<i>Nunde ki policia?</i>
HOW MUCH DO I HAVE TO PAY?	<i>Canto cun ten cu paga?</i>
WHAT TIME IS IT?	<i>Difabur contan hora.</i>
DO YOU WANT TO DANCE?	<i>Bu misti badja?</i>
LET US LEAVE.	<i>No na bai</i>
NO PROBLEM.	<i>Ka tem problema</i>

# DIPLOMATIC REPRESENTATIONS IN GUINEA-BISSAU

## EUROPEAN UNION DELEGATION

Bairro da Penha, CP 359, 1122 Bissau  
Tel.: (+245) 966 976 649  
E-mail: [delegation-guinee-bissau@eeas.europa.eu](mailto:delegation-guinee-bissau@eeas.europa.eu)  
Page: [eeas.europa.eu/delegations/guinea-bissau\\_pt](http://eeas.europa.eu/delegations/guinea-bissau_pt)

## SPANISH EMBASSY

R. General Omar Torrijos CP nº. 359, Bissau  
E-mail: [emb.bissau@maec.es](mailto:emb.bissau@maec.es)

## FRENCH EMBASSY

Av. Combatentes da Liberdade da Pátria  
Bairro da Penha, CP 195, 1011 Bissau  
Tel. (+245) 955 393 280

## PORTUGUESE EMBASSY

Av. Cidade de Lisboa, CP 76, 1021 Bissau  
E-mail: [bissau@mne.pt](mailto:bissau@mne.pt)

## PORTUGUESE CONSULATE

Avenida Cidade de Lisboa, Bissau  
E-mail: [mail@bissau.dgaccp.pt](mailto:mail@bissau.dgaccp.pt)  
Page: [www.consulado-pt-gb.org](http://www.consulado-pt-gb.org)

## NIGERIAN EMBASSY

Avenida 14 de novembro, nº 6, CP 199, Bissau

## RUSSIAN EMBASSY

Bairro da Penha, Bissau  
E-mail: [russiagb@eguitel.com](mailto:russiagb@eguitel.com)

## SOUTH AFRICAN EMBASSY

Av. Amílcar Cabral, Bissau  
E-mail: [bissau@foreign.gov.za](mailto:bissau@foreign.gov.za) | [bissau@dirco.gov.za](mailto:bissau@dirco.gov.za)

## GUINEAN-CONAKRI EMBASSY

Rua Marien N'Gouabi, Bissau  
E-mail: [ambaguibissau@mae.gov.gn](mailto:ambaguibissau@mae.gov.gn)

## CHINESE EMBASSY

Bairro da Penha, C. P. 6, Bissau

## CUBAN EMBASSY

Rua Joaquim N'Com, Bissau

## BRASILIAN EMBASSY

Rua de São Tomé, Bissau

## ANGOLAN EMBASSY

Av. Francisco Mendes, CP132  
Antigo Bissau Palace Hotel, Bissau

## SENEGALESE EMBASSY

R. General Omar Torrijos, 63  
PC 444, Bissau

# DIPLOMATIC REPRESENTATIONS OF GUINEA-BISSAU IN THE EUROPEAN UNION

## GERMANY - EMBASSY

Kronenstrasse 72 10117 Berlin  
Tel.: (+49) 30 20 65 81 58  
E-mail: [info@botschaft-guinea-bissau-berlin.de](mailto:info@botschaft-guinea-bissau-berlin.de)  
Page: [www.botschaft-guinea-bissau-berlin.de](http://www.botschaft-guinea-bissau-berlin.de)

## BELGIUM - EMBASSY

Boulevard Brand Whitlock, nº 114, 1200 Bruxelles  
Tel.: (+32) 2 733 22 06

## SPAIN - EMBASSY

Avenida da América nº 16-1º Dto.  
28028 Madrid  
Tel.: (+34) 91 726 60 87 | 639 272 045  
E-mail: [embaixada.guinebissau@gmail.com](mailto:embaixada.guinebissau@gmail.com)

## FRANCE - EMBASSY

Rue Saint-Lazare 75009 Paris  
Tel.: (+33) 1 45 261 851

## PORTUGAL - EMBASSY

R. Alcolena 17, Lisboa  
Tel.: (+351) 213 009 080



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## SOCIAL COMMUNICATION

Radio is a well-loved and popular medium in Guinea-Bissau, as well as being the main means of general communication and therefore the prime vehicle of information. Just about everywhere, you can see people carrying battery charged radios to listen to the news, music and local gossip. First, and foremost, all Guinean authorities use radio to reach the people with first-hand important announcements. While others discuss public figures, celebrities, fatalities, social and cultural events, healers and their remedies as well as posting notifications about lost and the found. The best known are the Radiodifusão

Nacional da Guiné-Bissau, Radio Galaxy Pidjiguiti, Radio Bombolom, Radio Capital, Radio Jovem or Radio Sol Mansi. In addition to these stations there are dozens of community stations across the country which comprise the core and unique link between Guinea-Bissau and the world.

