



Save the Children
CHANGE THE FUTURE

SYRIA

Population:

17 million

Continent:

Asia

Official language:

Arabic

Most common faiths:

87% Islam

10% Christianity

3% Druzism

Damascus is the capital city of Syria. People have lived there for over 4,000 years – it's one of the longest continually inhabited cities in the world. Before the current conflict, Aleppo was the largest city in Syria.

In 2011, protests broke out in Syria as people called for democracy and greater freedom. The government responded with force, and civil unrest spread across the country. By 2012, the violence had become so widespread that the country was in a state of civil war that continues to this day. Thousands of people have been killed and more than 12 million people have been forced to flee from their homes.

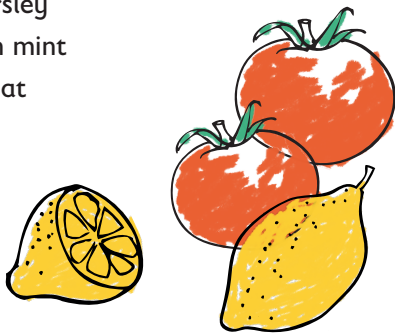


Share a meal: tabbouleh

Tabbouleh's a fresh salad made with parsley. It's usually eaten as part of a mezze spread with bread, dips, and other dishes.

INGREDIENTS

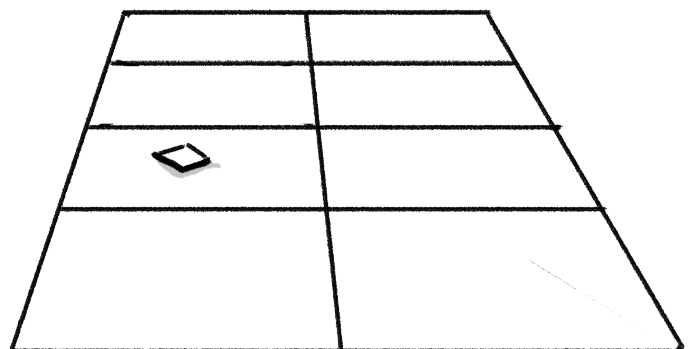
- 3 firm tomatoes, diced
- 5 spring onions, or 1 small red onion, finely diced
- 3 bunches flat parsley
- Half a bunch fresh mint
- 4 tbsp bulgur wheat
- Juice of 2 lemons
- 5 tbsp olive oil
- Salt
- Pepper

**INSTRUCTIONS**

1. Cook the bulgur wheat according to the packet instructions.
2. Remove the stems from the parsley and mint and finely chop them with a knife or scissors.
3. When the bulgur wheat's cooked, drain well. Put everything, including the tomatoes and onions, into a salad bowl.
4. Pour the lemon juice and olive oil over the salad. Add salt and pepper, and mix well.

Play a game: hajla

Hajla's a playground game similar to hopscotch. Draw a grid of squares on the ground with chalk. In one version of the game, you kick a stone along the grid – the square the stone stops in gives you a score (the further the stone travels, the higher your score). However, if the stone lands on a line, or goes too far and leaves the grid, you lose your points. The second way to play is to hop along the grid, pushing the stone in front of you using the same foot you're hopping on. You should try to get across the grid (and back again) without the stone touching the lines. If you make a mistake, you should start again.



Sing a song: The Chicken Song

The Chicken Song is a popular nursery rhyme in Syria and other Arabic speaking countries. Go to <https://www.mamalisa.com/?t=es&p=1052> to listen – you could sing it in two groups, one singing in Arabic and one in English.





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SOUTH SUDAN

Population:

About 11 million

Continent:

Africa

Official language:

English is the official language, but there are over 60 national languages including Bari, Dinka, and Luo

Most common faiths:

Christianity and other traditional faiths

People have lived in the area since before the 10th century, but South Sudan only became officially autonomous in 2005. It gained independence from Sudan in July 2011, so it's one of the youngest countries in the world. South Sudan's population is also very young; half the people living there are under 18.

There's been a civil war in South Sudan since 2013. It's forced more than four million people to leave their homes and flee to other parts of the country or across borders. Lots of people have fled to neighbouring Uganda or Sudan.



Share a meal: kuindiong

Kuindiong's a traditional dessert made of sweetened semolina. Dinka people typically serve it as a special welcome dish.

INGREDIENTS

- 1 litre water
- 560g natural yoghurt
- 250ml milk
- 360g semolina
- 220g sugar
- Topping:
- 500g butter



INSTRUCTIONS

1. Bring the water to the boil in a saucepan and stir in the natural yoghurt. Reduce the heat to low, then add the milk, semolina and sugar. Stir until the mixture thickens.
2. To make the topping, melt the butter in a small saucepan over a medium heat, then stir in the yoghurt. Bring to the boil, stirring constantly, and continue to cook for 20 minutes (or until the butter and yoghurt separate).
3. Remove from the heat as soon as the yoghurt granules have turned a pale, nutty colour and add to the kuindiong.

