



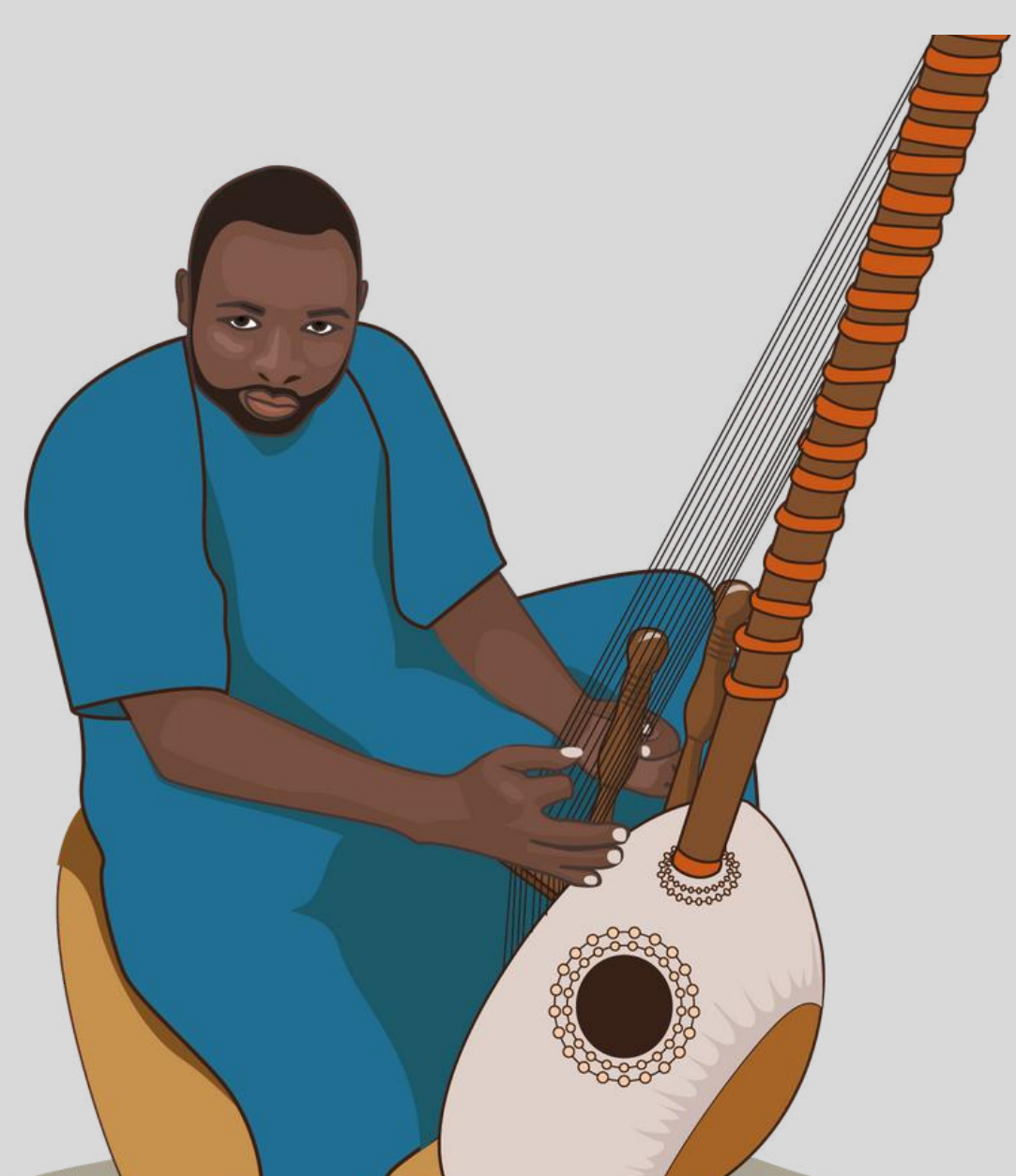
# AFRICA MEMORY GAME GUIDE

CONTAINING BIOGRAPHIES OF THE  
PEOPLE AND ITEMS FEATURED ON  
THE AFRICA MEMORY GAME



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Welcome to

# YOUR GUIDE

Africa, the world's second-largest continent, is a land of diverse cultures, breathtaking landscapes, and incredible resilience.

Throughout its history, Africa has been home to numerous civilizations and empires that have shaped the world we know today.

Africa is the birthplace of humanity and has a rich cultural heritage that spans thousands of years. From the ancient Egyptian civilization to the great empires of West Africa, such as the Ghana, Mali, and Songhai Empires, Africa has produced some of the most impressive civilizations in human history.

The Very Puzzled Africa memory game is a simple game that can be played by the whole family. We have created cards that feature food, musical instruments, landmarks, clothing, animals and people and included items from the 5 regions of Africa.

# THE BENEFITS OF THE MEMORY GAME



## COGNITIVE FUNCTION

Players improve their cognitive function by challenging the brain to recall information, which can strengthen neural pathways and improve memory retention.



## VISUAL RECOGNITION

Players improve their visual discrimination. This will lead to an acceleration in distinguishing images from one and another.



## UNDERSTANDING THE WORLD

There is no better way for your players to gain an understanding of the world around them than by them literally manipulate the world around them.



## REDUCED STRESS AND ANXIETY

Players can help reduce stress and anxiety as the memory game providing a distraction from negative thoughts and emotions.



## FOCUS AND CONCENTRATION

Our memory game requires focused attention and concentration, which can help improve these skills over time.



## PROBLEM-SOLVING ABILITIES

Our memory game requires problem-solving skills, which can be useful in a wide range of real-world situations.



## IMPROVED ACADEMIC PERFORMANCE

Memory games can help improve academic performance by enhancing memory recall, concentration, and problem-solving skills.



## BETTER MENTAL HEALTH

Engaging in memory games has been linked to better mental health, including a reduced risk of cognitive decline and dementia in later life.

# NELSON MANDELA

(18 July 1918 – 5 December 2013)



Nelson Mandela was a South African anti-apartheid revolutionary, political leader, and philanthropist who served as the President of South Africa from 1994 to 1999. He was born on July 18, 1918, in Mvezo, a small village in the Eastern Cape of South Africa.

