

What type of country is Uganda?



【 What the national flag represents 】

- Black- Ugandan people
- Yellow- Sunlight
- Red- Brotherhood



- The centered “Great Crested Crane” is the country's national badge (symbol)



Genuine information about Uganda (as of August 2019)

- **Official name: Republic of Uganda**
- **Area: 241,000 square meters (almost Honshu University)**
- **Population: 42.86 million (2017, World Bank)**
- **Capital: Kampala (1,312m above sea level)**
- **Ethnic groups: Baganda, Lango, Acholi, etc.**
- **Language: English, Swahili, Luganda**
- **Religion: Christianity (60%), traditional religion (30%), Islam (30%)**
- **Major industries: Agriculture, forestry and fisheries, manufacturing / construction industry, service industry, etc.**
- **Major trade items**
 - (1) **Export coffee, oil, cement, corn seed, cacao**
 - (2) **Imported petroleum and petroleum products, pharmaceuticals, palm oil, automobiles**
- **Major trading partners / regions**
 - (1) **Export Kenya, South Sudan, Rwanda, Congo (People)**
 - (2) **Import India, China, Kenya, United Arab Emirates, Japan**

Although it is directly under the equator, there is a comfortable climate of around 30 degrees Celsius all year round due to its high altitude!

A view of the capital city of Kampala. There are many raised-high buildings, etc.



Uganda's atmosphere

Rural department



In the village, wells are mainly used.
(There are also water supplies in urban areas!)



People, cows and bananas are mixed on the track .! ?
It is a common scene in Uganda.

Metropolitan Department

Kampala Capital
city's Beautiful
scenery!



Taxi park in the capital Kampala.
Most of the taxis are of the Used Toyota Hiace brand

Life style of Ugandans

I help with housework every day!

Mud wall house

Big family!

Kids are helping!

We also do cattle raring!

State of school

↑ Children are friendly!
Their smiles are very cute!

↑ The classroom is packed with children.



Life style of Ugandans ~ Dancing ~



buttocks dexterously



Uganda has over 50 ethnic groups, They all have different languages and traditional dances.

The most popular Ganda dance is characterized by shaking only the buttocks dexterously!

During the dance, they normally wrap a cloth or something like a flower around their waist.

Wedding



Life style of Ugandans ~ Cultural wear ~



Men's traditional clothing is called “Kanzu”. The combination of the jacket and traditional clothing is so innovative.

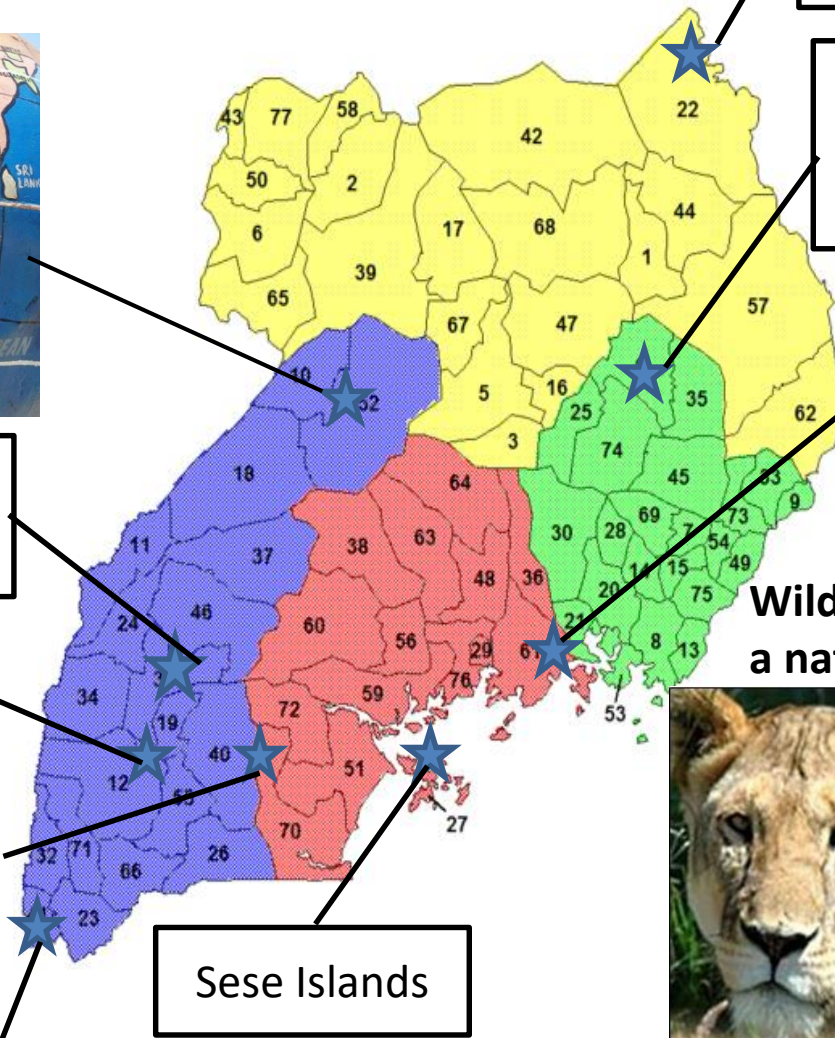
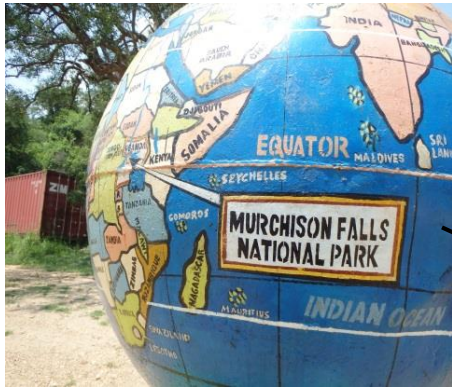
Women's traditional clothing is called “Gomes”. These costumes are worn at weddings, graduations and parties.

