



# Colombia

Two seas, three Andean ranges, a walled Caribbean city, the Amazon, the finest coffee hills and more kinds of birds than almost anywhere on Earth.

## AT A GLANCE

## Facts to know

### CAPITAL

Bogotá

### POPULATION

About 52.7 million (2024 estimate by DANE, the national statistics office)

### OFFICIAL LANGUAGE

Spanish. Under the 1991 constitution, the languages of ethnic groups are also official in their own territories

### CURRENCY

Colombian peso (COP)

### AREA

About 1.14 million km<sup>2</sup>, the fourth largest country in South America

### GOVERNMENT

Presidential republic, divided into 32 departments and the Capital District of Bogotá

### HIGHEST MOUNTAIN

Pico Cristóbal Colón and Pico Simón Bolívar, twin summits of about 5,700 m in the Sierra Nevada de Santa Marta. Measurements differ, so it is not certain which is higher

### MAIN RIVER

The Magdalena, about 1,500 km long, which flows north through the Andes to the Caribbean

### NEIGHBOURS

Panama, Venezuela, Brazil, Peru and Ecuador on land. At sea it also shares boundaries with Costa Rica, Nicaragua, Honduras, Jamaica, Haiti and the Dominican Republic

### DRIVES ON THE

Right

### CALLING CODE

+57

# A 45-minute trip to Colombia

Everything you need is in this pack. No preparation beyond printing. Adapt the timing to your group.

- |                     |                                                                                                                                                                                                       |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>0 to 5 min</b>   | Welcome. Show the map page and find Colombia together. Ask: who has been there, or knows someone from there?                                                                                          |
| <b>5 to 15 min</b>  | Read the facts at a glance, then three moments from the story: AD 800: The Tairona build Ciudad Perdida; 1899: The Thousand Days' War begins; 2017: The FARC hand over their weapons.                 |
| <b>15 to 25 min</b> | At the table: talk about Ajiaco santafereño and Bandeja paisa. Idea: bring a small taste (bread, cheese, fruit, tea) if your kitchen can help.                                                        |
| <b>25 to 30 min</b> | Say it like a local: practise "Buenos días" (Good morning, hello), "Buenas tardes" (Good afternoon), "Buenas noches" (Good evening, good night). Everyone says them together.                         |
| <b>30 to 40 min</b> | Quiz: read the questions aloud, or play the big-screen version at <a href="https://worldstroll.com/countries/colombia/group">https://worldstroll.com/countries/colombia/group</a> . No scores needed. |
| <b>40 to 45 min</b> | Talk about it (questions page), then stamp or sign everyone's passport page.                                                                                                                          |

## You will need

- This printed pack (one per table, or one each)
- Pens for the quiz
- Optional: a world map or globe, a small tasting, music from the country

# Colombia and its cities



- Bogotá (Capital District): The Gold Museum, Monserrate, the mountain above the city, Ajiaco soup and hot chocolate with cheese
- Medellín (Antioquia): The Metro and the MetroCable gondolas up the hillsides, Flower growing and festivals, Bandeja paisa
- Cali (Valle del Cauca): Salsa dancing, The Feria de Cali, from 25 to 30 December, Pandebono, champús and sancocho de gallina
- Barranquilla (Atlántico): The Barranquilla Carnival, South America's first airport, built in 1919, Cumbia music
- Cartagena (Bolívar): The walled old town, The Castillo San Felipe de Barajas, Holding out against a British fleet in 1741
- Santa Marta (Magdalena): The place where Simón Bolívar died, The gateway to Tayrona

National Park, The Sierra Nevada, home of Ciudad Perdida

- Mompox (Bolívar): Colonial churches and streets by the river, Its tradition of goldsmiths, Declaring independence from Spain on 6 August 1810
- Salento (Quindío): The Cocora Valley and its wax palms, Coffee farm visits, Traditional colonial architecture
- Popayán (Cauca): Holy Week processions, on UNESCO's intangible heritage list, Being named a UNESCO City of Gastronomy, White colonial churches
- San Agustín (Huila): The San Agustín Archaeological Park, Ancient carved stone statues, A mild climate, about 18 °C all year
- Villa de Leyva (Boyacá): A large cobbled main square, Colonial architecture, Wineries in the surrounding valley
- Leticia (Amazonas): The Amazon River and rainforest trips, The 'Three Borders' with Brazil and Peru, Being the largest Colombian town south of the Equator