In terms of printed media you can find publications being sold, on the streets and in Bissau's cafes newsagents, namely in the Nô Pintcha, the Gazeta de Notícias, O Democrata, O Diário de Bissau, Diário Digital, Os Donos da Bola, or the Última hora newspaper

# GLOSSARY

## **ARROZ DE M'PAMPAM**

Rainfed rice.

## **BOLANHA**

Large swampy ground, usually near a river, where rice is grown or can be cultivated.

## **BOLANHAS DE LALA**

Freshwater riziculture.

## **BOMBOLOM**

Large drum, built from a log of about 1.5 m, excavated in the longitudinal direction to be left with only a narrow opening, which is punctured with sticks to transmit messages, especially news of deceases.

## **COMBÉ**

The shells of bivalve mollusc, cockles.

## **CHORO**

Funeral Ritual. Ceremony in which the relatives and friends of the deceased meet. During a week they eat and drink, in moments of joy for the departure of the spirit that is released from the body, often to the sound of the bombolom in true moments of trance.

## **TOCA-CHORO**

Evocation ceremony of the spirit of the deceased, it's held a year or more after the death. Family and friends bring food and animals to be sacrificed for several days of feasting and fellowship.

## **FANADO**

Ritual of initiation preparing young men for their adult life. Their social responsibility is highlighted and the contact with the ancestors enables them to give continuity to the culture of their own people. Fanado also refers to the circumcision or excision, the latter criminalized since 2011 in Guinea-Bissau.

## **GUMBÉ**

It is a typical urban Guinean/African musical style. It's a melody that accompanies the poems of troubadours and emerged from the fusion of Creole music with native music in the beginning of the Second World War.

## **IRĀ**

Common term to indicate several symbols and beings of the traditional African beliefs, distinct from the Supreme Being.

## **MANCARRA**

Peanuts.

## **TABANCA**

Village, settlement.

# PROJECTS OF THE NGOD "AFECTOS COM LETRAS" IN THE GUINEA-BISSAU

## BAOBÁ PROJECT

Sponsoring classes in the schools supported by Afectos com Letras in Guinea-Bissau.

More information: [www.afectoscomletras.blogspot.com](http://www.afectoscomletras.blogspot.com)



## DJOLÓ SCHOOL, SÃO PAULO

This school was co-financed by "Afectos com Letras" in 2010 and has 125 children from 3 to 7 years, 6 teachers and a cook whose salaries are paid by the NGO. The school is supervised and conducted by the Mission of the Sisters Adorers of the Blood of Christ. The "Afectos com Letras" has equipped the space, amongst other things with water well, solar panels, educational materials, a playground, and toys.



DJOLÓ SCHOOL, SÃO PAULO

## KINDERGATEN "FÁ DI VARELA", VARELA

Inaugurated in March 2012, it was co-financed by "Afectos com Letras" and is attended by 80 children aged 6 to 6 years. The NGO ensures the payment of teachers and has equipped the space with furniture and toys and, occasionally, provides food support and educational materials.



KINDERGATEN "FÁ DI VARELA", VARELA

## LIBRARY "AFECTOS COM LETRAS", CACHUNGO

Established in August 2012 in Bissau and recently transferred to the city of Cachungo, this public library has a documentary background of 12 000 books available to their readers and two computers with access to internet. It sits in the building of the Direcção Regional de Saúde de Canchungo and it is open from 8:00 to 16:00, Monday to Friday.



LIBRARY "AFECTOS COM LETRAS", CACHUNGO



LASSANA CASSAMÁ SCHOOL, QUELELÉ, BISSAU

© AFECTOS COM LETRAS

## LASSANA CASSAMÁ SCHOOL, QUELELÉ, BISSAU

Built by the NGOD Afectos com Letras in April 2014, teaches 310 students from pre-school to the fourth grade. It works in the community school system, although, the infants' tutors contribute to the 12 teachers' salaries and to the children's daily meals.



TÂNIA TEIXEIRA SCHOOL, MARU BAGUÉ, BAFATÁ

© AFECTOS COM LETRAS

## TÂNIA TEIXEIRA SCHOOL, MARU BAGUÉ, BAFATÁ

Built by ONGD Afectos com Letras in November 2016, has 115 elementary school students. It works in a community school system which contributes financially for the payment of the 2 teachers who teach there.



MINI PUBLIC LIBRARIES

© AFECTOS COM LETRAS

## PROJECT "LER É UM PRAZER"

Books are available in mini public libraries installed in the gardens of the capital and in the different regions of Guinea-Bissau.



RICE PEELING MACHINES

© AFECTOS COM LETRAS

## RICE PEELING MACHINES OF BARAMBE, BLEQUISSE AND ISLAND OF JETA

The ONGD Afectos com Letras has installed three rice peeling machines that are available to the local communities to peel their rice, thus saving several hours/days of manual peeling work that can be devoted to other activities of economic nature or pure rest. Also, the rice obtained by these machines has higher nutritional value.



DISTRIBUTION OF GOODS BY VOLUNTEERS

© AFECTOS COM LETRAS

## VARIOUS TYPES OF SUPPORT

Regular support to the Bethel Orphanage (Bissau) and occasional support to other orphanages (Bambaram, Child's Nest). Donation of medicines to hospitals and school supplies to various schools in the country.