Some women's costumes are called “Kitengi”. A colorful fabric dress which is accented with a ribbon wrapped around the waist.

All of these dresses are custom-made and can be customized to suit your tastes from fabric selection to design!



Tourist sites & national parks



Kidepo National Park

- Mount Elgon (4,321m)
- Mississippi Falls

Jinja
(The source of the Nile)

Rwenzori Mountain National Park (5,109m)

Queen Elizabeth National Park

Lake Mburo National Park

Bwindi Forest National Park

Sese Islands

Wild animals that you can meet in a national park



Animals called "The Big Five"

Natural Activities

- Rafting on the Nile
- Climbing



-Mt Rwenzori Altitude: 5,109m (Congo border)

-Mt Elgon Elevation: 4,321m (east)



Mountain Rwenzori



At the top of Mt. Elgon

Uganda`s Food ~ Meals ~

Raw banana is the main food! ?



Peeled matooke



Steam

Matooke wrapped in banana leaves and steamed



Boil



Mixture of matooke and beans

"Matooke"



"Katogo"

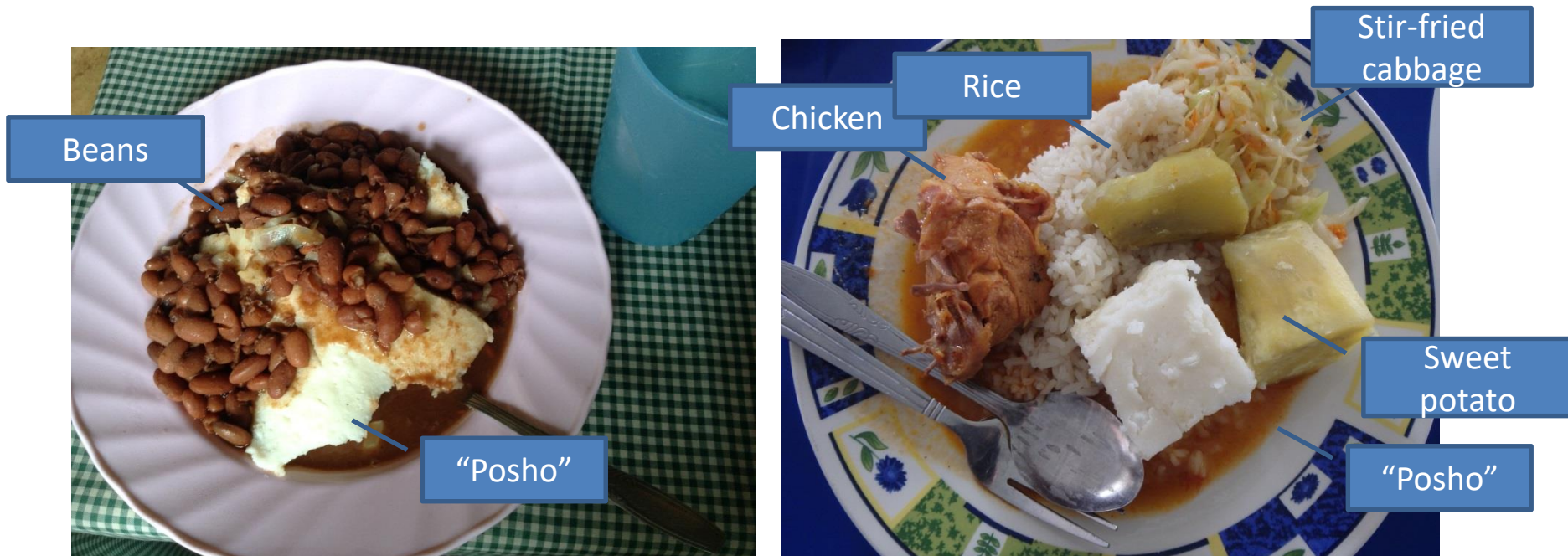
"Luwombo"