Mandela became involved in the anti-apartheid movement early in his life and joined the African National Congress (ANC) in 1944. He rose to prominence in the 1950s and 1960s as a leader of the movement and was eventually arrested and imprisoned for his activism. Mandela spent 27 years in prison, mostly on Robben Island, before being released in 1990.

After his release, Mandela continued to work towards the dismantling of apartheid and negotiated with the government to bring about democratic elections in South Africa. He was elected as the country's first black president in 1994, a role he held until 1999.



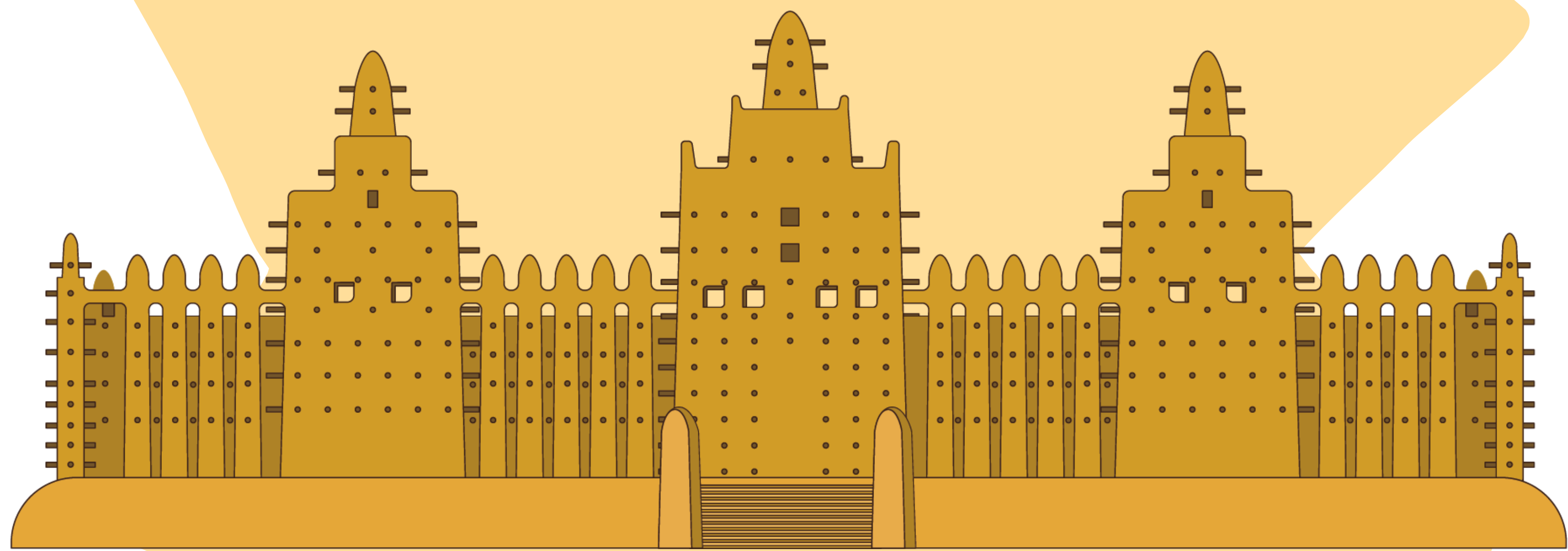
## ASOOKE

Asooke is a type of handwoven fabric that is indigenous to the Yoruba people of Nigeria, particularly in the southwestern part of the country. It is a highly esteemed and culturally significant textile that is used for various traditional occasions and ceremonies.

Asooke is typically made from cotton or silk yarns and woven using a narrow-strip weaving technique, resulting in a cloth with distinctively rich and intricate patterns. The weaving process involves the use of a narrow horizontal loom, with the weaver manually interlacing the threads to create the desired design.

Asooke is often used to make clothing, accessories, and home decor items. It is commonly worn as wrappers, headscarves, or shawls, and is often used as part of traditional Nigerian attire for weddings, festivals, and other special events. Asooke is also used to create decorative items such as wall hangings, tablecloths, and pillow covers, and is highly valued for its cultural significance, craftsmanship, and artistic beauty.

Asooke holds a special place in Yoruba culture and is often passed down through generations as heirlooms or used as symbols of wealth, status, and identity. It is not only a fabric but also a cultural expression, reflecting the history, values, and aesthetics of the Yoruba people. Today, Asooke continues to be cherished and celebrated as an important aspect of Yoruba heritage and African textile art.



## GREAT MOSQUE OF DJENNÉ

The Great Mosque of Djenné is a UNESCO World Heritage site located in Djenné, Mali. It is one of the largest mud-brick structures in the world and is considered a masterpiece of Sahelian architecture.

The mosque was first built in the 13th century, but the current structure dates back to the early 20th century. It was constructed using traditional materials and techniques, with a wooden frame covered in mud plaster and decorated with intricate geometric patterns and designs.

The Great Mosque of Djenné is a significant religious and cultural center for the people of Djenné, and it is considered a symbol of their identity and heritage. It is also an important pilgrimage site for Muslims from around the world who come to visit the mosque and pay their respects.

The mosque is known for its distinctive minarets, which are topped with ostrich eggs, a symbol of fertility and purity in West African culture. The mosque's central courtyard is used for religious and community gatherings, and the surrounding streets come alive with vendors and street performers during festivals and celebrations.



