



Moamba de galinha, traditional dish of Luanda - palm oil, cassava flour corridge, okra, plantains, wild spinach

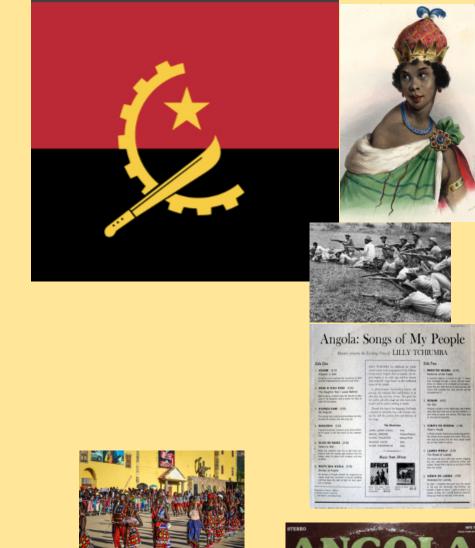
Angola



Marcienna De Ceita







People









Geography

- Angola has four principal regions, coastal lowland, hills and mountains, vast plains, and rain forest
- The lowest point of the country is the shoreline which borders the Atlantic Ocean
- Angola is located on the South Atlantic Coast of west Africa.
- There is short rainy season that usually last from February to April.
 Summers are often very hot and dry (100 degrees) while winters are mild (70 degrees).
- Population 32m (2021)
- Angola is Africa's second-biggest crude oil producer (after Nigeria) and the world's 14th-biggest.
- Coastling -1 600 km









- The war of Independence started in 1961 and lasted until 1974. Angola wanted independence from Portugal.
 - Colonial history 1648-1951:Portugal created colonies for many reasons. Mostly for resources. Colonizers would make markets, trade for spices, and look for gold. Like other colonies, they would capture and enslave Africans. In the 20th century, Portugal was under pressure to release Angola. Many independence movements were made, not only in Angola but in other countries as well. This erupted into the Portuguese Colonial War in 1960-1970.
- In 1975 Angola, Mozambique, and Guinea-Bissau gained independence when a military coup in Portugal forced Salazar out of power during 1974.
- Roots of conflict of the War of Independence was Ethnic divisions, Portuguese colonialism.
- Independence Day (for Angola) is November





- In Angola music and dance is very important even in daily life.
- Angolan music started to bring more attention far back in the 1940s. Ngola Ritmos introduced urban music, keep in mind Angola was still under Portuguese rule. During this time they sang in native languages and used national rhythms. Using native language they called for Angolan nationalism. Other bands like the Ngola Ritmos were inspired by Sembas and traditional dances.
- Now this is seen to have play a very important role in the fight for Angola's freedom. Music lyrics quickly became political and spoke about the situation in the country.
- In the late 80s, Angolan music started to re-emarge and continued to create rhythms. Now new tunes with beautiful rhythms are still being used. Semba, Kizomba, Capoeria, Kabetula, and many more represent most popular rhythms in Angola.
- Before the Portuguese spread Christianity throughout the country people of Angola would dance to Semba as way of worshipping their gods. They would usually dance to Semba to worship the goddess Kianda, goddess of the sea
- Semba and other dances was always used in Angola. For multiple things too. Funerals, celebrations, birth etc



Queen Nzinga: Mother of Angola

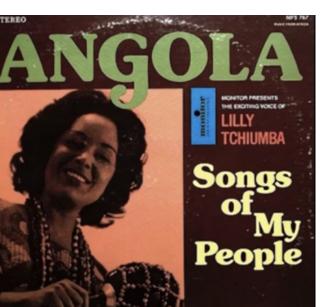


- Nzinga took power over the kingdoms after her father and brother passed, they both served as kings. She ruled during the African slave trade when it took rapid growth. She attempted to control the slave trade.
- In 1644 Nzinga defeated the Portuguese army. Later on in 1646 she was defeated by the Portuguese. The Dutch in Luanda sent Nzinga reinforcements, with their help, Nzinga located a Portuguese army. Nzinga the placed siege to the Portuguese capital.
- In 1648 Nzinga retreated to Matamba after the Portuguese recaptured Luanda in 1647. She continued to resist Portugal for the next 20 years.
- She began to order trenches to be built around her island, creating hidden caves. She stocked up on supplies preparing for long standing siege. She established her kingdom as a safe place for runaway slaves seeking refuge.
- She is remembered in Angola as the Mother of Angola.















