



Save the Children®

JOURNEYS with **US**

PAKISTAN
JANUARY 2024



Photo: Save the Children

THIS SPECIAL PRE-DEPARTURE INFORMATION HAS BEEN PREPARED JUST FOR YOU BEFORE YOU EMBARK ON THIS JOURNEY WITH US TO PAKISTAN!



REQUIRED DOCUMENTS & COURSES

The following is what is normally required **BEFORE** any travel to visit our programs in Pakistan. By now, you would've completed the following:

- Medical/Insurance & personal details relayed to host
- Completed meeting/conversation with the Safety and Security Focal Point
- Background check
- Personal Safety & Security Course and Briefing
- Child Safeguarding Course
- Updated/valid passport
- Up-to-date on all routine vaccines one month prior to journey
Some of these vaccines include chickenpox, diphtheria-tetanus-pertussis, flu, measles, hepatitis A and B, malaria, cholera, rabies, typhoid and yellow fever. To ensure you have up to date information regarding immunizations before traveling, check this link before departure and select Pakistan. <https://wwwnc.cdc.gov/travel/destinations/list/>
- Contact the Safety and Security Focal Person to ensure you're aware of the most recent developments around Covid-19, found [here](#)



RECOMMENDED PACKING *(If you forget an item, there are local shopping outlets)*

- Clothing for cool weather
(See climate/attire below - January is usually the coolest month. The average temperature is 60°F, but evenings can drop to 40°F depending on location.)
- Lightweight travel towel
- Sneakers or comfortable walking shoes and waterproof hiking boots
(There's snow in northern areas!)
- A day pack
- A personal first aid kit
- Malaria tablets
- Scarf or dupatta
(A lightweight scarf is sometimes worn by Pakistani women in rural areas)
- Long pants and long sleeve, loose-fitting shirts
- Sweaters and jacket
(for evenings and areas in north)
- Hat & gloves
(northern areas)
- Insect repellent
(mosquitoes can be out during day)
- A reliable water bottle
- Lightweight jacket
- Sunscreen lotion
- Phone charger



SAFETY MEASURES

- Some remote areas in-country are more susceptible to security challenges and travel itinerary may alter to accommodate guest safety.
- Always ensure that your personal belongings are secure, whether in hotel safe or tucked away in your purse or travel bag.
- If you're out during the evening, travel with a companion, another Journey's guest or Save the Children staffer and keep away from the Sindh krait snake who also only likes to go out at night. Highly nimble and energetic, its venom can be fatal.
- Tap water is not safe to drink in most parts, especially major cities. It's best to use filtered or bottled water, even if it's from the glaciers!
- Avoid crowds and any protests or demonstrations.



ARRIVAL

Your arrival will begin at the Islamabad International Airport, the second-busiest airport in Pakistan serving Islamabad, the capital city of Pakistan and Rawalpindi. It's located 25 km south west of the city and offers immigration counters, transportation services, foreign currency exchange and ATMs.

Once you've collected your luggage and passed through customs counters, arranged transportation will meet you outside the baggage claim area. Please look for the staffers with branded Save the Children signage. Before your experience begins, they'll provide you with your emergency contact list and briefing - and then, you're off to experience the beautiful country of Pakistan!



TRANSPORTATION

A Save the Children vehicle with staff driver and security will be provided to bring you to the airport, your hotel and each itinerary destination.

Should you wish to venture out after Save the Children excursions, it's not recommended to do so late in the evening in rural or city areas. Options available in the main cities and towns include Metro Cab, Uber and In Drive instead of public transportation. If you're using one of these options, arrange details prior to your excursion and confirm costs. It's also best to travel with a companion, another Journey's guest or a Save the Children staffer.



ACCOMMODATIONS

Hotel accommodation is provided at Save the Children security-cleared hotels. At the end of excursions each day, you'll retire for evenings at The Serena Hotel. Accommodation amenities include a fitness center, spa, pool and multiple on-site dining options.



ITINERARY

- Islamabad International Airport
- Faisal Mosque, Pakistan Monument and Daman-e-Koh, Islamabad
- Save the Children Office, Islamabad
- Children's Emergency Fund Pre-positioned Supply Warehouse, Islamabad
- Home Visit, Khairpur District
- Archaeological Ruins, Mohenjo-Daro
- Health Unit Facility, Khairpur
- Home Visit, Swat District
- The Karakoram Highway - Indus River & Raikot Bridge, Himalayan Mountains, Attabad Lake and Khunjerab Pass
- Local Market, Hunza
- Mingora Government School, Groundbreaking Ceremony, Swat



YOUR HOSTS



Muhammad Khuram Gondal, (he/him), Country Director

Muhammad Khuram Gondal is a Pakistani national and has served as Save the Children's Country Director in Pakistan for the past four years. With a career spanning 21 years, Khuram is a seasoned development and humanitarian professional with extensive experience in both emergency and non-emergency programs across the globe. He has taken on leading roles in Management, Operations, Program Development and Coordination in Management, Operations, Program Development, and Coordination throughout his career. Khuram holds a master's degree in Business Management and an Advanced Certification in Emergencies. His vast experience spans regions such as Asia, the Middle East, Africa and Europe, where he has actively contributed to multiple country programs of Save the Children International.

