



Uganda

Green hills and great lakes on the equator, the place where the Nile leaves Lake Victoria, gorillas in misty forests and a plate of steamed matooke, in the land Winston Churchill called the Pearl of Africa.

AT A GLANCE

Facts to know

CAPITAL

Kampala

POPULATION

About 45.9 million at the 2024 census

OFFICIAL LANGUAGE

English and Swahili (Swahili since a constitutional change in 2005).
Luganda is the most widely spoken local language

CURRENCY

Ugandan shilling (UGX)

AREA

About 241,000 km², including large lakes

GOVERNMENT

Presidential republic, under the constitution of 1995

HIGHEST MOUNTAIN

Margherita Peak on Mount Stanley, Rwenzori Mountains, 5,109 m, on the border with DR Congo

LONGEST RIVER

The Nile, which leaves Lake Victoria at Jinja and flows north through the country as the Victoria Nile and the Albert Nile

NEIGHBOURS

Kenya, South Sudan, DR Congo, Rwanda and Tanzania. Uganda has no coast; it shares Lake Victoria with Kenya and Tanzania

DRIVES ON THE

Left

CALLING CODE

+256

A 45-minute trip to Uganda

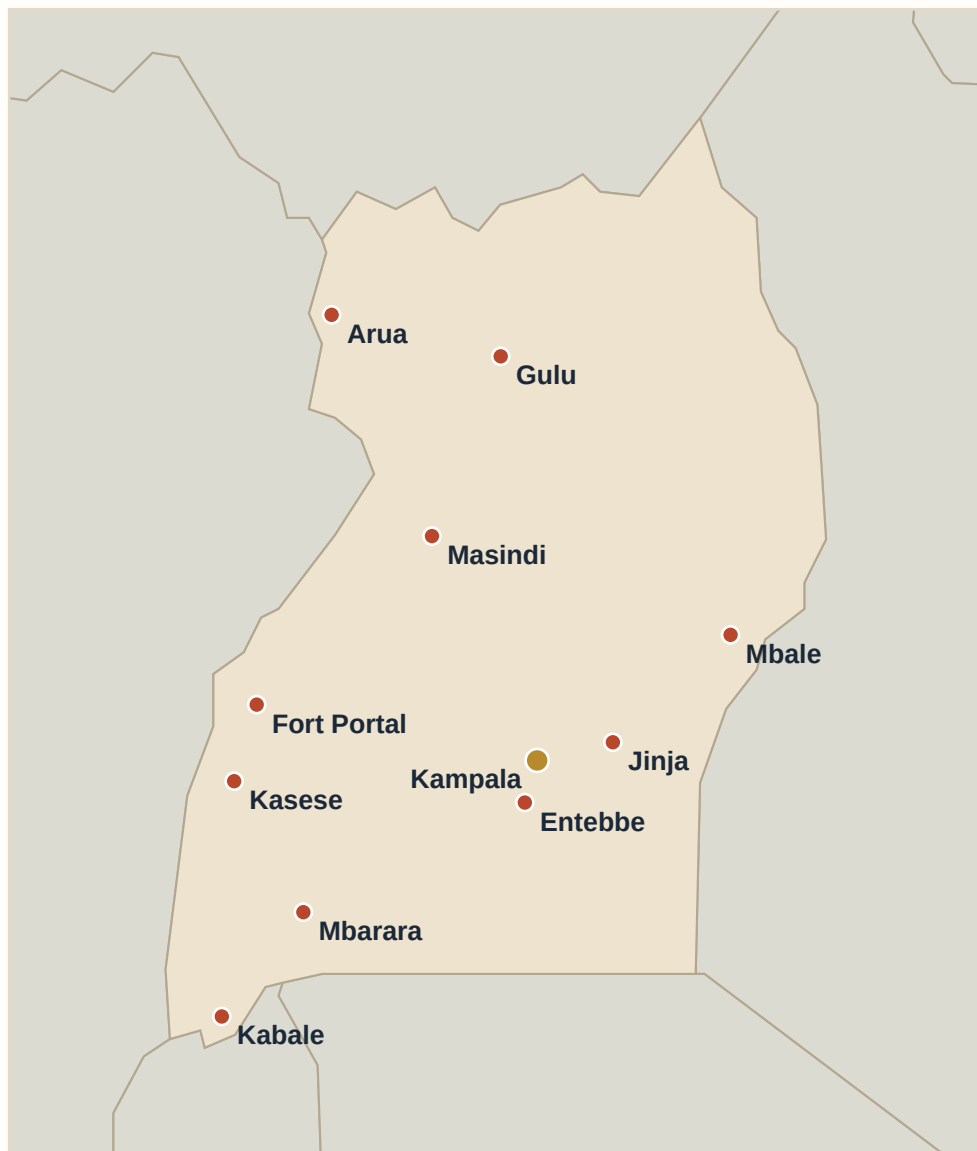
Everything you need is in this pack. No preparation beyond printing. Adapt the timing to your group.

