

AD-GAM Gambia Guide

Read. Learn. Explore.

An independent guide for residents, students, visitors and everyone curious about The Gambia.

https://gambia.adgam.media/

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About this edition

This reading edition contains 33 newly written articles. It replaces obsolete travel advice and unsupported generalisations from the historical reference book with dated sources and contemporary explanations. It is not a republication of that book's machine-assisted translation.

The separate online directory contains 2,031 public business and organisation listings. The research database retains 2,042 archive records. Public listings retain their own review labels and dates; they are not a guarantee of trading status or service quality.

Use the original sources for current entry rules, official procedures and changing figures. This downloadable edition is a snapshot. The QR code opens the online guide, where future editions can be published at the same address.

This independent AD-GAM publication is in English. Reading paths and learning activities can be adapted to your school, club or community setting.

River photograph: Gayobah13, River Gambia (2012), released under CC0 1.0. Source: https://commons.wikimedia.org/wiki/File:River_Gambia.jpg

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COUNTRY

A country connected by a river

Learn the geography through places, journeys and the communities between them.

Source review date: 2026-10-29.

Start with a real map

The Gambia follows its namesake river inland from the Atlantic, with Senegal around its landward boundaries. The river is a route through the country's history as well as its landscape. A national border and a riverbank are different things: communities, trade and family connections extend across both.

Banjul is the capital. Serrekunda and the wider coastal urban area should not be mistaken for Banjul city itself. When reading an address, look for the locality and a landmark rather than assuming that "Banjul area" means the capital.

Read the country from coast to interior

Use Banjul, Kanifing, Brikama, Kerewan, Mansakonko, Janjanbureh and Basse as starting points for exploring different parts of the country. Learn which riverbank a destination is on before planning a journey. A short distance on a map may still involve a bridge, a ferry, a road detour or changing conditions.

Compare an administrative map with a transport map. The first explains boundaries and responsibilities; the second helps explain journeys. Neither alone tells you how a community lives.

Try this together

Choose a place where your family, class or team has a connection. Locate it on a map and trace a route to another region. Ask: what does the river make easier, and what makes the journey difficult? Record the date of any timetable or fare you check.

Sources & further reading

Government country overview
gambia.gov.gm

Read this article online

COUNTRY

The Gambia at a glance

A river-shaped country with a regional outlook, a living culture and many ways to belong.

Source review date: 2026-10-29.

Begin with the river

The Gambia is a West African country bordered by Senegal on its landward sides and the Atlantic Ocean to the west. Its long, narrow shape follows the Gambia River, which connects coastal settlements with inland communities. Banjul is the capital. A map is a useful starting point, but a country is also the relationships, skills and memories of its people.

Read place names carefully: the river and the country share a name, while a city, a municipality and a larger urban area are different geographical units. A statistic for Banjul city should not automatically be used for the wider urban region.

Useful facts, with dates attached

The official language is English. People also use multiple Gambian languages in homes, markets, religious life and public conversation. Language, religion, ethnicity and nationality are different parts of identity; none alone explains a person’s experience.

The 2024 preliminary Population and Housing Census counted 2,422,712 people. That is a census result for a stated year, not a claim that the population has remained unchanged. International population estimates may show a different total because they use a different method and reference date.

A country connected to the world

The national currency is the dalasi, abbreviated GMD. National independence is commemorated on 18 February, marking independence in 1965. Those facts help orient a newcomer; the history chapters explain the longer journey behind them.

A useful guide gives space to rural and urban experiences, different generations, people with disabilities and Gambians living abroad. Explore a locality through its residents’ accounts, then compare them with maps, archival material and published research. No single neighbourhood or visitor itinerary represents the whole country.

Try this with a group

Find Banjul, the Atlantic coast and an inland settlement on a map. Trace a journey along or across the river. Discuss which information a traveller, a farmer, a pupil and a person using a wheelchair would each need before making the same trip.

Make a two-column fact sheet: facts that rarely change, and information that needs a date. Put a current office-holder, a ferry departure and a market price in the second column. This habit keeps a public display useful long after it is first printed.

Sources & further reading

Government of The Gambia: About
gambia.gov.gm

UN Statistics: census population series
data.un.org

UN Statistics: 2024 World Statistics Pocketbook
unstats.un.org

Central Bank of The Gambia Act 2018
www.cbg.gm

Read this article online

HISTORY

Before the modern border: kingdoms and oral history

African societies, regional connections and the evidence that keeps their histories alive.

Source review date: 2026-10-29.

History begins before European arrival

People lived, farmed, traded and developed political institutions in Senegambia long before the modern state. The stone circles at Wassu and Kerbatch are material evidence of organised societies and elaborate burial traditions. They should not be treated as monuments built at one moment or confidently assigned to a single modern ethnic group.

A wider West African world

Manding expansion associated with Mali helped shape the region, and Kaabu became an important power within that wider world. Wolof political formations also influenced Senegambia. Local histories include Niumi, Baddibu, Wuli, Kiang and Kombo; there was no single unchanged kingdom covering the whole modern country.

The border is a relatively recent political arrangement compared with the long history of migration, scholarship, marriage and exchange. A family's history may cross several present-day countries.

Listen carefully and compare evidence

The National Centre for Arts and Culture maintains oral-history and research collections covering traditions, genealogy, music and historical memory. Oral testimony is evidence with its own context: who is speaking, what they witnessed or inherited, and why the account matters to their community.

Compare testimony with archaeology and written sources. Colonial records also have authors and political interests. A careful history asks questions of all evidence, rather than assuming that a written account is automatically neutral.

Classroom enquiry

Interview an elder who freely agrees to participate. Ask permission before recording or sharing. Separate a personal memory from an inherited tradition, and allow the person to correct the account before it is published.

Sources & further reading

NCAC oral archive
ncac.gm

Gambian World Heritage nomination
whc.unesco.org

Stone Circles of Senegambia
whc.unesco.org

Read this article online

HISTORY

Atlantic trade, enslavement and colonial rule

Understand the river's global connections and their human consequences.

Source review date: 2026-10-29.

Trade and forced movement

Portuguese voyages reached the river in the fifteenth century. European traders entered an existing African political and commercial world, negotiating and competing for influence. The Atlantic trade in enslaved Africans brought profound suffering, separating families and linking the region to plantation economies overseas.

Responsibility should be described carefully: African participation in capture and sale existed alongside European commercial demand, shipping and colonial plantation systems. Enslaved people were human beings with families, skills and histories, not simply a category of goods.

Read the landscape as evidence

Kunta Kinteh Island and related sites at Albreda, Juffureh and the river mouth preserve evidence of different stages of African-European encounters. Fortifications served changing purposes over time. Britain's abolition of its slave trade in 1807 did not instantly end slavery or illegal trafficking.

Bathurst, now Banjul, was founded in 1816. The expansion of British administration was gradual, and the coastal Colony and inland Protectorate were governed differently. Anti-slave-trade operations, commerce and imperial power developed in overlapping ways.

Remember without simplifying

A heritage visit can connect local history with the African diaspora. Treat the sites as places of memory as well as visitor destinations. A famous novel or film can inspire interest, but individual characters and family genealogies require their own evidence.

Discussion

What can a fort tell us? What can it not tell us about the people who passed through it? Consider the differences between an archaeological site, a family account and a work of historical fiction.

Sources & further reading

UNESCO: Kunta Kinteh Island and Related Sites
whc.unesco.org

Hughes and Perfect: constitutional change
www.cambridge.org

Read this article online

HISTORY

The road to independence and the republic

Representation, organising and the milestones of 1965 and 1970.

Source review date: 2026-10-29.

Independence was a process

Political change grew through workers' organisation, newspapers, public debate and demands for representation. Edward Francis Small was an important early figure. The National Assembly's history records Legislative Council elections in 1947 and the widening of representation that followed.

The political movement involved more people than any single leader. Parties and communities debated whose interests would be represented, including those of the countryside as well as Bathurst. Women's experiences and work belong in that history even when formal political records give them less space.