Throughout his dynamic career, Khuram has undertaken pivotal roles in diverse countries, including Pakistan, Yemen, Afghanistan, the Philippines, Iraq, Tunisia-Libya, Denmark, Syria, Jordan, Turkey and more.



Amina Agha, (she/her), Advocacy and Communications Specialist

Amina Agha is a seasoned humanitarian professional with a wide range of expertise spanning over 15 years in communications, advocacy and Disaster Risk Reduction. Her diverse career encompasses roles in both the private sector and humanitarian response initiatives in Pakistan and Afghanistan, with a specific focus on humanitarian programs for nearly 7 years. She holds a master's degree in Advanced Nutrition and was awarded a gold medal for academic excellence. Throughout her career, she has assumed senior positions and being part of the SMT, contributes significantly to policy development, humanitarian program/project implementation, including advocacy and communications.

She has contributed to numerous national policy initiatives and has many publications to her credit with the Government of Pakistan and the UN. Her skills extend to content design, documentary development, and impactful story writing. She is the author of *A Journey through Resilient Pakistan*. Currently Amina serves as the Advocacy and Partnership Management Specialist at Save the Children, Save the Children Pakistan's Country Office, where she strives to make valuable contributions to the humanitarian sector and a positive impact in communities.



SPECIAL APPEARANCE



Bilal Taj, (he/him), Deputy Country Director (Operations)

Bilal Taj is a professional accountant with over eighteen years of development and humanitarian response experience. While working with INGOs and audit firms, he has been able to acquire an invaluable diversified range of Finance, Awards & Operation Management skills. Having primarily served at the managerial level, Bilal has played integral roles within various country offices' senior management teams, serving as a representative of CO leadership.

His experience extends across multiple regions, including Pakistan, Japan (specifically during the Tsunami Response), Yemen, Lebanon and Tanzania. Notably, Bilal has served as the Global Roving Financial Controller for Save the Children's London office. In this capacity, he was deployed to critical locations such as the Central African Republic, Ethiopia, Kenya, and South Sudan.

He has a Graduate Degree from Pakistan and has additional certification in accounting and finance from the Institute of Chartered Accountants of Pakistan. Currently, Bilal is responsible for the overall operational management of Pakistan's country programs and ensures effective and timely implementation of both development and humanitarian programs across the country.



Photo: Save the Children

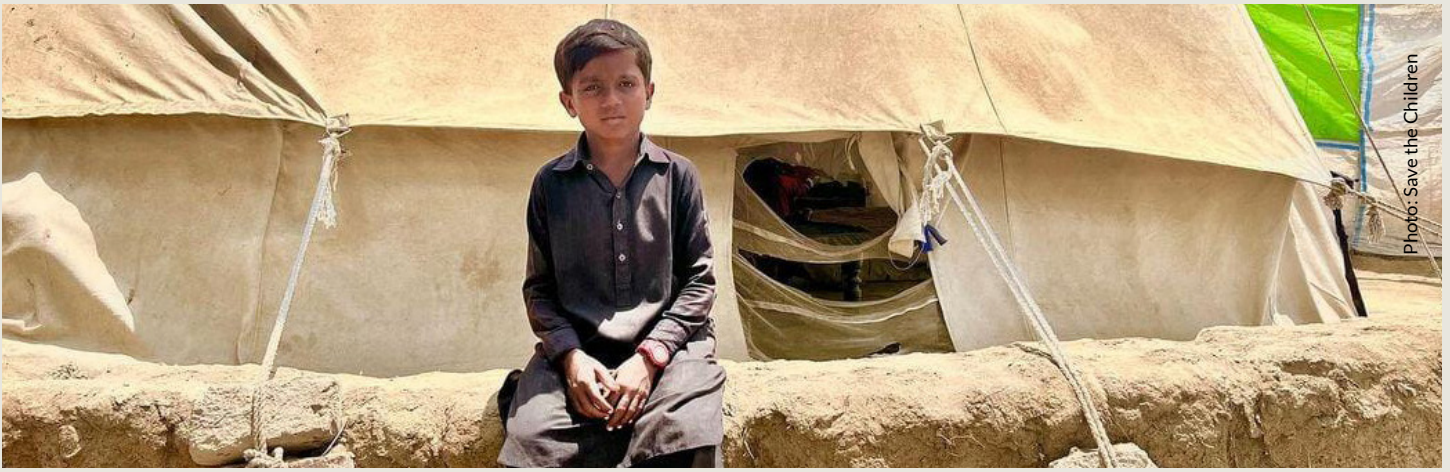


PROGRAM INFORMATION

Save the Children started working in Pakistan in 1979 after the influx of Afghan refugees, undertaking sustainable and high-impact development/humanitarian projects in at-risk communities. Since then, Save the Children Pakistan has contributed over USD \$900 million and reached over 14 million beneficiaries (children and adults) through humanitarian response, health & nutrition, education, child protection & child rights governance, livelihoods, water hygiene & sanitation and climate action programs.

In 2022, we reached more than 321,478 people through \$16.8 million worth of flood response and recovery efforts - including more than 158,308 children. In order to scale our impact, Save the Children established regional offices in Sindh and Khyber Pakhtunkhwa for swift and quality implementation of humanitarian response initiatives. Currently, we're progressing toward a recovery, rehabilitation and reconstruction phase to provide a multi-sectoral response in education, health, nutrition, WASH, food security and livelihoods for children, women and their families. As of December 2023, \$23.4 million worth of response and recovery is being successfully implemented by Save the Children Pakistan. Additionally, programs are being implemented in multiple districts of Sindh and Khyber Pakhtunkhwa, also stepping into the Baluchistan province along with the Islamabad Capital Territory and Azad Jammu & Kashmir.