- | | |
|---------------------|---|
| 0 to 5 min | Welcome. Show the map page and find Uganda together. Ask: who has been there, or knows someone from there? |
| 5 to 15 min | Read the facts at a glance, then three moments from the story:
1862: Speke reaches the Nile at Jinja; 1971: Idi Amin seizes power;
2023: The Kasubi Tombs leave the danger list. |
| 15 to 25 min | At the table: talk about Matooke and Groundnut sauce. Idea: bring a small taste (bread, cheese, fruit, tea) if your kitchen can help. |
| 25 to 30 min | Say it like a local: practise "Oli otya?" (How are you? (to one person)), "Muli mutya?" (How are you? (to several people)), "Bulungi." (Fine, well.). Everyone says them together. |
| 30 to 40 min | Quiz: read the questions aloud, or play the big-screen version at https://worldstroll.com/countries/uganda/group . No scores needed. |
| 40 to 45 min | 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

Uganda and its cities



- Kampala (Central Region, near the northern shore of Lake Victoria): The Kasubi Tombs of the Buganda kings, The cathedrals on Namirembe and Rubaga hills, Makerere University, Busy markets, boda boda motorbike taxis and lively music
- Entebbe (Central Region, on a peninsula in Lake Victoria): Entebbe International Airport, The National Botanical Gardens, laid out in 1898, Views and beaches on Lake Victoria, The 1976 hostage rescue at the old airport
- Jinja (Eastern Region, Busoga, on Lake Victoria): The source of the Nile, White-water rafting and kayaking, Hydroelectric dams on the Nile, Old colonial and Indian-style shop fronts
- Gulu (Northern Region, Acholi sub-region): Acholi culture, music and dance, Trade with South Sudan, Gulu University, The road north to Juba

- Mbarara (Western Region, Ankole): Long-horned Ankole cattle, Dairy products and eshabwe, Lake Mburo National Park nearby, A stop on the road to the gorilla forests
- Fort Portal (Western Region, Tooro): The Tooro kingdom, Crater lakes in the hills around it, Kibale forest and its chimpanzees, Views of the Rwenzori Mountains
- Mbale (Eastern Region, Bugisu): Mount Elgon, Sipi Falls, Bugisu Arabica coffee, Malewa, the smoked bamboo dish
- Kabale (Western Region, Kigezi highlands): Lake Bunyonyi, Terraced hillsides, A base for gorilla trekking in Bwindi, Cool mountain weather
- Arua (Northern Region, West Nile): Cross-border trade, The West Nile region, Busy markets, Aid agencies working with refugees
- Kasese (Western Region, Rwenzururu): Rwenzori Mountains National Park, Queen Elizabeth National Park, The old Kilembe copper mines, The Kazinga Channel
- Masindi (Western Region, Bunyoro): The road to Murchison Falls, The historic Masindi Hotel, built in 1923, Bunyoro history, The Kinyara sugar works nearby

A short history of Uganda

People have lived around the great lakes of Uganda for many thousands of years. About 3,000 years ago Bantu-speaking farmers arrived in the south and Nilotic-speaking herders in the north, and in time strong kingdoms grew up: Bunyoro-Kitara, Buganda, Ankole, Toro and Busoga. Arab traders came from the coast in the 1830s and British explorers in the 1860s, looking for the source of the Nile. Britain ruled Uganda from 1894 to 1962. After independence came years of coups and war, and since the late 1980s a long period of peace in most of the country.

