

# TABLE OF CONTENTS

Afghanistan .....	7	Croatia .....	62	Italy .....	121-122
Albania .....	8	Cuba .....	63	Ivory Coast (Côte d'Ivoire) .....	123
Algeria .....	9	Cyprus .....	64	Jamaica .....	124
American Samoa .....	10	Czech Republic .....	65	Japan .....	125-126
Andorra .....	11	Denmark .....	66	Jersey .....	53
Angola .....	12	Djibouti .....	67	Jordan .....	127
Anguilla .....	13	Dominica .....	68	Kazakhstan .....	128
Antigua & Barbuda .....	14	Dominican Republic .....	69	Kenya .....	129
Argentina .....	15-16	Easter Island .....	70	Kiribati .....	130
Armenia .....	17	Ecuador .....	71	Kuwait .....	131
Aruba .....	18	Egypt .....	72-73	Kyrgyzstan .....	132
Australia .....	19-20	El Salvador .....	74	Laos .....	133
Austria .....	21	England .....	75-76	Latvia .....	134
Azerbaijan .....	22	Equatorial Guinea .....	77	Lebanon .....	135
Azores .....	23	Eritrea .....	78	Lesotho .....	136
Bahamas .....	24	Estonia .....	79	Liberia .....	137
Bahrain .....	25	Ethiopia .....	80	Libya .....	138
Bangladesh .....	26	Faeroe (Faroe) Islands .....	81	Liechtenstein .....	139
Barbados .....	27	Falkland Islands .....	82	Lithuania .....	140
Belarus .....	28	Fiji .....	83	Luxembourg .....	141
Belgium .....	29	Finland .....	84	Macao (Nlcau) .....	142
Belize .....	30	France .....	85-86	Macedonia, the Former Yugoslav Republic of .....	143
Benin .....	31	French Guiana .....	87	Madagascar .....	144
Bermuda .....	32	French Polynesia .....	88	Madeira Islands .....	145
Bhutan .....	33	Gabon .....	89	Malawi .....	146
Bolivia .....	34	The Gambia .....	90	Malaysia .....	147
Bosnia-Herzegovina .....	35	Gaza Strip .....	120	Maldives .....	148
Botswana .....	36	Georgia .....	91	Mali .....	149
Brazil .....	37-38	Germany .....	92-93	Malta .....	150
British Virgin Islands .....	39	Ghana .....	94	Mariana Islands .....	151
Brunei .....	40	Gibraltar .....	95	Marshall Islands .....	152
Bulgaria .....	41	Greece .....	96-97	Martinique .....	153
Burkina Faso .....	42	Greenland .....	98	Mauritania .....	154
Burma (Myanmar) .....	166	Grenada .....	99	Mauritius .....	155
Burundi .....	43	Guadeloupe .....	100	Mayotte .....	58
Cambodia .....	44	Guam .....	101	Mexico .....	156-157
Cameroon .....	45	Guatemala .....	102	Micronesia .....	158
Canada .....	46-47	Guernsey .....	53	Midway Island .....	159
Canary Islands .....	48	Guinea .....	103	Moldova .....	160
Cape Verde .....	49	Guinea-Bissau .....	104	Monaco .....	161
Cayman Islands .....	50	Guyana .....	105	Mongolia .....	162
Central African Republic .....	51	Haiti .....	106	Montenegro .....	264
Chad .....	52	Holy See (Vatican City) .....	255	Montserrat .....	163
Channel Islands .....	53	Honduras .....	107	Morocco .....	164
Chile .....	54	Hong Kong .....	108	Mozambique .....	165
China .....	55-56	Hungary .....	109	Myanmar (Burma) .....	166
Colombia .....	57	Iceland .....	110	Namibia .....	167
Comoros .....	58	India .....	111-112	Nauru .....	168
Congo, Republic of the .....	59	Indonesia .....	113-114	Nepal .....	169
Congo, Democratic Republic of the (Zaire) .....	265	Iran .....	115	Netherlands .....	170-171
Cook Islands .....	60	Iraq .....	116	Netherlands Antilles .....	172
Costa Rica .....	61	Ireland .....	117-118	New Caledonia .....	173
Côte d'Ivoire (Ivory Coast) .....	123	Isle of Man .....	119	New Zealand .....	174-175
		Israel .....	120		

