LEGENDS & LEAGUES

SOUTH

WORKBOOK

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WORKBOOK

This book
was developed by
Ned Bustard *and*
Amy Clark.

It is dedicated to
Katherine Hines
in honor of her service in the
kingdom of God in Uganda
(www.HinesKids.org).

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LEGENDS & LEAGUES
SOUTH

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HOW TO USE THIS
WORKBOOK
A Note to Teachers

LEGENDS & LEAGUES
SOUTH

WELCOME

On behalf of Mr. Longitude and Mr. Latitude, we welcome you to this workbook. It is the hope of both Legends & Leagues, Ltd. and Veritas Press that by using this workbook, along with the storybook *Legends & Leagues South: Peter & The Story Box,* and Audio Memory's *Geography Songs,* your student will have a delightful time exploring geography. The *Legends & Leagues* geography program consists of five storybooks and workbooks. The first are targeted toward younger students, and the other four (*North, South, East,* and *West*) are designed to be used in any order by elementary school students.

You will notice throughout the *Legends & Leagues* books that there are a plethora of fairies, monsters, and imaginary characters. This is a play on the word *legend,* which can be defined both as "an explanatory list of the symbols on a map" and "a story or myth from the past." The Victorian offices of Mr. Longitude and Mr. Latitude are built firmly in the world of steam, gaslight, and fantasy. To give readers of *Legends & Leagues South: Peter & The Story Box* a point of reference, it has been about forty years since Dr. Dolittle began his veterinary practice, and twenty since a sailor named Ishmael joined the crew of the *Pequod*. Wendy and the boys have returned from Neverland, but Captain Nemo has not yet saved Professor Aronnax or Ned Land. And it will be quite some time before the Banks of 17 Cherry Tree Lane hire Miss Poppins.

SEQUENCE

So how should you use this workbook? The answer to that is: *"Use this as best fits your needs."* Some may want to compress it into one semester. Most should plan on covering the material in one year, working on the material two days every other week. A typical week might look like this:

DAY ONE
- Sing the Geography Song(s)
- Review Vocabulary
- Read the corresponding chapter in the storybook to the student
- Complete the Story worksheet
- Study the first map and complete the Exploring worksheet. Younger students should complete THIS WAY questions and older students should complete both THIS WAY and THAT WAY.

DAY TWO
- Sing the Geography Song(s) while pointing to the locations on the map in the songbook
- Study the second map and complete the Exploring worksheet.
- As desired, read/complete the optional worksheets, such as Local Flavor, Legends, Sightseeing, Souvenirs, etc.

As it fits your schedule (and your student's interests), you may want to consider adding to this curriculum geography games and readings from missionary literature. But please keep in mind that this curriculum is an *introduction* to geography, not the final time they will be studying the material in their years as a student. After completing the Exploring worksheets, choose to use only the parts that you think will engage your students the best. You are *encouraged* to do as many or as few of the Optional worksheets as fits your schedule, since there are more activities in this workbook than many will have time to do. We want to make the learning of geography *enjoyable,* not exhausting.

There are two tests in this book (pages 67 and 135) and optional quizzes (pages 155–161). *Go right now and tear them out!* Set them aside until your student is ready to take them.

VOCABULARY

Read the definitions for the words below.

cartography: the study and the construction of maps

topographical map: a map that represents elevations

relief map: a topographic map that uses different colors or shades to indicate elevations

WHAT HAPPENED?

