



Journeys with **US**

**YOUR PRE-DEPARTURE
INFORMATION HAS ARRIVED!**



Photo: Save the Children

**THIS SPECIAL PRE-DEPARTURE INFORMATION HAS
BEEN PREPARED JUST FOR YOU BEFORE YOU EMBARK
ON THIS JOURNEY WITH US TO SOUTH SUDAN.**



REQUIRED FORMS & COURSES

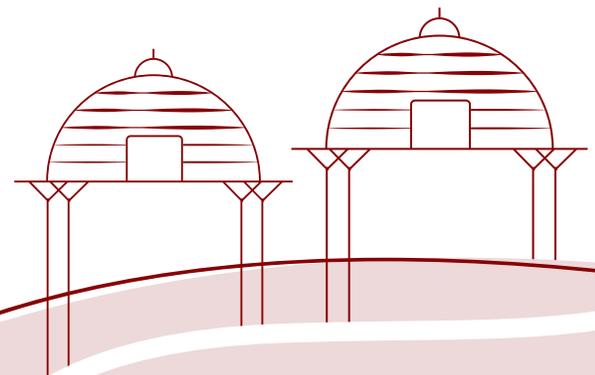
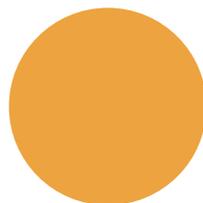
The following is what is normally required BEFORE any travel arriving in country. If getting on a plane, by now you would have completed the following:

- ✓ Background Check
- ✓ Personal Safety & Security Course
- ✓ Child Safeguarding Course
- ✓ Apply for entry Visa
- ✓ Proper Immunizations: The following vaccinations and oral medication are recommended for all visitors and travellers to South Sudan: **(1)** Hepatitis A and B, **(2)** Yellow Fever, **(3)** Typhoid, **(4)** Meningitis; **(5)** Tetanus, **(6)** Cholera **(best bonus of virtual)**
- ✓ Medical/Insurance & Personal details relayed to host
- ✓ Evacuation Coverage



RECOMMENDED PACKING (completed)

- ✓ Clothing for hot weather
- ✓ Long sleeve shirts to wear at night
- ✓ Closed toe sturdy shoes
- ✓ Antimalaria drugs
- ✓ At least one small hand torch, and/or head torch
- ✓ A day pack
- ✓ A personal first aid kit
- ✓ A towel
- ✓ A small shaving mirror
- ✓ Sufficient USD\$100 notes
- ✓ Insect repellent
- ✓ Passport photos
- ✓ A good strong water bottle
- ✓ Lightweight jacket
- ✓ A small umbrella
- ✓ Sunscreen





ARRIVAL

Juba International Airport: Airline counters, baggage check-in area, immigration and customs have designated space in terminal - toilet facilities are limited, it is advised to use the toilets on the aircraft before landing. **Do not take any photographs at any time when in or near the airport.**

Once arriving in Juba, the capital of South Sudan, you are required to register your passport with the authorities, this needs to be completed within 72 hours of arrival.

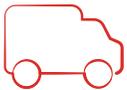
Contact the Safety and Security staff at your destination to ensure you are informed of the most recent developments regarding COVID-19 at your destination.

Once you are out of the airport, you will have to walk about 150 meters towards the NGO car park to be met by a Save the Children driver. Driver will provide local phone with emergency contacts. If you want to carry camera or recording equipment, the office needs to be informed in advance.



ACCOMMODATIONS

Guests will reside in The James Hotel and James Apartments with alternate Keren and Oasis hotels. Field accommodation varies from tented camps to camps made up of local houses (Tukuls) and to a variety of guesthouses.



TRANSPORTATION

Most of the road infrastructure is unpaved with the exception of Juba – Nimule road and a few towns (i.e. Wau, Malakal and Aweil) which are tarmac; it is very hard to access other parts of the country by road. Air transport is often the more viable option during the rainy season. Many areas are accessible in dry season. The use of taxis, buses, minibuses, motorbike taxis (Boda Bodas) or **any other form of non-SCI transport is strictly prohibited.** The only authorized means of transport are SCI vehicles.



