



ONE LOVE,
ONE HEART:
Guyana and Jamaica

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The Golden Arrowhead

- ❑ **Consist of 5 colors;**
- ❑ **Green:** stands for the jungles and fields that cover most of the country, as reflected in their national anthem, “Green Land of Guyana.”
- ❑ **White:** which suggests the many rivers, which provide the basis for the indigenous name *Guyana* (“land of waters” or “great waters”)
- ❑ **Red:** represents zeal and sacrifice in nation-building
- ❑ **Black:** symbolizes perseverance
- ❑ **Yellow:** representing Guyana's mineral Wealth
- ❑ **The flag of Guyana, commonly referred to as “The Golden Arrowhead,” has been the official flag of Guyana since May 26, 1966, following the country’s independence from the United Kingdom.**



The Cross

- **Consists of 3 colors, Black, Green, Gold.**
- **Black:** represents the people and their strength.
- **Green:** represents the grass and the agricultural resources.
- **Gold:** represents the sun and the natural wealth of the country.
- **The flag was adopted on August 6, 1962 when the country had gained independence.**



Guyana Dishes

- Guyanese food is a melting pot of its shared flavor of South American, European, Asian, Indigenous and Caribbean heritage. The food reflects the ethnic makeup of the country.
- Chicken Curry & Roti: This dish is a contribution by the East Indians. It can be eaten for either breakfast or dinner.
- Metemgee: This dish is a contribution by Africans. It's a Guyanese creole style stew filled with vegetables and hearty starches like yam, plantain and cassava.



Chicken Curry



Metemgee

	Males	Females
Indians	162,190	157,880
Africans	97,070	102,760
Mixed Races	37,860	38,130
Portuguese*	2,870	3,510
Chinese	2,230	1,680
European	1,130	1,290
Amerindian	14,760	14,670
TOTALS	318,110	319,920

Guyanese Dishes

- Cassava bread: This dish is a contribution by the Amerindians. It's a kind of flat bread made with grated cassava, that is commonly used to accompany meals or to be eaten as a snack.
- Garlic pork: Garlic pork is a pickled meat dish brought to Guyanese cuisine from Portuguese settlers. It is popularly enjoyed on Christmas morning with warm bread. Pork meat is chopped then seasoned with generous amounts of garlic, pepper, and fresh or dried thyme.
- Guyanese style Chinese food and fried chicken are the most popular restaurant and take-out dishes and can be found anywhere around the town.



Jamaican Dishes

- Ackee and Saltfish: It can be eaten for either breakfast or dinner. It is usually served with fried dumpling, breadfruit, or cooked food such as green banana, yam, pumpkin, boiled dumpling.
- Jerk chicken: It is usually eaten for dinner served with either rice and peas or white rice. It can also be eaten with a slice of white hard dough bread with jerk sauce choice of mild or spicy or regular bbq sauce and ketchup.



Jamaican Dishes

- Callaloo: It is a local staple green leafy vegetable cooked with onion, garlic, tomato, thyme and scotch bonnet pepper and saltfish. It is usually served with fried dumpling or cooked food such as boiled dumpling, yam, banana, pumpkin and potato.
- Curry Goat: Is a curry dish prepared with goat meat. Mainly eaten for dinner and served with either rice and peas, or white rice.



Guyanese Dessert

- Fudge: **Fudge** is a type of sugar candy that is made by mixing sugar, butter and milk, heating it to the soft-ball stage, and then beating the mixture while it cools so that it acquires a smooth, creamy consistency.
- Sirnee: This is a sweet dish that is made as part of the celebratory feast at Eid, such as Eid al-Fitr, the holiday currently being celebrated to mark the end of Ramadan (the holy period of fasting observed by Muslims around the world).



Guyanese Dessert

- Custard Block: This is a frozen vanilla custard. Traditionally, it is made with milk, sugar and custard powder.
- Pastries: Homemade bread-making contributed by the Europeans influence includes pastries such as cheese rolls, pine tarts (pineapple tarts), and patties.
- Salara: is a bread recipe that has been filled with red-colored coconut, rolled up, then baked off until brown. It is usually eaten at any time of the day.



Jamaican Desserts

- Grater cake aka Sugar Cake: is a dessert of grated coconut in a fondant of sugar. It was once called grater brute when "wet" or "new" brown sugar was used. But now refined or white sugar is mainly used when making this.
- Gizzada aka pinch me round is a pastry in Jamaica cuisine. The tart is contained in a small crisp pastry shell with a pinched crust and filled with a sweet and spiced coconut filling.



Jamaican Desserts

- Coconut drops: Also known as cut cake, is a dessert made with cut up coconut meat, ginger and brown sugar.
- Pudding Cake : Typically eaten on special holidays such as Christmas and New Year's.
- Black Cake: Also known as rum cake or fruit cake. It is usually made for special holidays/occasions such as Birthdays, weddings, Christmas and New Year's. It consists of Red wine or White rum



Guyanese Music

- The music of Guyana is a reflection of its people and its environment. Not surprisingly, the music here has a strong Caribbean flair but also heavily mixed with Indian music.
- Shanto is a form of Guyanese music which is related to both calypso and mento music.
- Calypso, which was imported from Trinidad and Tobago, is especially popular in Guyana. Calypso is satirical and lyrically-oriented, often played during celebrations like Mashramani.
- Chutney which is also imported from Trinidad and Tobago is played and performed at Indian events, usually with lyrics in Hindustani and English.



