Uganda

Country Overview

Project C.U.R.E. Clinics
Uganda Facts

**Capital:** Kampala  
**Currency:** The Ugandan Shilling  
**President:** Yoweri Kaguta Museveni  
**Official Language:** English  
**Government:** Democratic Republic  
**Population:** 45 million (2020)

Uganda is a democratic republic in East-Central Africa, bordered by South Sudan on the north, Kenya on the east, Democratic Republic of the Congo on the west, and with Tanzania and part of Kenya to the south.

**Land and Climate**

**Size:** 77,147 sq. miles, about the size of Great Britain

**Geography:** Most of Uganda is on a plateau, ranging from 3-5,000 ft. from north to south, and is bordered by mountains, such as Mount Mgahinga and Mount Muhavura (right), and valleys. Uganda’s highest point is at Margherita Peak at 16,762 feet, a peak covered by clouds, snow, and glaciers. Uganda’s largest lake, Lake Victoria, sits on the bottom border of Uganda, Tanzania, and Kenya.

**Climate:** Uganda sits along the equator, which provides for a tropical climate year round that is modified slightly by their elevation and lakes. The annual rainfall ranges from 20 inches in the northeast to 80 inches in the Sese Islands of Lake Victoria. The north and south have two different wet seasons; one season in the north, April to October, and two in the south, April to May and October to November, both of which are separated by a dry period.

Project C.U.R.E. Clinics 2
Prior to colonization, Uganda was the seat of migratory families, the Buganda from west Africa and the Nilotic from Sudan and Ethiopia. The two peoples separated geographically, even to today, with the Bantu in the south and center and the Nilotic in the north of Uganda. The Bugandan kabaka (“king”), Mwanga, would be the one to make contact with European explorers and Arab traders in the 19th century.

Uganda was considered part of British protectorates in 1894 during the colonization period, and was ruled indirectly until 1962 when it gained its independence. This was at the same time as other civil wars in Sudan, Zaire, and Rwanda. The plan was led by a schoolteacher, Dr. Milton Obote, and he later abolished the Bugandan monarchy and established the presidency, naming himself president.

Idi Amin overturned Obote and his presidency, exiling him after, and is infamous for his tyrannical rule over Uganda as he killed about 300,000 people over the span of eight years to keep his position. With his rule, and the flood of refugees from the other civil wars poured into Uganda, the economy collapsed and with no money to pay his army, he set them upon Tanzania for not supporting him and his rule. When Tanzania defeated the Ugandan army in 1979, Amin fled to Libya where he later died in exile. Obote returned from his exile and to power, however his election was recorded as “blatantly rigged” and he later became just as violent a president as Amin as he preferred some tribes
over others. After his second presidential election, Kampala was then overtaken by Yoweri Museveni and became its current president.

**GOVERNMENT**

The government of Uganda is currently a democratic republic where the many districts of Uganda is administered by a district council and chairman, and they administered by the president. While the president is the head of the state, the government, and the military he is assisted by a prime minister and cabinet. Lieutenant General Yoweri Kaguta Museveni came to power in 1986, when he overtook the capital under Obote’s infamous governing, but did not officially become president until he was elected in 1996. He did not represent a party during the election, as Uganda had a “no-party” system until 2005, although after Uganda then adopted many political parties such as the Democratic Party, the Uganda People’s Congress, and the Forum for Democratic Change. Women played into government as well; by 1994 the first woman vice president in sub-Saharan Africa was elected, Specioza Wandira Kazibwe, and by the 21st century one-fourth of the parliament and cabinet positions were held by women.

**ECONOMY**

Uganda is mostly an agricultural culture as it encompasses four-fifths of the population, and the climate does very well for livestock and crops. Much of their economy needed special care and attention to recoup after the devastation left after Obote and Admin’s presidencies. However, by the 1990’s to the 2000’s, their economy improved rapidly due to
foreign investments (mostly Western and Asian) and has been acclaimed for its economic stability. The top exports are processed petroleum oils, cement, fish, tea, sugar, corn, and Uganda is one of the top coffee distributors in the world, providing 197,200 metric tons of beans in 1998. With its growth and success, Uganda has shifted its focus to clearing poverty, expanding resource utilization, tourism, and industry.