# A short history of Colombia

Colombia's story begins with Indigenous peoples such as the Muisca of the high plateau around Bogotá and the Tairona of the Sierra Nevada de Santa Marta. Spain conquered the land in the 1500s and ruled it as the New Kingdom of Granada, later a viceroyalty with its capital in Bogotá. After independence the country changed its name and shape several times, lost Panama in 1903, and in the 20th century went through long periods of political violence. A new constitution in 1991 and a peace agreement with the FARC guerrillas in 2016 opened a calmer chapter, although some armed groups remain active.

## **AD 800      The Tairona build Ciudad Perdida**

Around AD 800, the Tairona people built a town of stone terraces, paths and plazas high in the jungle of the Sierra Nevada de Santa Marta. Today it is called Ciudad Perdida, the Lost City, and it is thought to be about 650 years older than Machu Picchu.

## **1499      Alonso de Ojeda reaches La Guajira**

In 1499 the Spanish explorer Alonso de Ojeda, who had sailed with Columbus, reached the Guajira Peninsula in the far north. It was the start of Spain's exploration of the Caribbean coast.

## **1525      Santa Marta is founded**

On 29 July 1525 the Spanish conqueror Rodrigo de Bastidas founded Santa Marta on a bay of the Caribbean coast. It is Colombia's oldest surviving city.

## **1533      Cartagena is founded**

On 1 June 1533 the Spanish founded Cartagena de Indias. With its fine harbour it became one of the most important ports of the Spanish Empire, and was ringed with walls and forts against pirates.

## **1538      Jiménez de Quesada founds Bogotá**

On 6 August 1538 the conquistador Gonzalo Jiménez de Quesada founded Santa Fe, later Bogotá, on the high plateau of the Muisca people. It became the capital of the New Kingdom of Granada.

**1741**

### **Cartagena resists a British siege**

In 1741 a huge British fleet under Admiral Edward Vernon attacked Cartagena during the War of Jenkins' Ear. The Spanish defenders, led by Blas de Lezo and Sebastián de Eslava, held the city and the British sailed away.

**1810**

### **Bogotá declares self-government**

On 20 July 1810 a quarrel over a borrowed flower vase sparked protests in Bogotá, and local leaders removed the Spanish viceroy and formed their own government. 20 July is celebrated as Colombia's Independence Day.

**1819**

### **The Battle of Boyacá**

On 7 August 1819 Simón Bolívar's army of Colombian and Venezuelan troops, with a British Legion, defeated the Spanish royalists at Boyacá, about 150 km from Bogotá. Later that year Bolívar created the Republic of Colombia, now called Gran Colombia.

**1899**

### **The Thousand Days' War begins**

In October 1899 Liberals rose up against the Conservative government, starting a civil war that lasted until November 1902. Between 100,000 and 180,000 people are thought to have died.

**1903**

### **Panama separates from Colombia**

On 3 November 1903 Panama, until then a part of Colombia, declared its independence with the backing of the United States, which wanted to build the Panama Canal. This gave Colombia its present borders.

**1948**

### **The Bogotazo riots**

On 9 April 1948 the popular Liberal leader Jorge Eliécer Gaitán was shot dead in Bogotá. Riots destroyed much of the city centre and deepened La Violencia, years of fighting between Liberals and Conservatives that lasted until about 1958.

**1964**

### **The FARC guerrillas are formed**

In 1964 left-wing rebels formed the FARC in the countryside. For more than five decades, fighting between the state, guerrilla groups, right-wing paramilitaries and drug traffickers cost many lives and forced millions of people from their homes.