ITINERARY

- ✓ Juba International Airport
- ✓ Rumbek Field Office
- ✓ The Konyo Konyo Market
- ✓ Primary Schools (2)
- ✓ Nile River
- ✓ Farewell
- ✓ Juba Field Office
- ✓ Rumbek Town





SAFETY MEASURES

- ✓ Avoid engaging in discussions about local politics with locals as this is an emotive topic.
- ✓ Avoid areas where protests, demonstrations, or marches are taking place, and monitor local and social media for updates.
- ✓ Use caution at Juba International Airport, all roads in South Sudan (beware of VIP convoys), any unauthorised money changing points, and all places at night.
- ✓ Observe curfew hours and avoid moving about at night; if you must, call a driver but return to your accommodations before 6:00 pm. It is requested not to walk on the streets and always use SCI vehicles.
- ✓ Observe and respect local clothing customs and dress modestly to avoid drawing attention (no expensive jewelry).
- ✓ South Sudanese are generally very friendly but if you do not know the people, it is best to keep a polite distance. Decline politely but firmly any invitations, which make you feel uncomfortable, even if faced by amicable pressure to accept.
- ✓ Food- and water-borne disease are the number one causes of illness and are caused by viruses, bacteria, or parasites found in contaminated food and water. Essential that one drinks treated water or bottled water and ensure food is free from contamination. Make sure you carry antimalaria drugs and insect repellent ointment when visiting the field.
- ✓ If feeling ill, call the CD or Safety Security Director. All visitors are registered with MRDCi hospital and can access services with support from SSD.
- ✓ Snakes, scorpions and insects can be seen occasionally - especially in the field but also in Juba (Jebel Mountain). Wear sturdy footwear whilst in compounds to avoid being bitten by snakes and at night wear long-sleeved shirts, use a flashlight/torch and avoid sitting on logs or stones. Shake out shoes in the morning to ensure no scorpions have taken up residence in them!





YOUR COUNTRY DIRECTOR



Rama Hansraj, Country Director

Rama Hansraj joined Save the Children in South Sudan in May 2019. She has over 15 years of international development and emergency response experience, having worked across Africa, Asia and the Middle East. She has worked in South Sudan before and is well-versed with the operational context. Rama is passionate about creating a just world for those marginalized because of their identity, work and descent. Her personal experience of facing such oppressions and working as a social activist since her university days only furthered her passion to make a change in the world. With this vision, she entered the humanitarian sector in 2005. Since then, she has worked with several international organizations including Relief International, Danish Refugee Council, Helpage International, Concern Worldwide and Catholic Relief Services.

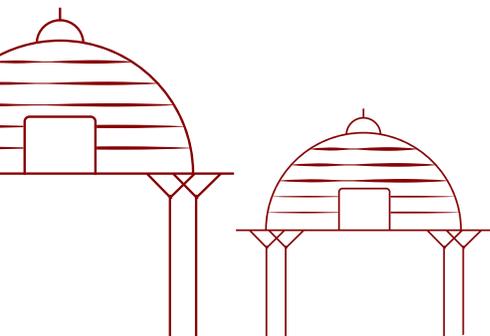
Rama possesses a Master's Degree in Human Rights from the University of London as well as a Master's Degree in Mass Communication from the University of Hyderabad, India.

YOUR HOSTS

Mohammed Alshama'a, Director, Program Development & Quality

Mohammed Alshama'a is from Yemen and has been working in the humanitarian/development sector for more than 11 years. Mohammed joined Save the Children in South Sudan in January 2021 as PDQ Director, responsible for new project development, program monitoring and program quality. He is leading a team of qualified technical specialists who in turn support program implementation to deliver high quality results. Mohammed has extensive experience in emergency and development programming for complex emergency responses & fragile states, with programme and projects leadership & management, advocacy, as well as project design, monitoring, research and assessment and technical experience in different thematic areas including Education, Livelihood and Protection.

Prior to working for Save the Children, Mohammed has worked in various roles for Economic Opportunities Fund, Oxfam GB, and Democracy School. He holds a Master's Degree in Business Administration and has recently obtained a Postgraduate Certificate in Humanitarian Leadership from Deakin University, Australia.