**CURRENCY**

The official currency of Uganda is the Ugandan shilling (UGX) and was first introduced in 1966. After 1987, a new shilling was issued and the “old shilling” was valued at 100 per 1 new shilling, with the Bank of Uganda being the only one allowed to make, distribute, or destroy official currency. Coins are created in one, two, five, 10, 50, 100, 200, 500, and 1,000 shillings while bank notes are created in 1,000, 2,000, 5,000, 10,000, 20,000, and 50,000 shillings. While the Ugandan shilling is official, the dollar, euro, and British pound are used in the country as well.

**CULTURE**

There are about ten major ethnic groups in Uganda; the Baganda, Banyakole, Basoga, Bakiga, Iteso, Langi, Acholi, Bagisu, Lugbara, and the Bunyoro, with a total of 360 tribes within them all. Each one has their own set of customs, unique dances, and identity that distinguishes them. The Baganda are in the northern region of Uganda, the Banyankore, Batooro, Bakiga, and Banyoro are in the west, while the Basoga are in the east. There are other nomadic tribes, such as the more predominantly known Itesots, Acholis, Langis, and the Alur, that used to travel between the north and the east before becoming more adapted to agriculture.

Most of Ugandans follow traditional sex roles between men and
women, making them predominantly patriarchal. There are more women outside of the home and working in urban areas, but the further from large cities one visits the more one finds women as housewives and caretakers only.

Ugandans are considered to be the friendliest people in Africa, and they appreciate humor as it is a key part of their communication. Although it is best to avoid sarcasm as it may not translate well, if at all. They also do not typically communicate directly and prefer indirect means of expressing their thoughts, often though stories or proverbs.

**Cuisine:** The top six foods of Uganda include matoke (the national dish of Uganda), ugali, bintebwa, banana curry, ginger chai tea, and chapati. Matoke are the local bananas grown and they are cooked while green and unripe, either steamed or boiled with or without the peel, and are eaten as is or in banana curry. Ugali is a stiffer porridge made from maize or mealies, and is similar to polenta. Bintebwa is a groundnut sauce that usually accompanied matoke or as a side dish, and chapati is a flatbread that is a staple to all Ugandan dinners.

**Religion:** Ugandans are predominantly Christian (86.7%), although some are Muslim (11.5%), Hindu (0.3%), local folk traditions (0.9%), or other (0.6%).

**Etiquette:** When meeting Ugandans, handshakes are all done only with the right hand and are generally appropriate with either sex. If men are shaking hands they will be more energetic and linger. If the shaker places their other hand gently over the shaking hand, this is a sign of deference. Between women, the sign of deference is when the other hand moves over the right forearm or elbow. Between men and women, there are more restrictions and changes depending on the relationship and region of Uganda. Generally a nod or bow will suffice towards the woman, although if they shake hands the man waits for the women to offer her hand first.

When talking with Ugandans, there is always small talk and greetings exchanged before any business is addressed and it is polite to address women as madam “nyabo” and men as sir “ssebo”. In all
conversations, it is considered rude to sit in silence and it is always best to participate in any discussion. Between adults, emotions and feelings are not openly expressed as feeling fawned upon can be interpreted as false happiness, or being lectured by false sternness.

Women dress in such a way that their legs are completely covered to be modest and men always wear long pants regardless of weather, as shorts are a symbol of being a child.

It is also considered a general taboo to walk over pots, especially ones that contain food, and are expected to be walked around.

**COMMON WORDS AND PHRASES**

Uganda’s official language is English, although they speak about twenty of other mingled dialects depending on the tribe, as well as other languages such as French and Swahili. Their native phrases are in Lugandan and they differ depending on the time of day.

<table>
<thead>
<tr>
<th><strong>ENGLISH PHRASE</strong></th>
<th><strong>NATIVE LANGUAGE TRANSLATION</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hello</td>
<td>Ki “chi” kati</td>
</tr>
<tr>
<td>How are you?</td>
<td>Oli Otya?</td>
</tr>
<tr>
<td>I’m fine</td>
<td>Bulungi</td>
</tr>
<tr>
<td>What is your name?</td>
<td>Erinnya lyo ggwe ani?</td>
</tr>
<tr>
<td>Good morning</td>
<td>Wasuze otya nno?</td>
</tr>
<tr>
<td>How was your day?</td>
<td>Wasuze otya nno?</td>
</tr>
<tr>
<td>Good afternoon</td>
<td>Osiibye otya nno?</td>
</tr>
<tr>
<td>Good evening</td>
<td>Osiibye otya nno?</td>
</tr>
<tr>
<td>Sorry</td>
<td>Nsonyiwa</td>
</tr>
<tr>
<td>Thank you</td>
<td>Weebale</td>
</tr>
<tr>
<td>No thank you</td>
<td>Nedda</td>
</tr>
<tr>
<td>Please</td>
<td>Mwattu</td>
</tr>
</tbody>
</table>

