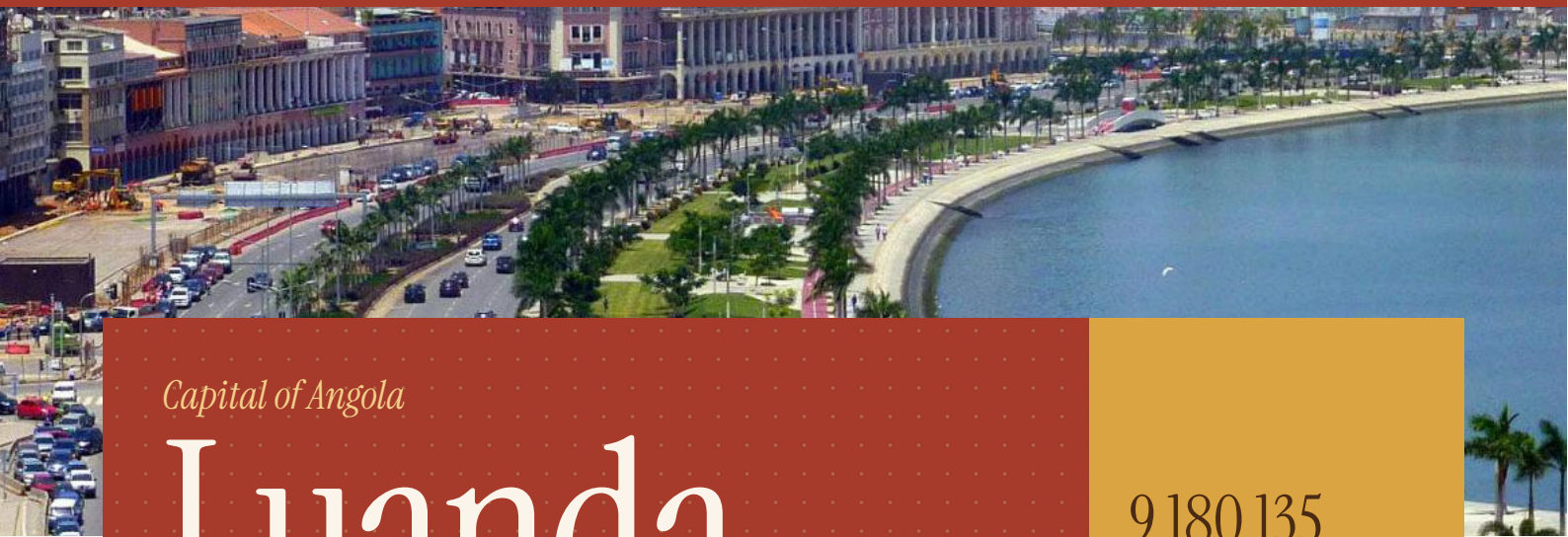




Capital of Angola

Luanda

9 180 135

inhabitants

POPULATION 2026

9 180 135

inhabitants in Luanda Province
(2026)

24%

of the country's population

5 349 inh./km²

highest density in the country

Luanda is the capital and largest city of Angola, located on the west coast of Angola, on the shores of the Atlantic Ocean. It is the most populous city, with a diverse and growing population.

In 2026, Luanda Province has 9 180 135 inhabitants, about 24% of the country's population, and it is also the province with the highest population density, at 5 349.3 inhabitants per km².

Luanda is the economic centre of the country and is home to many companies, industries and financial institutions.

It has a highly cosmopolitan profile. Most of its inhabitants belong to the Ambundu, Bakongo and Ovimbundu ethnic groups, but there are significant shares of every Angolan ethnic origin.

Portuguese is the official and most widely spoken language, but many inhabitants also speak national languages.

Luanda's city centre is divided into two parts: the Baixa de Luanda (the old town) and the Cidade Alta (known as the "new town").

The city has a rich heritage, with African, European and Brazilian influences. Music and dance play an important role in local culture. Luanda has several historic sites, including the Fortress of São Miguel, dating back to the 16th century, and the National Museum of Natural History. The centre of Luanda lies close to the port, with narrow streets and old colonial-era buildings. The coastline is defined by Luanda Bay.

The city is undergoing rapid development, with investment in infrastructure, roads and modern buildings.



