

# ETHIOPIA

A country that GOAL works in is Ethiopia. Ethiopia has a population of 117,876,227! With that many people, there are also a lot of languages spoken. In fact, there are five different official languages: Afar, Amharic, Omoro, Somali, and Tigrinya. Omoro is the most popular, so let's learn some phrases!

Hello = naqaa

Nice to meet you = si argun naaf gammachudha

How are you? = isin attam?

I'm good, thanks = fayyaadha, ulfaadhu

Goodbye = negga-ti

## QUICK FACTS ABOUT ETHIOPIA

The National Anthem is "March Forward, Dear Mother Ethiopia"

The currency is the Birr (Br, ብር)

The capital city is Addis Ababa

The most popular cuisine is wat with injera which is a stew on a flatbread. A fun fact is that you eat it with your hands!

The most popular sports are long distance running and football

Ethiopia has 58 Olympic medals, 23 of them are gold medals!

Ruth Negga, the famous actor, was born in Ethiopia. She went to Trinity College Dublin and has been nominated for an Oscar!

## WHAT GOAL DOES HERE

GOAL started working in Ethiopia in 1983. That's almost 40 years!

GOAL brings humanitarian aid to 60 districts in eight regional states: Afar, Amhara, Gambella, Oromiya, Benshangul, SNNP, Tigray, and Somali.

In 2020, GOAL was able to help over 2.2 million people across Ethiopia thanks to funds raised by GOALies in Ireland (you!). GOAL has helped communities all around Ethiopia to prevent the spread of Covid-19.



# SIERRA LEONE

A country that GOAL works in is Sierra Leone. The capital city is called Freetown, and the official language is English. There is a population of 8,059,155.

## QUICK FACTS ABOUT SIERRA LEONE

The National Anthem is "High We Exalt Thee, Realm of the Free"

The currency is the Sierra Leonean leone (Le)

Mangos, oranges, and pineapples are commonly found in Sierra Leone  
Many people eat rice in almost every meal of every day with a variety of toppings including potato leaves  
Football is the most popular sport by far

The national football team is called the Leone Stars

The best cricket team in West Africa is in Sierra Leone

Michaela DePrince, the famous ballet dancer, was born in Sierra Leone. She has danced with Beyonce!

## WHAT GOAL DOES HERE

GOAL began working in Sierra Leone in 1999

GOAL played a central role in responding to the Ebola virus in 2014

GOAL's programme in Sierra Leone currently operates in 6 of the country's districts: Western Area Urban, Kambia, Kenema, Bombali, Koindagu, and Moyamba!

More recently, GOAL has focused on getting health and hygiene products for distribution across the country

GOAL currently works with Irish Aid, START Fund and BMGF to help in the capital city of Freetown to train healthcare workers to handle the covid-19 pandemic.



# NIGER

A country that GOAL works in is Niger. In Niger, the official language is French! Here are some popular phrases to learn in French:

Hello = Bonjour

How are you? = Comment ça va?

Please = S'il vous plaît

Thank you = Merci

Goodbye = Au revoir

My name is = Je m'appelle

## QUICK FACTS ABOUT NIGER

The population is 24,112,753

The National Anthem is La Nigerienne

The currency is the West African CFA franc (CFA)

The capital city is Niamey

The national dish is Djerma Stew, which is a stew with tomatoes, carrots, onions, and sometimes chicken

The traditional sport is called Sorro Wrestling

Football and rugby are popular sports in Niger

Issaka Daborg was the first Nigerian to compete in the Olympics, and he won a bronze medal!

## WHAT GOAL DOES HERE

GOAL began working in Niger in 2005

GOAL has helped over 575,000 people in Niger

GOAL has given scholarships to over 2,000 girls in Niger so that they can stay in school

GOAL has reached over 116,000 people with Covid-19 messaging in Niger



# ZIMBABWE

A country that GOAL works in is Zimbabwe.

Zimbabwe has 16 different official languages! The one that is most commonly spoken is Shona. Let's learn some key phrases in Shona:

Hello = Mhororo

How are you = Wakadini zvako?

My name is... = Zita rangu i...