Save the Children Pakistan is committed to continuing our consistent efforts to improve the quality of life of the children in Pakistan and further our mission in reaching the most at-risk communities through our work.



THE CHILDREN'S EMERGENCY FUND

As a humanitarian response organization, Save the Children supports children where the need is greatest, and we're equipped to provide expert support for their health, education and protection.

Today, there are more children in need of humanitarian assistance than at any other time since the Second World War. Save the Children has been supporting the unique needs of children caught in armed conflicts and disasters for over 100 years.

The Children's Emergency Fund is one of the fastest and most effective ways to ensure that urgently needed humanitarian assistance reaches children and families around the world whenever crises strike. The Fund allows us to pool resources before emergencies happen, ensuring that we can prepare for and deliver lifesaving humanitarian aid for children and communities as soon as a crisis hits.

We're always among the first to respond to crises and are committed not only to providing immediate emergency relief, but also to helping communities rebuild. In 2023, we reached over 15.9 million people through the Children's Emergency Fund, of which more than 6.9 million were children.



LAUNCH LIFESAVING ASSISTANCE

The Children's Emergency Fund lets us speed relief to disasters in the first 24 hours, when children's lives hang in the balance, often before the media reports what has occurred. This could include deploying our Emergency Health Unit to provide free healthcare, distributing prepositioned supplies and setting up safe spaces to protect children.



GET AHEAD OF PREDICTABLE EMERGENCIES

We know that at least half of all humanitarian crises are foreseeable and more than 20% are highly predictable. The Children's Emergency Fund enables our teams to create emergency preparedness and anticipatory action programs in disaster-prone countries to save lives and livelihoods by planning for the crisis and acting before it hits.



REACH PEOPLE IN CHRONIC AND UNDERFUNDED CRISES

The Children's Emergency Fund provides the resources that make it possible to scale up our responses in ongoing or escalating crises, delivering urgently needed aid to children and families even when public attention is focused elsewhere.



MEET THE NEEDS OF THE MOST MARGINALIZED THROUGH LOCALIZED RESPONSES

The Children's Emergency Fund ensures we can work with impacted community members and local partners to quickly identify the needs of at-risk groups, including women, children and people living with disabilities. This means we can deliver assistance to better meet immediate needs and support the long-term recovery of those traditionally marginalized.



2022 EMERGENCY FLOODS IN PAKISTAN

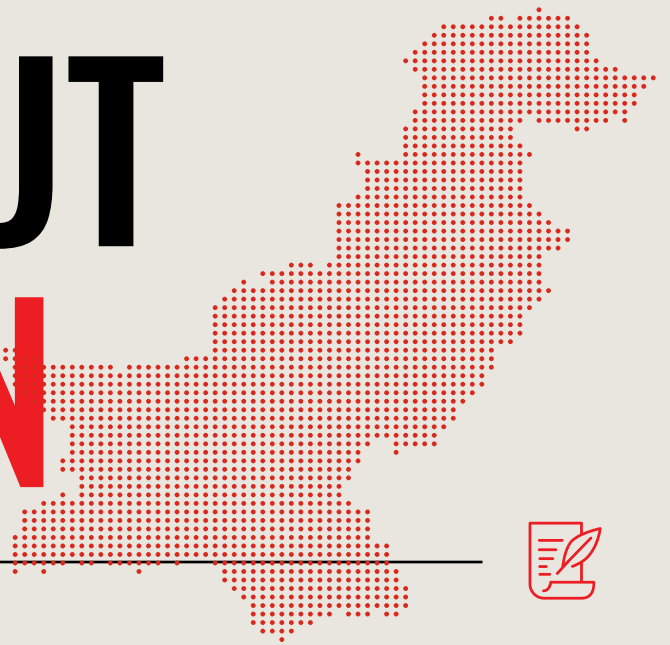
Pakistan experienced unprecedented heavy monsoon rains from mid-July through August 2022, which caused widespread flooding affecting 116 districts across all provinces. A national emergency was announced by the Government of Pakistan on August 26, 2022, with 90 districts across Pakistan declared as 'Calamity Hit'. Floods submerged many villages and caused significant damage to the infrastructure, partially or fully destroying houses, schools and hospitals and severely impacting livelihoods in a country where half of the population depends on agriculture and livestock. According to the UN, 33 million people were severely affected, out of which 16 million were estimated to be children.

Save the Children and local partners launched an extensive response with seed funding from the **Children's Emergency Fund** in Sindh, Khyber Pakhtunkhwa (KP) and Balochistan to address immediate survival needs in the worst-hit districts and provided assistance towards recovery, rehabilitation and reconstruction to minimize the adverse effects of flooding on education, health, nutrition, WASH, food security and livelihoods of children, women and their families.

As of December 15, 2023, Save the Children has reached more than **811,716** people in Pakistan, including more than **392,421** children through lifesaving activities under flood response 2022.



ALL ABOUT PAKISTAN



HOW DID PAKISTAN GET ITS NAME?