## INJERA

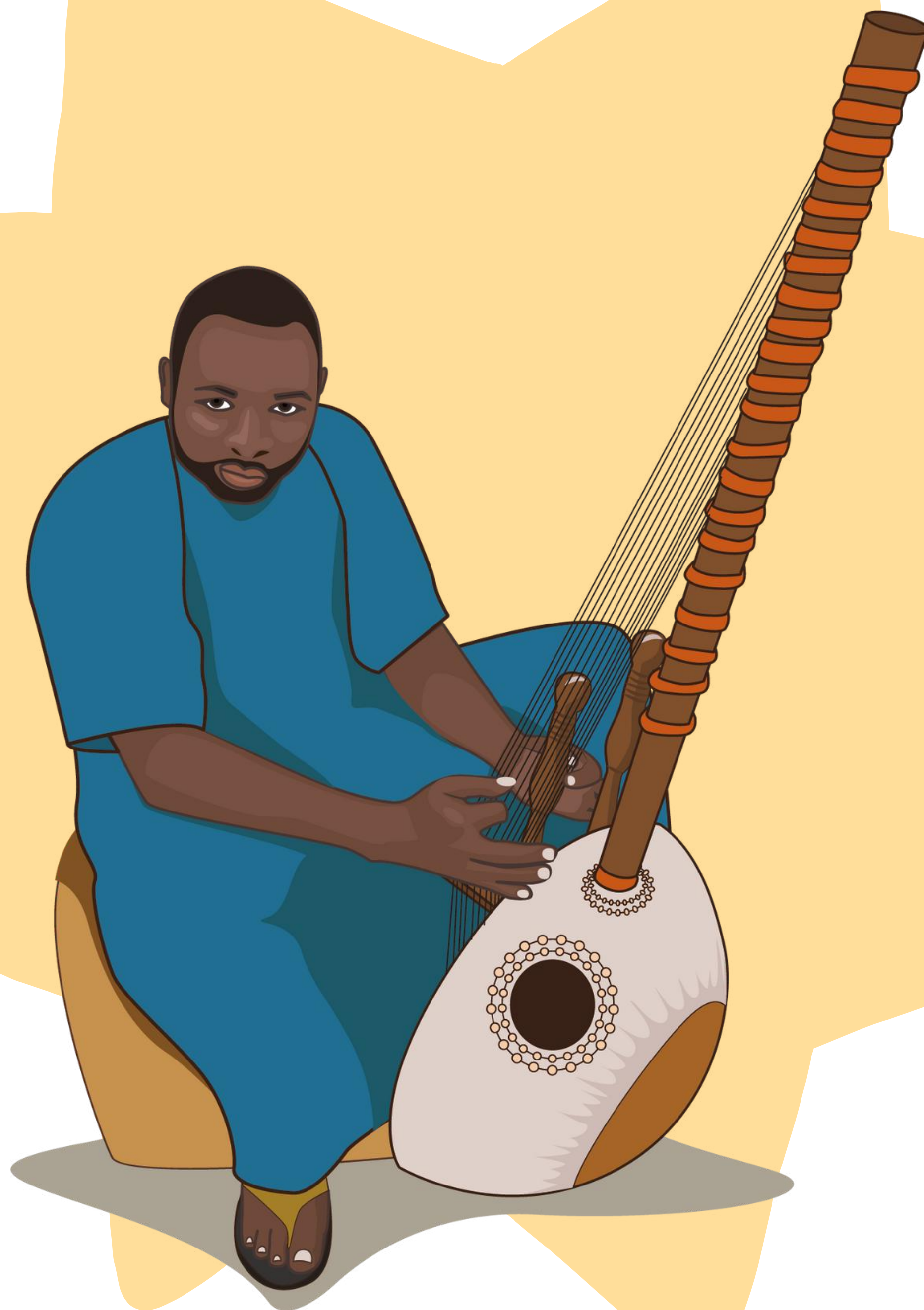
Injera is a traditional Ethiopian flatbread that is made from teff flour and is a staple food in Ethiopian cuisine. It is a sourdough bread with a spongy texture and a tangy flavor, and it is used as both a utensil and a food item.

The process of making injera starts by fermenting teff flour with water and allowing it to sit for several days to develop a sourdough starter. This starter is then mixed with additional teff flour and water to form a batter, which is left to ferment for several hours. The batter is then poured onto a heated circular griddle or pan and cooked until the top is set and the bottom is slightly browned. The bread is then flipped over and cooked for a few more seconds on the other side.

Injera is traditionally served with a variety of stews and dishes, such as doro wat (spicy chicken stew) and lentil dishes. It is torn into pieces and used to scoop up the stews and other foods. Injera is also commonly eaten as a snack, rolled up with honey or other sweet toppings.

Injera is an important part of Ethiopian culture and cuisine, and it is also enjoyed in other countries in the region, such as Eritrea and Somalia. It is valued for its nutritional content, including its high levels of protein, iron, and calcium, as well as its unique flavor and texture.





## KORA

Kora is a traditional West African stringed instrument that is similar to a harp or lute. It is commonly played in West African countries such as Senegal, Mali, Gambia, Guinea, and Burkina Faso. The kora consists of a large gourd resonator that is covered with cow or goat skin, with a long hardwood neck attached to it. The neck has 21 strings that are divided into two parallel rows. The strings are made from fishing line or nylon and are attached to leather straps that are tied to the neck.

To play the kora, the musician plucks the strings with both hands, using the thumbs and forefingers to create intricate melodies and rhythms. The musician can also use the left hand to change the tuning of the strings, allowing for a wide range of sounds and tones.

The kora is traditionally played by griots, who are oral historians and storytellers in West African culture. They use the instrument to accompany their singing and recitation of historical and cultural stories, and to entertain at social gatherings such as weddings and festivals.

The kora has gained popularity around the world and is now played by musicians of various genres and backgrounds. It has become an important symbol of West African culture and identity, and continues to be a beloved and respected instrument in the region.



## STEPPE EAGLE

The Steppe Eagle (*Aquila nipalensis*) is a bird of prey that inhabits the grassy plains and open areas of Eurasia, from Eastern Europe to Central Asia and parts of the Middle East and India. It is a large eagle, with a wingspan of up to 7 feet (2.2 meters) and a weight of around 5 to 6 pounds (2.5 to 3 kilograms).

The Steppe Eagle has a dark brown plumage with a pale head and neck. It has a broad and powerful beak, which it uses to catch and eat its prey, such as small mammals, reptiles, birds, and even fish. The Steppe Eagle is also known to scavenge on carrion.

During the breeding season, the Steppe Eagle builds a large nest in a tree or on a cliff ledge, using sticks, grass, and other materials. The female lays 1 to 3 eggs, which are incubated for about 40 to 45 days. The chicks hatch and are fed by both parents until they are ready to fledge at around 70 to 80 days.