YOUR HOSTS

Lisah Achol Akech Magol

Lisah Achol is a child rights activist and frontline advocate of children's and women's rights in South Sudan. She is one of the few female campaigners of equality and protection of the next generation of children who constitute more than half the population of the country. Lisah joined Save the Children International in January 2018 as Child Protection Officer and is currently the Acting Child Protection and Child Rights Governance Coordinator in the Rumbek field office. She started working as a humanitarian worker in 2017 for the Girls Education South Sudan (GESS) program in different states of South Sudan.

Lisah possesses a Bachelor's Degree in Economics from Catholic University of South Sudan (2017) and a Diploma in Public Administration and Management from the University of Fort Hare, South Africa (2013).

Joseph Alex Kayi

Joseph Alex Kayi is the Programme Manager for the South Sudan Joint Response (SSJR). Joseph is a South Sudanese by nationality with 13 years experience of humanitarian work in South Sudan in both emergency and development context. He joined Save the Children in April 2019 and his main job currently focusses on coordinating with international and national organizations who are members of the Dutch Relief Alliance in designing and implementing a humanitarian response project in the country through liaison with UNOCHA, NGO Forum and relevant clusters.

Joseph is passionate about working together with different stakeholders to delivering humanitarian response and ensuring that Save the Children is able to timely respond to people in need, strengthening their resilience for them to be able to overcome challenges. Before joining Save the Children, Joseph worked with Concern Worldwide, International Committee of the Red Cross (ICRC), UN FAO, Caritas Luxembourg, Humanitarian Development Consortium (HDC), GIZ and Dorcas Aid International in different roles within South Sudan.

Joseph has Bachelor degree in General Agriculture from Uganda Martyrs University, Bachelor degree in International Relations and Diplomacy from Kampala University, Diploma in Fisheries Management and Technologies from Uganda, Diploma in International Development and is currently pursuing a Masters in Humanitarian Aid.





COUNTRY OFFICE PROGRAM INFORMATION

Save the Children has worked in South Sudan since 1991. We have a deep knowledge and understanding of the challenges children and families face, and have positive working relationships with key stakeholders including the government, local authorities, other international and national NGOs and UN agencies. We have also established the trust and acceptance of communities in which we work.

We work in health, education, nutrition, food security and livelihoods and child rights governance, child protection and emergency response. We are present in 7 of 10 former states of South Sudan. The country office is located in the capital city, Juba. We have some 600 staff members and 10 offices across the country, along with a warehouse.



EDUCATION

We have a robust education program portfolio in South Sudan of early childhood development, basic education and alternative learning for children who are out of school. We train and incentivize teachers, rehabilitate and construct classrooms and sanitary facilities. Our staff works with school management committees and parent-teacher associations on school improvement plans and raise awareness in communities of the importance of education, with a focus on girls' education. We promote access to equitable, inclusive education, both formal and non-formal systems and are committed to helping teachers pursue their qualifications in collaboration with Juba University and the Ministry of General Education and Instruction.

With UNICEF, we also co-lead the Inter Agency Standing Committee's education "cluster" in South Sudan. The cluster continues to support the Ministry of General Education and instruction's COVID-19 response strategy and to inform school re-opening plans.

The COVID-19 pandemic has caused schools to close and continues to interrupt learning for millions of children across South Sudan – girls and boys whose lives and well-being are already compromised by poverty, natural disasters and conflict. Children and their families in many parts of the country regularly experience displacement, food shortages, destruction of family assets, family separation, sexual- and gender-based violence, and a lack of access to education and other basic services.

Some 2.2 million children were out of school before COVID-19 for a range of reasons, including damaged and closed schools, conflict and underlying protection issues such as child marriage, early and unwanted pregnancies, child labor and other grave violations of their rights. An estimated 3.4 million children are further in need of education services due to the pandemic-related school closures.

South Sudan is one of the 15 fragile countries and geographies that we have prioritized for pandemic-related education funding and action through our global Safe Back to School initiative. Restoring children's access to learning and their safe return to school is one of our two top priorities, and we are working nonstop in South Sudan and around the world to help safeguard a generation of children's education and their future.