Sing the Continents and Oceans *geography song and read Chapter 1 in* Legends & Leagues South: Peter & The Story Box, *then answer the following questions.*

1. Name something that you would find in the offices of *Legends & Leagues, Ltd.*

_____

2. What animal fell out of the map?

_____

3. What remarkable thing did the boy do?

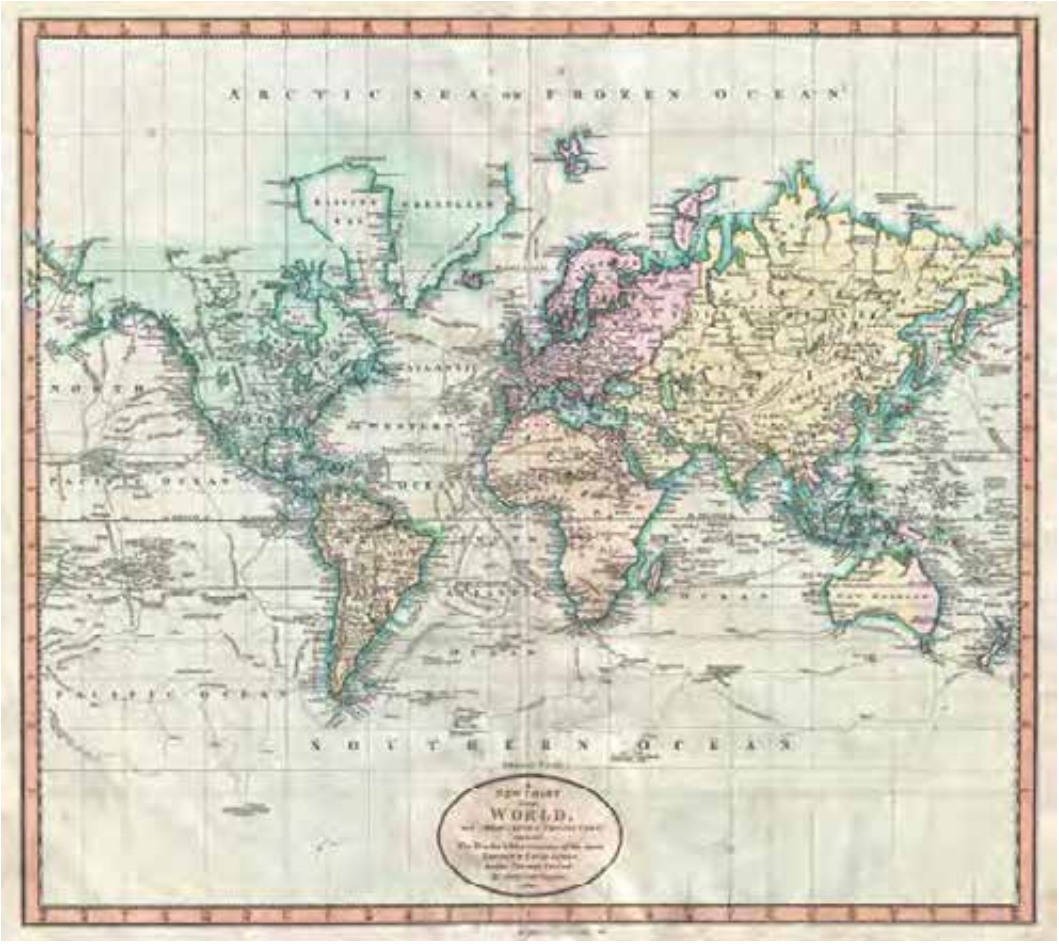
_____

The Royal Observatory in London, England was commissioned in 1675 by King Charles II, so that the Astronomer Royal (initially John Flamsteed), might more exactly identify the positioning and motion of heavenly bodies and more accurately navigate the earth. The basis of longitude, the Prime Meridian, passes through the observatory.

Continents

It is challenging to try to show the whole earth on a flat map since it is in reality a globe. One way geographers have tried to solve that problem is through map projections. One popular example of a map projection is the Mercator Projection. This projection was developed by the Belgian geographer Gerardus Mercator in 1569. It distorts the size and shape of large objects as it gets closer to the poles. These distortions can be quite misleading. For example, Greenland looks almost as big as Africa (when in fact Africa is almost 14 times bigger than Greenland), Alaska looks almost as big as Brazil (but Brazil is actually more than five times the size of Alaska), and Antarctica looks like the biggest continent of all (although it is actually the fifth in terms of area).