Jamaican Music

- The **music of Jamaica** includes Jamaican folk music and many popular genres, such as reggae, dancehall, and reggae fusion related styles.
- Reggae is Jamaica's most internationally recognized music. Reggae music is about immortal themes such as : love, freedom from slavery, equality, peace, freedom from government oppression, kindness and the oneness of humanity. It's a type of music that resonates with basically everybody.
- Dancehall first originated in the late 1970s which changed the face of Jamaican music and music in general. It is one of the most versatile genres out there and so many artistes all over the world collaborate on tracks that feature Dancehall riddims or try to cut it close to the musicality of its uniqueness. With world renowned artistes such as ***Beenie Man, Mavado, Vybz Kartel, Busy Signal, Aidonia,*** and ***Konshens,*** Dancehall music has produced some of the most charismatic and energetic artistes with massive sounds.
- Reggae fusion: It is a mixture of reggae or dancehall with elements of other genres such as hip hop, R&B, jazz, rock 'n roll or indie rock.



Tourist places ~ Guyana

- Kaieture Falls: It's the world's largest single drop waterfall.
- HJ Water World: is a fun park located just outside Georgetown on the East Bank of Demerara. It caters to couples, families and companies to ensure all have an enjoyable time.



Tourist place ~ Guyana

- St. George's Cathedral: The most impressive building in town is the white-painted, Gothic-style St George's Cathedral, it is listed as one of the world's tallest wooden buildings.
- The Iwokrama Canopy Walkway is a series of suspension bridges and decks of up to 30 metres in height and 154 metres in length, located in the Iwokrama Forest. It gives visitors a new view of the mid and upper canopy of the forest and allows wildlife to be relatively free from human intrusion.



Tourist places ~ Jamaica

- Pelican bar – a bar located offshore in the Caribbean sea about 1 mile from land.
- - The boat ride to the bar takes about 20 minutes. You can grab food and/or drinks and go swimming if you want.
- Kool Running Water Park – the largest and best water park in Jamaica
- - The park consists of regular rides, water rides/slides, paintball, go-kart racing, dining and shopping.



- Ys fall- seven waterfalls which cascades into natural pools that is surrounded by trees and gardens.
- Little Ochie- a fish restaurant located in several huts on the beach, some made from the hulls of fishing boats with thatched roofs. When seated you're able to see the waters and the sun set.



Guyana Beliefs & Superstition

Superstition

- If someone sweeps your foot with a broom, you won't get married.
- If someone jumps over the outstretched feet of a growing child, he or she will stop growing.

Beliefs

- Jumbee is the ultimate mythological spirit or demon in the folklores of Guyana. One favorite expression when Guyanese say goodbye at night is "don't let Jumbee hold you" Jumbee is always on the minds of many Guyanese walking home at night. Walking Pass a Cemetery can be especially frightening.

- The Old Higue (Hag) was and still remains part of Guyana's folklore. This old soul or witch lives on the edge of the villages in the day and becomes a ball of fire at night, flying through the air and seeking out tender juicy babies to suck but will settle on feeding on any prey. Broom along with bowl of uncooked rice and bottles of various goodies are kept at the front of the door to prevent entry.
- The Dutchman Jumbie: Many trees in Guyana are called Dutchman trees. If one climbs these trees or cuts at it or anything else like that, the Dutchman jumbee will cause them to fall and break their neck or spine, or they get violently ill, or encounter all sorts of bad karma.

Jamaica Beliefs & Superstition

- When a house is newly built, it is customary to have a 'House Blessing' performed by a priest or a pastor. Prayers are said in all the main rooms of the house. It can be a family event or small little event with friends and family.
- When constructing a building, it is considered unsafe to break ground unless white rum has been poured as a libation to the spirits. Some workmen may also require a rooster to be killed and its blood sprinkled on the site before work begins.
- Ladies should not place their handbags on the floor because it will make them poor.
- Its good luck if a bird messes on you.
- If something has been stolen and the thief is known to be in the room, a key is placed in an open bible. The names of the people in the room are called one at a time. When the name of the thief is called, the key is supposed to spin.
- If you want to get rid of a crick (stiff) neck, get a left-handed person to turn it for you.
- To cure a child with asthma, mark him against a papaya tree.

**Our similarities makes
us Human.**

**Our differences makes
us Individuals.**

Religion



- Christianity:
 - is one of the dominant religions in both Guyana and Jamaica.
 - ❖ It primarily consists of:
 - Pentecostal
 - Anglican
 - Seventh-day Adventist
 - Roman Catholicism

Cricket:
A major sport
played by both
countries.



VS



The Jamaican team is called Tallawah which means “strong or fearless”. The concept behind the name is to “not underestimate us, we are small, but we are strong and fearless”.

The Guyana cricket team is called Amazon Warriors after its “Amazon Rainforest” which got its name from the “women of Amazons” which got the name from “Greek Myth”.

THE END

