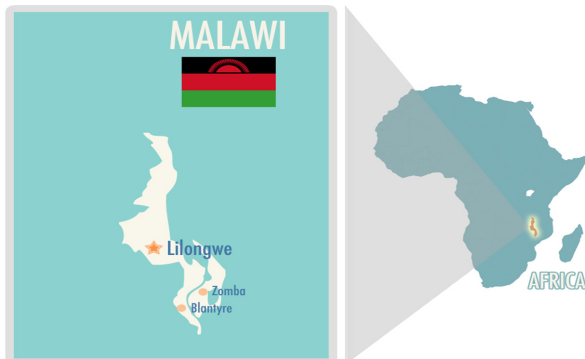


Country Name
Malawi

Capital
Lilongwe



Land and Climate

Malawi is a landlocked country in southeastern Africa. The Great Rift Valley, Lake Malawi, and the Zambezi River help to define the landscape, which also includes savanna grasslands, mountains and plateaus. Malawi's climate is subtropical, but temperature and rainfall are influenced by elevation.

Education

Primary education is free, and children are required to attend for 8 years, beginning at age 6. Students must provide their own uniforms, supplies and textbooks, although this is generally affordable, since families can substitute some items, like a plastic sack for a backpack, and go without others, like shoes. 80% of children complete primary school. Secondary school adds tuition costs to the expense, making it difficult for most children to afford to attend. Students who complete secondary school and pass all exams, are eligible to attend university. Placement depends upon exam scores and school grades. University is expensive, but scholarships offer substantial help.

Typical Food

Nsima (a thick, sticky porridge of corn flour and water) is eaten nearly every day. Other dishes, such as ndiwo (a sauce of stewed vegetables, beans, fish, or meat), are enjoyed by those who can afford them. Fish from Lake Malawi is the nation's most abundant source of protein; other sources include red beans, peanut flour, grasshoppers and termite larvae. Malawians drink tea, if they can afford it; water if they cannot. Most Malawians do not consume enough calories in a day to meet basic nutritional needs. Local fruits and vegetables include papaya, mangoes, bananas, tangerines, tomatoes, avocados and sweet potatoes.

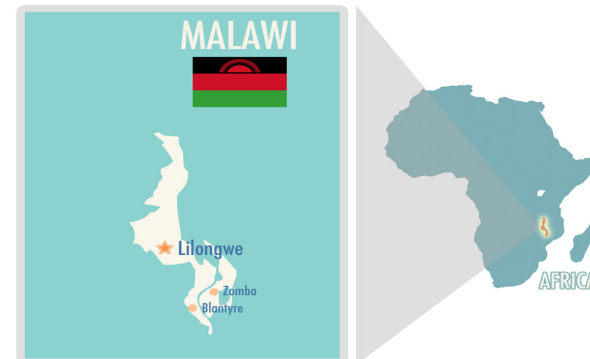
People and Pastimes

Malawi's almost 20 million people share a common love of soccer, with villages often fielding teams to compete in informal matches. Visiting with family and friends is an enjoyable pastime in a nation where people work hard to meet basic needs. Children play hopscotch and jump rope, and hide-and-seek. They build seesaws and fashion their own toys out of scraps.

Source: Malawi (2020). CultureGrams Online Edition.

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