

# UGANDA



## FACTS & FIGURES

Capital	Kampala
Largest City	Kampala
Official Languages	Swahili
Official Script	Latin
Currency	Shillings (UGX)
<b>Geography (estimates)</b>	
Population	44.3 million
Pop. Density	222/km <sup>2</sup>
Area	241,000 km <sup>2</sup>
Time Zone	EST + 7
<b>Government</b>	
President	Yoweri Museveni
Legislature	Parliament
Independence from the UK	1962

## HISTORY OF UGANDA

- About 500 B.C, Bantu-speaking individuals migrated to the area
- By the 14<sup>th</sup> 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 9<sup>th</sup>, 1962
- Edward Mutesa was elected as the first President, and Milton Obote was elected as the first Prime Minister





- 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.



## 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-UI-Fitr (Jun 4)
- National Heroes' Day (Jun 9)
- Eid-Al-Adha (Aug 12)
- Independence Day (Oct 9)
- Christmas Day (Dec 25)

## Language & Religion

- 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

## Cuisine



## Music & Art

- 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

## Important Dates & Holidays