Meat soup with ingredients wrapped in banana leaves and steamed

Uganda`s Food ~ Meals 2 ~

- Basic: Combination of main food + soup
- Main food: Banana (Matooke), “Posho” (corn flour kneaded in hot water), rice, potato, sweet potato, cassava, yam, etc.
- Soup: beef, chicken, goat, beans, fish, G nuts sauce, etc.



Uganda`s Food ~ Fruits ~



Mango



Jackfruit

You can also see it in the Southeast Asia! Characterized by a unique sweetness and flavor, and skin stickiness.



Pawpaw

Avocado is 3-4 times larger than what is sold in Japan! And so cheap!



Pineapple

Soft and sweet enough to eat to the core 🎵

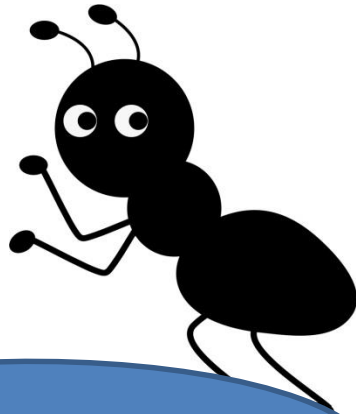


Passion fruits

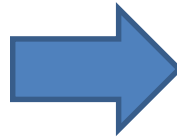


Watermelon, avocado, etc.

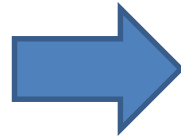
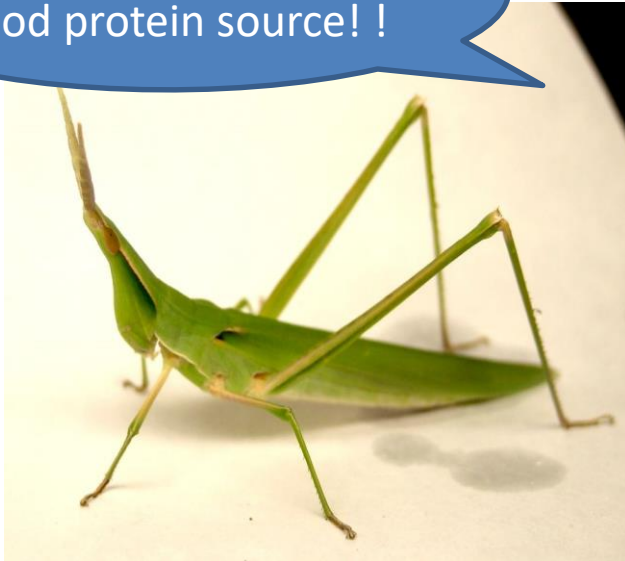
Uganda`s Food ~ Unique ~



Fry 🎵



Ants and grasshoppers
Good protein source!!



Thank you so much !



Global Bridge Network