The map on this page dates from 1801 and is a Mercator Projection. It displays the details of the entire world as it was known at the turn of the 19th century. It offers only minimal information in the Arctic and Antarctic latitudes, and leads the viewer to believe that Greenland and Canada were connected.



Antarctica

Antarctica is the Earth's southernmost continent, encapsulating the South Pole. It is almost entirely south of the Antarctic Circle, and is almost entirely covered in ice—about a mile deep! Antarctica is the coldest, driest, and windiest continent. The continent holds about 90% of the world's ice (and about 70% of the world's fresh water).

Although it is the birthplace for many penguins, Antarctica has no humans that call the continent home. Some people visit and live for a while at government research stations. During the summer the population can reach almost 5,000. An Orthodox church, Trinity Church, opened in 2004 at the Russian station, with priests serving a year at a time. The first baby born on the Antarctic mainland was Emilio Marcos Palma, in 1978 at Base Esperanza, on the tip of the Antarctic Peninsula.

The Amundsen–Scott South Pole Station is the American scientific research station located at the South Pole. It was originally built by the United States in 1956, and has been continuously occupied by people ever since. Due to it being located at the South Pole, the station experiences only one extremely long "day" and one extremely long "night" each year. The station has featured prominently in several science fiction series, including The X-Files *(it turns out that there is a huge alien vessel lying dormant beneath the snow), and the BBC's* Doctor Who *(in which the Earth is invaded at the South Pole by the Cybermen in 1986).*

THE WORLD'S COLDEST PLACES

	COUNTRY	TEMP.
1.	Vostok, Antartica	-138.6°
2.	Plateau Station, Antartica	-129.2
3.	Oymyakon, Russia	-96.0
4.	Verkhoyansk, Russia	-90.0
5.	Northice, Greenland	-87.0
6.	Eismitte, Greenland	-85.0
7.	Snag, Yukon, Canada	-81.4
8.	Prospect Creek, Alaska, USA	-79.8
9.	Fort Selkirk, Yukon, Canada	-74.0
10.	Rogers Pass, Montana, USA	-69.7

In order to have some variety, only a maximum of two places per country is listed. Temperatures are listed in degrees Fahrenheit.

South

South one of the four main points on a compass. It is the opposite of north. More often than not, the bottom side of a map is south. And when people say "Things are going south," they mean that things are losing value or quality, or not working at all. Following is a list of some places that are the southernmost of their kind.

SOUTHERN THINGS

ITEM	NAME	PLACE
Settlement	Amundsen-Scott Base	Antarctica
Airport	Jack F. Paulus Skiway	Antarctica
ATM	McMurdo Station	Antarctica
Animal	Penguin	Antarctica
Church	Trinity Church	Antarctica
Restaurant	Camblor	Chile
Post office	Port Lockroy	Antarctica
Library	Villa Las Estrellas	Antarctica

1906 map of Antarctica

1. What is the southernmost spot in your home?

   _____

2. Who of your relatives lives the farthest south?

   _____

3. Where is the farthest south you've traveled?

   _____

VOCABULARY

Read the definitions for the words below.

compass: a device that always points north. It is used for navigation.

pass: a route over or through mountains

cliff: a steep face of rock and soil

WHAT HAPPENED?

Sing the Africa *geography song and read chapter 2 in* Legends & Leagues South: Peter & The Story Box, *then answer the following questions.*

1. What are the directions to get to Peter's home?

_____

_____

_____

The emperor penguin is the tallest and heaviest of all penguins. They are perhaps best known for the journeys they make each year in order to mate and to feed their young. The penguins breeds during the Antarctic winter, and march over fifty miles to do so. The female lays a single egg, which is cared for by the male while the female returns to the sea to feed. Their average lifespan in the wild is typically 20 years.