**1982**

### **García Márquez wins the Nobel Prize**

In 1982 Gabriel García Márquez, born in the Caribbean town of Aracataca, won the Nobel Prize in Literature. His novel *One Hundred Years of Solitude*, set in the imaginary village of Macondo, has sold more than fifty million copies.

**1991**

### **A new constitution**

In July 1991 Colombia adopted a new constitution, replacing the one from 1886. It recognises the country's ethnic and cultural diversity and protects the rights of citizens, and many Colombians see it as a step forward.

**2016**

### **A peace agreement with the FARC**

After four years of talks in Havana, the government and the FARC agreed to end their conflict. Voters narrowly rejected the first deal in a referendum on 2 October 2016, so a revised agreement was signed on 24 November and approved by Congress. President Juan Manuel Santos received the Nobel Peace Prize that year.

**2017**

### **The FARC hand over their weapons**

On 27 June 2017 the FARC finished handing over their weapons to the United Nations and stopped being an armed group. They became a legal political party, later renamed the Commons. Most former fighters kept to the agreement, but some breakaway groups rejected it or later took up arms again.

# What people eat in Colombia

Colombian food changes from region to region: soups and potatoes in the cool Andes, fish, coconut and plantain on the Caribbean coast, and hearty platters in the coffee country. Indigenous corn, Spanish meat and African cooking all meet on the plate, and the arepa, a round corn cake, is eaten everywhere. Breakfast might be hot chocolate with bread and cheese, or changua, a milk and egg soup. Lunch, el almuerzo, is the main meal of the day: many people eat a set lunch called a corrientazo, with soup, a plate of rice, meat, beans and plantain, and a soft drink or juice. In the afternoon many people stop for 'onces', a light snack.

## Ajiaco santafereño

Bogotá and the Andean highlands

A thick chicken and potato soup made with three kinds of potato, corn on the cob and guascas, a local herb. It is served with cream, capers and avocado on the side, so everyone adds them to taste.

## Bandeja paisa

Antioquia and the coffee region

A huge platter for a big appetite: red beans cooked with pork, white rice, minced meat, crispy pork belly (chicharrón), chorizo, black pudding, a fried egg, fried sweet plantain, an arepa and avocado.

## Sancocho

All over Colombia, especially the Valle del Cauca around Cali

A hearty stew-soup with large pieces of meat or fish, plantain, potato, cassava (yuca) and corn on the cob, flavoured with coriander. It comes with white rice and avocado, and many people dip a spoonful of rice into each spoonful of soup.

## Mote de queso

The Caribbean coast, especially Córdoba and Sucre

A thick soup of yam (ñame) and Costeño cheese, a salty white cheese from the Caribbean coast.

## Lechona

Tolima, in central Colombia

A whole pig stuffed with pork, yellow peas, spring onion and spices, then roasted for several hours in an outdoor brick oven. It is served with arepas.

## **Tamal tolimense**

Tolima

A large parcel of corn dough filled with chicken, pork, rice, peas, carrots and potato, wrapped in plantain leaves and boiled for three to four hours.

## **Changua**

Bogotá and the highlands of Boyacá and Cundinamarca

A breakfast soup of milk and water with an egg poached in it, spring onion and coriander, served with a piece of hard bread that softens in the bowl. The yolk is often left soft: pregnant women, young children, older people and anyone with a weak immune system should ask for the egg cooked until firm.

## **Arepa**

All over Colombia, since pre-Columbian times

A round, flat cake of corn dough, grilled or fried, eaten at any meal. It can be plain, topped with butter and cheese, or split and filled. Colombia has dozens of regional kinds, from the Paisa arepa of Antioquia to sweet corn arepas.

## **Empanadas colombianas**

All over Colombia

Half-moon pastries made with corn dough, not wheat, filled with potato and seasoned beef, pork or chicken, and deep-fried until crisp. They are sold at street stalls and bakeries and eaten with a squeeze of lime and a spoonful of ají, a spicy herb sauce.