Two dates, two constitutional changes

The PPP won the 1962 election and Dawda Kairaba Jawara led the government. The Gambia attained independence on 18 February 1965 as a constitutional monarchy. On 24 April 1970 it became a republic, with Jawara as president. Independence and becoming a republic are therefore different events.

The First Republic and regional cooperation

Jawara's PPP won successive elections. A violent attempted coup in 1981 was defeated with Senegalese assistance. The countries subsequently formed the Senegambia Confederation, which operated during the 1980s and ended in 1989. Close regional connections did not result in a permanent single state.

A balanced account examines participation and institutional achievements alongside unequal power, economic pressures and criticism. Remembering independence is also an invitation to ask what equal citizenship should mean today.

Sources & further reading

National Assembly parliamentary history
assembly.gm

Independent Electoral Commission history
iec.gm

Commonwealth election report: political background
www.thecommonwealth-ilibrary.org

The Gambia in Transition
www.pulp.up.ac.za

Read this article online

HISTORY

Democracy, memory and the pursuit of justice

The 1994 coup, the 2016 election and the work of confronting abuses.

Source review date: 2026-10-29.

The end of the First Republic

On 22 July 1994 a military coup overthrew Jawara's government. Yahya Jammeh became the dominant leader, later moving to a civilian presidency in 1996. His rule lasted more than two decades. Accounts of this period must include the experiences of people who suffered repression and human-rights violations.

An election and a constitutional crisis

Adama Barrow defeated Jammeh in the presidential election of 1 December 2016. Jammeh initially conceded and then rejected the result. Regional mediation and ECOWAS military pressure helped resolve the crisis. Barrow was sworn in on 19 January 2017.

These events show why elections require more than the act of voting: institutions, civic participation and respect for the outcome are essential. They also illustrate how national politics can depend on regional cooperation.

Truth, reparations and accountability

The Truth, Reconciliation and Reparations Commission was established by legislation in 2017 to investigate abuses committed from July 1994 to January 2017. It submitted its final report in November 2021; the government's White Paper followed in May 2022. Later legislation created a framework for a permanent reparations process.

A commission's report, a law, a compensation payment and a criminal judgment are different stages. Do not treat a policy commitment as proof that all victims have received justice. Use Ministry of Justice materials and victims' own accounts to follow developments, with dates attached.

Learning with care

For younger readers, the Ministry of Justice provides a child-friendly TRRC report. Discuss dignity and rights without requiring anyone to disclose personal trauma.

Sources & further reading

Gambia report to the UN
digitallibrary.un.org

Ministry of Justice: TRRC, legislation and child-friendly report
www.moj.gm

Ministry of Justice: reparations background
moj.gov.gm

Read this article online

CULTURE

Living culture: music, celebration and belonging

Meet traditions as living practices, with communities at their centre.

Source review date: 2026-10-29.

Many ways to be Gambian

The Gambia's cultural life includes many communities, languages, religious traditions and creative practices. A national guide can introduce that diversity without suggesting that every person follows the same customs or that identity determines someone's beliefs.

Music accompanies celebrations and public life. The kora, bala and tama are among the instruments described in the government's cultural overview. Musicians and storytellers work within inherited traditions and also create new forms. Culture includes contemporary creativity as well as heritage.

Heritage carries responsibilities

The Kankurang is a Manding initiatory tradition shared across Senegal and The Gambia. UNESCO inscribed it on its Representative List in 2008, following its original proclamation in 2005. Its meaning involves community knowledge, authority and transmission between generations.

A public description does not grant permission to enter a ritual space, record a ceremony or publish restricted knowledge. Ask local custodians what visitors may see and share. Respect an answer of no.

A visit can begin with listening

The National Centre for Arts and Culture is a route to museums, research and cultural institutions. Try asking who made an object, who uses it and what its owner wants others to understand. Buying directly from makers, with a clear agreed price, can support the people behind a craft.

Make room for different voices

A school or community display can pair a traditional instrument with a contemporary recording, poem or illustration. Seek permission and credit the creator. Let people describe their own practice instead of asking one person to speak for an entire community.

Sources & further reading

Government: arts and culture
gambia.gov.gm

UNESCO: Kankurang
ich.unesco.org

NCAC cultural heritage
ncac.gm

Read this article online

CULTURE

Languages, greetings and respectful conversation

An invitation to listen, ask and learn without turning identity into a stereotype.

Source review date: 2026-10-29.

A multilingual country

English is the official language, while Gambian languages are used across family life, commerce, religion and creativity. Mandinka, Wolof, Fula, Jola, Serahule and Serer are among the languages encountered. Usage varies by family and place; people may use several languages in one day.

The old guide's blanket claim that African languages are unwritten has been removed. Oral traditions and written forms can coexist. Variation in spelling does not make a language less complete or less valuable.

Learn from a speaker

Start by asking how someone prefers to be greeted and how their name is pronounced. If you do not understand, ask them to repeat or explain. A short friendly exchange is more useful than pretending to understand a long phrase.

Do not assign a language or ethnicity to someone from their name, dress or appearance. Keep a phrase notebook, including who helped you, the context and any alternative spellings they offer. Ask before recording a voice.

Language is part of the historical record

The NCAC's oral archive preserves testimony and cultural material in national languages and in English transcription. Translation can widen access, but it can also lose shades of meaning. Keep an original-language version alongside a translation whenever permission and practical arrangements allow.

For a class or club

Choose five useful expressions together: a greeting, thanks, a polite request, asking for clarification and saying goodbye. Invite volunteer speakers to check pronunciation. This activity is a language exchange, not a test of who is a "real" Gambian.

Sources & further reading

Government country overview
gambia.gov.gm

NCAC oral archive and transcription work
ncac.gm

Read this article online

CULTURE

Food, farming and the shared table

Understand a meal through ingredients, skill and the people who make it.

Source review date: 2026-10-29.

Begin with the dishes

Benachin is a one-pot rice dish prepared in different ways with vegetables, fish or meat. Domoda is known for its groundnut-based sauce. Recipes vary between cooks, households and regions; no short description can stand in for all Gambian cooking.

A meal is also a chain of work: growing, fishing, transporting, trading, cooking and serving. Ask where an ingredient comes from and how its preparation changes with the season. Recognising that labour helps connect food culture with livelihoods.

Food belongs in learning

FAO's account of Gambian school food shows how menus can combine cereals and tubers, pulses, vegetables and other ingredients. Dishes such as benachin, domoda and mbahal appear in that context. A school meal can connect nutrition education with locally familiar foods.

For a class activity, trace one ingredient from production to the table. Make a poster of the different skills involved. Avoid assuming that a household's meal reveals its income, ethnicity or religion.

Enjoy a meal considerately

Ask about ingredients rather than guessing. Groundnuts are central to some dishes, so anyone with an allergy needs clear confirmation from the cook; another dish's name alone does not establish that it is free of an allergen. If cooking for a group, agree dietary needs and safe food-handling arrangements first.

At a restaurant, check the menu, portion, price and what is included before ordering. At someone's home, follow the host's invitation and ask if unsure about a custom. Request permission before photographing people or their food.

Sources & further reading

Gambia Tourism Board: cuisine
visitthegambia.com

FAO: school food in The Gambia
www.fao.org

Read this article online

SPORT

Gambian football: the people, clubs and milestones

From the football association founded in 1952 to Biri Biri's international legacy, discover the foundations behind the Scorpions.

Source review date: 2026-10-29.

Start with three dates

The history of Gambian football begins before independence. CAF's official association profile records the national football organisation as created in 1952, affiliated to CAF in 1966 and affiliated to FIFA in 1968. These are different milestones: founding an organisation, joining African football's confederation and joining the world governing body are separate events.

The organisation is now the Gambia Football Federation, or GFF. A good historical timeline should distinguish it from the national league and the national team. An association's founding date does not, by itself, tell us when people first played football in their communities.

