

PROUD

TO BE

UGANDAN



FAST FACTS

UGANDA

Capital: Kampala

Currency: Ugandan shilling (UGX)

Motto: "kwa mungu na nchi yangu"
("For God and My Country")

Anthem: "Oh Uganda, Land of Beauty"

Official languages: English & Swahili
(43 of its living languages fall into four main families—Bantu, Nilotic, Central Sudanic and the Kuliak family.)

Area: 93,065 sq miles

Demonym(s): Ugandan

FLAG STORY



- **Black** represents the people of Africa
- **Yellow** represents the sun that shines brightly over the country
- **Red** represents the bond of blood that connects all of the African people
- **Gray Crowned Crane** with its raised leg symbolises the continuing progress of the nation and its people.

FAMOUS FIGURES



HRH Nnabagereka Sylvia Naginda

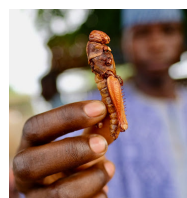
Queen of Buganda and empowerment activist for women & youth



Joshua Cheptegei
Olympic Gold Medalist

DID YOU KNOW?

- ★ Uganda has the world's youngest population - the average age of the population is 15.7 years (median).
- ★ Lake Victoria (named after Queen Victoria) is the biggest lake on the continent of Africa and the largest tropical lake on Earth. Also known as Nam Lolwe, Nnalubaale, Nyanza and Ukerewe, the lake is one of the Nile River's sources and is even said to be where it begins.
- ★ It has one of the World's Smallest Churches. Measuring in at 8 ft tall and 250 centimeters wide, a chapel on Biku hill has just enough room inside for 3 churchgoers – including the pastor.



Fried Grasshoppers, Anyone? Don't get offended if you're invited to try some fried grasshoppers - this cuisine is a delicacy in Uganda.

LET'S TALK FOOD!

Matoke is the national dish of Uganda and is a plantain banana native to southwest Uganda. The most common way to make Matoke is by cooking and mashing it. It is often steamed in plantain leaves and served with meat.

HOW DO YOU SAY HELLO?



English



Swahili