The Steppe Eagle is considered to be a migratory bird, and its populations move across large distances each year. In the winter months, they migrate south to warmer regions, such as Africa and the Indian subcontinent, and then return to their breeding grounds in the spring.

# HANNIBAL BARCA

(247 – between 183 and 181 BC)



Hannibal Barca was a Carthaginian military commander and tactician who lived during the Second Punic War (218-201 BCE) between Rome and Carthage. He was born in 247 BCE in Carthage, which is now modern-day Tunisia, and he was the son of the Carthaginian general Hamilcar Barca. Hannibal is most famously known for his audacious and innovative military strategies, particularly his bold crossing of the Alps to attack the Roman Republic, which is considered one of the greatest military feats in history.

In 218 BCE, at the age of 31, Hannibal led Carthaginian forces across the Alps to launch a surprise attack on Rome, bypassing the Roman navy and catching the Romans off guard. His army, which included infantry, cavalry, and war elephants, won several stunning victories against the Romans, including the famous Battle of Cannae in 216 BCE, where his tactics of encirclement and annihilation resulted in a crushing defeat for the Roman army. Hannibal's daring campaign in Italy lasted for over a decade and inflicted heavy losses on Rome, making him one of Rome's most formidable opponents.



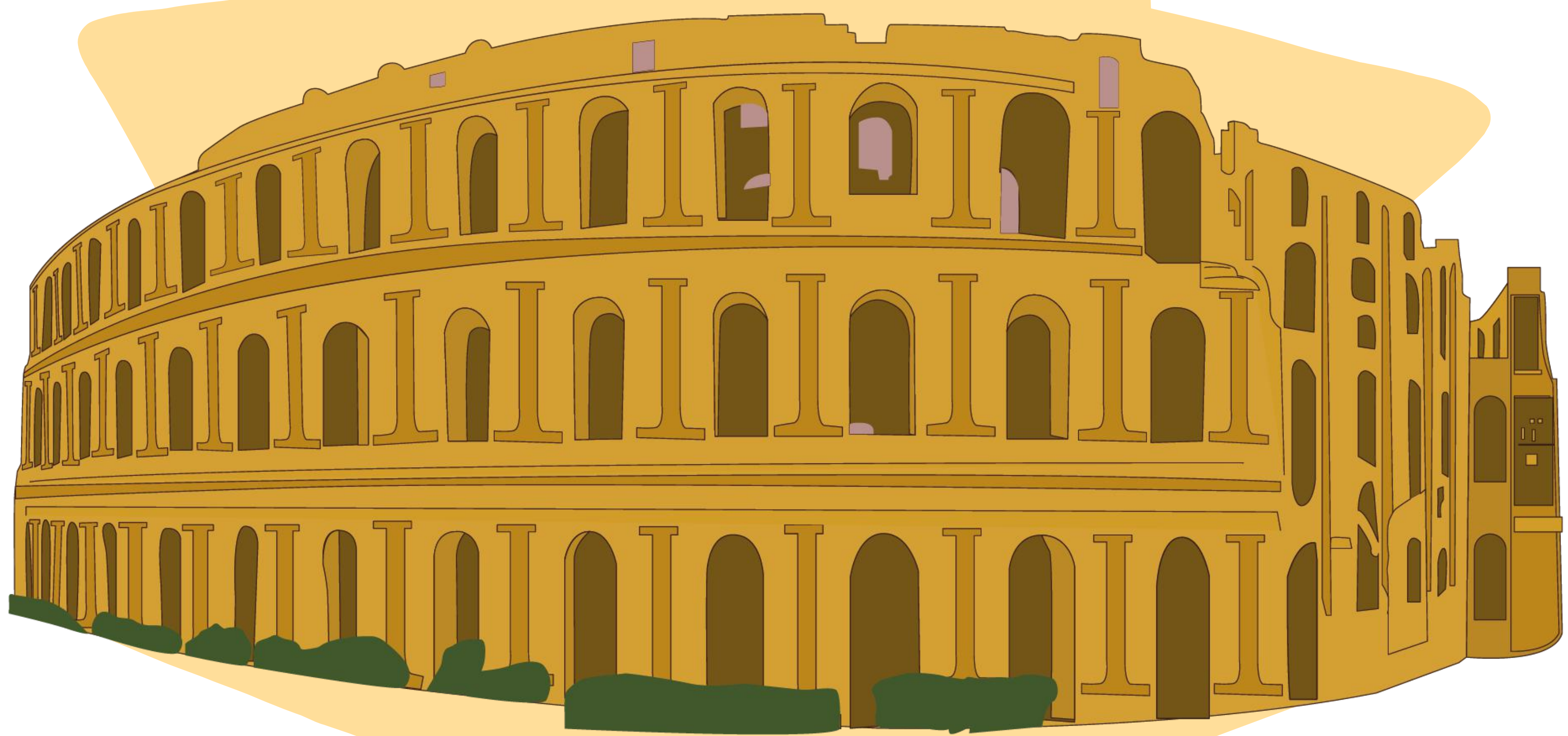
## KENTE

Kente is a traditional African cloth that originates from the Ashanti people of Ghana. It is made of interwoven strips of silk and cotton in a variety of colors and patterns, and is often worn on special occasions such as weddings, graduations, and cultural festivals.

Kente cloth has significant cultural and symbolic meaning in Ghanaian and broader West African cultures. Each color and pattern has its own meaning and symbolism, and the cloth is often associated with royalty, wealth, and prestige.

The process of making Kente cloth is labor-intensive and involves several steps, including spinning the thread, dyeing the thread, weaving the strips on a loom, and finally stitching the strips together to create the finished cloth. Skilled weavers can create complex patterns and designs in the cloth, with some designs taking days or even weeks to complete.

Today, Kente cloth is not only worn for special occasions but also used in fashion and home decor around the world, as a way to celebrate and appreciate African culture and heritage.



## EL JEM AMPHITHEATRE

El Jem Amphitheatre, also known as the Amphitheatre of Thysdrus, is an ancient Roman amphitheatre located in El Djem, Tunisia. It is one of the largest Roman amphitheatres in the world and was built in the 3rd century AD, during the reign of Emperor Gordian.