1862 **Speke reaches the Nile at Jinja**

In July 1862 the British explorer John Hanning Speke reached the northern shore of Lake Victoria and saw the Nile pouring out of the lake over a set of waterfalls near today's Jinja. He named them Ripon Falls and declared that he had found the source of the Nile, a claim that caused fierce arguments in Britain for years.

1877 **Missionaries arrive in Buganda**

Anglican missionaries of the Church Missionary Society reached the court of Kabaka Muteesa I in 1877, and French Catholic missionaries followed in 1879. Christianity, Islam and the old beliefs soon competed for influence at the royal court.

1886 **The Uganda Martyrs die at Namugongo**

Kabaka Mwanga II ordered the execution of young men at his court who had become Christians and refused to give up their faith. On 3 June 1886 many of them were burned to death at Namugongo, near Kampala. The 22 Catholic martyrs were made saints in 1964, and every 3 June huge crowds of pilgrims gather at Namugongo.

1894 **Britain declares the Uganda Protectorate**

After religious wars in Buganda and the collapse of the Imperial British East Africa Company, the British government declared a protectorate over Buganda in 1894. Treaties with Toro, Ankole and Bunyoro later extended it to roughly the borders of today's Uganda.

1900

The Buganda Agreement is signed

In March 1900 British officials and the regents of the young Kabaka signed the Buganda Agreement. It recognised the Kabaka and his council, the Lukiiko, under British rule, and divided much of Buganda's land between the royal family, the chiefs and the Crown.

1922

Makerere is founded

In 1922 a technical school was opened on Makerere Hill in Kampala. It grew into Makerere University, which for decades trained doctors, teachers and future leaders from all over East Africa.

1954

The Owen Falls Dam is completed

A hydroelectric dam was built at the outlet of Lake Victoria near Jinja and finished in 1954. It brought electricity to much of Uganda, and its rising water covered the Ripon Falls that Speke had seen.

1962

Uganda becomes independent

On 9 October 1962 Uganda became independent from Britain, with Milton Obote as prime minister. The next year the Kabaka of Buganda, Edward Muteesa II, became the country's president, a largely ceremonial role. 9 October is Independence Day.

1971

Idi Amin seizes power

On 25 January 1971, while Obote was abroad, army commander Idi Amin took power in a military coup. His eight years of rule are remembered for widespread killings of opponents and ordinary people, and for an economy that fell apart.

1972

Uganda's Asians are expelled

In August 1972 Amin ordered Uganda's Asian minority, most of them of Indian origin, to leave the country within 90 days. Tens of thousands of people lost their homes and businesses; many settled in Britain. Some families returned years later and got their property back.

1979

Amin is overthrown

After Ugandan troops invaded northern Tanzania in late 1978, the Tanzanian army and Ugandan exiles fought their way north and took Kampala on 11 April 1979. Amin fled into exile and never returned.

1986

The National Resistance Army takes Kampala

After a guerrilla war that began in 1981, the National Resistance Army took Kampala in January 1986. Peace slowly returned to the south, although a rebel war in the north lasted for about two more decades.

1993

The old kingdoms are restored

Most of the kingdoms abolished in 1967 were allowed back in 1993 as cultural institutions without political power. In July 1993 a new Kabaka of Buganda was crowned, and Tooro and Bunyoro soon restored their traditional rulers too.

1995

A new constitution

On 8 October 1995 Uganda's fourth constitution was promulgated after years of public consultation by a constitutional commission and debate by an elected assembly. It is still in force, with later amendments.

2005

Multiparty politics returns

In a referendum in July 2005 voters chose to bring back competing political parties, which had been restricted for almost twenty years. The same year a change to the constitution made Swahili Uganda's second official language, beside English.

2023

The Kasubi Tombs leave the danger list

In 2010 a fire destroyed the great thatched tomb house of the Buganda kings at Kasubi. After years of careful rebuilding with traditional materials and skills, UNESCO removed the site from its List of World Heritage in Danger in 2023.