2. Why did Peter come to visit Mr. Longitude and Mr. Latitude?

_____

_____

3. What did the Zulu man give to Peter?

_____

South Africa

South Africa

The Republic of South Africa is located at the bottom of Africa and has a coastline that is more than one thousand miles long. Waves roll into its beaches from both the Atlantic and the Indian oceans. There are many different kinds of people in the country and it has *eleven* official languages!

The famous singing group Ladysmith Black Mambazo is from South Africa. They sing in a style called *mbube.* J.R.R. Tolkien, author of *The Lord of the Rings,* was also from South Africa.

Apartheid is a word used to describe the way in which the South African government segregated education, medical care, beaches, and other public services, and provided black people with services inferior to those of white people from 1948 to 1994. Nelson Mandela, South Africa's first black president, said, "The greatest glory in living lies not in never falling, but in rising every time we fall."

Jan van Riebeeck, the Dutch colonial who founded Cape Town, is shown in this painting arriving in Table Bay in April 1652. April 6th used to be known as "Van Riebeeck's Day," and his likeness appeared on stamps and South African currency until 1993.

THIS WAY

1. What two oceans form South Africa's coast?

_____

2. Name the desert in northern South Africa.

_____

3. Which river flows north of Bloemfontein?

_____

THAT WAY

1. What capital city is near the Cape of Good Hope?

_____

2. What two countries have borders within South Africa?

_____

Swaziland and Lesotho

SARA ATKINS

SWAZILAND

The Kingdom of Swaziland (pictured above) is a small country that is surrounded by South Africa except for the side of the country that is taken up by Mozambique.

The Swazis speak Swati and English, and are descended from people who came the the area in the fifteenth and sixteenth centuries from Central Africa. The government is run by a king and a prime minister that the king appoints.

Swaziland has the highest HIV infection rate in the world, and some people believe that the death of that country is a real possibility.

LESOTHO

The Kingdom of Lesotho is entirely surrounded by the Republic of South Africa. A country entirely inside another country is called an *enclave*. Lesotho people wear a wool blanket called a *basotho* all year long.

The people of Lesotho hold an arts and music festival every year in the town of Morija. Traditional musical instruments in Lesotho include a kind of flute called a *lekolulo,* a mouth instrument called a *setolo-tolo,* and a stringed instrument called a *thomo.*

Maletsunyane Falls is a 630 feet-high waterfall in Lesotho.