Clubs give the game its roots

National-team matches are the most visible part of football, but the domestic game provides its everyday foundation. The GFF described the 2025/26 men's first division as its 60th edition, dating that national league sequence to 1965/66. Its announcement named established clubs including Real de Banjul, Wallidan, Hawks, Samger and Gambia Ports Authority, alongside newer participants.

This is a historical reference point, not a statement about who is champion today. League membership, sponsorship and match venues change. Before travelling to a game, use the GFF's latest announcements and the participating clubs' own notices. Keeping the season attached to a result prevents an old report from becoming misleading advice.

Nawettan and the route from community to league football

Community and zonal football form another part of the picture. The GFF's 2017 activity report documents a Super Nawettan competition involving 14 zones, including first-time participants Foni and Kombo East. It also records that league clubs scouted and signed players from the competition. That is evidence of a connection between community tournaments and the national leagues, rather than a claim that the same format continues unchanged today.

When following Nawettan, check the local organising committee's notice for the particular tournament and year. Similar names can refer to a neighbourhood team, a zone or a separate competition. Recording those distinctions makes a community's achievements easier to understand and preserves local football history more accurately.

Biri Biri: a Gambian story with an international reach

Alhaji Momodou Njie, widely known as Biri Biri, is a central figure in the country's football memory. Sevilla FC records that he arrived from Denmark in 1973, played 109 matches for the club and scored 34 goals. His 14 goals in the 1974/75 season helped Sevilla gain promotion to Spain's top division. These are dated career achievements, rather than changing current statistics.

Biri Biri's importance also lies in what his career made imaginable for later players. His story connects Gambian football with European club history and reminds young readers that a sports career can create lasting relationships between places. To study him well, look beyond a nickname or a goal total: ask about his teammates, the period he played in and how supporters remember him.

Keeping community football history alive

A useful local football archive can begin with a modest exercise: record a club's full name, the town or neighbourhood it represents, the date of a photograph and the names of adults who can explain its context. Interview more than one witness and distinguish a personal memory from a result recorded by an organiser.

Players are only part of that story. Coaches, referees, grounds staff, medical teams, administrators and supporters also sustain a club. A school or sports centre can build an exhibition around their different contributions, while obtaining permission before publishing personal photographs or interview recordings.

Try it in class

Build a timeline with separate rows for the federation, domestic leagues, national teams and individual players. Why might these timelines have different starting dates? Compare a club archive with an official match report and explain what each source can tell you.

Sources & further reading

CAF: Gambia member association
www.cafonline.com

GFF: 60th national league edition
gambiaff.org

Sevilla FC: Biri Biri obituary and career record
sevillafc.es

GFF: 2017 activity report, Super Nawettan section
gambiaff.org

Read this article online

SPORT

The Scorpions and the Africa Cup of Nations

Understand The Gambia's historic senior AFCON debut, its quarter-final run and why tournament names do not always match the year matches were played.

Source review date: 2026-10-29.

The debut that reached the quarter-finals

The Gambia's first appearance at the senior men's Africa Cup of Nations finals came in the edition officially called Cameroon 2021. Its matches were played in January 2022. For a reader comparing old headlines, both dates matter: "AFCON 2021" identifies the competition, while 2022 identifies when the games actually happened.

The Scorpions progressed to the knockout rounds and defeated Guinea 1-0 on 24 January 2022. Musa Barrow scored the decisive goal in the 71st minute. The victory took The Gambia into the quarter-finals on its tournament debut, an achievement that gave the country a prominent place in that edition's story.

The quarter-final and its lasting significance

On 29 January 2022, hosts Cameroon ended The Gambia's run with a 2-0 quarter-final victory in Douala. Karl Toko Ekambi scored both goals. Reaching that stage did not make The Gambia tournament champion, but it did establish an important historical milestone for the senior national team.

Good sports history includes defeats as carefully as victories. A result tells us who advanced; a thoughtful match analysis asks how a team defended, created chances and responded to pressure. Those questions help young players learn from a tournament without reducing its entire meaning to a trophy count.

A second appearance, with a different outcome

The next finals appearance was at Côte d'Ivoire 2023, an edition played in January and February 2024. On 23 January 2024, The Gambia lost its final group match 3-2 to Cameroon. Ablie Jallow and Ebrima Colley scored for the Scorpions in a match that briefly put them ahead before Cameroon recovered.

The Gambia exited at the group stage. This was a different campaign from the earlier quarter-final run. The two editions should never be combined into one set of results, and an old qualification story should not be presented as proof of qualification for a later tournament.

How to read a national-team record

Always record the competition, its official edition name, the match date, opponent, score and stage. Separate qualifying games from the finals tournament. A friendly international may be valuable preparation, but it is not an AFCON finals appearance.

This guide presents these matches as established history. It does not treat an old squad list, coach's name or world ranking as a permanent fact. Readers looking for the next fixture should check the federation and CAF's current announcements.

Discussion for fans and learners

What can a quarter-final appearance mean to a small country, even without a title? Write a match report that explains the result respectfully to both teams. Then identify which sentences are facts and which express your interpretation.

Sources & further reading

CAF: Guinea-Gambia round of 16, 24 January 2022
www.cafonline.com

CAF: Cameroon ends Gambia’s 2021-edition run
www.cafonline.com

CAF: Cameroon-Gambia, 23 January 2024
www.cafonline.com

Read this article online

SPORT

Youth football: continental champions and a pathway to learning

The 2005 and 2009 Under-17 titles are major Gambian achievements. Youth football also needs education, sound coaching and patient development.

Source review date: 2026-10-29.

Two African Under-17 titles

The Gambia won the African Under-17 championship in 2005 and again in 2009. CAF's competition history identifies the 2005 success as a home victory, while the 2009 tournament was hosted by Algeria. These are age-group continental titles and should be described that way, rather than confused with the senior Africa Cup of Nations.

In 2005, The Gambia beat Ghana 1-0 in the final. In 2009, it beat Algeria 3-1. CAF records that the 2009 side won all five of its matches, scored 12 goals and conceded only one. The achievement belongs to a particular team and tournament; it does not guarantee the same outcome for every later generation.

Under-20 achievements

The Young Scorpions reached the final of the 2023 Under-20 Africa Cup of Nations after beating Nigeria 1-0 in their semi-final. Adama Bojang scored the early goal that settled the match. The final appearance added another major chapter to the country's youth football history.

At the FIFA Under-20 World Cup in Argentina later that year, The Gambia finished top of Group F. FIFA's preview records victories over Honduras and France, both by 2-1. The team then lost 1-0 to Uruguay in the round of 16. These records show why age-group football deserves a place in the national story in its own right.

What a development pathway means

A pathway is the sequence of opportunities that helps someone improve: enjoyable first sessions, regular practice, age-appropriate competition and access to increasingly demanding coaching. It also includes the ability to continue learning when selection does not go as hoped.

Winning a youth tournament and developing a player are related, but they are different measures. A club can ask whether a young person is improving decision-making, teamwork and confidence, alongside technical skills. Parents and teachers can ask whether training schedules leave room for education and rest. These are practical questions to put to any programme.

Questions to ask before joining an academy

Ask who coaches the sessions, how qualifications can be checked, what the fees cover and how concerns are reported. Obtain clear information about travel arrangements and permissions. A trial should have an identifiable organiser and a stated purpose; promises of an overseas contract deserve careful checking.

Look for a culture in which girls and boys can learn without humiliation, discrimination or pressure to conceal concerns. Keep public stories about young players focused on team achievements and learning. Avoid publishing private school, home or contact details.

A school activity

Create a chart distinguishing Under-17, Under-20 and senior competitions. Add the two Under-17 titles and the 2023 Under-20 achievements. Explain why a footballer’s progress may continue even when a team is eliminated from a tournament.

Sources & further reading

CAF: Gambian Under-17 tournament record
www.cafonline.com

CAF: Gambia reaches 2023 Under-20 final
www.cafonline.com

FIFA: Gambia’s 2023 Under-20 group campaign
www.fifa.com

FIFA: 2023 Under-20 match report hub
www.fifatrainingcentre.com

Read this article online

SPORT

Women and girls belong in the football story

Explore organised development in the women's game and the people, roles and opportunities that make participation possible.