The amphitheatre could accommodate up to 35,000 spectators and was used for gladiatorial contests and other public events. It is considered to be one of the best-preserved Roman amphitheatres in existence, with much of the original structure still intact, including the underground tunnels and chambers used to transport animals and performers.

In 1979, the El Jem Amphitheatre was declared a UNESCO World Heritage Site and is now a popular tourist destination in Tunisia. Visitors can explore the amphitheatre and its surrounding ruins, which include a Roman circus and a temple dedicated to the goddess Juno. The site also features a museum that displays artifacts from the Roman era.



## THIEBOUDIENNE

Thieboudienne is a popular dish from the West African country of Senegal. It is a flavorful and spicy one-pot meal that is made with fish (usually red snapper), vegetables, and rice cooked in a tomato-based sauce.

The dish typically includes a variety of vegetables such as carrots, cabbage, eggplant, cassava, and pumpkin, along with spices such as garlic, ginger, and chili peppers. The rice is cooked separately and then mixed with the sauce and vegetables to create a hearty and satisfying meal.

Thieboudienne is a staple food in Senegal and is often served for special occasions or as a main meal for family gatherings. It is also popular in other West African countries such as Gambia and Mauritania.

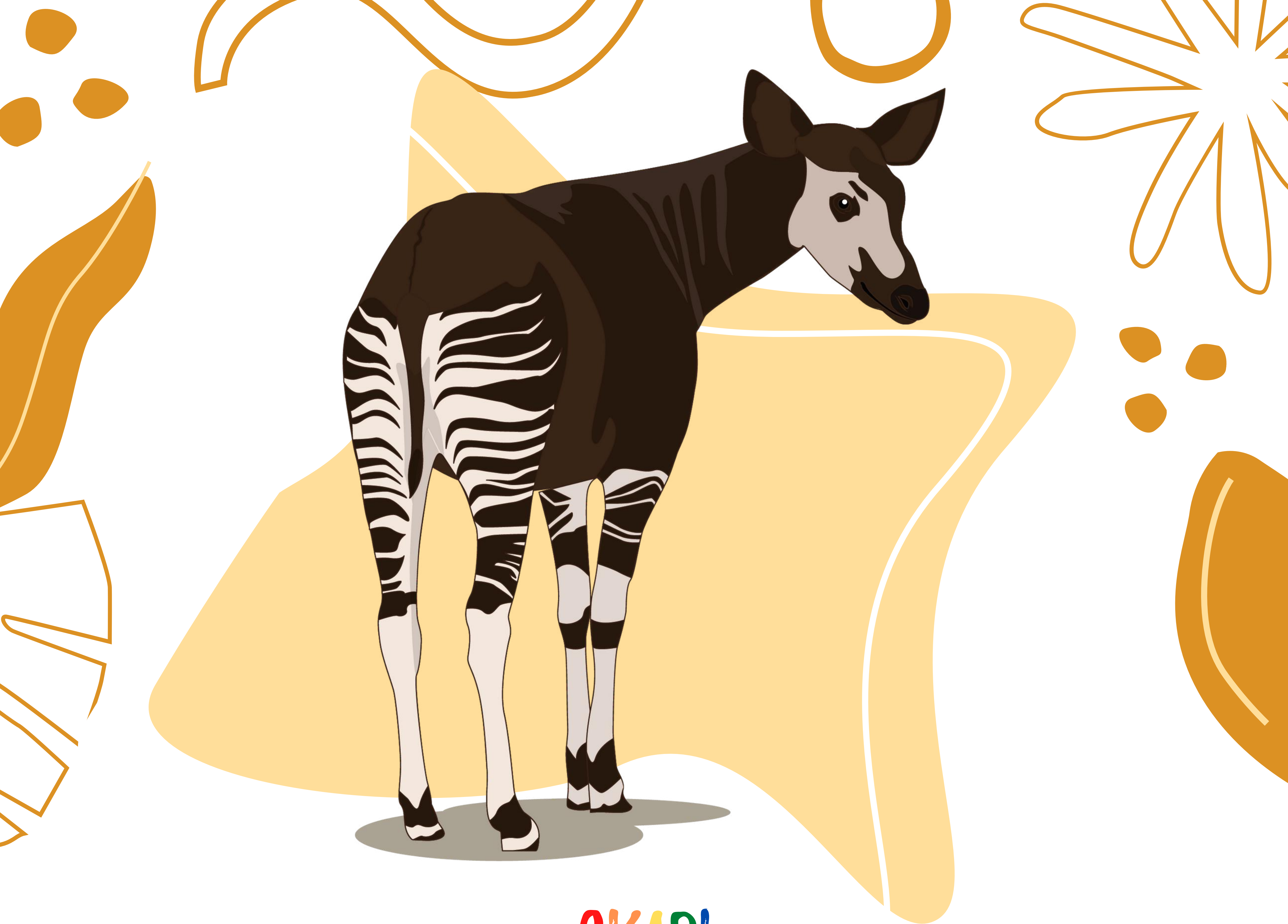


## BALAFON

Balafon is a type of West African xylophone that is played by striking wooden keys or bars with mallets to produce different musical notes. It is typically made from a wooden frame that holds a series of wooden keys or bars of varying lengths, sizes, and thicknesses, which are arranged in a graduated fashion to produce a range of pitches.

The balafon is widely used in traditional West African music, particularly in Mali, Guinea, Burkina Faso, Ivory Coast, and Senegal. It is often played as part of an ensemble that includes other percussion instruments, such as drums and shakers, as well as stringed instruments, such as the kora and ngoni.

The balafon has a long history, dating back to ancient times, and it has played an important role in the cultural and musical traditions of West Africa for centuries. In recent years, it has gained popularity outside of Africa and has been incorporated into a variety of musical genres, including jazz, world music, and contemporary classical music.



## OKAPI

The Okapi is a mammal native to the Ituri Rainforest in Central Africa. It is also known as the forest giraffe, zebra giraffe, or simply okapi. The Okapi is closely related to giraffes and is the only living relative of the giraffe.

