

Zambia



Where is Zambia?

The Republic of Zambia is a landlocked country in Southern Africa. Its capital city is Lusaka and Zambia is the 17th largest country in Africa. The neighbouring countries are the Democratic Republic of Congo, Tanzania, Malawi, Mozambique, Zimbabwe, Botswana, Namibia, and Angola.



What is the climate like?

Zambia's climate is sub-tropical (with yearly average temperature of 10°C or more). It has three seasons; the cool, dry season (May to September) and the hot, dry season (October to November) and the hot, rainy season (December to April). The further North you go, the more reliable the rain.



Education

Zambia has a high rate of primary school enrolment at 91.2% for boys and 92.9% for girls. This is nearly as good as the enrolment rate for children in the UK, which is an average of 98.7% for boys and girls. School is free up to year 7 and then most children drop out. There is a structured education system including primary and secondary schools and Zambia also has 6 universities.

Quick Facts

- Population: 12 million (UK 2009: 61.8 million)
- Area: 750,000 square km (UK: 242,900 square km)
- Life expectancy (years): 38.5 (men), 38.7 (women)
- Major languages: Nyanja and English
- Major Religions: Christianity
- The eagle on Zambia's flag represents freedom from Britain's rule.
- Average income is £243.03 per year.

Culture

Music is a big part of Zambia's culture, and can be anything from tribal drum beats, to subtle, lilting sounds. A lot of the traditional instruments are still played, but there is a growing desire for more western, modern instruments. The more common, traditional ones are the hand piano, a small instrument with iron keys mounted on a rectangular box and plucked by both thumbs. Or the silimba, a xylophone type instrument with a range of flat wooden keys mounted over gourds.

Dance almost always accompanies music in Africa, and incredible shows of aerobatics still take place at celebrations.



Livestock like goats and chickens are a valuable asset for families in rural Africa. The goats milk and chickens eggs provide valuable protein and can be sold for vital income.



Self Help Africa provides farmers with loans of seeds along with training on how to make the most of the crop.

Poverty in Zambia

The average life expectancy in Zambia is just under 39 years. This is about half the average age in the UK (79). And out of every 10 children born, one will die during or after childbirth.

There is a growing gap between the rich and the poor, which makes it harder for deprived rural communities to work their way out of poverty.

Population and people

The population of Zambia is now about 12 million and is concentrated mainly around the capital Lusaka in the south and the Copper belt to the northwest.

There are over 70 ethnic groups in Zambia and the major groups include the Bemba and the Tonga. It is a very diverse place with 7 official languages! (In England we only have one), however English is the language taught in schools. Zambia is an officially Christian nation, but many traditional religions have merged with Christianity to form unique belief systems.

Self Help Africa in Zambia

Self Help Africa works with more than a dozen local partners on a range of programmes which focus on food production, and also encourage alternative ways for rural families to earn a living.

We have increased the availability of quality seed, which has led to a wider range of crops being grown and higher yields being produced by farm families.