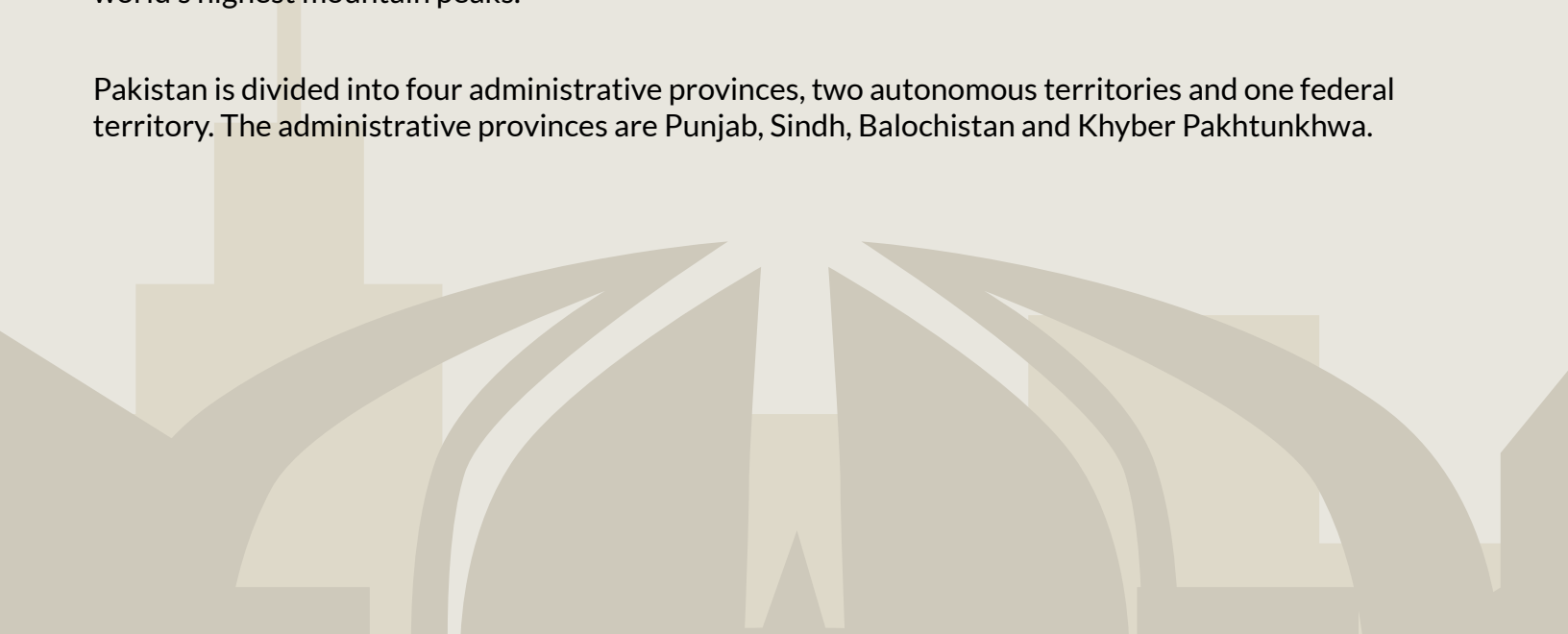
"Pakistan" comes from the combination of two Persian words, "Pak" which means "pure", "clean" or "holy", and "stan" which means "land of." As a result, "Pakistan" translates to "land of the pure" in both Urdu and Pashto. The name was known to have been created in the 1930s by Choudhary Rahmat Ali, a Pakistani nationalist who stated, "It is composed of letters taken from the names of all our homelands, Indian and Asian, Punjab, Afghanistan, Kashmir, Sindh, and Baluchistan." It's also documented that it was derived from the Hindi word "isthan" which means "a place".



WHERE IS PAKISTAN LOCATED?

In the southern part of Asia, bordering the Arabian Sea, between India to the east, Iran and Afghanistan to the west and China to the north, lies the stunning country of Pakistan, full of diverse landscapes and welcoming people. Pakistan (officially, Islamic Republic of Pakistan), has a land mass of approximately 340,509 square miles and is divided into three major geographic areas: the northern highlands, the Indus River plain in the center and east and the Balochistan Plateau. Located both in the Northern and Eastern hemispheres of the world, its climate varies as much as the country's topography - from hot dry desert temperatures near the coast and along the lowland plains of the Indus River to frigid weather in the northern uplands and Himalayas. The northern areas, Gilgit-Baltistan, are home to some of the world's highest mountain peaks.

Pakistan is divided into four administrative provinces, two autonomous territories and one federal territory. The administrative provinces are Punjab, Sindh, Balochistan and Khyber Pakhtunkhwa.