Source review date: 2026-10-29.

A history beyond the men's national team

A national football guide is incomplete if it treats women as a side note. Girls and women participate as players, coaches, referees, administrators and leaders. Their experience is part of Gambian sports history, and the record should include their competitions and work as carefully as the men's game.

FIFA's account of Gambian development identifies 2014 as an important organising period, including a Women's Football Coordinator role, coaching courses and grassroots initiatives. Its July 2022 report describes a workshop for coaches in the Under-17 women's league and a symposium bringing stakeholders together. Those activities show that development involves people and institutions as well as matches.

A dated update: the 2026-2030 strategy

FIFA reported in May 2026 that the GFF had launched a Women's Football Strategy for 2026-2030. Its announcement was linked to a GFF/FIFA Under-17 Girls League Development programme at the National Technical Training Centre in Old Yundum.

The published plan described activity in all seven regions, with 25 teams and 500 players expected over three months. These figures are programme targets in that announcement. They should not be rewritten as a permanent national player total or as independently confirmed completion figures.

What inclusion looks like in practice

An inclusive club can begin with practical questions. Are training times usable for girls as well as boys? Are changing arrangements appropriate? Do players know whom to approach with a concern? Are equipment, coaching attention and opportunities to compete distributed fairly?

Opportunities after playing matter too. A person interested in football may become a referee, coach, analyst, medical professional, photographer, grounds manager or administrator. Schools can invite women working in different parts of sport to explain their roles and the training those roles require.

Record achievements with care

When documenting a women's competition, include its full name, season and level. Confirm results with the organiser before adding them to a history wall or school project. Photograph teams with permission and identify adults accurately; do not circulate private details about younger players.

Current league tables and national-team squads change, so this guide links readers to the GFF rather than presenting a historical season as today's competition. A dated achievement remains valuable when its context is clear.

A useful discussion

Ask a school or club to map the barriers that prevent someone from taking part, then choose one change it can make. How would it know whether that change worked? Count participation and listen to players’ experiences rather than relying only on publicity photographs.

Sources & further reading

FIFA: a new chapter for women’s football, July 2022
inside.fifa.com

FIFA: development activities, May 2026
inside.fifa.com

Gambia Football Federation
gambiaff.org

Read this article online

SPORT

Athletics and the Olympic movement

Gina Bass Bittaye's sprinting achievements belong to a wider story of athletes, coaches, competition and national representation.

Source review date: 2026-10-29.

Gina Bass Bittaye and a continental breakthrough

Gina Mariam Bass Bittaye is one of The Gambia's most recognisable track athletes. World Athletics reported that her victory in the women's 100 metres at the 2022 African Championships made her the first athlete from The Gambia to win a senior title at that competition.

The winning final time was 11.06 seconds, with a following wind above the permitted limit for a record. Her 11.08 in the semi-final had legal wind conditions. This distinction is a useful lesson: a championship victory and a record are different achievements, and wind information matters when comparing sprint times.

Read a performance as a dated record

World Athletics lists a 100-metre personal best of 10.93 seconds achieved on 18 May 2024, and a 200-metre personal best of 22.58 from 30 August 2019. These are dated marks, not a promise about an athlete's next race. Rankings can change much more quickly than career milestones.

At Paris 2024, World Athletics records Bass Bittaye competing in the semi-finals of both the women's 100 and 200 metres. Its country results also record Ebrahima Camara in the men's 100 metres and Sanu Jallow in the women's 800 metres. Recording several athletes helps tell a broader story than a single headline.

The organisation behind national representation

The Gambia National Olympic Committee traces its beginnings to an Olympic and Commonwealth Games association formed in 1972. The IOC confirms recognition in 1976. The committee's history describes subsequent changes in its organisation and efforts to develop sports infrastructure and training opportunities.

Olympic preparation involves far more than the days of a competition. Coaches, officials and administrators help athletes meet entry requirements, organise travel and prepare for demanding events. A national committee's recognition is an institutional milestone; an individual athlete's qualification is a separate sporting achievement.

A sport that schools can explore

Athletics offers several ways to learn: sprinting, endurance events, jumps, throws and relays require different skills. A school can connect a sports session with lessons on measurement, reaction, teamwork and record keeping. A stopwatch result is most useful when the distance, conditions and method are recorded consistently.

For a relay activity, ask learners to explain how cooperation affects a performance that is often reported as one finishing time. For a research activity, compare a national record with a championship medal.

What does each measure, and what does neither tell us about an athlete’s whole career?

Keep the record open

Use the official athlete profile for updated performances and the national sports organisations for competition information. A lasting guide should celebrate confirmed achievements while leaving room for new athletes and future results.

Sources & further reading

World Athletics: Bass wins at the 2022 African Championships
worldathletics.org

World Athletics: Gina Mariam Bass Bittaye profile
worldathletics.org

World Athletics: Gambian results at Paris 2024
worldathletics.org

GNOC: institutional history
gambianoc.gm

IOC: Gambia national committee
www.olympics.com

Read this article online

SPORT

Sport beyond football: wrestling, courts and community life

Traditional wrestling and a broad range of organised sports make the national sporting picture richer than football alone.

Source review date: 2026-10-29.

Wrestling as sport and cultural heritage

The Gambia's published 2010-2019 National Sports Policy identified wrestling as an important traditional sport and connects traditional sport with cultural identity and interaction between communities. That is a reason to study the event around a contest as well as the contest itself: organisation, performance, spectatorship and the meanings people attach to participation all deserve attention.

Traditional wrestling should not simply be treated as another name for every Olympic wrestling discipline. Rules, event formats and cultural settings can differ. United World Wrestling lists the Gambia Wrestling Association as affiliated since 1976, with styles including freestyle, Greco-Roman, women's wrestling, beach wrestling and African wrestling. An event organiser should identify which rules a particular contest uses.

A wider sporting landscape

The National Sports Council's association directory includes organisations for basketball, volleyball, cricket, swimming, cycling, boxing, judo, taekwondo, chess, badminton, table tennis and other activities. This makes a broad reading of Gambian sport essential: a visitor or learner should be able to find more than a football result.

The government's description of the National Sports Council says it was established through a National Assembly act in 2000 to regulate registered sports associations and support the coordination and development of sport. The council and the relevant federation are useful starting points for identifying an organiser. A directory entry alone does not confirm a current training timetable or membership fee.

Make participation a community question

A sports venue can welcome people through more than competitive selection. It might offer beginner sessions, recreational play, volunteering or opportunities to learn officiating. Someone who does not want to compete may still contribute through coaching support, record keeping, event organisation or maintaining facilities.

That historical sports policy also recognised the importance of access for people with disabilities. In practice, ask whether a venue is reachable, whether communication is accessible and whether participants can explain the adjustments they need. Inclusion should be discussed with people who use the facilities, rather than assumed from a poster.

How to build a useful local sports listing

Record the sport, venue name, locality, organiser’s public contact route and the date those details were checked. State whether a session is for beginners, experienced participants or spectators. Ask about age eligibility, equipment, fees, accessibility and whether booking is required before promoting a visit.

Avoid copying a years-old event time into a permanent guide. A club’s history can remain available while its next session links to a current official notice. That separation gives schools, visitors and residents information they can use without confusing an archive with a live timetable.

A project for a school or public building

Create a map of local opportunities across at least three sports. Interview adult organisers with permission, compare the information with their public notices and date the finished display. Include a way to report corrections so the map can improve as activities change.

Sources & further reading

National Sports Council: historical 2010-2019 National Sports Policy
nsc.gm

United World Wrestling: Gambia Wrestling Association
uww.org

National Sports Council: association directory
nsc.gm

Government of The Gambia: National Sports Council
gambia.gov.gm

Read this article online

SPORT

Real de Banjul: schoolboys, a club and a continuing story

Read the club’s account of its beginnings and learn how to build a careful local football history.

