UGANDA

FACTS & FIGURES

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Geography (estimates)

| Population       | 44.3 million                   |
| Pop. Density     | 222/km²                        |
| Area             | 241,000 km²                    |
| Time Zone        | EST + 7                        |

Government

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<th>President</th>
<th>Yoweri Museveni</th>
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HISTORY OF UGANDA

- About 500 B.C, Bantu-speaking individuals migrated to the area
- By the 14th century, three kingdoms dominated: Buganda, Bunyoro, and Ankole
- Uganda was explored by both Europeans and Arab traders in 1844
- In 1890, an agreement declared it to be in the British sphere of influence in Africa
- Due to the agreement, the Imperial British East Africa Company was chartered to develop the area
- Uganda became independent on October 9th, 1962
- Edward Mutesa was elected as the first President, and Milton Obote was elected as the first Prime Minister
The three major indigenous language families are Bantu, Central Sudanic, and Nilotic, with Swahili being the official language.

The religious heritage in Uganda is tripartite: indigenous religions, Islam, and Christianity.

About 80 percent of the population is Christian, primarily divided between Roman Catholics and Protestants.

Traditional foods include ugali (solidified maize meal porridge), served with a stew of groundnuts (peanuts), beans, and meat such as chicken, beef, or goat.

The national dish of Uganda, and also one of the most ancient dishes, is matoke (cooked and mashed green bananas).

Another traditional dish is Luwombo – a stew of chice, beef, mushrooms or fish steamed in banana leaves.

Singing and dancing are a significant part of the Ugandan culture.

Common forms of art include ceramics, basketry, traditional woodcarving, and contemporary paintings.

Popular styles of music include:
- Kadongo Kamu
- Kidandali
- Dancehall
- Hip-Hop
- Gospel
- Jazz

Uganda Public Holidays in 2019
- New Year’s Day (Jan 1)
- NRM Liberation Day (Jan 26)
- Archbishop Janani Luwum Day (Feb 16)
- International Women’s Day (Mar 8)
- Easter Monday (Apr 22)
- Martyr’s Day (Jun 3)
- Eid-Ul-Fitr (Jun 4)
- National Heroes’ Day (Jun 9)
- Eid-Al-Adha (Aug 12)
- Independence Day (Oct 9)
- Christmas Day (Dec 25)