KEY COUNTRY FACTS

First Settlements: Became a nation on August 14, 1946, after partition from India and is home to one of the oldest civilizations in the world – the Indus Valley civilization

Population: Over 240 million

Capital: Islamabad

Area: 803,943 sq. km. with four provinces: Balochistan, Khyber Pakhtunkhwa, Punjab and Sindh, plus the Islamabad Capital Territory

Government: Federal parliamentary republic

President: Dr. Arif Alvi

Language: Urdu and English are the national languages, but Punjabi is widely spoken

Major Religions: Predominantly Muslim

Life Expectancy: 68-72 years

Popular Beverage: Sugarcane Juice (Roh), Chai, Sharbut, lassi, black tea and Rooh Afza

Landmarks: K2 is the second highest mountain in the world

National Animal: The Markhor – a wild goat with screw-shaped horns (perhaps handy for opening wine, although Muslims here aren't allowed to drink alcohol)

National Flower: Jasmine

National Bird: The Chukar, a member of the partridge family (not the TV musical sitcom), which serves as a local symbol of love

Major Rivers: Indus, Jhelum, Chenab, Ravi and Sutlej

National Anthem: Qaumi Tarana

National Fruit: Mango

Select Animals: Snow leopard, wild goat, ibex Bengal tigers and the Indus River freshwater dolphin

Climate: Mostly hot, dry desert; temperate in northwest; arctic in north

Country Flag: Flag of the Star and Crescent, made up of a green field with a stylized tilted white crescent moon and five-pointed star at its center, and a vertical white stripe at its hoist-end.





HISTORY

The fascinating history of Pakistan has civilizations dating back to 50,000 BC. The Indus Valley civilization, one of the oldest in the world, spread over much of what is presently Pakistan. Today, archaeological ruins are maintained throughout the country, especially in the ancient Indus valley – the ancient city of Mohenjo-Daro constructed of unbaked brick in the 3rd millennium B.C.

In the 18th century, the British dominated the region and reigned until 1947, when India gained independence from Great Britain and Muslims broke off to establish their own homeland. Pakistan officially became a nation on August 14th and was originally divided into East and West Pakistan. The separation of British India into the Muslim state of Pakistan and largely Hindu India, however, brought conflict over disputed territory, resulting in major wars in 1948, 1965 and 1971. Further conflict led to the eastern section of Pakistan separating and becoming what we know today as Bangladesh.

In past decades and today, the situation remains unstable as India and Pakistan have never quite resolved the disputed Kashmir territory. The regions of Jammu and Kashmir, which lie on the border between these two countries, remain a source of conflict, political unrest and turmoil.

Pakistan is the only country to have been created in the name of Islam. It was the result of the Pakistan movement, led by Muhammad Ali Jinnah, who is considered the founding father.



CULTURE, CUSTOMS & INDUSTRY

Pakistan's culture has been formed over thousands of years by many civilizations inhabiting the region, influencing its values, faith, cuisine, music, literature and art. But family and religion have played the most significant roles in shaping the way of life. Family comes first due to religious, cultural, economic and societal values. It's at the core of social life, with family honor being of great importance. In many households, parents, their sons and the sons' families live together, with men serving as head of house in traditional customs. In less traditional, more liberal families, men and women make decisions together – but the woman is usually responsible for household duties. In more rural areas, women are responsible for not only the household duties but also for tending to the field and livestock. Most of the population resides along the Indus River and its tributaries, with the Punjab province known to be the most densely populated.

Pakistan is a country of multiple ethnic groups, tribes and social groups, with Punjabi being the largest, making up approximately 45% of the population. These groups are mainly bonded together by Islam religion, but the way they practice is as different as the groups themselves. Pakistanis often identify themselves by their ethnic group – such as Pashtun, Sindhi, Punjabi, Muhajir and Baloch – first and Pakistani second. Islam is the state religion, of which 95% practice Islam and the remaining population includes Hindus, Christians, Parsis, Kalash, Sikhs, Buddhists and Jews. The country has a rich "Sufi" cultural heritage which not only embodies religion, but also mysticism, literature, values and education. Today, you can find Sufi shrines and mausoleums scattered across the Pakistan landscape.

Pakistanis are known to be very hospitable, friendly and considerate. Chances are if you're in need of directions, someone will personally take you to where you need to go! In Islam, a guest is a blessing from God, and all guests, tourists and visitors are always welcomed with open arms, warmth and respect. Hospitality is considered a sacred duty and all guests, even non-Muslim, are held in the highest regard. When meeting someone in country, shaking hands is an appropriate gesture for a Pakistani male elder, but any physical contact with a Pakistani female is considered inappropriate. Slightly bowing your head is the most appropriate gesture when meeting a Pakistani woman. The people of Pakistan are also known to embrace many celebrations with exuberance – if you're ever lucky enough to be invited to a Pakistani wedding, be prepared as it can last from three days up to a week, filled with choreographed dance, beautiful attire and a variety of dishes, music and much more!

Livelihoods for the people of Pakistan heavily focus in the agricultural sector, with close to 50% of the labor force working to produce cotton, wheat, rice, sugarcane, fruit, vegetables, beef, mutton and eggs. It's also one of the biggest producers and exporters of dates in the world! The remainder of the workforce is in the manufacturing sector which includes textiles, leather goods, sports equipment, retail, finance, hospitality and transportation. Pakistan's natural resources include natural gas, limited petroleum and coal, iron ore, copper, salt and limestone. The land also has natural hazards due to its location bordering the Indian and Eurasian plate, experiencing many earthquakes and devastating floods along the Indus after heavy rains.