That's because a staggering number of girls and boys are still experiencing disruptions to their education despite schools in some countries having reopened. We recently estimated that 112 billion school days were lost worldwide in the past year. Up to 16 million girls and boys are at risk of dropping out because of poverty, early marriages and pregnancies. Other children have gone to work or, having been out of school for months, have simply lost the desire to learn.

Simply put, COVID-19 remains a dire threat to children's learning, even as vaccines become more available and countries ease restrictions. School closures also transcend education, as they impact children's nutrition, health and protection from harm. When children are hungry, school provides meals – but in 2020, children missed an estimated 39 billion in-school meals according to UNICEF. Schools are where children can access health care and mental health services. When home isn't safe, school is protection.

Safe Back to School's aspirations for children are as ambitious as the pandemic has been devastating to their education:

- Safely return over 150 million marginalized children into school and back to learning in over 60 countries. This includes our vision of using the COVID-19 moment to “build back better” to ensure more resilient education systems.
- Supporting children's return to learning through global campaigns, advocacy, and collaborations with similar initiatives and partnerships.



ALL ABOUT SOUTH SUDAN



HOW DID SOUTH SUDAN GET ITS NAME?

The name Sudan comes from Arabic, “Bilad as Sudan” or “Land of the Blacks.” This name refers to the area south of the Sahara. South Sudan was named when it became independent of Sudan on July 9, 2011. It is officially the Republic of South Sudan. South Sudan is the most newly recognized nation in the world, and joined the United Nations just a few days after Independence, on July 14, 2011.

WHERE IS SOUTH SUDAN LOCATED?

South Sudan is a landlocked country, also with many neighbors: Sudan to the north, Ethiopia to the east, Central African Republic to the south, Democratic Republic of the Congo to the southwest, Uganda to the south and Kenya to the southeast. Its capitol resides in Juba – in the southern portion of the country.





KEY COUNTRY FACTS

- **Population:** 12.2 million [2021 estimate]
- **Capital:** Juba
- **Area:** 589,759 sq. km
- **Major languages:** English, Arabic (Juba Arabic), Dinka, Nuer, Bari, Murle, Anyuak, Shilluk, Moro and Zande
- **Major religions:** Christianity, Islam, Animism and traditional beliefs
- **Life expectancy:** 54 years (men), 57 years (women)
- **Monetary unit:** SSP or South Sudanese Pounds the rate of exchange with the USD\$ is subject to change. It is an offence to change currency in shops, markets or with money dealers. There are no cash machines/ATM facilities in the airport but in Juba there are few ATMS, which dispense SSP.





HISTORY

South Sudan (the youngest country in the world) got its independence in July 2011 from Sudan and went into conflict in December in 2013 after disagreement between the incumbent President Salva Kiir Mayardit and his then First Vice President Riek Machar on the reforms in the ruling SPLM party. Since then the conflict has continued and fragmented with several armed groups currently in existence. Despite the signing of the IGAD Peace Accord in August 2015 which ended the war and reinstated back Riek Machar to his position as First Vice President in April 2016 and a TGoNU was established, fighting erupted again on July 8th 2019 in Juba of which an approximate 20,000 people were reported killed on ethnic backgrounds. The opposition armed SPLA/M-io returned to bush and mobilized forces countrywide to the government and war intensified in the greater upper Nile region and Equatoria with the exception of Bahr El Ghazal region leading to killings and displacement of many citizens from their home lands and seeking refuge in Ethiopia, Sudan and Uganda.

In August 2018, the warring parties in Addis Ababa reached a new agreement and the revitalized peace agreement was signed in Khartoum in September 2019 ending the war in South Sudan. The parties to the agreement agreed to and finally formed the transitional government of national unity (TGoNU) on 22nd February 2020 after two failed attempts to do so in May 2019 and November 2019.