In the morning, when one says “Wasuze otya nno” it translates to “how was your night” just as “Osiibye otya nno” translates to “how was your day”. The expected reply is “Bulungi”, “fine”, and it is expected to ask after the asker’s day or night.
**Principal Cities**

**Kampala**
Kampala is the capital city of Uganda, built on originally seven hills (Kasubi, Mengo, Kibuli, Namirembe, Lubaga, Nsambya, and Kampala) having gained to power from being the capital of the Buganda Kingdom in the north. Buildings remain from before it was the capital of Uganda, including the Buganda Court of Justice, the Kasubi Tombs, and the Buganda Parliament.

**Area:** 73 square miles (189 square kilometers)

**Weather:** Annual average temperature: 73 °F

**Points of Interest:** Gaddafi National Mosque, Baha’i Temple, Uganda Museum and Lubiri Palace

**Health Statistics**

In Uganda, their population is equally 50% male and female, totaling 45,530,137, with a population growth rate of 3.32%, about 4,538 births per day and about 783 deaths. At their current population growth rate, Uganda is expected to surpass Egypt’s population by 2100. The average life expectancy for men is 62 years old and for women is 64 years old.

The top ten causes of death in Uganda are Neonatal disorders, HIV/AIDS, Malaria, Lower respiratory infections, Tuberculosis, Diarrheal diseases, Ischemic heart disease, Congenital defects, Stroke, and Road injuries.

Healthcare in Uganda is assisted by the government and

[Image of a healthcare setting]
administered by the Ministry of Health for the Republic of Uganda. There are a total of 155 hospitals, two are National Referral Hospitals (Mulago and Butabika), 117 are Regional Referral Hospitals and the remaining 139 are general hospitals. 65 are owned by the government, 63 are private-not-for-profit (PNFP) and the remaining 27 are privately owned. The main hospital in Kampala is Kiryandongo Hospital, officially opened in 1974, along the Kampala-Gulu highway, with 109 beds and serving 400,000 patients from many districts, including Kiryandongo, Masindi, Nakasongola, Oyam, Apac, Amuru, and Nwoya.
References

Flag
ec.europa.eu

Savanna Picture
Getty Images

National Language
https://ugfacts.net/uganda-national-language/

Currency

Currency Picture

Government

President
https://www.britannica.com/biography/Yoweri-Kaguta-Museveni

Population
https://www.worldometers.info/world-population/uganda-population/

Geography & Mounts Picture
https://www.britannica.com/place/Uganda/Land

Detailed Map
https://www.nationsonline.org/oneworld/map/uganda-map.htm

History
https://www.lonelyplanet.com/uganda/history

Economy
https://www.britannica.com/place/Uganda/Economy

Coffee

Economy Picture
https://www.independent.co.ug/comment-can-the-uganda-economy-maintain-the-momentum/

President Picture
https://www.sunnewsonline.com/

Culture
https://www.ugandasafaristours.com/blog/uganda-people-culture.html

http://guide.culturecrossing.net/basics_business_student_details.php?id=8&CID=212

https://countrymeters.info/en/Uganda

Chai Tea Picture / Cuisine
https://www.thespruceeats.com/introduction-to-ugandan-cuisine-39513

Language

What is your name?
http://www.buganda.com/phrssmlt.htm

Principle capital
https://www.worldatlas.com/articles/what-is-the-capital-of-uganda.html

Kampala / Picture
https://www.worldatlas.com/articles/what-is-the-capital-of-uganda.html
https://www.worldscapitalcities.com/capital-facts-for-kampala-uganda/
Weather
https://www.holiday-weather.com/kampala/averages

Population
https://countrymeters.info/en/Uganda

Health Statistics
https://worldpopulationreview.com/countries/uganda-population/
https://www.worldometers.info/world-population/uganda-population/
https://countrymeters.info/en/Uganda
https://www.cdc.gov/globalhealth/countries/uganda/default.htm
https://www.health.go.ug/hospitals/

Hospital Picture

Project C.U.R.E. Clinics