Photo: Save the Children

CLIMATE & ATTIRE



Pakistan's climate varies as much as its ethnic groups. As its location is a large land mass barely north of the Tropic of Cancer, it has multiple climate conditions. The north has a continental climate, the west a mountainous dry climate (Baluchistan), the east a wet climate (Punjab), an arid climate in the Thar Desert and a tropical climate in the southeast (Karachi, Sindh). All also have extreme variations in temperature, both seasonally and daily. There are four seasons which are recognized: a cool, dry winter from December to February; a hot, dry spring from March through May; the summer rainy season (southwest monsoon period, occurring from June to September) and the retreating monsoons from October to November. Inter-annual rainfall varies significantly, often leading to successive patterns of floods and drought.

The most common form of clothing attire and national dress for both men and women in Pakistan is the shalwar-kamiz combination. This is a long knee-length shirt (kamiz) over loose-fitting pants (shalwar). Women tend to wear bright colors and accompany the shalwar-kamiz with a light shawl (dupatta), designs and jewels. Once out of major cities and in the more conservative communities of the north, burqas may be worn which may or may not cover the face. All mosques have very specific dress codes to cover arms, legs, shoulders and head.

For more formal wear, men will wear a knee-length coat (sherwan) and women will dress in beautifully embellished Lehnga, Saari or Sharara attire.



MUSIC, ARTS AND SPORTS

One of Pakistan's greatest strengths is its music. From traditional folk music to modern fusion, Pakistani music remains a blend of Southeast Asian influences. Punjab is home to bhangra styles, while Sindh is known for its dhammal style and ho jamalo. Pakistan's renowned Qawwals and Ghazals are the country's musical treasures. The country has produced some of the most famous artists in the world, including singer-songwriter Nusrat Fatah Ali Khan, as well as poets such as Farid Ahmed Faiz. Of course, with music comes dance! The Bhangra is the most popular, but other forms include Luddi, a folk step, the Sammi, Balochi, Jhumar, Chitrالي and Dhamal to name just a few!

There are many art forms across Pakistan, but pottery was one of the first. With origins dating back to 3,000 B.C., this traditional craft became an art. Today, each region of Pakistan has its own special jugs and jars – each different in style, color, pattern and techniques. Pakistan is also known for its painters, such as A.R. Chughtai and Sadequain, who are recognized around the world. Of course, you can also see some popular forms of painting on Pakistan trucks, buses and vans showcasing bright floral patterns and poetic calligraphy.

In addition to pottery and painters, artisans across the country create masterpieces of etched copper and brass décor and wares, embroidered fabrics and shoes, hand-crafted sterling ware, woodwork that's known all over the world, terracotta tiles, tribal rugs and glass bangles.

Pakistanis love field hockey and cricket! Field hockey is the national sport, and Pakistan's hockey team is considered one of the best in the world, having won many international tournaments. Pakistan is a test-playing cricket nation, a status only granted to ten nations worldwide. The cricket team has won several international tournaments, including the Cricket World Cup and the Cricket International Knockout Series (T20). In addition to cricket, Pakistan is also home to a variety of other sports, including squash and badminton. Other popular sports include volleyball, football, snooker and wrestling, which are popular among the youth in the plains of Pakistan's provinces. Of course, if you're playing soccer (football), it's with a ball made in Pakistan!



SOUNDS OF PAKISTAN FOR YOUR LISTENING PLEASURE

Artist: Vital Signs

[LISTEN NOW](#)

Artist: Atif Aslam

[LISTEN NOW](#)

Artist: Ustad Rahat Fateh Ali Khan

[LISTEN NOW](#)

Artist: Nusrat Fateh Ali Khan

[LISTEN NOW](#)

Artist: Kaifi Khalil

[LISTEN NOW](#)



Photo: Unsplash



FACTS & LEGENDS

- The Karakoram Highway is the world's highest paved international road, according to Travel+Leisure magazine. This 800-mile highway connects Pakistan to western China, with a maximum height of 15,300 feet!
- Always stand to greet a person entering a room.
- The late Benazir Bhutto was the first woman elected to head a democratic government in a Muslim-majority country.
- If you learn to drive in Pakistan, you can drive anywhere!
- Malala Yousafzai, a woman's education activist, was awarded the Nobel Peace Prize, making her the youngest-ever laureate.
- Over 50% of all soccer balls in the world are made in Sialkot.
- According to the UN, Pakistan has the world's largest contiguous irrigation system.
- Kumail Nanjiani - named in Time magazine's list of 100 most influential people in the world and nominated for an Oscar - was born in Karachi.
- Santa in Pakistan is called Christmas Baba!
- If offered food you don't like or a 'hookah', you may place your hand on your heart and bow your head to decline the offer.
- Pakistani weddings are typically lavish celebrations with a lot of guests, sometimes between 500 to 1,000 people!
- Be afraid of snails! The cone snail, found in Karachi's coastal regions, is rumored to possess the most lethal and potent venom, enough to kill 20 people with a single drop.
- No PDA in public - this is frowned upon!
- One of the most notable modern legends of Pakistan is Abdul Sattar Edhi, a philanthropist and humanitarian who dedicated his life to helping the poor and marginalized.
- Pakistan's Edhi Foundation proudly runs the world's largest volunteer ambulance service.
- The most common greeting among Pakistanis is "As-Salamu-Alaykum" ('Peace be upon you') and Elders are greeted first out of respect.