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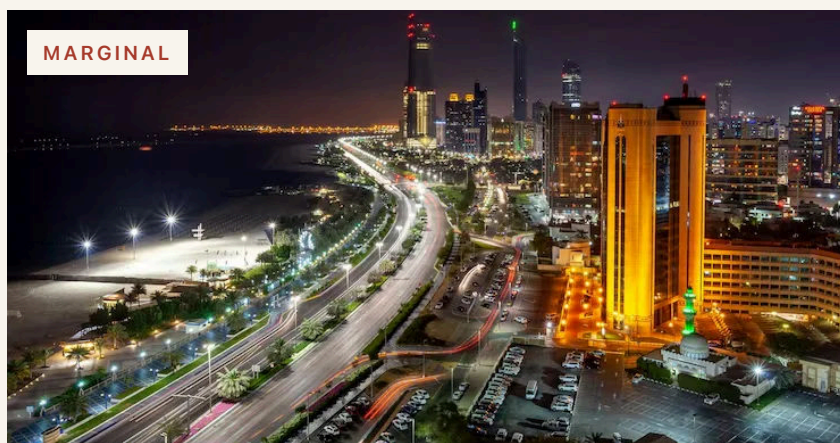
REFERENCE TEXT

*Vou falar desta terra de glórias
Nossa Angola de muitas memórias
Vou falar de um povo que quis
Finalmente agora feliz
Vou mostrar-vos uma nova terra
Agora sem guerra
Angola do meu coração*

Matias Damásio

ANGOLAN SINGER

01 Tourism



MARGINAL



MIRADOURO DA LUA

Avenida 4 de Fevereiro, known as the Marginal, is one of the city's finest postcards. It shows the contrast between the natural beauty of Luanda Bay and the mix of modern and historic buildings around it, notably the Banco Nacional de Angola building and the Fortress of São Miguel, now the Armed Forces Museum. Ilha de Luanda, at the entrance to the bay, has beautiful white-sand beaches and clear waters, and is one of the most popular destinations for residents and tourists.

02 Climate

The climate is humid tropical, with two distinct seasons:

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
I · RAINY SEASON 22° – 32° C Rainy and generally hot, with temperatures between 22° and 32° Celsius, from November to April.						II · CACIMBO Dry The dry season, or Cacimbo, with cooler temperatures and no rainfall, from May to October.					

03 Currency

The national currency is the Kwanza (Kz)

1 USD **825.12 Kz**

1 Euro **881.960 Kz**

OFFICIAL EXCHANGE RATE

04 Health

Luanda has public and private health facilities that provide care 24 hours a day, including general practice consultations and medical and surgical specialties.

24h CARE EVERY DAY

05 Hospitals

PUBLIC HOSPITALS

Hospital Josina Machel
+244 222 336 346

Hospital do Prenda
+244 222 352 007

Lucrecia Paim Maternity Hospital
+244 222 322 395

PRIVATE HOSPITALS

Clínica Sagrada Esperança
+244 923 167 950

Clínica Medical Center de Luanda
+244 923 167 730

Clínica Girassol
+244 226 698 000

Clínica Multiperfil
+244 226 434 415

Every traveller is at risk of contracting diseases in the following groups:

A
Food- and water-borne
diseases

B
Vector-borne diseases

C
Zoonoses

06 Malaria

Malaria is endemic in Angola and is transmitted by mosquito bites. The most common cause is *Plasmodium falciparum*. To avoid contact with mosquitoes, we recommend:

- 1 Wearing light-coloured clothing with long sleeves and long skirts or trousers, especially at night, and using insect repellent.
- 2 Seeking medical care if you have any of these symptoms: fever, headache and joint pain.

Note: Prophylaxis with antimalarial medication, starting two to three weeks before travel, is recommended for travellers coming from a non-endemic country or area, as it prevents severe or complicated cases of the disease.

10

DAYS BEFORE
TRAVEL

Yellow Fever

Angola is located in a yellow fever endemic region, so a yellow fever vaccination certificate is required on entry to the country to prevent the disease being imported or exported. The vaccine must be given at least ten days before travel.

07 Useful advice

- 01 Avoid eating raw food and salads in restaurants that may be unsafe or in informal markets.
- 02 Wash your hands frequently with soap and water.
- 03 If you have diarrhoea, drink plenty of fluids (water, tea) to avoid dehydration and seek help from a health professional.
- 04 Use condoms during sexual intercourse to prevent sexually transmitted infections, including HIV and AIDS.
- 05 Mpox: avoid close contact with people who have rashes or skin sores, do not share clothing, towels or utensils, and avoid contact with wild animals.
- 06 Mpox: if you have fever, a skin rash, swollen lymph nodes or muscle pain, avoid contact with other people and seek medical care.



EMERGENCY CONTACTS

National Institute of Medical Emergencies

INEMA

INEMA is the public institution responsible for pre-hospital medical care in Angola. It provides on-site emergency care 24 hours a day and transports patients and injured people by ambulance to the most suitable health facility. In case of an accident, sudden illness or any life-threatening situation, call 111 free of charge.

111