The Okapi has a dark brown coat with white stripes on its legs, resembling that of a zebra. It has a long neck and large, flexible ears that can be moved independently to detect sounds in all directions. The male Okapi has short, hair-covered horns called ossicones, which are used for fighting other males during mating season.

The Okapi is a solitary and elusive animal, and its natural habitat is threatened by deforestation, hunting, and civil unrest in the region. It is classified as endangered by the International Union for Conservation of Nature (IUCN), with an estimated population of less than 15,000 individuals remaining in the wild. Conservation efforts are underway to protect the remaining Okapi populations, including the establishment of protected areas and anti-poaching initiatives.



# WANGARI MUTA MAATHAI

(1 April 1940 – 25 September 2011)



Wangari Muta Maathai was a Kenyan environmental and political activist who founded the Green Belt Movement, an organization dedicated to planting trees, promoting environmental conservation, and empowering women in Kenya.

Maathai was the first woman in East and Central Africa to earn a Ph.D. and was also the first woman in Kenya to chair a university department. She became involved in politics and activism in the 1980s, speaking out against corruption and advocating for democracy and environmental conservation. She was arrested and imprisoned several times for her activism.

In 2004, Maathai was awarded the Nobel Peace Prize for her work in promoting sustainable development, democracy, and peace. She was the first African woman to receive the award.

Maathai's legacy continues to inspire people around the world to work towards a more sustainable and just future. She believed that environmental conservation, democracy, and human rights were interconnected and worked tirelessly to promote these values throughout her life.



## KANZU AND GOMESI

Kanzu and gomesi are traditional garments worn in East Africa, particularly in Uganda and Tanzania.

The kanzu is a long tunic or robe that is worn by men in East Africa. It is usually made from white cotton or silk and is worn over trousers. The kanzu is often worn on special occasions such as weddings, religious festivals, and other cultural events. It is also worn as a formal dress by politicians and other dignitaries in East Africa.

The gomesi, on the other hand, is a long dress worn by women in Uganda. It is typically made from brightly colored fabric and is worn with a sash tied around the waist. The gomesi is often worn on special occasions such as weddings, funerals, and other cultural events. It is considered a symbol of Ugandan culture and is often worn as a national dress.

Both the kanzu and gomesi are important cultural symbols in East Africa and are seen as a way of preserving traditional African dress and culture.



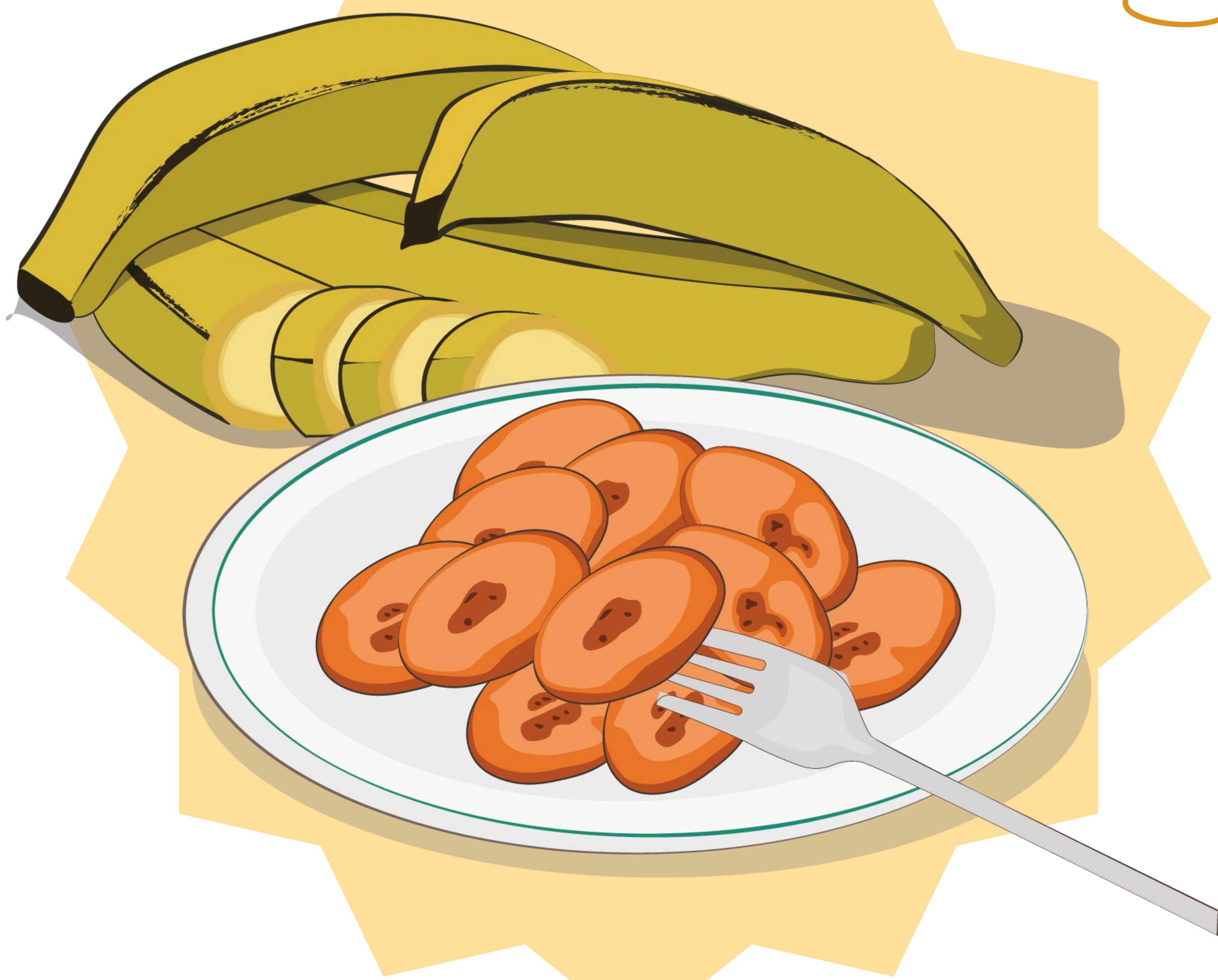
## THE GIZA PLATEAU

The Giza plateau is a plateau located in the outskirts of Cairo, Egypt, and is home to the famous Giza pyramid complex, which includes the Great Pyramid of Giza, the Pyramid of Khafre, the Pyramid of Menkaure, and the Great Sphinx.