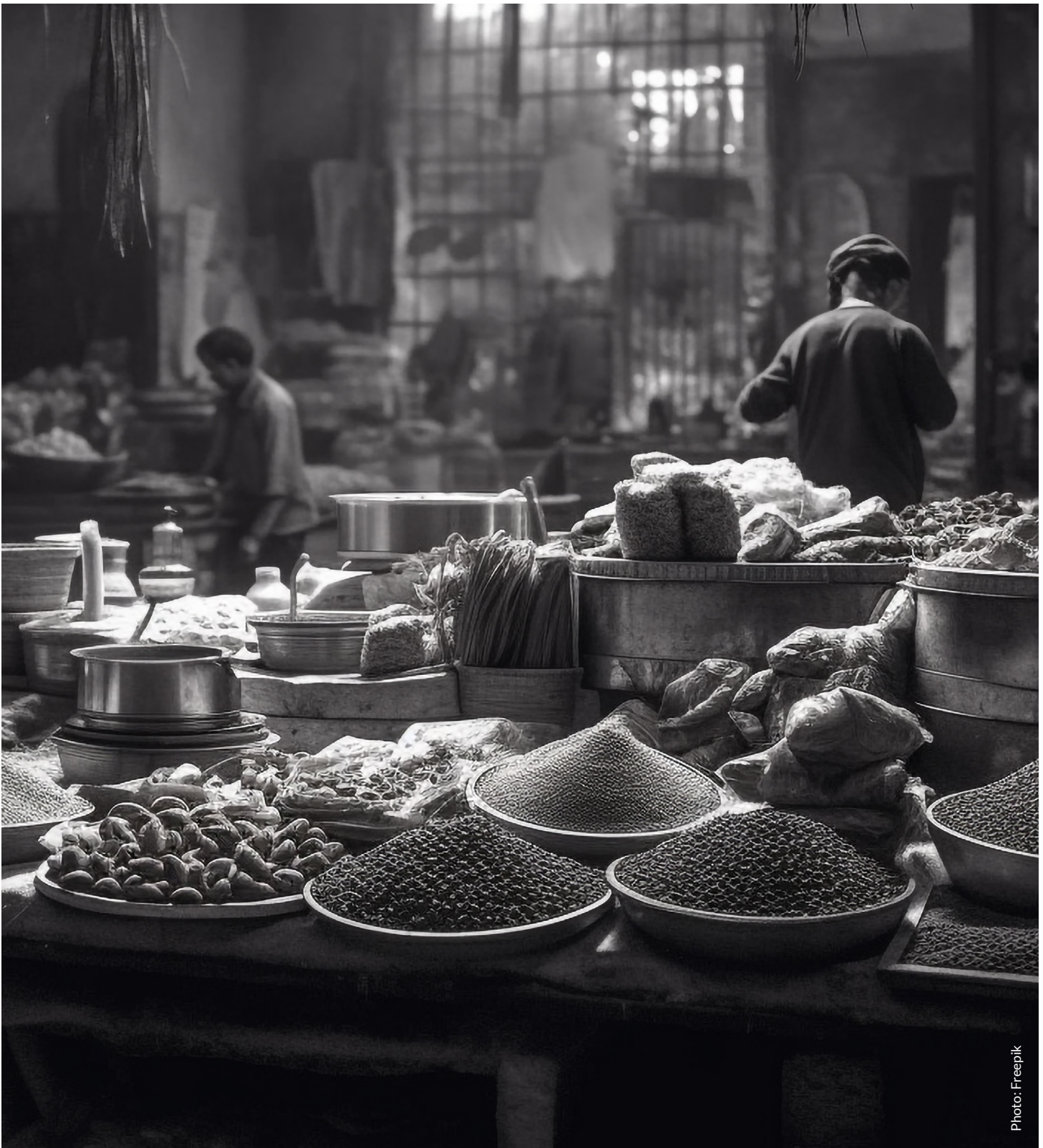


Photo: Freepik

PAKISTAN CUISINE



The cuisine of Pakistan is heavily influenced by its past with flavors from Central Asia, India and the Middle East. Its cuisine in the eastern region is highly seasoned, and spicy and cuisine from western and northern provinces are milder, with more influences from Central Asia. As pork is forbidden, beef, chicken and seafood as well as lentils (dahls) are common proteins. Varied spices used include chili powder, curry, ginger, garlic, coriander, cumin, cinnamon, saffron and turmeric. Main dishes are usually served with breads like naan and chapati (roti) or rice to accompany.

FIRST COURSE: SHAMI KABABS

(CHICKEN KEBABS)



INGREDIENTS:

- 2 lbs Chicken pieces with bone and skin
- 4 cups water
- 1 cup yellow split peas rinsed and soaked
- 1 medium red onion chopped
- 1 head garlic peeled
- 2 inches ginger sliced
- 5 green chilies
- 5 red chilies dried
- 2 cubes chicken bouillon
- 1 Tbsp cumin seeds
- 1 Tbsp coriander seeds
- 3 cinnamon Sticks
- 3 black or green cardamom Seeds
- 1/2 tsp turmeric powder
- 5 Tbsp fresh coriander
- 1 tsp black pepper
- 1 tsp salt or to taste
- Mint leaves optional
- 2 eggs
- 2 Tbsp vegetable oil for frying

GREEN CHUTNEY:

- 1 cup coriander, fresh
- 1/8 cup water
- 2 cloves garlic minced
- 2 green chilies
- 1 Tbsp yogurt (full fat or Greek)
- 1 tsp salt or more to taste