# FINAL NOTE

We are pleased to bring to you the second, revised and updated edition of the Tourist Guide "Discovering Guinea-Bissau,.". We find ourselves still with the same enthusiasm and commitment with which we ventured on this project two years ago. An enthusiasm which is driven by the many hidden and often unknown treasures of Guinea- Bissau.

The first edition was an experience for everyone involved and we were able to respond to both the curiosity of tourists as well as the potential investors seeking information on the general characteristics of the country. Even the Guineans themselves, who, for the most part, are not fully aware of Guinea-Bissau, found here a compilation of information and images that opened new horizons to them and showed them new geographies inside their own country. Above all, we have been able to introduce a positive and welcoming Guinea-Bissau, one in which, as two female tourists and researchers, were able to travel up and down the country without any major mishaps, fears or problems.

Guinea-Bissau is a country that awakens all the senses of those who visit, again and again with each subsequent visit. In this paradise of biodiversity, the colours that cross each path, the smell of the mango or the cashew, the textures of each "poilão", the smiles of the children who greet us are all full of warmth. These are the experiences which are impossible to transmit to you through writing or an image alone and which we will keep close to our hearts for the rest of our lives.

This Guide is an invitation to discover these unique and unforgettable experiences, but it would not have been possible without the support of several friends we have made over the years. Friendships that have been crucial in providing many of the tips on how to reach, experience and enjoy many of the great tourist attractions mentioned here.

We would both like to add a final word of thanks to the Delegation of the European Union in Bissau, which enthusiastically promoted this project from the outset, and who funded both editions of this Guide.

Enjoy your trip!

The authors,  
***Joana Benzinho and Marta Rosa***





# PUBLICATIONS USEFUL FOR THE VISITORS:

## **“AS ÁREAS PROTEGIDAS DA GUINÉ-BISSAU – GUIA DO ECOTURISMO”**

Instituto da Biodiversidade e das Áreas protegidas (IBAP)  
[www.ibapgbissau.org](http://www.ibapgbissau.org) | [ecoibap@gmail.com](mailto:ecoibap@gmail.com)

## **“PARQUE NATURAL DAS LAGOAS DE CUFADA – MAPA TURÍSTICO”**

Instituto da Biodiversidade e das Áreas protegidas (IBAP)  
[www.ibapgbissau.org](http://www.ibapgbissau.org) | [ecoibap@gmail.com](mailto:ecoibap@gmail.com)

## **“PARQUE NACIONAL DE CANTANHEZ – MAPA TURÍSTICO”**

Instituto da Biodiversidade e das Áreas protegidas (IBAP)  
[www.ibapgbissau.org](http://www.ibapgbissau.org) | [ecoibap@gmail.com](mailto:ecoibap@gmail.com)

## **“PARQUE NATURAL DOS TARRAFES DO CACHEU – MAPA TURÍSTICO”**

Instituto da Biodiversidade e das Áreas protegidas (IBAP)  
[www.ibapgbissau.org](http://www.ibapgbissau.org) | [ecoibap@gmail.com](mailto:ecoibap@gmail.com)

## **“ARQUIPÉLAGO DOS BIJAGÓS – MAPA TURÍSTICO”**

Instituto da Biodiversidade e das Áreas protegidas (IBAP)  
[www.ibapgbissau.org](http://www.ibapgbissau.org) | [ecoibap@gmail.com](mailto:ecoibap@gmail.com)



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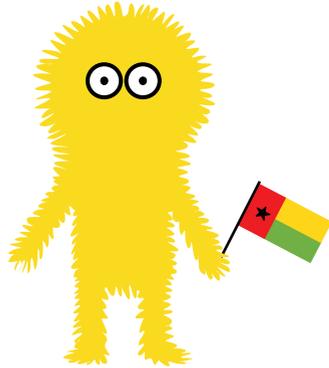
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The Kankoo is a mythical creature created by Nuno Tavares, after a competition run by the European Union. The “Kankoo” character was inspired by the mythical Kankuran, somewhat like a demon, who protects children as they go through the Fanado. The Fanado is a traditional rite of passage from childhood to adulthood, and is observed by most of the ethnic groups in Guinea-Bissau, regardless of their religion. The ritual is still observed today, not so much for traditional animists practices, but rather in order to guarantee some safety, hygiene and human dignity to those who fulfil the ritual. Despite changes the Kankuran still appears in the tabankas, in the cities, and in all regions of Guinea-Bissau, often arousing panic, fear and curiosity. While everyone knows the Kankuran, children are still frightened by this strange, invasive and provocative being. The Kankoo, on the other hand, was inspired to deconstruct the culture of fear that surrounds the Kankuran, by making it an affable, gentle and a somewhat child like character, and hopefully therefore more appealing and endearing to people in general. By using the name Kankoo (an abbreviation of Kankuran) the character maintains a strong mythological identity and association with the Kankuran. At the same time the Kankoo is a more colourful, considerate and generous being, echoing many of the characteristics that are also present in the Guinean people.

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