## **Pandebono**

Valle del Cauca

Small, soft cheese breads made with cassava starch, corn flour, cheese and egg, baked until golden. They are best eaten warm, a few minutes out of the oven, with hot chocolate or coffee.

## **Patacones**

All over Colombia

Slices of green (unripe) plantain, fried, flattened and fried again until crisp. They are served with fish, soup or as a snack, sometimes topped with hogao, a tomato and onion sauce, or shredded beef.

## **Arroz con coco**

The Caribbean coast

Rice cooked in coconut milk with a little sugar and salt, sometimes with raisins. On the coast it is the usual partner for fried fish and patacones.

## Buñuelos

All over Colombia, above all at Christmas

Round golden balls of dough made with fresh white cheese, cassava flour and cornflour, deep-fried until they puff up. They are crisp outside and soft and cheesy inside.

## Natilla

All over Colombia, at Christmas

A soft, set pudding of milk, panela (unrefined cane sugar), cinnamon and cornflour, dusted with ground cinnamon and cut into squares. Unlike Spanish natillas, the Colombian version has no eggs.

## Aguapanela

All over Colombia, especially the Andes

A simple drink of panela, hardened sugar cane juice, dissolved in water. It is drunk cold with lime on a hot day, or hot, sometimes with a piece of fresh cheese dropped in to melt.

## Champús

South-west Colombia, especially Cali and the Valle del Cauca

A thick, sweet, cold drink of crushed corn, lulo (a tangy local fruit), pineapple and panela, spiced with cinnamon, cloves and orange leaves.

## GOOD MANNERS

# At the table

- Lunch is the main meal of the day, usually eaten between about 11:30 and 3:30. A set lunch, the corrientazo, brings a soup and a main plate together for a low price.
- With sancocho and other soups, a plate of white rice comes on the side. Many Colombians dip a spoonful of rice into the soup with each mouthful.
- Aguardiente, an anise-flavoured sugar cane spirit, is the drink of Colombian parties. It is usually about 24 to 29 percent alcohol and is drunk neat in small glasses, so sip it slowly.
- Do not be surprised to see fresh cheese dropped into hot chocolate or hot aguapanela. Colombians let it melt and eat it with a spoon or on bread.
- Ají, the green herb and chilli sauce on the table, can be mild or very hot. Taste a little before you pour it on.
- When you pass people who are eating, or before you start, it is polite to say

'¡Buen provecho!', enjoy your meal.

# Ajiaco santafereño

A thick chicken and potato soup made with three kinds of potato, corn on the cob and guascas, a local herb. It is served with cream, capers and avocado on the side, so everyone adds them to taste.

## Ingredients

- 1 kg chicken breasts or thighs, on the bone
- 2 litres water or chicken stock
- 2 spring onions and 2 garlic cloves
- 500 g small yellow potatoes (papa criolla), or waxy baby potatoes, peeled
- 500 g floury potatoes, peeled and sliced
- 500 g red or white potatoes, peeled and sliced
- 3 corn cobs, each cut into 3 pieces
- 2 tablespoons dried guascas (from Latin American shops), or leave out
- Salt and pepper
- To serve: single cream, capers, sliced avocado and white rice

## Method

1. Put the chicken, water, spring onions and garlic in a large pot with a little salt. Bring to the boil and simmer for 30 minutes, until the chicken is cooked.
2. Take out the chicken, let it cool and shred it with two forks. Throw away the onions and garlic.
3. Add all the potatoes and the corn to the broth and simmer gently for 40 to 45 minutes, stirring now and then, until the small yellow potatoes fall apart and thicken the soup.
4. Stir in the guascas and the shredded chicken and cook for 5 more minutes. Season with salt and pepper.
5. Serve in deep bowls, with a piece of corn in each, and put cream, capers, avocado and rice on the table for everyone to add.

# Arepa

A round, flat cake of corn dough, grilled or fried, eaten at any meal. It can be plain, topped with butter and cheese, or split and filled. Colombia has dozens of regional kinds, from the Paisa arepa of Antioquia to sweet corn arepas.

