



1. Cooking on a fire

People usually boil water for bathing, and the cook their meals over an open fire. Often the fire is inside a special kitchen area to protect it from the wind and rain. Sitting next to the fire can be very smoky!

If you don't have fire when you want to use it, you can go and get some coals from your neighbour. People make a fire and put their cooking pots on rocks above it. In this photo, Levi, Josiah and Isaac are making rice with fish sauce with three Yawo friends.

2. Buying vegies at the market

Fruit and veggies are sold by women and children at stalls throughout the village, next to the main roads or in the market areas. You can only buy what's been grown now as there is no way to store produce to sell at other times of the year.

This means that sometimes you can buy lettuce, sometimes you can buy cabbage and sometime you can buy capsicums. You can always buy tomatoes and usually onions too. In this photo, Katelyn is picking some tomatoes.



3. Carrying firewood bundles

Cutting down trees is a very common task for people in Mozambique, as they use the wood for cooking, heating, fences, roofs, and many other everyday items. Women often go together into the bush to find and chop trees, then walk back carrying the wood in bundles on their heads.

Women most frequently carry their babies on their backs and other items on their heads (buckets, bags, wood etc.), which leaves their hands free.



4. Cutting and carrying grass

During dry season, people cut large bundles of dry grass to use for building or repairing roofs and fences. They cut the grass, tie it with tree bark, then carry it home.

This job can be hot and irritating, as people often get small cuts on their hands and legs. In this photo, you can see Levi, Josiah and two Yawo friends.