

UNITED KINGDOM

FACTS & FIGURES

Capital	London
Largest City	London
Official Languages	English
Official Script	English
Currency	Great British Pound (GBP)
Geography (estimates)	
Population	69,281,437 million
Pop. Density	285/km ²
Area	244,376 km ²
Time Zone	GMT or BST
Government	
Prime Minister	Keir Starmer
Monarch	Charles III
Legislature	Parliament

MEDICAL HISTORY OF THE UNITED KINGDOM

- **Early and Medieval Medicine:** Roman Britain introduced early public health systems, sanitation, and baths, while monastic infirmaries in the Middle Ages became centres for healing and the preservation of medical knowledge.
- **Scientific Advances in the Early Modern Period:** The 16th and 17th centuries marked a turning point with William Harvey's discovery of blood circulation (1628) and growing interest in anatomy, surgery, and empirical science.
- **18th-Century Medical Progress:** The Enlightenment fostered the rise of medical schools (notably Edinburgh) and hospital development, culminating in Edward Jenner's smallpox vaccine (1796): a milestone in preventive medicine.
- **19th-Century Public Health and Professionalisation:** The Victorian era saw massive public health reforms, improvements in sanitation and urban hygiene, and advances in surgery, anaesthesia, and nursing, led by figures such as Florence Nightingale.
- **Medical Innovation During the World Wars:** Both World Wars accelerated breakthroughs in trauma surgery, rehabilitation, and antibiotics (especially penicillin), transforming emergency and military medicine.
- **Modern Healthcare and Global Contributions:** Post-war Britain founded the National Health Service (NHS) in 1948, establishing universal healthcare. In the 21st century, the UK has remained at the forefront of biomedical research and vaccine development, including its pivotal role in the COVID-19 response.





- **Traditional British Food:** rooted in simplicity and quality local produce, with iconic dishes such as the Sunday roast, meat pies, stews, fish and chips, and the full English breakfast remaining national favourites.
- **Culinary Influences:** Shaped by history, trade, and immigration, British food has absorbed global flavours, most notably from Indian cuisine, creating hybrid dishes like chicken tikka masala and embracing world cuisines from Europe, the Caribbean, and Asia.
- **Modern Dining & Dietary Trends:** The UK boasts a strong fine dining scene with nearly 200 Michelin-starred restaurants, including many serving Modern British cuisine.
- **Drinks & Pubs:** Britain is known for its gastropubs and alcoholic traditions, being the birthplace of beer styles such as pale ale, porter, and stout, alongside Scotch whisky, gin, cider, and an expanding craft beer industry.



Public Holidays in England and Wales

- New Year's Day
- Good Friday
- Easter Monday
- Early May Bank Holiday
- Spring Bank Holiday
- Summer Bank Holiday
- Christmas Day
- Boxing Day

Other Celebrated Holidays:

- St. Patrick's Day (Ireland)
- Bonfire Night
- St. David's Day (Wales)
- St. Andrew's Day (Scotland)
- Burns Night (Scotland)

Language & Religion

- **Language & Dialects:** English is the official and most widely spoken language in the UK, featuring diverse regional dialects such as Cockney, Scouse, Geordie, Scottish, Welsh, and Northern Irish varieties.
- **Celtic/Regional Languages:** Indigenous Celtic languages: Welsh, Irish, and Scottish Gaelic are still spoken. Scots and British Sign Language also have recognized communities of speakers.
- **Multilingualism & Immigration:** While around 95% of the UK population speaks only English, many also speak immigrant languages, particularly from South Asia as well as Polish, the second most spoken language in England.
- **Religion & Diversity:** Christianity remains the largest faith (46.5%), but religious affiliation has declined alongside growth in Islam and other faiths, reflecting a shift toward a more secular and multi-faith society.



Cuisine

Music & Art

- **Folk & Classical Roots:** the musical heritage includes diverse regional folk traditions: English ballads, Scottish bagpipes, Welsh harp music, and Northern Irish fiddle tunes, as well as influential classical composers from the Renaissance to the 20th century.
- **Rise of Popular Music:** Britain shaped modern pop and rock music from the 1950s onward. Global icons such as The Beatles, The Rolling Stones, Queen, Led Zeppelin, and Elton John defined genres from pop and rock to heavy metal and punk.
- **Contemporary Success & Genres:** Modern UK artists like Adele and Harry Styles continue global dominance. The UK has also pioneered electronic genres (drum and bass, garage, dubstep) and produced leading rappers such as Stormzy.
- **Cultural Hubs & Dance Music:** Cities like Liverpool, Manchester, London, Glasgow, and Bristol have been central to music innovation: from Britpop to rave and dance scenes. Influential acts and DJs include The Prodigy, and Calvin Harris.

Important Dates & Holidays