Source review date: 2026-10-30.

A schoolboys’ beginning

Real de Banjul’s own history places its foundation in the 1966/67 season, following a schoolboys’ football trip to Thiès in Senegal. It describes an initial name, Benson and Hedges FC, followed by Real de Bathurst. The account places school football at the centre of the club’s early story.

Names and early achievement

The club dates its use of Real de Banjul to 1970 and its first league title to 1971/72. These are dates in the club’s history; a club name change should not be used by itself to date the renaming of a city. The account also describes involvement in basketball, volleyball and athletics.

Read a club history with care

A club archive tells us what an institution chooses to remember. It can preserve names, journeys and achievements that a league table misses. Compare it with dated federation records and contemporary reporting when investigating a particular season. A cumulative trophy total needs a defined competition and a reference date.

For a school or supporters’ project, build a short season record: competition, year, opponent, result and source. Keep a supporter’s memory alongside that record, labelled as a recollection. Do not treat an old squad list or office-holder as current information.

A question for supporters

What would you preserve from a season without a trophy: a community contribution, a memorable match or a player’s development? Explain why your choice belongs in the club’s history and what evidence could support it.

Sources & further reading

Real de Banjul: the club’s own history
realdebanjul.com

Read this article online

SPORT

Wallidan: reading a club’s football archive

An introduction to Wallidan’s early league record and the questions that make sporting history stronger.

Source review date: 2026-10-30.

A place in the local game

Wallidan’s own website connects the club with Banjul and Bakau. Its historical account records league championships in 1970 and 1971 and describes later domestic and continental campaigns. These details provide an entry into a longer club history, not a statement of its current league position.

League and cup are different records

Winning a league and winning a knockout cup are distinct achievements. A list that mixes them without labels can confuse readers. When comparing clubs, ask which competitions are counted, whether the list covers a complete period and when it was last updated.

The club website contains historical honours lists alongside later news. Some of its headline totals and lists do not reconcile clearly, so this guide does not repeat a single supposedly definitive trophy total. A transparent account can acknowledge uncertainty without losing the importance of the club’s story.

Make a small archive

Choose one season and look for a dated fixture, a match report and a competition record. Record the source of each item and distinguish a first-hand observation from a later summary. Ask permission before reproducing a supporter’s photograph or recording an interview.

A useful club display can include the people who organise travel, care for equipment, administer fixtures and support players. Invite contributions from women and younger supporters as well as long-established voices. No one interview has to represent everyone.

A question for the next generation

How would you describe your club to a new student without relying on the phrase “the biggest” or “the best”? Give a specific example, name your source and leave room for another supporter’s perspective.

Sources & further reading

Wallidan FC: the club’s own historical account
wallidanfc.com

Read this article online

SPORT

Nawettan and Super Nawettan: the community game

Learn how local football and zonal competition connect, using a clearly dated federation record.

Source review date: 2026-10-30.

Keep the level of competition clear

Nawettan is an important part of community football in The Gambia. Super Nawettan is a zonal competition: a zone's representative side should not automatically be treated as the same thing as one neighbourhood club. Read each competition's rules and team list for its own edition.

A documented snapshot: 2017

The GFF's 2017 activity report records an October Super Nawettan involving 14 zones. It identifies Foni and Kombo East as joining the 12 established participants for that edition. The published draw includes places such as Banjul, Bakau, Brikama, Gunjur, Lamin and Sukuta, alongside Serrekunda zones and other communities.

That report is evidence about 2017. Its sponsor, number of zones, organising officials and competition arrangements should not be carried forward as current information without a newer source. The document does not by itself establish a precise founding date for all nawettan football.

The work around the match

A community football history can ask who organises a fixture, how supporters travel and what makes participation possible. Those questions help a club notice work that does not appear on a score sheet. Invite local people to describe their experience and identify when and where it happened.

For a classroom comparison, put "club", "zone", "league" and "national team" on separate cards. Ask learners to explain the difference and find an example with a dated source. A player may appear in more than one context; that does not make the competitions interchangeable.

Before attending an event

Use a current announcement from the organiser for the venue, kick-off time and entry arrangements. Historical results in this guide are not a fixture service. If you are producing a community notice, print its date and replace it when the event has passed.

Sources & further reading

GFF: 2017 activity report - Super Nawettan, printed page 13
gambiaff.org

Read this article online

SPORT

Biri Biri: a Gambian football legacy in Sevilla

A short, sourced profile of a player whose impact reaches beyond a goals tally.

Source review date: 2026-10-30.

A Gambian player remembered abroad

Biri Biri, Alhaji Momodo Njie, remains an important name in Gambian football history. Sevilla FC's tribute records his arrival from Denmark in 1973 and his departure in 1978. The club remembers both his sporting contribution and the lasting connection he made with supporters.

Put the figures in context

Sevilla credits him with 109 official appearances and 34 goals for the club. It highlights his 14 goals in the 1974/75 promotion season and records the club's presentation of a gold insignia to him in 2017. These are Sevilla career figures, not totals for every team or the national side.

The club published its tribute on 19 July 2020 following his death. A commemorative account is a valuable source for an institution's memory, while a match-by-match investigation may need competition records and contemporary reports as well.

More than a number

Statistics can identify a contribution, but they cannot explain every supporter's attachment to a player. In a discussion, separate a measurable statement from an interpretation. "He scored a stated number of goals" and "he changed how a supporter felt about the club" need different kinds of evidence.

A respectful profile should leave room for the player's Gambian context and the people who knew his work. Ask what a local archive could preserve: a dated photograph, a programme, an interview or a carefully sourced account of a match. Credit the contributor and avoid turning recollection into an unsupported certainty.

Sources & further reading

Sevilla FC: Biri Biri career tribute, 19 July 2020
sevillafc.es

Read this article online

SPORT

Gina Bass Bittaye: reading a sprinter’s achievements

Follow selected 2024 performances and learn why event, round and date matter in athletics.

Source review date: 2026-10-30.

Two sprint events, distinct results

Gina Mariam Bass Bittaye represents The Gambia in sprinting. GRTS reported her gold medals in the women’s 100 metres and 200 metres at the 2024 African Games in Ghana. An African Games result should be named as such; it is not an Olympic medal or an African Championships result.

Paris 2024, with the round attached

World Athletics’ Paris 2024 results record her winning her first-round 100m heat in 11.01 seconds on 2 August. In the semi-finals the following day, she placed third in her race in 11.10 seconds. A placing in a heat or semi-final is not the overall final placing.

In the 200m, she ran 22.84 seconds in round one and 22.66 seconds in her semi-final. These are results from that competition. They should not be labelled as her current personal best or a present national record without checking the relevant record and its date.

Learn to read a result

Write the athlete, event, competition, date, round, placing and time in separate columns. Ask what information is missing before comparing two performances. In sprinting, conditions and the rules for records also matter; a fast number without context can be misleading.

A conversation about opportunity

What support would a young runner need to stay in education and enjoy sport? Ask learners to consider access to coaching, a suitable place to train and encouragement from the people around them. Invite learners to suggest practical ways a school or club could support participation.

Sources & further reading

World Athletics: Gambian athletics results at Paris 2024
worldathletics.org

GRTS: Gina Bass Bittaye’s 2024 African Games gold medals
grts.gm

Read this article online

SPORT

Faye Njie: judo medals in 2022 and 2026

A current historical profile that keeps Commonwealth achievements separate from Olympic results.

Source review date: 2026-10-30.

Two Commonwealth podiums

The Gambia National Olympic Committee records Faye Njie's silver medal at Birmingham 2022 and bronze at Glasgow 2026. Its 1 August 2026 account identifies him as the first Gambian athlete to win more than one Commonwealth Games medal. The two podiums, four years apart, connect two chapters of Gambian representation at the Games.

The sport and the competition

The International Judo Federation lists Njie as a Gambian judoka in the under-73kg category. The weight category identifies the competition class used in the results.