## Ingredients

- 250 g pre-cooked white corn flour (masarepa or harina precocida)
- About 350 ml warm water
- 1 teaspoon salt
- 1 tablespoon butter, softened, plus a little oil for the pan
- 100 g grated mozzarella or other mild cheese (optional)

## Method

1. Mix the corn flour and salt in a bowl. Add the warm water little by little and knead with your hands for 2 minutes, until you have a soft dough that does not crack. Add the butter and the cheese, if using.
2. Leave the dough to rest for 5 minutes, then divide it into 8 balls.
3. Flatten each ball between your palms into a round about 1 cm thick. Smooth any cracks around the edge with a wet finger.
4. Heat a lightly oiled frying pan over a medium heat. Cook the arepas for about 5 to 6 minutes on each side, until they have golden spots and sound hollow when tapped.
5. Serve hot, with butter and fresh cheese, or split them open and fill them with eggs, beans or meat.

# Patacones

Slices of green (unripe) plantain, fried, flattened and fried again until crisp. They are served with fish, soup or as a snack, sometimes topped with hogao, a tomato and onion sauce, or shredded beef.

## Ingredients

- 2 large green (unripe) plantains
- Vegetable oil for shallow frying, about 2 cm deep
- Salt
- Lime wedges, to serve

## Method

1. Cut off both ends of the plantains, make a long cut along the skin and peel it off. Cut the plantains into pieces about 3 cm thick.
2. Heat the oil in a deep frying pan over a medium heat. Fry the pieces for about 3 to 4 minutes on each side, until pale gold but not brown. Lift them out onto kitchen paper.
3. Put each piece between two sheets of baking paper and press it flat with the bottom of a heavy mug or a plate, to about 1 cm thick.
4. Turn up the heat a little and fry the flattened pieces again for 2 to 3 minutes on each side, until crisp and golden.
5. Drain on kitchen paper, sprinkle with salt and serve hot with lime wedges.

# Arroz con coco

Rice cooked in coconut milk with a little sugar and salt, sometimes with raisins. On the coast it is the usual partner for fried fish and patacones.

## Ingredients

- 300 g long-grain white rice
- 400 ml tin of coconut milk
- 200 ml water
- 1 tablespoon sugar
- 1 teaspoon salt
- 2 tablespoons raisins (optional)

## Method

1. Rinse the rice in a sieve under cold water until the water runs clear.
2. Pour the coconut milk into a heavy pot and simmer over a medium heat, stirring often, for about 10 minutes, until it thickens and starts to turn light golden.
3. Stir in the water, sugar and salt, then add the rice and the raisins, if using. Bring to the boil.
4. Turn the heat very low, cover tightly and cook for 18 to 20 minutes, until the rice is tender and the liquid is absorbed.
5. Leave to rest, covered, for 5 minutes, then fluff with a fork and serve with fried fish or chicken.

# Aguapanela

A simple drink of panela, hardened sugar cane juice, dissolved in water. It is drunk cold with lime on a hot day, or hot, sometimes with a piece of fresh cheese dropped in to melt.

## Ingredients

- 200 g panela (from Latin American shops), or dark brown sugar
- 1 litre water
- 2 limes
- Ice, for the cold version, or 4 small pieces of mild fresh cheese made from pasteurised milk, for the hot version

## Method

1. Break the panela into small pieces with a heavy knife or a rolling pin.
2. Put the water and panela in a pan and heat gently, stirring, until the panela has completely dissolved. Let it simmer for 5 minutes.
3. For a cold drink, let it cool, add the juice of the limes and serve over ice.
4. For a hot drink, pour it into mugs and add a squeeze of lime, or drop a piece of fresh cheese into each mug and eat it with a spoon as it softens.

# Useful phrases

## Buenos días

BWEH-nohs DEE-ahs · Good morning, hello

## Buenas tardes

BWEH-nahs TAR-dehs · Good afternoon

## Buenas noches

BWEH-nahs NOH-chehs · Good evening, good night

## ¿Quiubo?

KYOO-boh · Hi, what's up? (from ¿Qué hubo?)