Prep Time: 20 minutes

Cook Time: 55 minutes

Total Time: 1 Hour 15 minutes

Servings: 8

<https://www.internationalcuisine.com/pakistani-shami-kababs/>

INSTRUCTIONS:

1. Rinse the yellow split peas and soak, if necessary, per package directions
2. In a large pot or wok, add in the four cups of water and chicken pieces and turn on heat to medium high.
3. Add in the split peas, onion, garlic, ginger, turmeric, chilies, cardamon, chicken bouillon, cinnamon, coriander seeds and cumin seeds, salt and pepper. Mix well, bring to boil and then reduce heat to simmer and let cook for about 45 minutes.
4. Remove the chicken to de-bone it while allowing the ingredients to continue to cook in the pot. It's easy to use two forks remove the skin and shred the chicken from the bone. When finished, add it back into the pot.
5. Mix well and cook until the split peas are tender. Turn off heat and remove the cinnamon sticks.
6. In a mortar and pestle, pound the mixture a little bit at a time until you get a smooth consistency. Put in a bowl and add in the fresh coriander and mint, if using. If you like heat, add a couple more chopped green chilies and mix well.
7. Pick up a small handful of mixture and roll into a ball (about the size of a golf ball). Flatten the ball to make a patty and set the patties on a plate. Repeat until the mixture is gone.
8. Whisk two eggs into a large bowl to dunk the kababs.
9. In a frying pan, heat the oil on medium high, dunk the kabab into the egg and then fry them just a few minutes on each side until golden brown. Remove with spatula and set on paper towel to remove any excess oil.
10. Serve hot with ketchup or green chutney.

GREEN CHUTNEY:

1. Put all the ingredients, except the yogurt, into a food processor or blender to combine. Once all combined, put into a bowl and stir in the yogurt. Taste for salt and serve with the hot shami kabab.

MAIN DISH: CHICKEN KARAHI

(PAKISTANI CHICKEN CURRY)



INGREDIENTS:

- 1 Tbsp vegetable oil
- 2 Tbsp ghee
- 1 inch ginger fresh, peeled and minced
- 2 cloves garlic peeled and minced
- 1 lb. chicken breast cut into bite size pieces
- 3 tomatoes medium, diced
- 2 green chilies seeded and chopped
- 1 tsp cumin powder
- 1 tsp chili powder
- 1 tsp garam masala
- 1 tsp fenugreek ground
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp red pepper flakes
- 1/2 tsp turmeric ground
- 2 Tbsp cilantro fresh, chopped

FOR THE RAITA:

- 1/2 cucumber peeled and rough chopped
- 2 Tbsp cilantro fresh
- 1 Tbsp mint fresh
- 1/4 tsp coriander ground
- 1/4 tsp cumin ground
- 1/2 cup yogurt, plain
- salt to taste

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Servings: 4

<https://www.internationalcuisine.com/chicken-karahi/>

INSTRUCTIONS:

1. In a karahi or wok, heat the oil and ghee over medium high heat. Add in the garlic and ginger and stir until fragrant.
2. Add the chicken pieces until cooked on all sides.
3. Reduce the heat add in all the other ingredients except the cilantro and mix well.
4. Cover and simmer until the chicken is cooked through and the liquid has cooked down - about 20 minutes. If you have too much liquid, remove the lid and cook for another 5 to 10 minutes until thickened.
5. Serve the Karahi with the cilantro (you can also serve with additional chilies and ginger as well). It is best served hot and with some naan bread and a green coriander chutney or raita.

GREEN CHUTNEY:

1. In a blender or food processor mix together all the ingredients except the yogurt. Once well blended, stir in the yogurt and add salt to taste.

DESSERT: **SHAHI TUKRA**

A PAKISTANI ROYAL DESSERT SIMILAR TO BREAD PUDDING.



INGREDIENTS:

- 2 1/2 cups whole milk
- 1/4 cup sweetened condensed milk
- 1 Tbsp sugar
- 2 Tbsp milk powder
- 3 pods cardamom
- 4-5 strands saffron
- 3 Tbsp ghee
- 8 slices white bread crust removed
- 1 Tbsp cashew nuts chopped
- 1 Tbsp almonds chopped
- 1 Tbsp pistachios chopped

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Total Time: 45 Minutes

Servings: 4

<https://www.internationalcuisine.com/shahi-tukra/>

INSTRUCTIONS:

1. In a thick bottom pot, add in the milk, sweetened condensed milk, sugar, cardamom pods and saffron strands. Turn the heat to a medium and bring to a boil, stirring occasionally so it does not stick or burn.
2. When it comes to a boil, reduce the heat to low and continue a low simmer until it reduces by about half (about 10-15 minutes) and continue to stir occasionally.
3. Add in the milk powder and stir until smooth. Remove the cardamom pods. Set the milk mixture aside. Remove the bread crusts and make a triangle shape or 4 squares.
4. In a fry pan, melt the ghee. When warm, add the bread pieces and cook until golden brown and flip over. Transfer to a plate when browned.
5. Arrange the fried bread on a serving platter, pour over the Rabadi (milk mixture) and garnish with nuts. This dish can be served either hot or chilled. If serving chilled, keep in the refrigerator for 30 minutes before serving.



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*Facts and figures referenced in this document as of January 2024.