Commonwealth Games and Olympic Games are separate competitions. A medal from one must not be presented as a medal from the other. Keep the edition, category and result together when writing a short athlete profile, and open the organiser's record if you need the sequence of individual contests.

Look beyond a medal table

The medal story also invites a wider question about opportunity. Schools and clubs can ask how young people encounter a sport, find coaching and sustain their interest over time.

For a club discussion, compare how football and judo report results. A football score and a judo contest outcome use different systems. Start with the competition's own explanation rather than assuming that familiar football terms will describe another sport accurately.

A useful display activity

Create two labelled cards: "Birmingham 2022 - silver" and "Glasgow 2026 - bronze". Add the GNOC source and ask what further context would help a reader understand the achievement. Explain how the two cards describe separate achievements and why both belong in the story.

Sources & further reading

GNOC: Faye Njie's Commonwealth medals, 1 August 2026
gambianoc.gm

International Judo Federation: Faye Njie profile and results
www.ijf.org

Read this article online

PLACES

Heritage places: stone circles, islands and museums

A practical starting point for visits that respect evidence and memory.

Source review date: 2026-10-29.

Wassu and Kerbatch

Wassu and Kerbatch are the Gambian components of the Stone Circles of Senegambia World Heritage property, shared with sites in Senegal. Inscribed in 2006, the property preserves monuments and burial landscapes created over a long period. Its value lies in a wider cultural landscape, not simply an isolated stone.

Keep to permitted areas, follow the site custodian’s guidance and do not climb, mark or remove material. Ask what archaeologists have established and what remains uncertain.

Kunta Kinteh Island and related sites

This World Heritage property was inscribed in 2003. It connects an island fort with mainland sites associated with European encounters, trade, enslavement and abolition. Albreda and Juffureh are part of the wider landscape of memory.

Plan river journeys with a reputable operator and confirm weather, boat suitability, lifejackets and local access before setting out. This guide deliberately does not carry the old book’s fares or opening times.

Start at a museum

The National Museum in Banjul opened in 1985. NCAC also describes museums at Juffureh and the stone-circle sites. Museums are useful places to ask for context before a field visit. Confirm opening arrangements directly rather than relying on a historical guidebook.

Take a question, not just a photograph

Choose one object, building or monument. Record what you can observe, what a source says, and what you still need to find out. Ask permission before photographing people, ceremonies or objects with restrictions.

Sources & further reading

UNESCO stone circles
whc.unesco.org

UNESCO Kunta Kinteh Island and Related Sites
whc.unesco.org

NCAC museums
ncac.gm

Read this article online

PLACES

Banjul and the towns beyond the coast

Explore the capital and make room for the wider country.

Source review date: 2026-10-29.

A capital with many layers

Banjul's history includes colonial administration, commerce, political organising and independence. One building may have several historical uses. The National Museum's building, for example, has served different institutions over time; NCAC's account offers a starting point for investigating that history.

A walk should combine what is visible with questions about who lived and worked there. Markets, streets and public buildings are working places, not simply visitor scenery. Ask before photographing people, and follow access rules at government premises.

Look beyond the coastal corridor

Janjanbureh, Basse and settlements on both riverbanks help open a wider view of the country. Instead of collecting destinations as a checklist, choose one place and understand its connections: farming, river transport, family ties, trade or heritage.

Check the route and return journey before travel, especially when a crossing is involved. Current transport arrangements, roads and local access can change. A historic place name may differ from the name now used by residents.

Build a local walking enquiry

A school or neighbourhood group can choose a short accessible route with adult supervision where appropriate. Compare an older photograph or testimony with the same location today. Ask which changes residents welcome and what they would like to preserve. Record permission for any interviews and publication.

Sources & further reading

NCAC cultural heritage and museums
ncac.gm

Government country overview
gambia.gov.gm

Read this article online

NATURE

Wetlands, wildlife and the river’s future

Explore nature through habitats, livelihoods and conservation.

Source review date: 2026-10-29.

More than scenery

Mangroves, river channels, coastal habitats and inland landscapes support wildlife and people. Wetlands can contribute to fisheries, shoreline protection and the movement of birds. Their importance is ecological and social: consider the people who depend on these places as well as the animals visitors hope to see.

Use the right designation

Ramsar lists The Gambia’s internationally important wetlands. Tanbi Wetlands Complex was designated on 2 February 2007. A national park declaration, a Ramsar designation and a management-plan date are separate events; older webpages sometimes mix them.

The environment ministry’s protected-area information identifies places including Abuko, River Gambia National Park, Niumi and Kiang West. Its published list has its own reference date. Do not treat a historical list or species total as an exhaustive current inventory.

Visit without harm

Use a knowledgeable local guide and follow protected-area rules. Keep a suitable distance from animals, do not feed them and avoid taking plants, eggs, shells or archaeological material. Ask before using a drone or entering a restricted area.

A quiet observation can be more rewarding than approaching an animal. Record the habitat, time and conditions as well as a species name; if uncertain, say so. A conservation visit can support local guiding and demonstrate the value of protecting habitats.

A useful community project

Survey litter or shade along an agreed safe route, with permission and appropriate equipment. Repeat the same observation later rather than making claims from one visit. Share findings with the relevant community group or authority, and let residents help decide what action is useful.

Sources & further reading

Ramsar country profile
www.ramsar.org

Ramsar annotated Gambian sites
rsis.ramsar.org

Environment ministry protected areas
meccnar.gov.gm

Read this article online

CIVIC LIFE

Government and civic participation

Understand public institutions, find your representatives and take part with informed questions.

Source review date: 2026-10-29.

Know which institution does what

The National Assembly is The Gambia's single-chamber legislature. Its official website describes three central responsibilities: making laws, scrutinising the executive and representing people. It comprises 53 elected members and five nominated members, for a total of 58.

The President heads the executive. The official Presidency identifies Adama Barrow as President at this guide's review date, 29 October 2026. Names of office-holders can change; use the current official page when preparing a new display or lesson.

Follow a public issue

A discussion about a road, a school or a health facility becomes more useful when people identify the responsible institution and the evidence needed. Start by defining the problem: where does it occur, whom does it affect, and what action is being requested?

Consult the Assembly's member directory and committee information for parliamentary representation and oversight. For a service issue, check the relevant ministry or local authority's own contact channel. Keep a record of the request and any reference number or response. A directory entry alone is not proof that an office can decide a particular matter.

Participate without spreading rumours

The Independent Electoral Commission administers public elections and publishes electoral information. Its voter information identifies Gambian citizenship, age and registration requirements. Read the current IEC guidance directly when checking your own eligibility, registration arrangements or polling instructions.

Do not turn an undated screenshot into an election announcement. Open the original notice, check its date and confirm the authority that issued it. Citizens can question policies and compare arguments while still distinguishing an allegation, a proposal, a published decision and an enacted law.

A civic learning exercise

Choose a local public issue and prepare a one-page brief: the problem, the people affected, the institution responsible, evidence already available and three questions still unanswered. Ask participants to propose a respectful, practical next step.

For legal texts, start with the Ministry of Justice's published documents and verify the applicable version. A draft constitution is not automatically a constitution in force. Public education works best when a guide links readers to authoritative documents and explains how to read them, rather than pretending to replace legal advice or official decisions.

Sources & further reading

National Assembly: role and membership
assembly.gm

National Assembly: members
assembly.gm

Office of the President
statehouse.gov.gm

IEC: voter registration information
iec.gm

Ministry of Justice: published legal documents
www.moj.gm

Read this article online

PRACTICAL

Before you travel to The Gambia

A short checklist that stays useful without relying on obsolete visa tables or prices.

Source review date: 2026-10-29.

Check requirements for your journey

Entry conditions depend on nationality, passport type, purpose of travel and route. Start with the Gambia Immigration Department and the Gambian diplomatic mission responsible for your country. Ask about the current visa or clearance requirement, passport validity, permitted stay and any documents needed for onward travel.