Nicaragua .....	176	Tajikistan .....	233	North America .....	291
Niger .....	177	Tanzania .....	234	Russia .....	292
Nigeria .....	178	Thailand .....	235	South America.....	293
Niue .....	179	Togo .....	236	United States of America.....	294
Norfolk Island .....	180	Tonga .....	237		
North Korea .....	181	Trinidad & Tobago .....	238	<b>Appendix C - Currency</b> .....	297-299
Northern Ireland .....	182	Tunisia .....	239		
Northern Mariana Islands.....	151	Turkey .....	240	<b>Index</b> .....	303-320
Norway .....	183	Turkmenistan .....	241		
Oman .....	184	Turks & Caicos Islands .....	242		
Pakistan .....	185	Tuvalu .....	243		
Palau .....	268	Uganda.....	244		
Panama.....	186	Ukraine.....	245		
Papua New Guinea.....	187	United Arab Emirates .....	246		
Paraguay.....	188	United Kingdom			
Peru.....	189	(Great Britain) .....	247-248		
Philippines.....	190	United States of America.....	249-251		
Pitcairn Islands Group .....	191	Uruguay.....	252		
Poland .....	192	Uzbekistan .....	253		
Portugal .....	193	Vanuatu .....	254		
Puerto Rico .....	194	Vatican City (Holy See) .....	255		
Qatar .....	195	Venezuela .....	256		
Reunion .....	196	Vietnam .....	257		
Romania .....	197	Virgin Islands.....	258		
Russia .....	198-199	Wales .....	259		
Rwanda.....	200	Wallis & Futuna .....	260		
Saint Helena.....	201	West Bank .....	120		
Saint Kitts & Nevis.....	202	Western Sahara .....	261		
Saint Lucia .....	203	Western Samoa .....	262		
Saint Pierre & Miquelon .....	204	Yemen .....	263		
Saint Vincent & the Grenadines.....	205	Yugoslavia.....	264		
Samoa .....	262	Zaire (Congo, Democratic			
San Marino .....	206	Republic of the) .....	265		
São Tome & Principe .....	207	Zambia .....	266		
Saudi Arabia.....	208	Zimbabwe .....	267		
Scotland .....	209				
Senegal .....	210	<b>Appendix A - Continent Maps</b>			
Serbia.....	264	Africa .....	271		
Seychelles.....	211	Antarctica .....	272		
Sierra Leone.....	212	Asia .....	273		
Singapore.....	213	Australia .....	274		
Slovakia.....	214	Europe.....	275		
Slovenia .....	215	North America .....	276		
Solomon Islands.....	216	South America.....	277		
Somalia .....	217				
South Africa .....	218-219	<b>Appendix B - Blank Map Outlines</b>			
South Korea .....	220	Africa .....	281		
Spain .....	221-222	Antarctica.....	282		
Sri Lanka .....	223	Asia .....	283		
The Sudan.....	224	Australia .....	284		
Suriname .....	225	Canada.....	285		
Swaziland.....	226	China .....	286		
Sweden .....	227-228	Europe .....	287		
Switzerland.....	229-230	France .....	288		
Syria .....	231	Japan .....	289		
Taiwan.....	232	Mexico .....	290		



# AFGHANISTAN

**OFFICIAL NAME:** Da Afghanistan Jamhuriat (Pashto)  
Jamhuri Afghanistan (Dari)  
(Republic of Afghanistan)

**LOCATION:** Southwestern Asia

**AREA:** 251,773 sq. mi. (652,090 sq. km)

**POPULATION (Est. 1993):** 20,102,000

**CAPITAL:** Kabul

**LARGEST CITIES:** Kabul, Qandahar, Herat, Mazar-e Sharif, Jalalabad, Qonduz, Baghlan

**GOVERNMENT:** Transitional government consisting of a 51-member council headed by a president.

**FLAG:** Adopted in 1980. Three horizontal stripes of black, red, and green with the coat of arms in the upper, hoist-side corner.

