

Type of Government:	Multi party Democracy
President:	His Excellency Lazarus Chakwera
Capital:	Lilongwe
Population:	18.14 million (2018)
Area:	118, 484 sq km
Official Language:	Chichewa and English
Time Difference:	GMT + 2
Currency:	MWK - Kwacha
Main Exports:	Agriculture - Tobacco, Tea, Sugar, Cotton and Coffee



Malawi is a landlocked country in South East Africa formerly known as Nyasaland. It is bordered by Zambia to the northwest, Tanzania to the northeast, and Mozambique on the east, south and west. The country is separated from Tanzania and Mozambique by Lake Malawi. The name Malawi comes from the Maravi, an old name of the Nyanja people that inhabit the area. The country is also nicknamed "The Warm Heart of Africa".

The area of Africa now known as Malawi, was settled by migrating Bantu groups around the 10th century. Centuries later in 1891 the area was colonized by the British. In 1953 Malawi, then known as Nyasaland, became part of the semi-independent central African Federation (CAF). The Federation was dissolved in 1963 and in 1964, Nyasaland gained full independence and was renamed Malawi. Upon gaining independence it became a single-party state under the presidency of Hastings Banda, who remained president until 1994, when he then lost the elections.

Malawi has a massive diversity of beautiful landscapes. The highest peaks in Malawi touch 10 000ft (3 000m) while the lowest point is barely above sea level. This range of altitudes in a small area help to make the landscape of Malawi one of the most varied in all Africa. It is generally a green, lush country, with plateaux, highlands, forests, mountains, plains, escarpments and dramatic river valleys. The variety of scenery is a major attraction to visitors and many of the highland areas and forest reserves have good accommodation options, and plenty of outdoor activities available.

The jewel in the crown of the country's tourist attractions is Lake Malawi, "discovered" by the missionary-explorer Dr David Livingstone just over 150 years ago. Although totally landlocked, Malawi is not denied its "inland sea". This vast body of freshwater fringed by beaches of golden sand is not only a scenic wonderland but it provides water sport opportunities for those looking for something beyond sun, sand and swimming. Its approximate dimensions are 365 miles north to south and 52 miles broad, hence the sobriquet: "the calendar lake".

Malawi is blessed with a rich diversity of flora and fauna and has no less than nine National Parks or Wildlife Reserves. Whilst it may not have quite the sheer numbers of large mammals (particularly predators) as some of its better known neighbours, it makes up for this in other ways. Malawi provides intensive and exclusive wildlife viewing in unspoilt areas of genuine wilderness.

The Malawian people are, without doubt, its greatest asset: friendly and welcoming to a fault. Every visitor is met with a smile and the warmth of the welcome is genuine and long-lasting. With a population of a little more than 14 million, Malawi is one of the more densely peopled countries of this part of Africa.

Malawi has a wide range of Arts to show, from traditional dance to up and coming hip hop artists. There are many opportunities to see local artists, from small concerts to the internationally renowned Lake of Stars music festival. The indigenous ethnic groups of Malawi have a rich tradition of basketry and maskcarving, and some of these goods are used in traditional ceremonies still performed by native peoples. Wood carving and oil painting are also popular in more urban centers, with many of the items produced being sold to tourists.