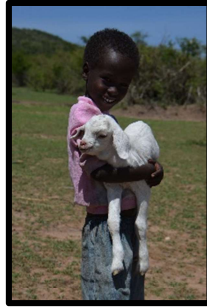


Culture ~

www.africanspringssafaris.com



Africa is rich in tradition and culture. Ethnic foods, dances, music, dialects abound.

Kenya - has a total of 43 tribes but majority of them have several sub-tribes. Surprisingly, 5 tribes make up to 70 % of the entire Kenyan population. The Kikuyu Community is the largest tribe representing 22 % of the entire population, followed by Luhya, Luo, Kalenjin, Kamba and Kisii respectively. The official languages of Kenya are Swahili and English. About 70% of the people are Christians, 25% indigenous religion with the remaining 5-6% being Muslim. Dowries are still very much a part of marriages. Ugali is the staple food – made from maize flour.

Tanzania – population includes around 120 different African tribal groups. The largest group is the Sukuma, who live in the north-western part of the country, south of Lake Victoria. One third of Tanzanians are Christians, another third are Muslim. The remaining third pursue one of the numerous indigenous **religions**. The official languages of Tanzania are Swahili and English. Ugali is the staple food with rice being the second most common food eaten.

Uganda - has 56 tribes and about nine indigenous communities. English is the official language with Luganda and Swahili also widely spoken in most parts of the country. If you are presented with a meal of pan fried grasshoppers, consider yourself a special guest, because its one of the favorite treats. Football is the national sport.

**It is always important to be sensitive to other traditions and cultures. Remember to ALWAYS ask permission when wanting to take a picture of people and please do not pay for pictures.*

