

# **About Malawi country**

**Location, history, famous landmarks, food etc.**

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# Malawi

- Nicknamed as the 'Warm heart of Africa'
- Population size of 18,008,081 million (2017).
- Located in the South East of Africa, sharing borders with Tanzania, Mozambique and Zambia.
- The spoken language is mainly Chichewa as a national language, and English is the official language
- Lilongwe is the Capital city of Malawi
- Malawi landscape is highly varied, four basic regions can be identified: the East African (or Great) Rift Valley, the central plateaus, the highlands, and the isolated mountains



- Most Malawians reside in rural locations.
- The country's few large urban centres include: Lilongwe, the capital, and Blantyre.
- Most of Malawi's population engages in cash-crop and subsistence agriculture.
- The main agricultural products of Malawi include tobacco, sugarcane, cotton, tea, corn, potatoes, sorghum, cattle and goats.
- Malawi has received a significant amount of foreign capital in the form of development aid, which has contributed greatly toward the exploitation of its natural resources and has allowed Malawi to at times produce a food surplus Malawi Food and Drink.

### **Popular dishes include:**

- Chambo: A fish from Lake Malawi, Chambo is Tilapia fish and is considered a delicacy.
- Nsima: This is a staple of Malawi food
- Banana Bread (Nthochi): This is a bananas bread made from banana fruit.
- Kondowole This dish is made from cassava flour and water and is eaten with fish.





Photo: Tilapia fish



Photo: Banana Bread(Nthochi)



Photo: [Nsima](#)

## Famous landmarks



*Photo: St Michael and All Angels Church*



Malawi Flag



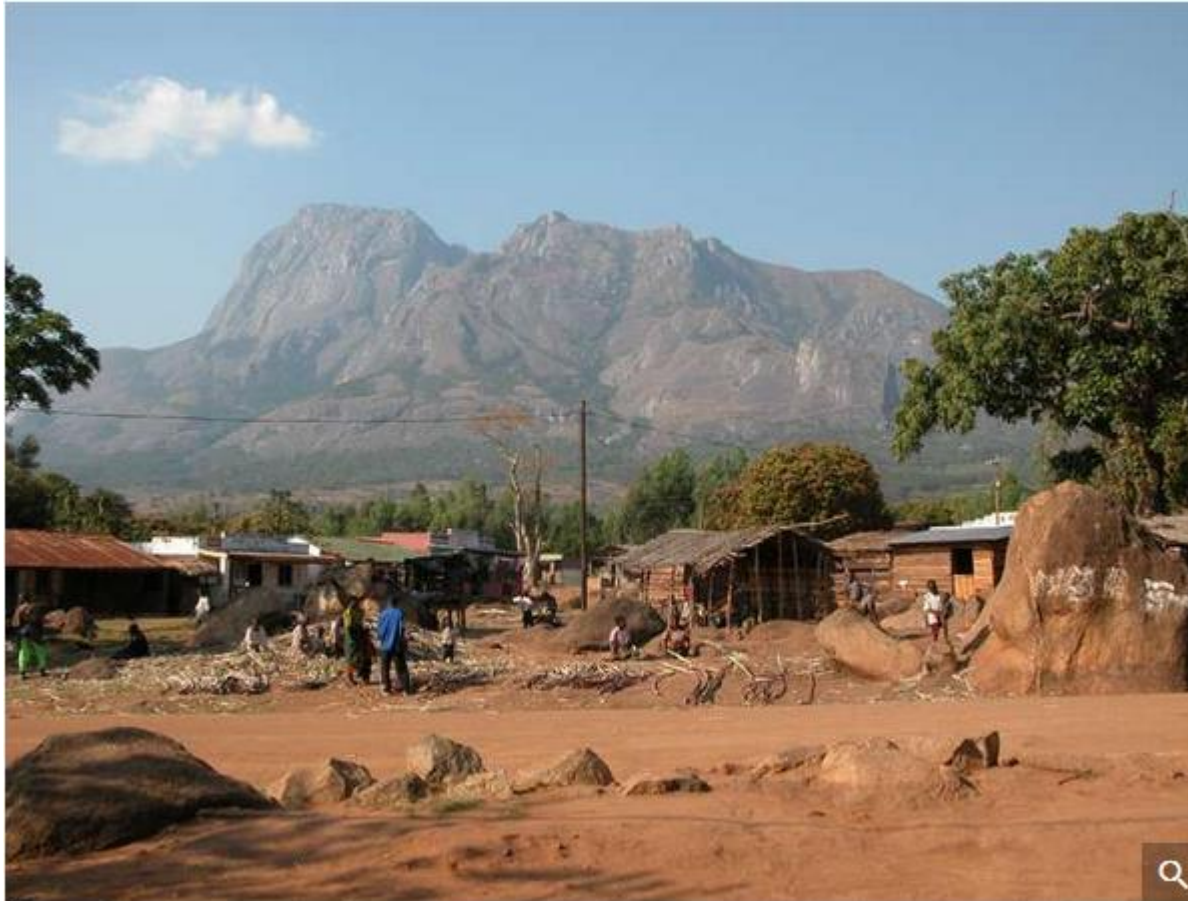


Malawi stretches about **840 kilometers** (520 miles) **from north to south** and **varies in width from 8 to 160 kilometers** (5 to 100 miles).