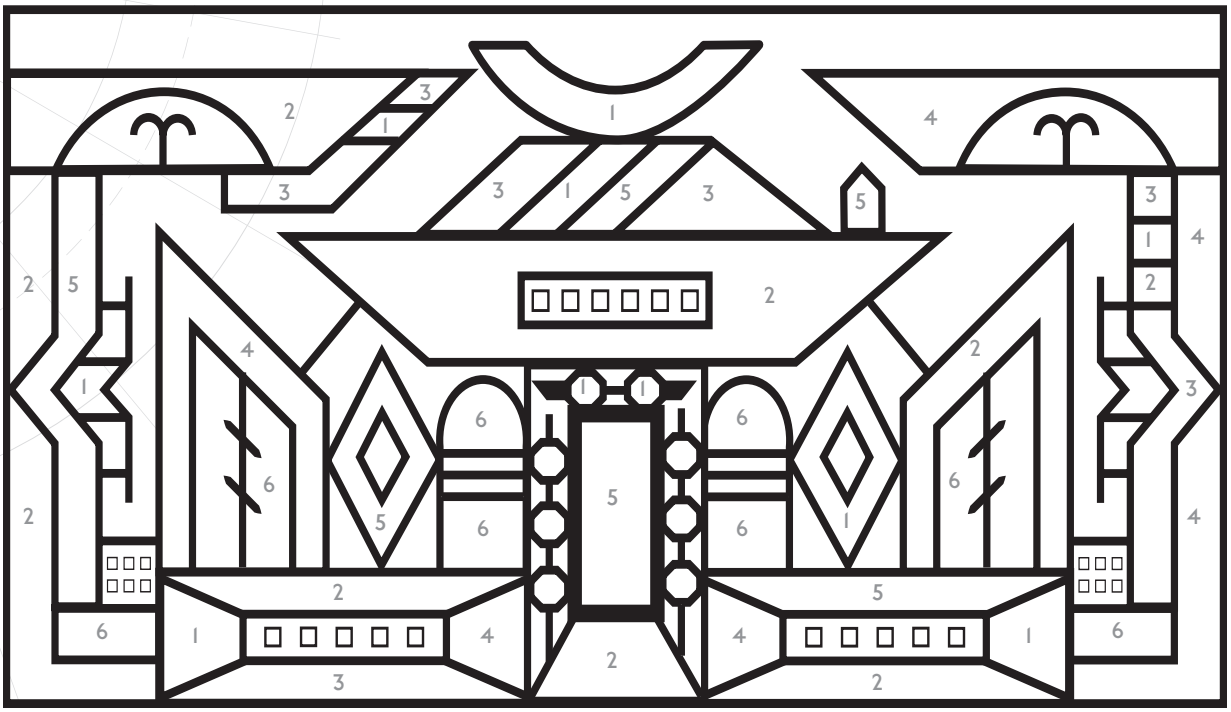
Ndebele Painting

In the 18th century, the Ndebele people of South Africa created their own tradition and style of house painting. These expressive symbols were used as a type of communication between sub groups of the Ndebele people. The tradition of house painting is passed down in families from generation to generation. The patterns and symbols can be seen today with rich, black outlines and vivid colors inside. Through the painting, each pattern communicates a different meaning.

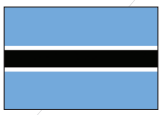
OSVÁTA

Make your own Ndebele house painting by following the color code and coloring the picture below.

1 = yellow
2 = blue
3 = green
4 = pink
5 = red
6 = grey



Botswana, Zimbabwe, Namibia



Botswana, Zimbabwe, Namibia

The Republic of Botswana (formerly the British protectorate of Bechuanaland) is flat, and up to 70% of the country is covered by the Kalahari Desert. Women from the north of the country are known for the beautiful baskets they weave using Mokola Palm and local dyes.

The Republic of Zimbabwe (formerly Southern Rhodesia) is located between the Zambezi and Limpopo rivers. The country is know for its ancient, ruined dry stone cities like Great Zimbabwe, and their balancing rocks (ancient granite rocks that balance perfectly after the softer rocks around them have been eroded).

The Republic of Namibia sits on the Atlantic Ocean. Namibia has the second lowest population density (amount of people in relation to the amount of land) of any country in the world and has the largest population of cheetahs in Southern Africa.

HANS HILLEWAERT

On the Namibian coat of arms you will find the gemsbok, an antelope widely hunted for its long, symmetrical horns. Gemsbok can also be found in New Mexico! Less than 100 were introduced in 1969 and now there are over 3,000. Such thriving of these black and white antelopes is likely due to the general lack of lions in New Mexico.