Play a game: boruboru

Boruboru's a traditional South Sudanese game – it's similar to dodgeball. Recently it's become very popular around the country. There's an official league, and it's particularly popular with girls who didn't have the opportunity to take part in sports before.

Two teams play against each other. A game usually has four 20 minute rounds, but you can make it shorter! In each round, the attacking team put forward two throwers who each have one ball. The defending team put forward one dodger. The throwers try to hit the dodger with the ball as many times as possible in the 20 minute round. They get one point every time they hit the dodger, but lose a point if they hit them on the head! Within each team, people should take it in turns so no one gets too tired. After 20 minutes, the attackers should become the defenders. After four rounds, the team with the most points wins.



Sing a song

The British Library's collected recordings of Dinka songs from South Sudan which you can listen to online at <https://sounds.bl.uk/World-and-traditional-music/Dinka-songs-from-South-Sudan>. Why not learn a song and perform it to your audience or ask them to join in?

COLOMBIA

Population:

48,250,000

Continent:

South America

Official language:

Spanish, English

Most common faiths:

Christianity (most people are Catholic)

Colombia is the second most biodiverse country in the world. It's the only country in South America to have coastlines on both the Atlantic and Pacific oceans. In Colombia there are rainforest areas, highlands, grasslands, deserts, and islands. People have been living in the area since at least 12,000 BCE.



Since the 1960s, there's been conflict in Colombia between the government, paramilitary, and guerrilla groups. Between 1985 and 2012, more than five million people were forced to leave their homes; most people moved to other areas of Colombia in search of safety. A historic peace deal was signed in 2016, but violence continues.

Share a meal: ajiaco

Ajiaco's a traditional Andean chicken, corn and potato stew from Bogota, the capital of Colombia.

INGREDIENTS

- 1 tbsp olive oil
- 1kg chicken breast
- 2 large onions, chopped
- 4 garlic cloves, minced
- 2 litres chicken stock
- Salt and pepper
- 1 bunch coriander
- 3 spring onions, chopped
- 2 tbsp guascas (or oregano)
- 1kg potatoes, diced
- 2 ears of corn, cut into 2–3 inch pieces
- 2 avocados
- 100ml double cream
- 4 tbsp capers, drained



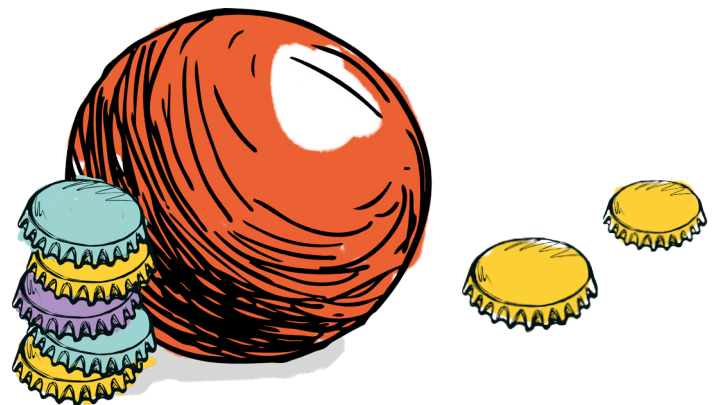
INSTRUCTIONS

1. Heat olive oil in a large soup pot over a medium heat. Add the chicken, onions, and garlic. Brown chicken for one or minutes on each side.
2. Add the stock, salt, pepper, coriander, spring onion, and guascas and bring to a boil. Reduce the heat to medium-low and simmer until the chicken's cooked (about 20 minutes).
3. Remove the chicken and set it aside to cool. Add the potatoes and corn and cook until tender (about eight minutes). Meanwhile, use a fork to shred the chicken.
4. Add the chicken back to the soup. Simmer on a low heat for another five minutes. Season to taste.
5. Serve topped with sliced avocados, cream, and capers.

Play a game: yermis

Yermis is played by two teams of 5 to 10 people. One attacks and one defends. The attackers roll a ball towards a stack of bottle caps. Once the bottle caps are knocked down, the defenders try to build the stack back up whilst the attackers throw the ball to try and hit them. Once a defender's hit, they're out. The game ends when the attackers have hit all the defenders with the ball, or when the defenders build the stack of bottle caps back up. If the defenders succeed, they yell '¡Yermis!' to tell everyone that they've won.

Look up Tejo – Colombia's most explosive sport.



Have a dance: cumbia

Cumbia is Colombia's national dance – it inspires some of the country's most popular music. You can learn to dance cumbia on your own or with a partner – there are lots of videos online to learn from. You could start by watching one at <https://youtu.be/QW8xlX0zcs8>. Why not teach your audience so they can join in?