## Mucho gusto

MOO-choh GOOS-toh · Nice to meet you

## ¿Cómo está?

KOH-moh es-TAH · How are you? (polite)

## Muchas gracias

MOO-chahs GRAH-syahs · Thank you very much

## De nada

deh NAH-dah · You're welcome

## Disculpe

dees-KOOL-peh · Excuse me

## ¿Cuánto cuesta?

KWAHN-toh KWES-tah · How much is it?

## Un tinto, por favor

oon TEEN-toh por fah-VOR · A black coffee, please

## La cuenta, por favor

lah KWEN-tah por fah-VOR · The bill, please

## ¿Dónde está el baño?

DOHN-deh es-TAH el BAH-nyoh · Where is the toilet?

## **No entiendo**

noh en-TYEN-doh · I don't understand

## **¿Habla inglés?**

AH-blah een-GLEHS · Do you speak English?

## **¡Buen provecho!**

bwen proh-VEH-choh · Enjoy your meal

## **¡Qué chévere!**

keh CHEH-veh-reh · How great!

## **No dar papaya**

noh dar pah-PAH-yah · Don't give papaya, meaning don't make yourself an easy target

## Things you might not know

1. Colombia is named after Christopher Columbus, whose name in Spanish is Cristóbal Colón. The name was first used for the new republic of 1819, and the country took its present name, Republic of Colombia, in 1886.
2. As of September 2026, Colombia has more kinds of birds than any other country: over 1,900 species, more than Europe and North America put together. It is also first in the world for orchid species.
3. The Quindío wax palm, Colombia's national tree, can grow to 45 m and, rarely, to 60 m. It is the tallest monocot ever recorded, the plant group that includes palms, grasses and lilies.
4. The legend of El Dorado, the Golden One, began with the Muisca. When a new ruler took power, he was said to cover himself in gold dust and throw gold offerings into Lake Guatavita, near Bogotá.
5. Colombia has historically been the world's largest producer of emeralds. In the ten years up to 2005 it mined 47 percent of all the emeralds in the world.
6. Tejo, a traditional Colombian game, has players throw a metal disc about 18.5 m at a clay-covered board. Small envelopes of gunpowder, called mechas, sit on the target and explode loudly when hit.
7. Bogotá lies at about 2,640 m above sea level, making it one of the highest capital cities in the world.
8. The Caño Cristales river in the Serranía de la Macarena is nicknamed the 'River of Five Colours'. From the end of July to November its bed turns red, yellow, green and blue, mostly thanks to a red water plant that grows on the rocks.
9. As of September 2026, Colombia is the world's third largest coffee producer, after Brazil and Vietnam. Its growers' federation, founded in 1927, is known around the world for its Juan Valdez advertising campaign.
10. As of September 2026, Colombia is the world's second largest exporter of flowers, after the Netherlands.
11. During the British attack on Cartagena in 1741, Lawrence Washington, George Washington's half-brother, served under Admiral Vernon. He later named his Virginia estate Mount Vernon in honour of his commander.

12. The Barranquilla Carnival, four days of parades, dances and music before Lent, was declared a Masterpiece of the Oral and Intangible Heritage of Humanity by UNESCO in 2003.
13. San Basilio de Palenque, a village near Cartagena, was founded by Africans who had escaped slavery and is often called the first free African town in the Americas. Its culture was recognised by UNESCO in 2005.
14. Vallenato, accordion music from the Caribbean coast around Valledupar, is on UNESCO's list of Intangible Cultural Heritage in Need of Urgent Safeguarding.

#### TALK ABOUT IT

## Questions for the group

- Have you ever been to Colombia, or has someone in your family? What do you remember?
- Have you ever tasted Ajiaco santafereño or Bandeja paisa? What is a dish you remember from a trip?
- García Márquez wins the Nobel Prize (1982). Do you remember hearing about it? Where were you then?
- A new constitution (1991). Do you remember hearing about it? Where were you then?
- Have you seen The walled city of Cartagena, in person or in pictures? Which famous place would you most like to see?
- If you could spend one day in any city of Colombia, which would it be and why?

