

Sudan

Sudan is a country in Northeast Africa and shares its borders with Central Africa Republic, Chad, Egypt, Eritrea, Ethiopia and Libya. Sudan is home to more pyramids than Egypt (over 200). The Archaeological Sites of the Island of Meroe is probably the country's most famous site

Sudan's population is approximately 45.7 million as of 2022 and its capital is Khartoum.

Although education is free and compulsory from the ages of 6-13, more than 40% of children do not go to schools due to the economic situation. Environmental and social factors also increase the difficulty of getting to school, especially for girls



The Arab population is estimated at 70% of the national total. They are almost entirely of the Muslim faith and speak predominantly Sudanese Arabic. However, Coptic Orthodox Christians and Greek Orthodox Christians exist in Khartoum and other northern cities.

Non-Arab groups are often ethnically, linguistically and to varying degrees culturally distinct. These include the Beja, Fur, Nuba, Moro, Masalit, Bornu, Tama, Fulani, Hausa, Songhay, Nubians, Berta, Zaghawa, Nyimang, Ingessana, Daju, Koalib, Gumuz, Midob and Tagale.

Approximately 23 million children in Sudan are exposed to violence, abuse and exploitation. Many children are forced to flee alone, after losing their parents. There are critical food shortages and chronic malnutrition as well as ongoing violence in the country. FGM is common practice against young girls and experts estimate that as of February 2021, there are still between 7,000 and 19,000 child soldiers in South Sudan. The impact of family separation on children is clear: constant anxiety, fear for the safety of their families and in some cases serious damage to their mental health.

Under Egyptian rule, Sudan acquired its modern borders and began the process of political, agricultural, and economic development. At one point, the United Kingdom also shared sovereignty over Sudan. However, in 1956, Sudan was declared an independent state. Throughout the years there has been continual political unrest leading to a long-standing military dictatorship whereby thousands of minorities experienced torture and persecution.



As a standard practice, along with a strong handshake and a smile, most of the Sudanese use the greeting 'As-Salam Alaykum' regardless of their religion.

The colours of the Sudan flag stand for Arab unity and independence. The red stripe represents Sudan's struggle for independence and the sacrifices of the country's martyrs. The white represents the people, light and optimism. The black represents Sudan; in Arabic, 'Sudan,' means 'land of the black people.' Green represents Islam, agriculture and the prosperity of the land

Sudan has a rich and unique musical culture, however, traditional music suffered due to the country's chronic instability and repression with traditional Zār ceremonies being interrupted and drums confiscated. Northern Sudan listens to different music than the rest of Sudan. A type of music called Aldlayib uses a musical instrument called the Tambur which has five strings, is made of wood and makes music accompanied by the voices of human applause and singing artists.

Among the best loved and most commonly eaten ingredients in Sudan are peanuts, rice, fava beans, maize or sorghum porridge, okra, meat and sesame. A range of spices are used but the most popular is probably cumin. Dill is a common garnish, as is coriander. Ful medames is known as the national dish of Sudan. It is a delicious fava bean dish usually served with boiled eggs and bread and is typically eaten for breakfast.

During Ramadan, ful medames is consumed before sunrise in preparation for fasting

Some of the biggest and most important festivals in Sudan include:

- Mawlid an-Nabi (The Prophet's Birthday)
- Sufi Holiya Festival (Held in honour of Sudanese sheiks and saints)
- Eid al-Fitr (End of Ramadan)
- Eid al-Adha (Feast of the Sacrifice)

Most Sudanese wear either traditional or western attire. A traditional garb widely worn by Sudanese men is the galabiya, which is a loose-fitting, long-sleeved, collarless ankle-length garment also common to Egypt. The galabiya is often accompanied by a large turban and a scarf, and the garment may be white, coloured, striped, and made of fabric varying in thickness, depending on the season of the year and personal preferences.

The most common dress for Sudanese women is the thobe or thawb, pronounced tobe in Sudanese dialect. The thobe is a white or colourful long, one-piece cloth that women wrap around their inner garments, usually covering their head and hair. A Public Order Law formed in 1991 has made it illegal for women to wear trousers in public, because it was interpreted as an "obscene outfit."

Shaaria is a traditional Sudanese dessert made with a unique blend of ingredients. Pasta nets are first boiled, then fried and combined with sugar, melted butter, raisins or coconut, sesame oil, and a bit of salt. This dessert is typically prepared and served during Ramadan. Drinks are normally water, tea and coffee as well as Karkade, a hibiscus tea, served either hot or cold.

***Thank you to our young people who supported in writing this guide*