**ETHNIC GROUPS:** Pushtuns (or Pathans), Tajiks, other (about 20 total)

**LANGUAGES:** Pashto (or Pushtu), Dari, others

**RELIGION:** Islam

**BASIC MONETARY UNIT:** Afghani



## GEOGRAPHY

At its greatest distances, Afghanistan, a landlocked country, measures 630 mi. (1,012 km) from north to south and 820 mi. (1,320 km) from east to west.

Afghanistan has three main land regions: 1) the Northern Plains, 2) the Central Highlands, and 3) the Southwestern Lowlands. The Northern Plains feature mountain plateaus, rolling hills, and vast grasslands. Its fertile soils can only be used for agriculture if water is readily available. The Central Highlands account for two-thirds of the country's area and are home to the Hindu Kush mountain range, which consists of rolling plains in the southwest and towering heights in the east. The Southwestern Lowlands consist mainly of deserts and semideserts. Fruits and grains are grown in the Helmand River Valley. The Rigestan Desert lies in the south.

## CLIMATE

Afghanistan's climate varies by region. The Northern Plains have an average annual temperature of 38°F (3°C) in January and 90°F (32°C) in July, with average precipitation levels of 7 in. (18 cm) per year. The Central Highlands have an average annual temperature of 25°F (-4°C) in January and 75°F (24°C) in July, with average precipitation levels of 15 in. (38 cm) per year. The Southwestern Lowlands have an average annual temperature of 35°F (2°C) in January and 85°F (29°C) in July, with average precipitation levels of 2-9 in. (5-23 cm) per year.

## ECONOMY

Afghanistan's economy—ne of the world's least developed—is based mainly on agriculture. Natural gas production is on the rise. Afghanistan is the leading producer of lapis lazuli, a semiprecious gemstone.

**Agriculture**—barley, corn, cotton, fruits, karakul sheep skins, mutton, nuts, rice, vegetables, wheat, and wool

**Manufacturing**—cement, handcrafted items, matches, processed foods, rugs, shoes, and textiles

**Mining**—coal, lapis lazuli, and natural gas

**Exports**—cotton, fruits, karakul sheep skins, natural gas, nuts, and rugs

**Imports**—machinery, motor vehicles, petroleum products, and textiles

## LIFE-STYLE

Most Afghans live in the valleys of the Hindu Kush mountain range. Over 80 percent of all Afghans make a living in agriculture. Most Afghans live in sun-dried, mud brick homes, but a few urban Afghans live in modern homes or apartments. Some seminomadic Afghans roam the grasslands with their livestock during the summer and farm the rest of the year. Most of these Afghans live in goat-hair tents.

Most Afghans wear traditional clothing of brightly colored robes in the summer, covered by coats of sheepskin, quilted fabric, or felt in the winter. Most rural men wear a turban, which, when tied a certain way, indicates their ethnic group. Rural women cover their heads with a shawl; some urban women wear a *chadri* (full-length, hooded garment covering all but the eyes).

Staples of the diet include cheese, mutton, and rice. Flat loaves of bread are eaten at every meal, and dessert is usually fruit and nuts. Tea is the favorite drink.

Almost all Afghans share the same religion: Islam. Religious leaders, called *mullahs*, are found in most villages or seminomadic groups. Mullahs influence their communities by interpreting Islamic law and educating the young.

Children ages seven to ten are required to attend school. Because of a shortage of schools and teachers, however, not all attend. Only about one-fifth of all Afghans—ages 15 and over—can read and write. As a result, folklore, folk songs, and folk dances play an important part in Afghan life.

Afghanistan has a shortage of medical facilities. Because of this, as many as half of all infants living in some parts of the country will die before they are one year old.

Popular recreational activities include hunting and *buzkashi* (game played by men of the Northern Plains in which dozens of horsemen try to grab a headless calf and carry it across a goal).

## IT'S A FACT!

**Nowshak**—the country's highest point, rises 24,557 ft. (7,485 m) above sea level.



## DID YOU KNOW...

- It wasn't until 1964 that the law granted Afghan women equal status with men?