What people eat in Uganda

Ugandan cooking is simple, filling and based on what grows in the fertile soil: green cooking bananas, maize, millet, cassava, sweet potatoes, beans and groundnuts. A main meal is usually a big serving of a starchy food, steamed matooke in the centre and south, posho made from maize flour, or millet bread in the west, north and east, with a sauce or stew of groundnuts, beans, greens, fish or meat poured over it. Breakfast is often tea with bread or katogo, and the streets are full of quick snacks such as the rolex, a chapati rolled around an omelette. Indian dishes like chapati and samosas, brought by the railway workers and traders of the 1890s, are now part of everyday Ugandan food.

Matooke (Amatooke)

Central and southern Uganda, above all Buganda

Green cooking bananas, peeled, wrapped in banana leaves and steamed for a long time until soft, then mashed into a smooth yellow mound. It is served with groundnut sauce, beans, meat or fish stew, and is considered a national dish.

Groundnut sauce

All of Uganda

A smooth, thick sauce of ground roasted peanuts cooked in water with onion and tomato. It is one of the most common sauces in the country and is poured over matooke, posho, rice or sweet potatoes, sometimes with smoked fish, meat or mushrooms added.

Luwombo (Oluwombo)

Buganda, central Uganda

A stew of chicken, beef, goat, fish or groundnuts with mushrooms, wrapped in parcels of smoked banana leaves and steamed slowly, so the meat takes on a gentle smoky taste. Each guest is given a parcel to open at the table.

Posho (Kawunga)

All of Uganda

White maize flour stirred into boiling water until it becomes a firm, smooth dough, then cut into slices or served in a mound. It is cheap and filling, eaten with beans, greens or groundnut sauce, and is a standard meal in schools.

Millet bread (Kalo)

Western, northern and eastern Uganda

A firm, dark brown dough made by stirring millet flour, sometimes mixed with cassava flour, into boiling water. It is eaten with the hands, dipped into sauces such as firinda, eshabwe or groundnut sauce.

Katogo

Buganda and western Uganda, now all over the country

A one-pot breakfast of chopped green matooke cooked in a tomato and onion sauce, usually with beans, offal, meat or groundnuts. Once thought of as a poor man's food, it is now loved by everyone.

Rolex

Busoga and Kampala, now all of Uganda

A fresh chapati rolled around an omelette made with onion, tomato and cabbage. It is cooked to order at roadside stalls from morning to night and is the country's favourite street food.

Kikomando

Kampala

Chapati cut into small pieces and mixed with fried beans, sometimes with avocado or meat stew. It is cheap and filling and popular with students and workers.

Muchomo

All of Uganda

Pieces of beef, goat, chicken or liver threaded on skewers, often with onion, and roasted over charcoal. It is sold at roadside grills, markets and bus stops, and is especially popular in the evening.

Nsenene

Central and south-western Uganda

Bush crickets (katydids), green insects related to grasshoppers, collected when they swarm in the rainy seasons, then cleaned and fried, sometimes with onion and chilli, until crunchy. They are sold in paper cones as a seasonal treat.

Malewa

Bugisu, on the slopes of Mount Elgon in eastern Uganda

Bamboo shoots that are smoked and dried to keep, then boiled until tender and cooked into a sauce with peanut or sesame paste. It is served with matooke, posho or sweet potatoes.

Eshabwe

Ankole, south-western Uganda

A white, creamy sauce made by washing ghee from cow's milk and whipping it with salted water until it turns from yellow to white. It is served with millet bread, matooke or sweet potatoes, often with roasted meat.

Firinda

Western Uganda, among the Batooro, Banyoro and Bakonzo

Dry beans soaked and skinned one by one, boiled until soft and mashed into a smooth sauce with onions, tomatoes and ghee or oil. It is a sign of hospitality and is served at weddings and ceremonies, usually with millet bread.

Mandazi

The East African coast, now all of Uganda

Lightly sweet fried dough, often flavoured with cardamom, cut into triangles or squares. It is eaten for breakfast with tea or as a snack at any time of day.

GOOD MANNERS

At the table

- Wash your hands before and after the meal. In many homes someone brings a jug of water and a basin and pours water over your hands.
- Traditional foods such as matooke, posho and millet bread are often eaten with the fingers. Use your right hand.
- Visitors who arrive at mealtime are usually invited to join the family. Accept at least a little food; refusing everything can seem unfriendly.
- Wait for the host or the eldest person to start before you begin to eat.
- At a wedding or an introduction ceremony in Buganda, each guest may be served a parcel of luwombo. Open the smoked banana leaf carefully and eat from it like a bowl.
- Saying 'Webale' (thank you) to the cook after a meal is always appreciated.