THIS WAY

1. Which is closer to Harare: Gaborone or Windhoek?

_____

2. What river is between Botswana and South Africa?

_____

THAT WAY

1. What desert separates Tsumeb from the Atlantic Ocean?

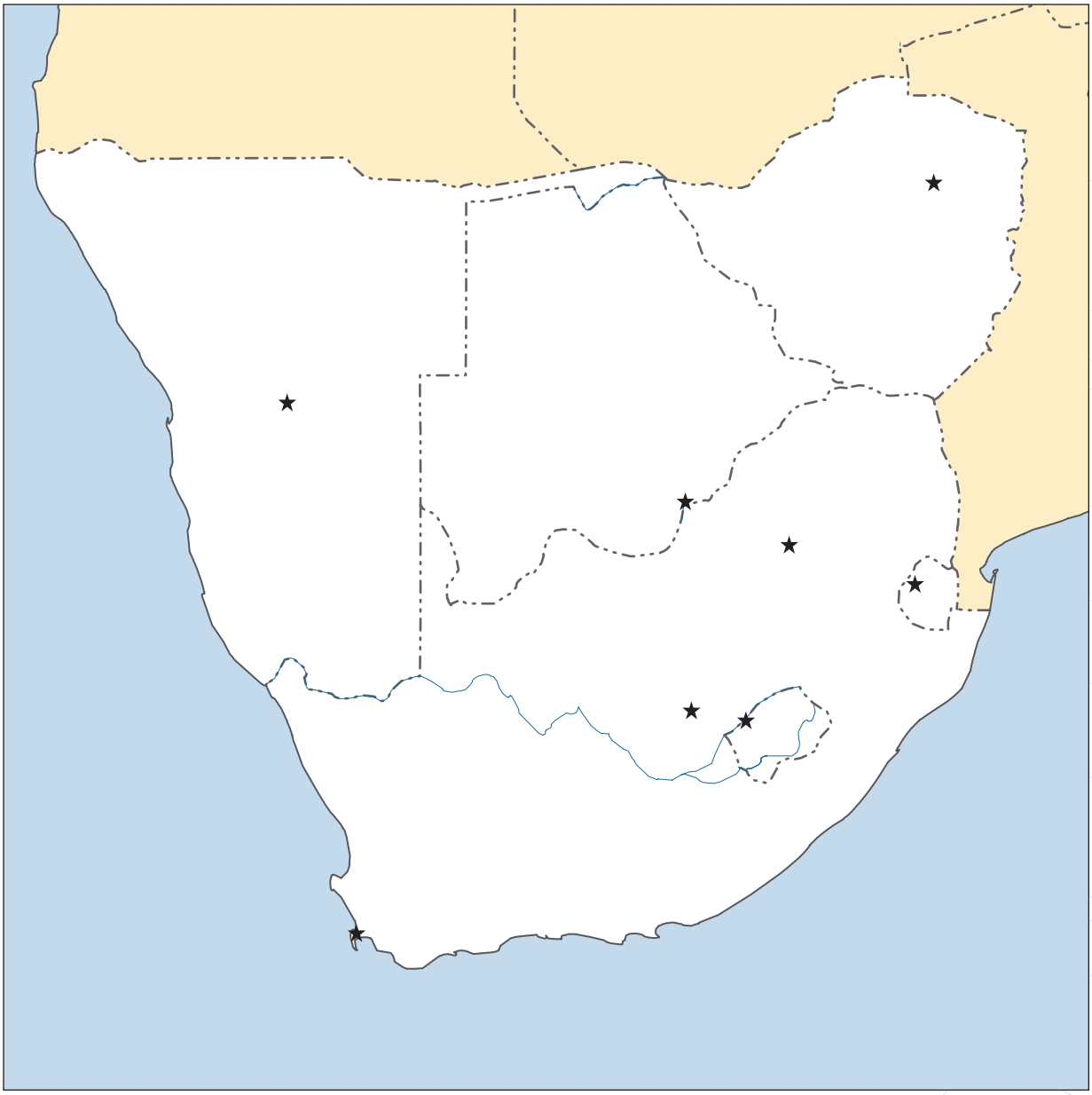
_____

2. What lake is between Zimbabwe and Zambia?

_____

3. Which is further north: Chinhoyi or Maun?

_____



Southern Africa

Color each country in the map above a different color, then label the countries, capitals, oceans and major rivers.

VOCABULARY

Read the definitions for the words below.

medicine man: a healer or tribal doctor

pith helmet: a light, hard hat that is worn for protection from the sun in hot countries

waterfall: a stream of water that falls from a higher place

David Livingstone was a Scottish medical missionary and explorer as well as the first European to see Mosi-oa-Tunya ("the smoke that thunders") —that is, Victoria Falls.