Official pages do not always agree or update at the same time. At this review, the general government tourism page and the Immigration Department's detailed lists presented different descriptions of exemptions. The government page and UK nationality-specific advice also described different permitted stays. This guide therefore does not publish a universal visa-free list or promise a particular admission period.

Prepare a journey folder

Keep your booking details, accommodation address, onward arrangements, passport information and any required permissions together. Use secure copies as a backup and keep originals protected. A group organiser should confirm the requirements for each traveller rather than assume that everyone has the same nationality or circumstances.

Ask the airline which documents it expects to inspect. For a land journey, check the rules for each country crossed and for the vehicle as well as its passengers. If travelling for work, study or a long stay, confirm the correct permission for that purpose; a visitor admission is not automatically permission to work.

Separate entry rules from health recommendations

Yellow fever certificate requirements depend on factors including the route taken and travel through risk countries. Health recommendations and immigration requirements answer different questions. Check both the latest official entry guidance and a travel-health service appropriate to your circumstances.

Discuss the trip with a qualified health professional well before departure, especially if you use regular medicines or need particular care. Arrange insurance that matches the planned activities and potential treatment or evacuation needs. Keep the insurer's assistance details where they can be reached without internet access.

Plan a realistic arrival

Confirm your accommodation location, arrival arrangements and payment methods directly with the provider. Ask about step-free access, transport, late arrival and other needs before paying. Keep enough time for immigration procedures and onward connections; an old guidebook's fare or journey time is not a guarantee.

Before departure, save the official links below and check them again close to travel. Record the date of any advice received and the office that provided it. This small evidence trail is more useful than carrying

an old rule copied from a forum or an undated page.

Sources & further reading

Gambia Immigration Department: visa services
gid.gov.gm

Government of The Gambia: immigration and visas
gambia.gov.gm

Gambian High Commission in Senegal: 2026 entry-policy document
gambiahcsenegal.com

UK government: requirements for British travellers
www.gov.uk

CDC: The Gambia travel health
wwwnc.cdc.gov

Read this article online

PRACTICAL

Health preparation and getting help

Prepare for care, protect against mosquito bites and use current professional guidance.

Source review date: 2026-10-29.

Make a care plan

Before a visit, discuss vaccinations, regular medicines and the planned itinerary with a qualified health professional. Bring the generic names of essential medicines, relevant prescriptions and a concise record of allergies or medical conditions. Check whether a medicine is permitted before bringing it across a border.

Find out where appropriate care is available near each place you will stay. Consider accessibility, travel time and how payment is handled. Save contact details offline and share an agreed plan with a trusted travelling companion or group organiser. Do not wait until an emergency to discover what your insurance covers.

Mosquito-borne illness

CDC’s country guidance identifies malaria risk in The Gambia and recommends that travellers discuss preventive prescription medicine with their clinician. The appropriate choice depends on individual circumstances; this guide does not prescribe a drug or dose.

WHO recommends reducing mosquito exposure through measures including suitable repellents, protective clothing, window screens and mosquito nets. Combine practical bite prevention with professional advice. A fever during or after travel needs prompt medical assessment; tell the clinician where you have been.

Food, water and everyday preparation

Use current health guidance rather than recipes for prevention copied from an old travel book. Plan access to safe drinking water, handwashing and food that has been handled safely. A parent or group leader should consider how children and people with particular health needs will manage the day’s activities.

For excursions, discuss heat, exertion, shade, rest and water with the organiser. Know how the group will communicate if separated. Ask activity providers about their emergency arrangements rather than assuming a hotel or tour booking includes medical support.

Help when it is needed

Ask your accommodation, local health facility and relevant local emergency service for working contact details when you arrive, and verify them in person where possible. UK government health guidance does not identify a single national equivalent to its own 999 emergency system. For that reason, this guide does not repeat the old book’s short emergency numbers.

For an urgent situation, seek assistance from a nearby appropriate service and tell your insurer promptly if you are referred for treatment. A public information board should show locally verified contacts, a review date and the location of the nearest suitable facility. Delete a number when it can no longer be verified instead of leaving a reassuring but unreliable instruction.

Sources & further reading

CDC: The Gambia travel health
wwwnc.cdc.gov

WHO: malaria prevention
www.who.int

UK government: healthcare and emergency information
www.gov.uk

Read this article online

PRACTICAL

Money and local purchases

Understand the dalasi, compare offers clearly and check providers before paying.

Source review date: 2026-10-29.

Know the currency

The Gambian currency is the dalasi, identified internationally as GMD. Under the Central Bank of The Gambia Act 2018, one dalasi is divided into 100 bututs, and the Central Bank has the authority to issue currency notes and coins.

When comparing an old price with a new one, check the date, currency and unit. A quoted room price may be per night, per person or for the whole accommodation. A transport quote may cover a shared seat, a vehicle or an entire trip. Ask what is included before deciding whether two offers are comparable.

Use a dated rate

The Central Bank publishes dated exchange-rate information. Its reference figures are a useful starting point, but they should not be presented as a promise of the rate a customer will receive. Ask the provider for the applicable buying or selling rate, any fees and the final amount before agreeing.

A public guide should link to the current rate source rather than freeze an exchange rate into a permanent article or printed QR poster. If a lesson uses an example, label it as an illustration and show the date. Keep the exchange-rate exercise separate from the cost of the goods themselves.

Check the provider

The Central Bank publishes a list of approved foreign-exchange bureaus. Consult the current list and check the exact business identity and location. A familiar-looking name or a directory entry does not by itself establish that an operator is authorised.

Keep the agreed terms and transaction record. For a booking or purchase, confirm the total, cancellation conditions and the business's own contact route. Avoid putting identity documents, card details or private financial information into a public correction form or an open message thread.

A practical numeracy activity

Ask learners to compare two fictional offers: one with a better headline price but an extra fee, and one with an all-inclusive price. Work out the final cost in the same currency and for the same quantity. Discuss why the cheapest advertisement is not always the cheapest transaction.

Use the business directory to practise asking clear questions, not to imply that every listing is endorsed. A well-kept directory names its source and review date and provides a way to report a change. Visitors and residents can then make better decisions while still confirming availability and terms directly.

Sources & further reading

Central Bank of The Gambia Act 2018
www.cbg.gm

Central Bank: current dated exchange-rate publications
www.cbg.gm

Central Bank: approved exchange bureaus
www.cbg.gm

Read this article online

ENTERPRISE

Businesses, livelihoods and local discovery

Use the directory to find a starting point, then make an informed enquiry.

Source review date: 2026-10-29.

A directory is a route to a conversation

The public directory brings together businesses and organisations from earlier research, published listings and official sources. It includes hospitality, retail, agriculture, construction, professional services and other activities. A listing is not an endorsement or a guarantee that a business is open.

Read the source and review label before relying on contact details. “Contact reviewed” means that published information was examined; it does not mean a telephone was answered or a purchase was tested. A review date belongs to the record, not automatically to every claim a business makes.

Search by a need and a place

Try a service, business name or locality. A saved address may be only a town or neighbourhood, and a map-search link is not a verified pin. Ask the business for current directions, opening arrangements and the details relevant to your enquiry.

Compare written quotations for substantial purchases. Ask what is included, how delivery or completion is defined, and how payment and receipts work. Use the Central Bank’s published lists when checking a regulated financial provider.

Keep opportunity open

The directory should help residents, visitors and local enterprises find one another. It should not expose private sales notes or treat a business’s absence as evidence that it is unimportant. Published closures and unresolved contacts remain in the research archive but are handled separately from usable public information.

Business owners can prepare a correction with their public name, location, an official link and the date of the change. Download a correction template from the About page and share it with your AD-GAM contact.

Sources & further reading

Central Bank: approved bureaus
www.cbg.gm

Gambia Startup Chamber directory
gscc.gm

Access Gambia directory
www.accessgambia.com

Read this article online

LEARNING

How to read Gambian statistics

Learn to distinguish a census count from an estimate-and a historical figure from a current fact.

Source review date: 2026-10-29.