## QUIZ

# How well do you know Colombia?

Circle the right answer. The answers are on the last page.

### 1. Which of these is a UNESCO World Heritage Site?

- A) Monserrate
- B) The Salt Cathedral of Zipaquirá
- C) San Agustín Archaeological Park
- D) The Rock of Guatapé

### 2. Someone thanks you. What do you reply?

- A) De nada
- B) Buenas noches
- C) ¿Cuánto cuesta?
- D) No entiendo

### 3. Where is it safest to take out cash, according to UK travel advice?

- A) At a street ATM late at night
- B) From a taxi driver
- C) From a money changer on the street
- D) At an ATM inside a bank, supermarket or shopping centre, during opening hours

### 4. Aguapanela is made by dissolving panela in water. What is panela?

- A) Hardened sugar cane juice
- B) Ground corn
- C) Coconut cream
- D) Dried coffee cherries

### 5. The underground cathedral at Zipaquirá is carved out of what?

- A) Ice
- B) Rock salt
- C) Coal
- D) Limestone

**6. According to UK travel advice, in which Colombian city is tap water safe to drink?**

- A) Bogotá
- B) Santa Marta
- C) Cartagena
- D) Leticia

**7. Which city is called the 'White City' and is famous for its Holy Week processions?**

- A) Medellín
- B) Barranquilla
- C) Leticia
- D) Popayán

**8. President Juan Manuel Santos received the Nobel Peace Prize in 2016.**

- A) True
- B) False

**9. Patacones are made from which food, fried twice?**

- A) Potato
- B) Pumpkin
- C) Green plantain
- D) Cassava

**10. As of September 2026, Colombia has more bird species than any other country.**

- A) True
- B) False

**11. How high is the top of Monserrate, above Bogotá?**

- A) 652 m
- B) 5,152 m
- C) 3,152 m
- D) 1,152 m

**12. Why should you take it easy on your first day in Bogotá?**

- A) Shops close for three days a week
- B) The air is very humid
- C) The city is below sea level
- D) The city is at about 2,640 m, and altitude sickness is a risk

# Quiz answers

## 1. C) San Agustín Archaeological Park

San Agustín Archaeological Park became a UNESCO World Heritage Site in 1995. The Salt Cathedral, the Rock of Guatapé and Monserrate are not on the list.

## 2. A) De nada

'De nada' means 'you're welcome'.

## 3. D) At an ATM inside a bank, supermarket or shopping centre, during opening hours

At an ATM inside a bank, supermarket or shopping centre, during opening hours. Robberies near cash machines do happen.

## 4. A) Hardened sugar cane juice

Panela is hardened sugar cane juice, a kind of unrefined sugar.

## 5. B) Rock salt

Rock salt. The church lies about 200 m underground in the tunnels of a salt mine.

## 6. A) Bogotá

Bogotá. Elsewhere the UK Foreign Office advises bottled water and no ice in drinks.

## 7. D) Popayán

Popayán, named for its whitewashed colonial buildings. UNESCO recognised its Holy Week processions in 2009.

## 8. True

True. Santos received the Nobel Peace Prize in 2016, the year of the peace agreement with the FARC.

## 9. C) Green plantain

Green plantain. The slices are fried, flattened and fried again until crisp.

## 10. True

True. Colombia has over 1,900 species of birds, more than Europe and North America combined.

## 11. C) 3,152 m

3,152 m above sea level. You can go up by cable car, by funicular or on foot.

## 12. D) The city is at about 2,640 m, and altitude sickness is a risk

The city is at about 2,640 m, and altitude sickness is a risk. Rest, drink water and go easy on alcohol.

# Colombia visa page

Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Next stops

|                |                |                |
|----------------|----------------|----------------|
| Country: _____ | Country: _____ | Country: _____ |
| Country: _____ | Country: _____ | Country: _____ |

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