History #2 example of importance of music

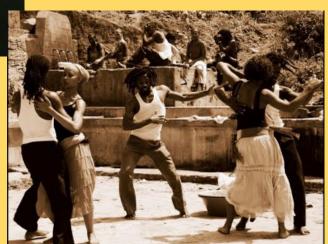
- An example of how music played a huge role in Angola was this album. In the songs it kept its traditional rhythms but talked about the violence, abuse, death, and suffering of the people of Angola. During this time a singer named Lilly Tchiumura made songs about struggles of her people and talked about stories. In one of her songs the lyrics talked against women being treated unequal and how the woman of Angola deserve respect.
- "All women of Angola should be respected no matter what their condition or social standing and they have the right to fight for their position in society"
- Some songs are based on traditional stories the singer learnt younger growing up.
- One song that is a good example of how singers from Angola talked about political problems in there music is the song 'Manazinha' "A beautiful woman, however much she dressed in luxury, is still victim of colonialists"

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Culture

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- Food/dishes
- Angola meals/cuisine has many dishes popular and favored by foreigners and nationals one of the most popular being is "Funge" (it is made by cassava or corn flour) or Mufete (this has grilled fish, plantain, sweet potato, cassava, and gari) and much more. Some main ingredients you may see in Angolan meals are beans and rice, pork and chicken, many spices, vegetables (mostly tomatoes, onions) spices such as garlic are frequently seen.
- Music-
- Semba is a ancient rhythm, traditionally it is concered with moving the hips and belly smoothly. Semba was used to dance, this dance was to celebrate harvest, marriages, births, and many other occasions. It spread in Angola's coastal centers, mostly in Luanda and Benguela during the 17th century. Today Semba is now considered as the music of the sea.
- Greetings-
- It is very common to greet elderlys first, bowing and being respectful to someone older is regonzied in this culture.
- Culture identy-
- It is common for people of Angola to indetify with there tribe and acestors



Culture #2 Engolo or Ngolo The roots of Capoeria

 This is a performance of combat which is performed by many ethnic groups around the Cunene River which is located in southern Angola. This performance involves many kicks, dodges, and leg sweeps. It is a material art style that is also a influence of Capoeria, a Afro-Brazilian art form. This was the roots of Capoeria.

"What does Fishers Junior High gain it represents this country?

- Learning about the culture of Angola would not only help with diversity but meet the dream so many
 artist and soldiers of Angola wanted. The people of Angola dreamed of the world knowing about the
 struggles of the country and the strength they had left to fight for not only their independence but
 their love ones as well. So many worked hard for Angola to remember its culture. The culture of
 Angola shows others that it is possible to remember where you came from.
- FJH will not only be representing a country but a story. A story about how even though the people of Angola were under the Portuguese they still managed to keep their traditional beliefs. Even though the Portuguese spread their Catholicism and their way of worshipping, Angola still continues to use dance and music to celebrate and come together. FJH will be representing the singers who lifted up spirits and used lyrics as a way to bring attention on what was happening on their land.
- Representing Angola in FJH will bring attention to historical figures such as Queen Nzinga and many others who were a strong leaders and fought against what they knew was wrong. Teaching others about how the strength of someone's lyrics was so strong that it lifted spirits during movements. This is not only educational but inspiring. For years people of Angola had to practice their culture in private, but even then they didn't let it fade away. For years people of Angola were told to worship differently, but they still didn't stop learning their traditional dances. The strength of this culture is amazing and should be spoken about. In conclusion FJH would gain inspiring legends and events to tell students about while being able to make the dreams of those fought each day come true

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Links for music, dance, and stories

- http://www.aaronshep.com/stories/044.html (How Frog Went to Heaven)
- https://globalvoices.org/2008/10/28/angola-on-the-mermaid-kianda-and-other-mythical-beings/ (Multiple tales from Angola)