Excuse me = Pamusoro

Thank you = Waita zvako

Goodbye = Sara Zvakanaka

## QUICK FACTS ABOUT ZIMBABWE

The population is 15,092,171

The National Anthem is "Blessed be the land of Zimbabwe

The currency is Zimbabwean Dollar Z\$

The Capital City is Harare

Mopane worms are a loved food in Zimbabwe!

The most popular sports are football, cricket, and hockey

Both the men and women's national hockey teams qualified for the 2023 African Games

Danai Jekesai Gurira, the Marvel superhero, grew up in Zimbabwe!

## WHAT GOAL DOES HERE

GOAL started working in Zimbabwe in 2005

GOAL has helped over 4.4 million people in Zimbabwe

GOAL helped greatly after the Cyclone Idai in 2019

GOAL screens and treats children with malnutrition in Zimbabwe



# SUDAN

A country that GOAL works in is Sudan. In Sudan, the official language is Arabic. Let's learn some key phrases in Arabic:

Hello = Marhaba

How are you? = Kaeef halak

Please = MinFadlak

Thank you = Shukran-Lak

My name is... = Ismii..

Goodbye = MaAa es-salama

## QUICK FACTS ABOUT SUDAN

The population is 44,909,353

The National Anthem is Naḥnu jund Allah, jund al-waṭan which means "We are the Soldiers of God, the Soldiers of the Nation"

The currency is the Sudanese Pound (ج.س.)

The Capital City is Khartoum

It is common to eat with your hands in Sudan

A popular dish is Kisra, which is a Sudanese flatbread made from a special type of flour called sorghum flour.

There are more pyramids in Sudan than Egypt!

Football and basketball are very popular sports in Sudan

Ismail Ahmed is a famous runner from Sudan, he has a silver Olympic medal

## WHAT GOAL DOES HERE

GOAL began working in Sudan in 1985, that was 37 years ago!

GOAL has helped over 760,000 people in Sudan

GOAL has provided clean water to over 30,000 people who have been internally displaced

GOAL provides health systems and healthcare to many people all around Sudan



# SOUTH SUDAN

A country that GOAL works in is South Sudan. South Sudan's capital city is Juba, the population is 12,778,250, and the official language is English!

## QUICK FACTS ABOUT SOUTH SUDAN

The National Anthem is "South Sudan Oyee!"

The currency is the South Sudanese Pound (SSP)

The Nile River flows through South Sudan

Kajaik is a popular dish which is a simple fish stew

South Sudan gained its independence in 2011

Football, basketball, and track & field are very popular sports in South Sudan

Manute Bol, the famous basketball player from the NBA, was born in South Sudan. He is one of the tallest players to ever play! He is 2.3 metres tall!

## WHAT GOAL DOES HERE

GOAL has been working in South Sudan since 1985, even back when the country was a part of Sudan!

GOAL has helped over 1.95 million people in South Sudan

GOAL helped thousands of families that lost their homes during the flooding in autumn of 2021

GOAL has programmes that support more than 60 health facilities in South Sudan



# UGANDA

A country that GOAL works in is Uganda. Uganda has two different official languages, English and Swahili. There are many other languages that are spoken around the country and taught in schools. Let's learn a bit of Swahili:

Hello = Jambo

How are you? = Habari gani

Please = tafadhali

Thank you = asante

My name is... = jina langu ni...

Goodbye = Kwa heri

## QUICK FACTS ABOUT UGANDA

The population is 42,729,036

The National Anthem is "Oh Uganda, Land of Beauty"

The currency is Ugandan Shilling (USh)

The Capital City is Kampala

Football is the national sport of Uganda

Uganda has seven Olympic medals, most of which are for boxing

Matooke is considered the national food of Uganda, it is a plantain or banana dish that is usually wrapped in leaves

Phill Lewis, the Disney Channel actor who is best known for his role in The Suite Life on Deck, is from Uganda

## WHAT GOAL DOES HERE

GOAL has been working in Uganda since 1979, that's 43 years!

