Uganda

Joined the Commonwealth 1962 - visited by the Queen in 2007

Uganda is a landlocked nation lying astride the equator in East Africa

Pop: (2013) 37,579,000 Capital: Kampala Area: 236,000 sq km

Uganda's western border contains East Africa's great Western Rift Valley with its many lakes such as Lakes Albert, Edward and Victoria, the latter being the source of the White Nile. Although the whole of Uganda is high, Mount Stanley, at 5,110m is the highest point in the snow-capped Rwenzori mountains to the west. Elsewhere, the country contains lakes, swamps, dense grasslands, forests and rolling plains giving rise to an extraordinary diversity of plant and animal life, including all the big game and savanna animals, such as the Uganda kob, and a rich variety of birds. Gorillas and chimpanzees are particularly protected in Uganda's many national parks and game reserves. With all this richness, unsurprisingly tourism is an important earner and source of employment.

The climate is equatorial though tempered by the altitude. Uganda is particularly well watered and agricultural products such as coffee, tea, cotton and tobacco are important exports. Recent discoveries of oil in the Lake Albert region will considerably add to the country's earnings.

Subsistence farming in the Bwindi district of south-west Uganda

Every inch of the fertile volcanic soils is utilised