CULTURE & CUSTOMS, INDUSTRY

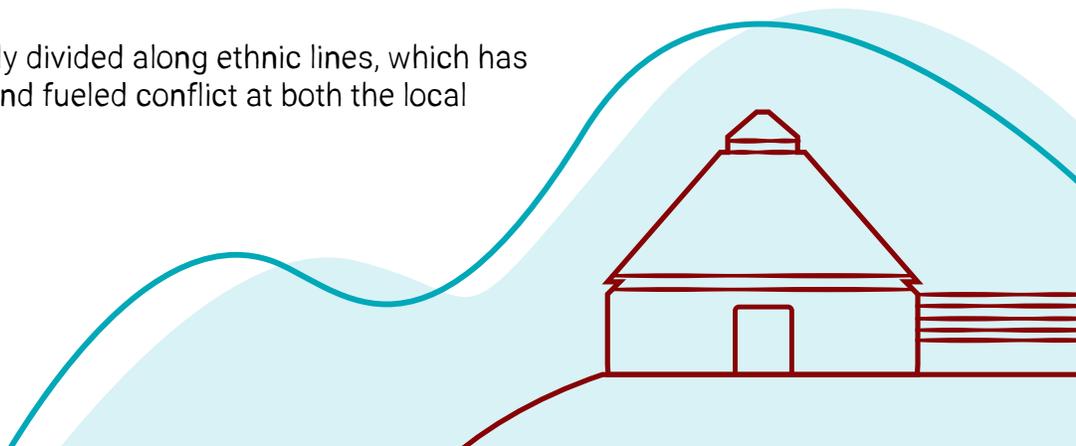
Greetings are by way of shaking hands and refusal to shake hands is considered impolite! **(this of course may not be happening currently)**

Age determines the social hierarchy as it is associated with wisdom in South Sudanese culture. The older one is, the more respect they expect to receive from their peers and the community.

Approximately 20% of South Sudan is urban.

In South Sudan the main export is petroleum followed by foraged crops and raw cotton, gold and dried legumes. South Sudan is even poorer than its northern counterpart, with 80 percent living on less than \$1 a day. It is one of the most impoverished countries in the world.

The country is deeply divided along ethnic lines, which has influenced politics and fueled conflict at both the local and national levels.





CLIMATE & ATTIRE

The climate of South Sudan is tropical with two distinct weather patterns. Dry and extremely hot weather (November to April) and wet, rainy season usually runs from May to October). Throughout the year, it is generally hot. However, it is important to carry clothing that is both light and covers the arms. This is mainly to protect against many insects (including mosquitoes, black flies among others).

Generally, western style clothing is accepted. Reasonably conservative style dressing is recommended for cultural reasons but also due to the heat. Cotton or linen clothing is recommended where possible.

Professional dress code is expected when meeting government officials, especially in Juba. Smart/official attire is recommended when attending meetings with local authorities and village elders/leader.

For casual wear do not consider sandals, covered footwear is essential to avoid any cuts or scrapes to your feet. When walking on the roads/tracks outside of the compounds during the rainy season when conditions underfoot can get extremely muddy it is essential to wear sturdy boots or Gumboots, this is also a good idea in Juba during the rainy season.





ARTS

South Sudan's various ethnic groups have a history of producing various handicrafts. The Zande, for example, were prominent as craftsmen and artists. Their superior material culture, particularly their knives, spears, and shields, was one of the factors by which they dominated their neighbours and brought about the spread of their culture. Basketry, net weaving, pottery, smelting, metalworking, and ivory and wood carving also were undertaken. Contemporary Zande are still noted for their iron, clay, and wood handicrafts. Some modern South Sudanese artists include painters who use acrylic, water, or oil paints.



MUSIC

There is a traditional style of music, in which singers perform without musical accompaniment or with only a limited drumbeat. Western music styles, such as hip-hop and reggae, are popular. Also popular is a music style known as Sudanese or Sudanic fusion, which is a melding of Arabic and African rhythms. Dance is an integral part of the cultural traditions of South Sudan's ethnic groups so get those feet moving!