GOAL has helped over 1.6 million people in Uganda

GOAL has helped reach over 50,000 young people with Covid-19 messages

GOAL is working to bring clean water to 80,000 people in Uganda



# TURKIYE

A country that GOAL works in is Turkiye. In Turkiye, the national language is Turkish. Let's learn some key phrases in Turkish along with the pronunciations:

Hello = Merhaba! (Mare-ha-ba)

How are you? = Nasılsın? (Na-sel-sin)

Please = Lütfen. (Lut-fen)

Thank you = Teşekkür ederim. (te-sh-qu-err ed-err-im)

My name is... = Benim ismim... (beh-nim is-mim)

Goodbye (when you are leaving) = Hoşçakal! (hosh-chakal)

Goodbye (when you are staying) = Güle güle! (guu-leh guuh-leh)

## QUICK FACTS ABOUT TURKIYE

The population is 84,680,273

The national anthem is İstiklal Marşı which means "The Independence March"

The currency is the Turkish Lira (₺)

The Capital City is Ankara

An important part of Turkish culture is Turkish folk dancing

A sweet that you might know is the Turkish Delight which originated in Turkey and is a popular treat to have along with a Turkish coffee

The most popular sport in Turkiye is football, however basketball and volleyball are also popular

Arda Turan is one of the famous footballers who is from Turkiye

Salt Bae, the internet sensation, is also from Turkiye

## WHAT GOAL DOES HERE

GOAL has been working in Turkiye for only nine years

Even in this short time, GOAL has helped over 33,000 people

GOAL has helped about 54,000 people with its Covid-19 messaging in Turkiye





# IRAQ

A country that GOAL works in is Iraq. Iraq has two different official languages, Arabic and Kurdish, however, Sorani is the main dialect spoken in Iraq. Let's learn some key phrases in Arabic:

**Hello = Marhaba**

**Goodbye = MaAa es-salama**

**How are you? = Kaeef halak**

**Please = MinFadlak**

**Thank you = Shakran-Lak**

**My name is... = ismii...**

## QUICK FACTS ABOUT IRAQ

The population is 40,462,701

The capital city is Baghdad

The currency is the Iraqi dinar

The national anthem is Mawtini which means "My Homeland"

Masgouf is the national dish of Iraq, it is a grilled carp

Football is the national sport of Iraq, their team participated in two different FIFA competitions

## WHAT GOAL DOES HERE

GOAL began working in Iraq in 2003

GOAL helped over 1,200 families from Iraq who needed emergency assistance because of Covid-19 in 2021

GOAL is specifically working to help support Iraq with sustainability and agricultural production



الله اكبر

# SYRIA

A country that GOAL works in is Syria.

Syria's official language is Arabic. Let's learn a bit of Arabic:

Hello = Marhaba

Goodbye = MaAa es-salama

How are you? = Kaeef halak

Please = MinFadlak

Thank you = Shakran-Lak

My name is... = ismii...

## QUICK FACTS ABOUT SYRIA

The population is 21,563,800

The capital city is Damascus

The currency is the Syrian Pound (£S)

The national anthem is Humat Ad-Diyar which means "Guardians of the Homeland"  
Baklava is one of the most popular desserts in Syria, it is made from filo pastry, chopped nuts, and honey

Arabic coffee is the most popular hot drink, and people in Syria usually drink it both in the morning and in the evening

The most popular sports in Syria are football, basketball, swimming, and tennis  
Ali Diab, the famous football player, is from Syria

## WHAT GOAL DOES HERE

GOAL began working in Syria in 2012

GOAL has helped over 1.5 million people in Syria in just 10 years!

GOAL is one of the largest providers of humanitarian assistance in Northern Syria



# COLOMBIA

One of the countries that GOAL works in is Colombia.

Colombia is a country in South America, and the national language is Spanish. Here are some key phrases to learn in Spanish:

Hello = Hola

Goodbye = Adios

How are you? = Comos esta

Please = Por Favor

Thank you = Gracias

My name is... = Me llamo ...

## QUICK FACTS ABOUT COLOMBIA

The population is 49,059,221

The national anthem is Himno Nacional de la República de Colombia which means "The National Anthem of the Republic of Columbia"

The capital city is Bogota

The currency is the Columbian Peso

One of the most popular dishes is sancocho de gallina which is a chicken soup with root vegetables

Tejo is the national sport of Colombia, which is a sport that consists of throwing gun powder at small targets which explode!

The most popular sport in Colombia is football.