Matooke

Green cooking bananas, peeled, wrapped in banana leaves and steamed for a long time until soft, then mashed into a smooth yellow mound. It is served with groundnut sauce, beans, meat or fish stew, and is considered a national dish.

Ingredients

- 8 to 10 green cooking bananas (matooke, or green plantains if you cannot find them)
- A few banana leaves (from Asian or African grocers) or baking paper and foil
- Water for steaming
- A little oil for your hands and knife (the sap is sticky)
- Salt (optional)

Method

1. Oil your hands and knife, then peel the bananas: cut off both ends, slit the skin lengthwise and lift it off. Put the peeled bananas in a bowl of cold water so they do not turn brown.
2. Line a large pot with a rack or a few banana stalks, add about 3 cm of water, and lay banana leaves over the rack so they hang over the sides.
3. Put the bananas on the leaves, fold the leaves over to make a tight parcel, cover with more leaves and the lid.
4. Steam on low heat for about 45 minutes, topping up the water now and then, until the bananas are soft.
5. Keeping them in the leaves, press and squeeze the parcel with your hands (use a cloth, it is hot) until the bananas are mashed. Steam for 15 more minutes and serve with groundnut sauce.

Groundnut sauce

A smooth, thick sauce of ground roasted peanuts cooked in water with onion and tomato. It is one of the most common sauces in the country and is poured over matooke, posho, rice or sweet potatoes, sometimes with smoked fish, meat or mushrooms added.

Ingredients

- 200 g smooth, unsweetened peanut butter or finely ground roasted peanuts
- About 600 ml water
- 1 onion, finely chopped
- 2 tomatoes, chopped
- 1 tablespoon oil
- Salt

Method

1. Fry the onion in the oil for 5 minutes until soft, then add the tomatoes and cook for 5 minutes more.
2. In a bowl, stir the peanut butter with 200 ml of the water until smooth.
3. Add the peanut mixture and the rest of the water to the pan and bring slowly to a simmer, stirring.
4. Cook gently for 15 to 20 minutes, stirring often so it does not stick, until it is thick and creamy. Add more water if it gets too thick.
5. Season with salt and serve over matooke, posho or rice. Warn guests: this dish contains peanuts.

Posho

White maize flour stirred into boiling water until it becomes a firm, smooth dough, then cut into slices or served in a mound. It is cheap and filling, eaten with beans, greens or groundnut sauce, and is a standard meal in schools.

Ingredients

- 1 litre water
- 300 to 400 g white maize flour (maize meal)
- A pinch of salt (optional)

Method

1. Bring the water to the boil in a heavy pan, with the salt if you like.
2. Sprinkle in about a third of the flour and stir well until smooth. Let it bubble for 2 minutes.
3. Add the rest of the flour a little at a time, stirring and pressing firmly with a wooden spoon, until the dough is thick and pulls away from the pan (you may not need all of it, or you may need a little more). Take care, it can spit.
4. Lower the heat, cover and leave for 3 to 5 minutes, then turn it over once more.
5. Turn it out onto a plate, shape it with a wet spoon and serve hot with beans or groundnut sauce.

Katogo

A one-pot breakfast of chopped green matooke cooked in a tomato and onion sauce, usually with beans, offal, meat or groundnuts. Once thought of as a poor man's food, it is now loved by everyone.

Ingredients

- 500 g peeled green cooking bananas (matooke) or green plantains, cut into chunks
- 2 tablespoons oil
- 1 onion, chopped
- 1 green pepper, chopped
- 3 tomatoes, grated or chopped
- 1 teaspoon curry powder, 1 teaspoon ground cumin and 1/2 teaspoon black pepper
- 400 g tin of beans, drained and rinsed
- About 500 ml water, salt and fresh coriander

Method

1. Fry the onion in the oil until lightly browned, then add the pepper and tomatoes with a little salt and cook for 2 minutes.
2. Add the banana chunks and stir for a minute.
3. Pour in the water, cover and cook over medium heat for about 15 minutes, until the bananas are almost soft.
4. Stir in the spices and the beans and simmer for 10 minutes more, until the bananas are tender and the sauce is thick.
5. Serve hot, scattered with coriander.