Artist: Emmanuel Kembe

Nabni belet together by Emmanuel Kembe

<https://youtu.be/6dXvlzoqHy8>

Celebrate by Emmanuel Kembe

https://youtu.be/TzTKTbIlg_8U

Way of Freedom by Emmanuel Kembe

<https://youtu.be/YwHrmpe1YWY>

Bio: <https://www.antiwarsongs.org/artista.php?id=9722&lang=en&short=1>

Emmanuel Mark Kembe was born January 9, 1969 in Wau, Western Bahr el-Ghazal, New Sudan. In 1988, when Emmanuel completed his high school education in the north, there was widespread displacement and hunger in the South Sudan. Emmanuel responded by writing protest songs against injustice, inequality and slavery in Sudan.



Photo: Save the Children



SPORTS & RECREATION

Wrestling is a traditional sport in South Sudan. Wrestling matches were often a component of festivities that marked the end of the agricultural season and included spectator involvement in the form of singing and dancing in support of one of the competitors. Basketball is also played, and some internationally known basketball players have come from what is now South Sudan, including **Manute Bol** and **Luol Deng**.

Football (soccer) was long popular in Sudan; the country was one of Africa's first football powers. However, the long-running civil conflict disrupted organized play. Since the end of the conflict, football has gained in popularity in South Sudan, partially because of the efforts of the government and other groups to organize sporting activities for South Sudanese youth.

Although decades of civil conflict severely limited recreational opportunities, South Sudan is home to an abundance of natural features conducive to outdoor activities. There are several national parks and reserves that offer opportunities for such activities as hiking, bird-watching, white-water rafting, and sportfishing.



SOUTH SUDANESE CUISINE

South Sudanese food is inspired by colonial rule. The most important ingredient in the cuisine is porridge, called dura, a starch, typically made from millet, wheat or corn. The cuisine is also regional with fish being popular along the Nile. Typically, food is meat heavy, interspersed with vegetables. Stews, called mullah, are very popular. Peanuts or ground nuts are also prevalent in South Sudan dishes. Ful Medames is a popular dish made of beans, usually fava beans and some consider it to be the national dish. Falafels, made from chickpeas are a popular street snack but not served with the normal accompaniments that you might expect. Generally speaking, the dishes do not use too many spices or seasonings, but they do like to add dried fruits, especially apricots.



Let's Enjoy a Meal!

For true South Sudanese style: Sit on the floor and try only eating with your right hand and from one communal dish – as this would be the customary way!

FIRST COURSE
FRIED EGGPLANT DIP

(made with yogurt and peanut butter and tomatoes).

Typically, this would be served with fermented sorghum flat bread called, kisra but naan would be best substitute.



Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 4

Ingredients

- 2 eggplants
- 2 tsp tomato paste
- 1 Tbsp Peanut Butter
- 1/2 cup Yogurt
- 1/2 tsp Salt
- 1/4 tsp Black Pepper
- 1 clove Garlic minced
- 1 Lemon Juice of
- 1/2 Bell Pepper seeded
- 1 medium Tomato diced
- 1 Tbsp Oil for frying
- 1/4 cup Cilantro For garnish

Instructions

- 1.** Peel and dice up the eggplants.
- 2.** In a skillet, heat the oil to medium high heat and add the diced eggplant.
- 3.** Stir occasionally and cook until eggplant softens about 20 minutes.
- 4.** In a bowl, mix together the tomato paste, yogurt, peanut butter and salt.
- 5.** Add in the lemon juice and combine well.
- 6.** Gently stir in the green bell pepper and tomatoes, add in the garlic, black pepper and eggplant.
- 7.** Garnish with cilantro and serve with some flat bread.

NUTRITION

Calories: 152kcal | Carbohydrates: 21g | Protein: 5g | Fat: 7g | Saturated Fat: 1g | Cholesterol: 4mg | Sodium: 355mg | Potassium: 770mg | Fiber: 9g | Sugar: 12g | Vitamin A: 918IU | Vitamin C: 44mg | Calcium: 68mg | Iron: 1mg

MAIN COURSE

FUL MEDAMES

This dish is a vegetarian, protein rich, dish that is garnished with onions, tomatoes, arugula, feta cheese, boiled eggs and sesame oil. In country can be served with spicy hot sauce called shata.