The Great Pyramid of Giza, also known as the Pyramid of Khufu, is the largest and most famous of the pyramids, and was built as a tomb for the Pharaoh Khufu during the Fourth Dynasty of the Old Kingdom period of Ancient Egypt. It is considered one of the Seven Wonders of the Ancient World.

The other two pyramids on the Giza plateau were built by Khufu's son, Khafre, and his grandson, Menkaure, and were also intended to serve as their tombs. The Great Sphinx, a statue with the head of a human and the body of a lion, is also located on the Giza plateau and is believed to have been built during the reign of Khafre.

The Giza plateau is an important archaeological site and attracts millions of visitors each year who come to marvel at the ancient wonders of Egypt. It is also a site of ongoing research and excavation, as archaeologists continue to uncover new information about the construction and purpose of the pyramids and the ancient civilization that built them.



## PLANTAINS

Plantains are a type of banana that are commonly grown and consumed in tropical regions of the world, including Latin America, the Caribbean, Africa, and Southeast Asia. Plantains are larger than the sweet bananas commonly found in grocery stores, and they are also more starchy and less sweet.

Plantains can be eaten ripe or unripe, and they are used in a variety of dishes, both sweet and savory. When unripe, plantains are green and have a firm texture, and they are often used in savory dishes such as stews, soups, and fried snacks. When ripe, plantains turn yellow or black and become softer and sweeter, making them suitable for use in sweet dishes such as desserts, cakes, and puddings.

Plantains are a good source of fiber, vitamins A and C, and potassium. They are also low in fat and sodium, making them a healthy addition to a balanced diet. Plantains are versatile and can be cooked in a variety of ways, including frying, boiling, baking, and grilling, and they are a staple food in many cultures around the world.



## DJEMBE

The djembe is a percussion instrument originating from West Africa, particularly from the Mandé people of Mali, Guinea, and Ivory Coast. The djembe is a goblet-shaped drum that is played with bare hands, and its sound is produced by striking the head of the drum with the hands.

The drum is made from a single piece of wood, usually from the lenke or djalla tree, and the head is traditionally made from goatskin. The drum's unique shape and construction produce a variety of tones and sounds, ranging from deep bass tones to high-pitched slaps and pops.

The djembe has a rich cultural significance in West African societies, and it is often used in traditional ceremonies, such as weddings, funerals, and initiation rites. It is also used in contemporary music genres such as Afrobeat, world music, and jazz.

Playing the djembe requires a combination of technique, rhythm, and improvisation, and it has become a popular instrument in many parts of the world. The djembe's popularity has led to the development of a global community of drummers, and many workshops and festivals are held around the world to celebrate and promote the instrument.



## RING-TAILED LEMUR

The ring-tailed lemur is a primate species that is native to Madagascar, an island off the coast of East Africa. As their name suggests, ring-tailed lemurs have a distinctive tail with alternating black and white bands.

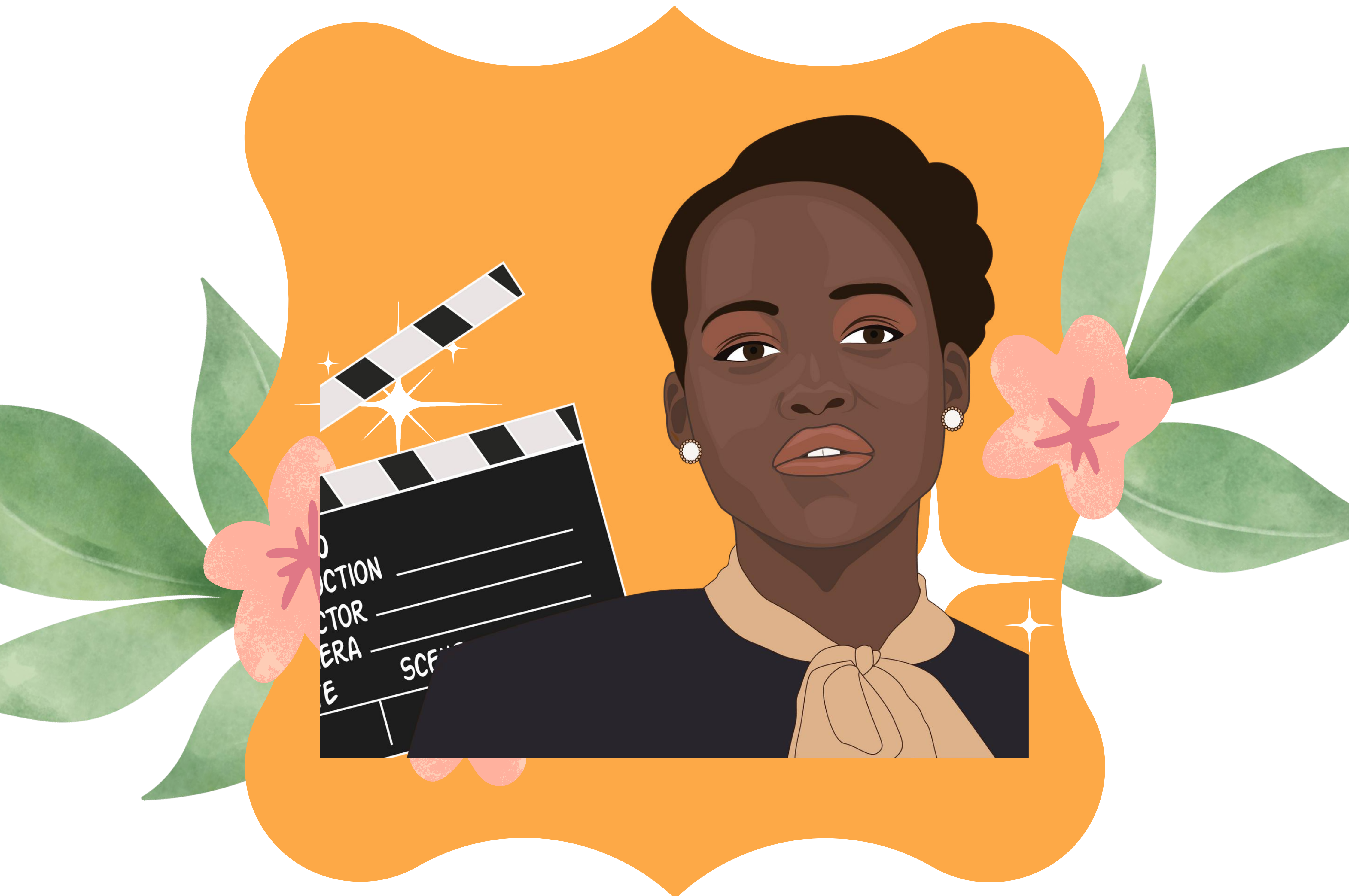
Ring-tailed lemurs are social animals and live in groups known as troops, which can number up to 30 individuals. They are diurnal, which means that they are active during the day, and spend most of their time foraging for food, such as fruit, leaves, flowers, and insects.