Rolex

A fresh chapati rolled around an omelette made with onion, tomato and cabbage. It is cooked to order at roadside stalls from morning to night and is the country's favourite street food.

Ingredients

- 2 chapatis or ready-made paratha
- 4 eggs
- 1 small tomato, finely chopped
- 1 small onion, finely chopped
- A handful of finely shredded cabbage
- 2 tablespoons oil, salt and black pepper

Method

1. Beat the eggs in a bowl with the tomato, onion, cabbage, salt and pepper.
2. Heat half the oil in a frying pan over medium heat and pour in half the egg mixture.
3. Cook for about 3 minutes until the top is nearly set, then lay a chapati on top.
4. Turn the whole thing over so the chapati is underneath and cook for 1 to 2 minutes more, until the egg is fully cooked and the chapati is warm.
5. Roll it up tightly with the chapati on the outside, wrap in paper or foil and eat straight away. Repeat for the second rolex.

Useful phrases

Oli otya?

OH-lee OH-tyah · How are you? (to one person)

Muli mutya?

MOO-lee MOO-tyah · How are you? (to several people)

Bulungi.

boo-LOON-gee · Fine, well.

Wasuze otya?

wah-SOO-zeh OH-tyah · Good morning (literally 'How did you sleep?')

Osiibye otya?

oh-SEE-byeh OH-tyah · Good afternoon, good evening (literally 'How has your day been?')

Webale nnyo.

weh-BAH-leh NNYOH · Thank you very much.

Mwattu.

MWAHT-too · Please.

Kale.

KAH-leh · OK; you're welcome.

Nsonyiwa.

n-soh-NYEE-wah · Sorry; forgive me.

Owange!

oh-WAHN-geh · Excuse me! (to get attention)

Erinnya lyanze nze...

eh-REEN-nyah LYAHN-geh nzeh · My name is...

Erinnya lyo ggwe ani?

eh-REEN-nyah lyoh GGWEH AH-nee · What is your name?

Sitegeera.

see-teh-GEH-eh-rah · I don't understand.

Mmekah?

MMEH-kah · How much?

Kaabuyonjo eri ludda wa?

kaah-boo-YOHN-joh EH-ree LOOD-dah wah · Where is the toilet?

Nnyamba!

NNYAHM-bah · Help me!

Weeraba.

weh-eh-RAH-bah · Goodbye (to one person).

Mweraba.

mweh-RAH-bah · Goodbye (to several people).

Things you might not know

1. Uganda is named after Buganda, the largest of its old kingdoms. The kingdom still exists today as a cultural institution with its own king, the Kabaka.
2. The equator crosses Uganda. At Kayabwe, on the road from Kampala to Masaka, a monument marks the line, and visitors can stand with one foot in each hemisphere.
3. Uganda's flag has six stripes, black, yellow and red repeated twice, with a grey crowned crane in a white circle in the middle. The crane is the national bird.
4. About 45 per cent of Lake Victoria, Africa's largest lake, lies in Uganda. Tanzania has 49 per cent and Kenya 6 per cent.
5. As of the 2018 count, about 459 mountain gorillas lived in Bwindi Impenetrable National Park, almost half of all mountain gorillas in the world.
6. Uganda is one of the youngest countries on Earth: at the 2024 census about half of all Ugandans were under 18.
7. The snowy Rwenzori Mountains are often linked with the 'Mountains of the Moon', which the ancient Greek geographer Ptolemy named as the source of the Nile.
8. Making cloth from the beaten inner bark of a fig tree is an ancient craft of the Baganda. UNESCO recognised barkcloth making in Uganda as part of the world's intangible cultural heritage.
9. At the 1972 Olympics in Munich, John Akii-Bua won Uganda's first Olympic gold medal, in the 400 metres hurdles, in a world record time of 47.82 seconds.
10. Stephen Kiprotich won the marathon at the 2012 London Olympics, only Uganda's second Olympic gold medal, forty years after the first.
11. Kampala grew up on seven hills, and its name comes from the Luganda words for 'hill of the impala', after the antelopes that once grazed there.
12. The name of the rolex, Uganda's favourite street snack, has nothing to do with watches: it comes from 'rolled eggs'.