The year belongs beside the number

A population figure answers a question about a particular date and method. The UN Statistics database records the Gambian 2024 census total of 2,422,712 as a provisional figure. UNFPA's publication page also identifies the report as preliminary. Those labels should stay attached whenever the number is reused.

The World Bank's population series instead displays 2,822,093 for 2025 as an estimate. This is not a second census count. A guide should not combine these two series into an apparent increase from one year to the next without examining their methods.

Ask four questions

Before sharing any number, ask who produced it, what period it describes, exactly what was measured and whether it has been revised. "Population", "citizens", "households" and "registered voters" describe different groups. A number can be accurately copied yet still answer the wrong question.

Check the unit too. A monetary figure may be in dalasi, US dollars or thousands of either. An economic growth rate is different from the total size of an economy. A percentage needs a denominator: ask "a percentage of which people, places or businesses?"

Build a small evidence trail

For a school project or noticeboard, record the publication title, organisation, reference year, table or page and web address. Add the date you consulted it. If a table says provisional, estimate or projection, keep that word. A later revision is a normal part of statistical work; it is a reason to update the record.

Compare like with like. To examine change, use a consistent series and definition. To compare districts, confirm that their boundaries and reporting periods match. When the evidence does not support a strong conclusion, describe the uncertainty plainly rather than filling the gap with a guess.

Classroom activity

Give groups two differently dated population figures and ask each group to write a correct caption. A good caption names the source and distinguishes counting from estimating. Then ask which caption would mislead a reader if the year or method were removed.

Create a community information board with a "last checked" field. Assign a small number of items to each group and agree when they should be reviewed. This makes fact-checking a shared practical skill, rather than an exercise in memorising a number that will eventually change.

Sources & further reading

UN Statistics: demographic population database
data.un.org

UNFPA: 2024 preliminary census report
gambia.unfpa.org

World Bank: The Gambia data
data.worldbank.org

Read this article online

LEARNING

Education and learning pathways

A practical introduction to school stages, skills and inclusive learning.

Source review date: 2026-10-29.

Understand the stages

The Ministry of Basic and Secondary Education's 2023/2024 statistical yearbook describes a structure of early childhood development, six years of lower basic education, three years of upper basic education and three years of senior secondary education. Lower basic covers Grades 1-6, upper basic Grades 7-9 and senior secondary Grades 10-12.

The same publication describes the Gambia Basic Education Certificate Examination, GABECE, at the end of upper basic and the West African Senior School Certificate Examination, WASSCE, at the end of senior secondary. For a pupil's actual examination dates, entry rules or placement, use current school and examination notices.

Learning is wider than one route

A useful education guide should help a learner ask what comes next: further academic study, vocational training, an apprenticeship or a combination of work and learning. Compare the course content, the qualification awarded, admission requirements and total costs before choosing a provider.

Ask who recognises a qualification and how that recognition can be checked. A course title or an advertisement is not enough. When visiting a training centre, ask to see its facilities, speak with the provider about assessment and request clear written information about fees and completion requirements.

Include the learner in the plan

MoBSE's mandate includes inclusive education, gender equity and special educational needs. Its Education Policy 2016-2030 frames basic education as open to people regardless of gender, age, religion or disability. A policy commitment is a starting point for practical questions about a particular school's facilities and support.

Ask what a learner needs to participate: accessible routes, clear print, appropriate seating, additional explanation, assistive technology or a trusted point of contact. Discuss the arrangements with the learner and family rather than making assumptions about ability. A useful resource can be read aloud, printed or explored at a pace that suits the group.

Use this guide as a learning resource

Before a lesson, choose a short article and two questions. After reading, ask pupils to identify one established fact, one source and one issue requiring further research. Connect the article with a local example so that learning is grounded in experience.

For a field visit, agree the learning purpose, permissions, supervision and accessibility arrangements in advance. After the visit, record what was observed separately from what was inferred. Invite pupils to compare their accounts and explain why two observers might notice different things about the same place.

Sources & further reading

MoBSE: Statistical Yearbook 2023/2024
mobse.gov.gm

MoBSE: mandate and inclusive education
mobse.gov.gm

Education Policy 2016-2030
mobse.gov.gm

Read this article online

LEARNING

Use the guide in a school, club or public space

Turn a national guide into a conversation, a local investigation and a shared learning resource.

Source review date: 2026-10-29.

Choose a purpose before a page

A classroom, sports club, community centre and visitor desk need different starting points. Begin with one question: what should people understand or be able to do after using the guide? Choose a short reading, an activity and a way for participants to show what they learned.

For a school lesson, combine a national topic with a local example. A history article can lead to a family interview; a geography article to a map activity; a sport article to a discussion about teamwork and opportunity. A business directory can support a lesson about occupations without turning the classroom into an advertisement.

Make participation easier

Offer more than one way to take part: reading silently, listening to someone read, discussing in a familiar language, drawing a map or explaining an answer aloud. Prepare printed copies where internet access is limited. Choose a readable text size and make sure a screen can be reached and viewed comfortably.

MoBSE's policy and mandate place emphasis on inclusive access and learning. Apply that intention in practical ways: ask participants what support they need, explain unfamiliar terms and allow time for questions. Do not assume that a person's age, disability or confidence with English determines what they can contribute.

Collect community knowledge responsibly

Invite residents to suggest missing places, names and stories. Ask permission before recording an interview or using a photograph. Explain where the material may appear. For children's work or images, follow the school or organisation's safeguarding and consent process and keep personal contact information out of public displays.

Label a personal recollection as a recollection. Record when the interview happened and what the speaker experienced directly. Compare dates and events with other evidence where possible. Different memories can be valuable without being forced into one supposedly complete account.

A simple session plan

Start with a five-minute introduction and a short article. Ask groups to identify one fact, one source and one open question. Give them a practical task, such as mapping a route, comparing two accounts or preparing an accessible visitor checklist. End by sharing what each group would add or correct.

Review the information board or classroom display regularly. Keep source dates visible and replace expired schedules, office-holders and contact details. A QR code should lead to a maintained page,

while a printed explanation should still make sense without a phone. The strongest guide helps people learn how to find and check knowledge as well as giving them information to read.

Sources & further reading

MoBSE: inclusive education mandate
mobse.gov.gm

Education Policy 2016-2030
mobse.gov.gm

Read this article online

ABOUT

How the guide is checked and kept useful

What changed from the old book, and how to judge the information here.

Source review date: 2026-10-29.

A new guide, not an updated photocopy

The scanned German book is historical reference material. Its machine-assisted translation remains a separate working document. The public guide uses newly written articles, official sources where available and visible review dates. It does not reproduce the old book's photographs or carry its obsolete commercial recommendations.

What has been removed or replaced

Removed from current advice: old telephone short codes, hotel prices, dated opening hours, old airline listings, fixed exchange rates and blanket visa statements. Population figures now identify their year and whether they are a census count or an estimate. Government and sports histories extend beyond the book's period.

Language has also changed. The guide removes sweeping claims about unwritten African languages and fixed stereotypes about communities. Historical assertions are assessed against evidence, rather than silently becoming present-day facts.

A transparent business record

The research database retains 2,042 archive listings. The public export contains 2,031 after excluding eight reported closures and one reference-only entry, and consolidating two duplicate profiles. Earlier corrections and the most recent additions have been preserved. Thirteen invalid-format contact values are withheld.

This reconciliation is not a fresh operational check of every business. Public records retain their own review dates and confirmation labels. A future update should record what changed, why, when and which source supports it.

Corrections, privacy and access

No account is required to read. Reading-list and text-size choices are stored only in the visitor's browser. The guide has no advertising trackers or public comments, and it does not collect students' personal details. External services, including map searches and original sources, have their own policies.

Use the downloadable correction template to prepare an evidence-backed amendment for the publisher. There is no automatic monitoring schedule in this version. Review dates describe checks already made, not a promise that every page is continuously monitored.

Sources & further reading

National Centre for Arts and Culture
ncac.gm

Gambia Bureau of Statistics
www.gbosdata.org

Directory source: Access Gambia
www.accessgambia.com

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