Ring-tailed lemurs are also known for their unique vocalizations, which include a range of calls, songs, and alarm sounds. They use these vocalizations to communicate with each other, establish dominance within the group, and warn of potential dangers.

Unfortunately, ring-tailed lemurs are considered a critically endangered species due to habitat loss, hunting, and the pet trade. Conservation efforts are underway to protect their natural habitat and promote sustainable practices, such as ecotourism, to support their populations.

# LUPITA NYONG'O

(1 March 1983)



Lupita Nyong'o is a Kenyan-Mexican actress and filmmaker. She was born in Mexico City and raised in Kenya, and later attended college in the United States. Nyong'o is best known for her roles in critically acclaimed films such as "12 Years a Slave," for which she won an Academy Award for Best Supporting Actress, and "Black Panther," in which she played the character of Nakia.

Nyong'o has also been involved in theater and has written and directed several short films. She is a vocal advocate for women's rights and has spoken out about issues such as colorism, body positivity, and representation in media.

In addition to her work in film and activism, Nyong'o is also a fashion icon and has been praised for her red carpet looks and her promotion of African designers and styles.

Overall, Nyong'o is a talented and accomplished actress and filmmaker who has made significant contributions to the entertainment industry and to social causes.



## KABA

Ethiopian kaba is hand embroidered. It's worn at special formalities like Ethiopian and Eritrean weddings worn by the bride and groom. It can be worn at a church wedding ceremony or at melse.

The Kaba is a traditional, opulent robe worn by royalty and is considered a highly integral part of Ethiopian culture. An Ethiopian cultural symbol of grace, royalty, and luxury, worn only during the finest of occasions.





## AFRICAN RENAISSANCE MONUMENT

The African Renaissance Monument is a large bronze statue located in Dakar, the capital city of Senegal in West Africa. The monument was built to commemorate and celebrate the achievements of the African people, as well as to promote a sense of unity and pride among African nations.

The statue stands at a height of 52 meters (170 feet) and depicts a man, woman, and child emerging from a volcano, with outstretched arms and facing the ocean. It was designed by Senegalese artist Pierre Goudiaby, and was officially unveiled in 2010 as part of the country's 50th anniversary of independence celebrations.

However, supporters of the monument argue that it is an important symbol of African pride and unity, and serves as a reminder of the continent's rich cultural heritage and potential for progress and development.



## COUSCOUS

Couscous is a North African dish made from small steamed balls of semolina wheat. It is a staple food in countries such as Morocco, Algeria, Tunisia, and Libya, and is often served as a side dish or as a base for stews and other dishes.

To prepare couscous, the semolina grains are moistened with water and rolled into small balls by hand. The balls are then steamed until they are fluffy and tender. Couscous can be served hot or cold and is often flavored with spices, vegetables, and meats.

Couscous is a versatile and nutritious food, high in carbohydrates and protein, and low in fat. It is a good source of fiber, vitamins, and minerals, and is a popular alternative to rice and pasta.

Couscous has become increasingly popular in other parts of the world and is now commonly found in supermarkets and restaurants throughout Europe and North America.



## RHAITA

The Rhaita is a double reed woodwind instrument that is commonly played in North African and Middle Eastern music. It is similar in appearance to an oboe, but has a wider bore and a more powerful and nasal sound.

The Rhaita is made from wood and typically measures between 20 and 30 centimeters in length. It has a conical shape and a flared bell at the end. The instrument has seven holes on the front and one on the back, which are covered or uncovered with the fingers to produce different notes.

The Rhaita is often used in traditional folk music and is a key instrument in Moroccan and Algerian music. It is also used in modern music, particularly in fusion genres that combine traditional North African and Middle Eastern music with contemporary styles.

The Rhaita is a challenging instrument to play and requires a lot of practice and skill to master. It is often played in ensembles with other traditional instruments, such as the bendir and the oud, and is an important part of the cultural heritage of the region.



## HUMPBACK WHALE

The Humpback whale is a species of baleen whale that is found in oceans all around the world. They are known for their distinctive appearance, which includes a large body, a long pectoral fin, a knobby head, and a broad tail that is used to propel them through the water.

Humpback whales can grow up to 52 feet (16 meters) in length and can weigh as much as 40 tons (36 metric tonnes). They are known for their acrobatic displays, including breaching (leaping out of the water) and slapping their tails and flippers on the surface of the water.

Humpback whales are migratory and travel long distances each year between their feeding grounds in colder waters and their breeding grounds in warmer waters. During the breeding season, males sing complex and beautiful songs to attract females.

Humpback whales were hunted almost to extinction in the 20th century, but populations have since recovered due to conservation efforts and hunting bans. They are now listed as a species of least concern by the International Union for Conservation of Nature (IUCN).

# QUESTIONS

Which person/ item is your favourite and why?

What other people/ items would you like to have seen?

Which person/ item is the most and least well know?

Which of the foods have you eaten before and which will you try in future?

Which landmarks have you visited before and which will you visit in future?

Which of the clothes have you worn before and which would you like to wear in future?