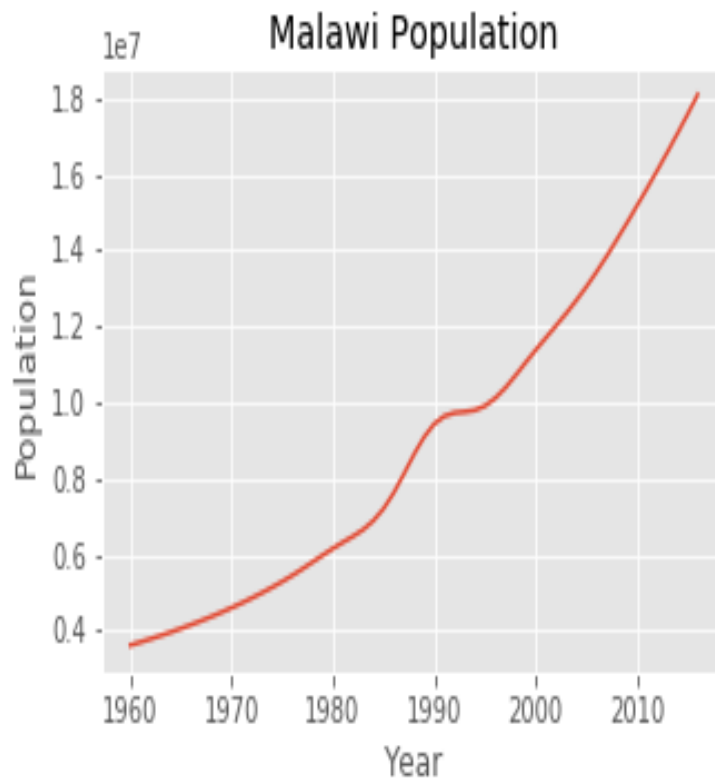


Malawi



Coordinates: 13°30′S 34°00′E﻿ / ﻿13.500°S 34.000°E﻿ / -13.500; 34.000 – in Africa (light blue & dark grey) – in the African Union (light blue)Malawi (/məˈlɑːwi/, /məˈlɑːwi/ or /mælˈwi/; Chichewa: [maláβi] or [maláwi]), officially the Republic of Malawi, is a landlocked country in southeast Africa that was formerly known as Nyasaland. It is bordered by Zambia to the northwest, Tanzania to the northeast, and Mozambique on the east, south and west. Malawi is over 118,000 km² (45,560 sq mi) with an estimated population of 18,091,575 (July 2016 est.). Its capital is Lilongwe, which is also Malawi's largest city; the second largest is Blantyre, the third is Mzuzu and the fourth largest is its old capital Zomba. 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".Malawi is among the smallest countries in Africa. Lake Malawi takes up about a third of Malawi's area.