Prep Time: 15 minutes
Cook Time: 2 hours
Soaking Time: 8 hours
Total Time: 10.25 hours
Servings: 8

Ingredients

- 2 cups Fava Bean Dry
- 2 tsp salt or to taste
- 2 tsp cumin or to taste
- 2 medium tomatoes diced
- 1 medium red onion diced
- 1/2 cup feta cheese crumbled
- 1 cup Arugula baby
- 4 large hard-boiled eggs optional
- 2 Tbsp Sesame oil

Instructions

- 1.** Soak the dry fava beans in water for at least 8 hours or overnight. Drain.
- 2.** In a large pot, add in the soaked fava beans and cover with water.
- 3.** Bring to a boil, then reduce to simmer, and cook for about 2 hours or until the beans are soft.
- 4.** Put your fava beans into a bowl along with some broth.
- 5.** Mash the beans using a potato masher or you could use a coke bottle like they do in Sudan.
- 6.** Add in the salt and cumin to taste.
- 7.** Put the beans in your serving bowl and top with some of the tomatoes, cheese, arugula, and onions, top with sesame oil and serve with some warm flat bread.
- 8.** You can serve the left over toppings so people can add more of what they like including the hard-boiled eggs if using. We also served it with shata, a hot sauce.

NUTRITION

Calories: 155kcal | Carbohydrates: 12g | Protein: 8g | Fat: 9g | Saturated Fat: 3g | Cholesterol: 102mg | Sodium: 723mg | Potassium: 262mg | Fiber: 3g | Sugar: 3g | Vitamin A: 498IU | Vitamin C: 6mg | Calcium: 89mg | Iron: 1mg

DESSERT

PEANUT MERINGUE COOKIES – FUL SUDANI

Served with a cup of black tea, spiced up with cinnamon and lots of sugar is customary.



Prep Time: 10 minutes
Cook Time: 15 minutes
Total Time: 25 minutes
Servings: 24 cookies

Ingredients

- 2 cups unsalted, roasted Peanuts
- 3 large egg whites
- 1/8 tsp salt
- 1 cup powdered sugar
- 1 tsp vanilla extract

Instructions

- 1.** Preheat the oven to 325 F.
- 2.** Grind the unsalted, roasted peanuts to small bits reaching a grainy texture but not a powder. Set aside.
- 3.** In a bowl beat the egg whites with the salt until stiff.
- 4.** Add in the powder sugar a little at a time using a low speed until fully incorporated.
- 5.** Add in the vanilla extract and the peanuts, stir to combine.
- 6.** Place parchment paper on a backing sheet and place about 1 tablespoon size spoonfuls of the dough, leaving a room between each one.
- 7.** Bake for 15 minutes, watch closely, they should be lightly colored but not browned.

NUTRITION

Calories: 91kcal | Carbohydrates: 7g | Protein: 4g | Fat: 6g | Saturated Fat: 1g | Sodium: 22mg | Potassium: 97mg | Fiber: 1g | Sugar: 5g | Calcium: 13mg | Iron: 1mg

BEVERAGE

SHAI

Easy to make, typically made with a simple black tea and then steeped with cinnamon sticks (could also be flavored with mint or ginger which is also very popular and authentic).



Prep Time: 2 minutes
Cook Time: 10 minutes
Total Time: 12 minutes
Servings: 2

Cuisine proverb:

“Better a meal of vegetables, where there is love than a fatted ox, where there is hatred.”

Ingredients

- 2 cups water
- 2 cinnamon sticks
- 1 Tbsp black tea leaves
- 2 Tbsp sugar or to taste

Instructions

- 1.** Bring 2 cups of water to a boil with 2 cinnamon sticks.
- 2.** When boiling, pour over the tea leaves or bags.
- 3.** Let steep until desired flavor
- 4.** Add sugar as desired

NUTRITION

Calories: 55kcal | Carbohydrates: 15g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Sodium: 13mg | Fiber: 2g | Sugar: 12g | Calcium: 42mg | Iron: 1m

REF. INTERNATIONALCUISINE.COM

References:

www.antiwarsongs.org/artista.php?id=9722&lang=en&short=1

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**Looking Forward to
Your Visit**