- 13.** Every year on 3 June, Uganda Martyrs Day, huge crowds of pilgrims gather at Namugongo near Kampala; in 2015 an estimated 2 million people came.

TALK ABOUT IT

Questions for the group

- Have you ever been to Uganda, or has someone in your family? What do you remember?
- Have you ever tasted Matooke or Groundnut sauce? What is a dish you remember from a trip?
- The old kingdoms are restored (1993). Do you remember hearing about it? Where were you then?
- A new constitution (1995). Do you remember hearing about it? Where were you then?
- Have you seen The source of the Nile at Jinja, in person or in pictures? Which famous place would you most like to see?
- If you could spend one day in any city of Uganda, which would it be and why?

QUIZ

How well do you know Uganda?

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

1. Posho is made from maize flour and is the same dish that Kenyans call ugali.

- A) True
- B) False

2. Traditional Ugandan barkcloth, recognised by UNESCO, is made from the inner bark of which kind of tree?

- A) A mahogany tree
- B) A baobab
- C) A fig tree
- D) A eucalyptus

3. Which Luganda word means 'water'?

- A) kaawa
- B) ekibuga
- C) amazzi
- D) emmere

4. Nsenene are a kind of fish from Lake Victoria.

- A) True
- B) False

5. Malewa, a dish from the slopes of Mount Elgon, is made from smoked and dried bamboo shoots.

- A) True
- B) False

6. Eshabwe, a white sauce from Ankole, is made mainly from what?

- A) Mashed beans
- B) Ground peanuts
- C) Ghee from cow's milk
- D) Sesame paste

7. Kampala's name comes from Luganda words meaning what?

- A) Shore of the great lake
- B) City of seven kings
- C) Hill of the impala
- D) Place of cool waters

8. After being rebuilt following a fire, the Kasubi Tombs were removed from the UNESCO List of World Heritage in Danger in 2023.

- A) True
- B) False

9. On the road from Kampala to Masaka, which town has a monument marking the equator?

- A) Entebbe
- B) Jinja
- C) Kayabwe
- D) Gulu

10. What does 'webale' mean in Luganda?

- A) Water
- B) Thank you
- C) Goodbye
- D) Please

11. Fort Portal is the historic seat of the Tooro kingdom.

- A) True
- B) False

12. Luwombo, a dish once served to the kings of Buganda, is steamed in what?

- A) A clay pot buried in hot ashes
- B) Bamboo tubes
- C) Hollowed-out pumpkins
- D) Parcels of smoked banana leaves

Quiz answers

1. True

True. Posho is white maize flour stirred into boiling water until firm; in Kenya and Tanzania it is called ugali.

2. C) A fig tree

A fig tree (*Ficus natalensis*). Its inner bark is soaked and beaten into soft sheets of cloth.

3. C) amazzi

'Amazzi' is water. 'Emmere' is food, 'kaawa' is coffee and 'ekibuga' is city.

4. False

False. Nsenene are bush crickets, insects related to grasshoppers, caught in the rainy seasons and fried as a crunchy snack.

5. True

True. Malewa is smoked, dried bamboo shoots from Bugisu, cooked into a sauce with peanut or sesame paste.

6. C) Ghee from cow's milk

Eshabwe is made from ghee from cow's milk, washed and whipped with salted water until it turns white.

7. C) Hill of the impala

Kampala means hill of the impala, after the antelopes that once grazed on the hill where the British built their first fort.

8. True

True. A fire destroyed the main tomb house in 2010; after it was rebuilt with traditional skills, UNESCO removed the site from the danger list in 2023.

9. C) Kayabwe

Kayabwe sits right on the equator, and visitors stop at the monument to stand with one foot in each hemisphere.

10. B) Thank you

'Webale' means thank you, and 'webale nnyo' means thank you very much.

11. True

True. Fort Portal, in the green highlands of western Uganda, is the historic seat of the Tooro kingdom.

12. D) Parcels of smoked banana leaves

Luwombo is steamed in parcels of smoked banana leaves, which give the chicken, meat, fish or groundnuts a gentle smoky taste.

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