One of the most famous people from Colombia is Shakira, the pop superstar

Sofia Vergara, the actress, is also from Colombia

## WHAT GOAL DOES HERE

GOAL recently started working in Colombia in 2019

A main portion of the work that GOAL does in Colombia is helping Venezuelan refugees GOAL is also assisting with the humanitarian crisis in Colombia that is connected to the Covid-19 pandemic



# HAITI

A country that GOAL works in is Haiti.

Haiti has two different official languages, French and Creole. Let's learn a bit of both languages! Here are some key phrases:

## French

Hello = Bonjour

Goodbye = Au revoir

How are you? = Ca va?

Please = S'il vous plait

Thank you = Merci

My name is... = Je m'appelle...

## Creole

Hello = Bonjou

Goodbye = N a we!

How are you? = Kijan ou ye?

Please = Souple

Thank you = Mesi

My name is... = Mwen rele...

## QUICK FACTS ABOUT HAITI

The population is 11,334,637

The national anthem is La Dessalinienne

The currency is the Haitian gourde

The capital city is Port-au-Prince

The most popular food dish is soup jumou which is made with squash, beef, and potatoes

Football is the most popular sport in Haiti

Joe Gaetjens, the famous footballer, is from Haiti

## WHAT GOAL DOES HERE

GOAL began working in Haiti in 2010

GOAL built shelters for 10,000 people after the 2010

earthquake by 2012

GOAL returned

nearly 400 families to their repaired

homes in 2013



# HONDURAS

One of the countries that GOAL works in is Colombia.

Colombia is a country in South America, and the national language is Spanish. Here are some key phrases to learn in Spanish:

Hello = Hola

Goodbye = Adios

How are you? = Comos esta

Please = Por Favor

Thank you = Gracias

My name is... = Me llamo ...

## QUICK FACTS ABOUT HONDURAS

The population is 9,459,440

The national anthem is Himno Nacional de Honduras which means "National Anthem of Honduras"

The currency is the Honduran Lempira

Baleadas is a popular dish from Honduras, it is made from a flour tortilla, crema, beans, and cheese

Coconuts and coconut milk are very common in Honduras and are in many dishes, both sweet and savoury

Football is the most popular sport in Honduras

The Honduras national football team has competed in the FIFA World Cup three times

Wilson Palacios, the footballer, is from Honduras

## WHAT GOAL DOES HERE

GOAL began working in Honduras in 1998

GOAL has brought necessary medical materials including handwashing stations to eight hospitals in the city centres of Honduras

GOAL has reached over 400,000 people with Covid-19 messaging



# IRELAND

GOAL's headquarters are located right here in Ireland! The official languages include both English and Irish. Here are some common phrases in Irish:

Welcome = Fáilte

Hello = Dia duit à Dia is muire duit

Goodbye = Slán

Please = le do thoil

Thank you = Go raibh maith agat

My name is... = ... is ainm dom

## QUICK FACTS ABOUT IRELAND

The population is 5,011,500

The National Anthe is "Amhrán na bhFiann"

The currency is the Euro (€)

The capital city is Dublin

Popular traditional Irish foods include, boxty, colcannon, coddle, stew, and bacon and cabbage

Ireland is famous for the full Irish breakfast

Ireland is known as The Emerald Isle, The Land of Saints and Scholars, and The Land of a Thousand Welcomes

John O'Shea, the founder of GOAL, is from Ireland!



# UKRAINE

A country that GOAL works in is Ukraine. The national language is Ukrainian. Here are a few key phrases to know:

Hello = Привіт (privite)

Goodbye = До побачення (do robachennya)

How are you? = Як справи? (iak spravi?)

Please = Будь ласка (bud laska)

Thank you = Дякую (dyakuu)

My name is... = Мене звать (mene zvut)

## QUICK FACTS ABOUT UKRAINE

The national anthem is Ukraine is not Yet Dead (Šče ne vmerla Ukraïny)

The currency is the Ukrainian Hryvnia

The capital city is Kyiv

The most popular sport is football

Verenyky is a popular traditional dish of Ukraine which is a boiled dumpling that can have a variety of fillings

Andriy Shevchenko, the famous footballer, is from Ukraine

## WHAT GOAL DOES HERE

GOAL first began working in Ukraine in 2015

GOAL returned to Ukraine this year after the Russian invasions GOAL is bringing emergency aid all around Ukraine which includes food, hygiene, and first-aid kits