Photo: *Bangwe Mountain*





*Photo: Mulanje Mountain*



Photo by: Colin Carmichael / Flickr

## National Park

- **Liwonde National Park** is the most accomplished wildlife spotting and safari area in all of Malawi.
- It is located along the courses of the Shire River.
- A vast reserve of flood plains and wetland swamps, of swaying grass fields and baobab groves, it's a picture of the beautiful backcountry of East Africa.
- The park is home to several species of antelope (impala, kudu, waterbuck, etc.), elephants, buffalo, crocodiles, hippopotamus and many other mammals.
- Also there are more than 400 species of bird found in this park.







Photo source: winwallpapers.net

**Lake Malawi** also known as **Lake Nyasa**, is an African Great Lake, located between Malawi, Mozambique and Tanzania.

It is the southernmost lake in the **East African Rift system**.

Lake Malawi is **the ninth largest lake in the world** and **the third largest lake in Africa**.

Lake Malawi has **two inhabited islands: Likoma Island** [photo below] and **Chizumulu Island**. The larger being the Likoma island, and together make up the Likoma District.





- The largest river flowing into it is the **Ruhuhu River**, and there is an outlet at its southern end, the **Shire River**, a tributary that flows into the very large Zambezi River in Mozambique.
- **Lake Malawi National Park** is a national park located in Malawi at the southern end of Lake Malawi. It was inscribed as a UNESCO World Heritage Site in 1984.
- **Lake Malawi is very beautiful, and is appealing to tourists because of its islands and beaches.** Some of the most important activities offered by the local resorts include snorkeling, boat riding, kayaking, scuba diving, sailing, camping, and water skiing, trips to the islands, beach football, and many other water activities.



The **mean annual temperature** around Lake Malawi is **22.7°C** (72°F), with the **average annual rainfall** amounting to **766 millimeters** (30 inches).

This climate sustains the woodland and scrubby vegetation that is seen dotting the national park's hills and flatter expanses around the lake.

Photo by: Jonathan Reid / Flickr



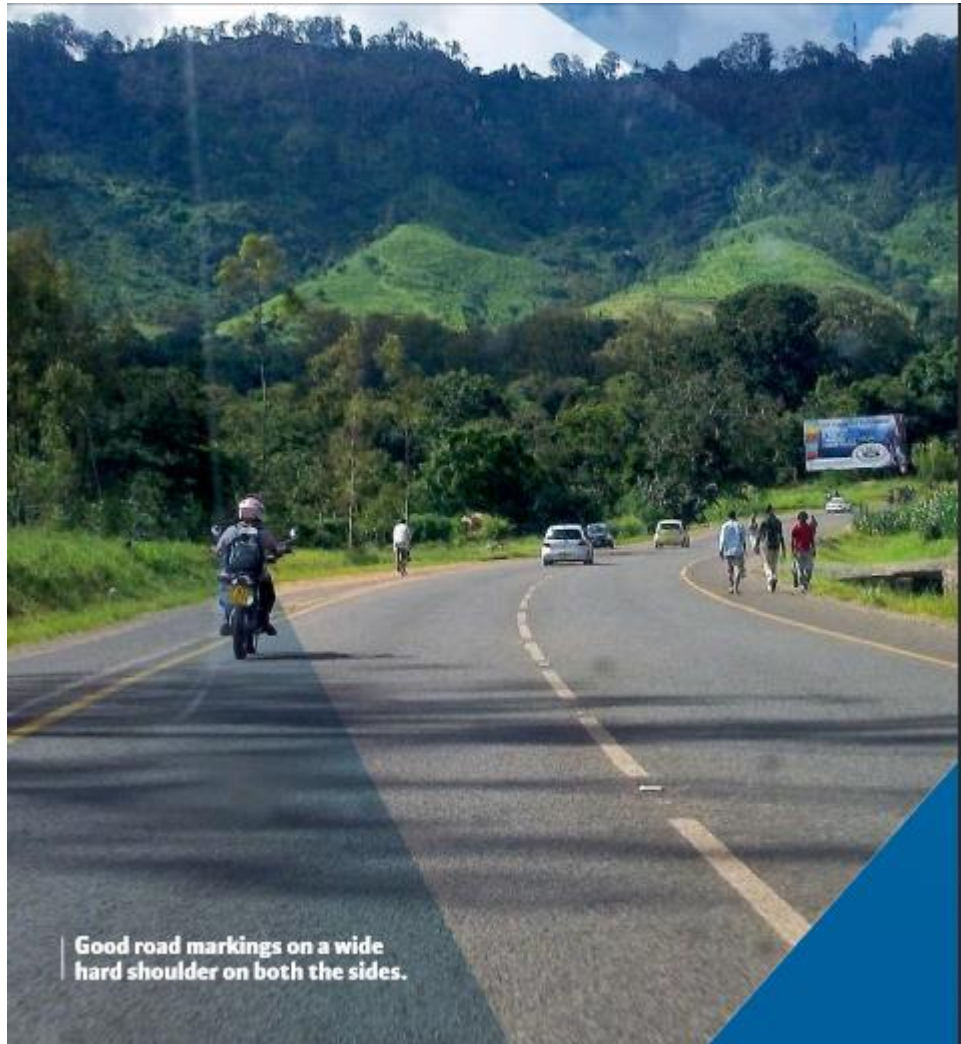


## Means of Transport





Minibus pick up point  
right next to pedestrian  
crossing in Lilongwe.



Good road markings on a wide  
hard shoulder on both the sides.





Photo: Blantyre city



The apron at Chileka  
International Airport.



Passenger and freight service  
operated by CEAR.



## Bibliography

<https://www.britannica.com/place/Malawi/History>

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[http://www.experiencemalawi.com/malawi\\_focus/20091510-nsima-staple-food-of-malawi.html](http://www.experiencemalawi.com/malawi_focus/20091510-nsima-staple-food-of-malawi.html)