WHAT HAPPENED?

Sing the Africa *geography song and read chapter 3 in* Legends & Leagues South: Peter & The Story Box, *then answer the following questions.*

1. What did Mr. Latitude offer as a reason to go visit Madagascar?

_____

_____

2. Who did they visit at the Victoria Falls?

_____

3. Who tricked the lion?

_____

Zambia, Malawi, Mozambique

Zambia, Malawi, Mozambique

Victoria Falls, the largest waterfall in the world, is found in the Republic of Zambia, a country in Southern Africa north of Zimbabwe, Botswana and Namibia.

The Republic of Malawi (also nicknamed "The Warm Heart of Africa") is a landlocked country that runs along the west shore of Lake Malawi, the eighth largest lake in the world.

The Republic of Mozambique is a country in southeastern Africa west of Madagascar. Similar in size to Turkey, Mozambique is rich in natural resources.

Tea plantation and harvest near Mulanje Plateau, Malawi

THIS WAY

1. What is Malawi's biggest lake?

_____

2. Which country is between Mozambique and Zambia?

_____

3. Name a lake in Zambia.

_____

THAT WAY

1. What city is on the Mozambique Channel?

_____

2. In what country does the Limpopo River flow into the Indian Ocean?

_____

3. What waterfall is in Zambia?

_____

Basic Foods

Nshima and *ndiwo* are staple foods for many Africans. It is eaten at least twice per day—for lunch and dinner. Prepare and share these traditional dishes with your family. To follow Zambian custom, *nshima* is eaten with your hands, so be sure to wash up first. Guests, elders, older adults, younger people, and children wash their hands in that order. *Nshima* is eaten with the right hand only, although children are permitted to use both hands. The custom is to cut a good-size piece of *nshima* and slowly shape it into a smooth, round ball using the palm and fingers of your right hand. The *nshima* is then dipped into the *ndiwo* before it is eaten.

Relax and enjoy your meal. After all have finished, it is customary to share a folk tale. Re-tell the story of the Lion and the Mouse from Chapter 3 of Legends and Leagues South: Peter & the Story Box.

Nshima

INGREDIENTS

4 cups water
2 cups cornmeal or maize meal

DIRECTIONS

Pour water into a medium-size pot. Heat for 3 to 4 minutes or until warm (but not hot). Using one tablespoonful at a time, slowly sprinkle 3/4 cup of the cornmeal into the pot while stirring continuosly with a wooden spoon. Keep stirring slowly until the mixture begins to thicken and boil. Increase the heat to medium, cover the pot, and let simmer for 3 to 5 minutes.

Cautiously remove the top (cornmeal may spatter). Slowly, a little at a time, pour in the remaining corn meal and briskly stir with the wooden spoon until smooth and thick. Add aditional cornmeal to thicken if necessary.

Cover, turn the heat off, and let stand on the stove for another 2 to 3 minutes. Allow to cool slightly so it can be shaped by hand.

Serves 4.

Ndiwo

INGREDIENTS

2 cups water, divided
1/2 teaspoon baking soda
1 lb greens, chopped (kale, spinach, mustard, or other)
2 medium-size tomatoes, diced
1/2 cup natural peanut butter
1/4 teaspoon salt, additional to taste

DIRECTIONS

In a medium-size pot, add 1 cup of water and baking soda. Stir thoroughly until baking soda is dissolved. Add the chopped greens and chopped tomatoes. Cook over medium-high heat for 5 to 8 minutes. Add peanut butter, salt, and remaining 1 cup of water. Stir thoroughly and lower the heat to medium-low. Cover and simmer for 15 to 20 minutes, stirring every 2 to 3 minutes to prevent scorching. Season with salt to taste. Serve hot with nshima.

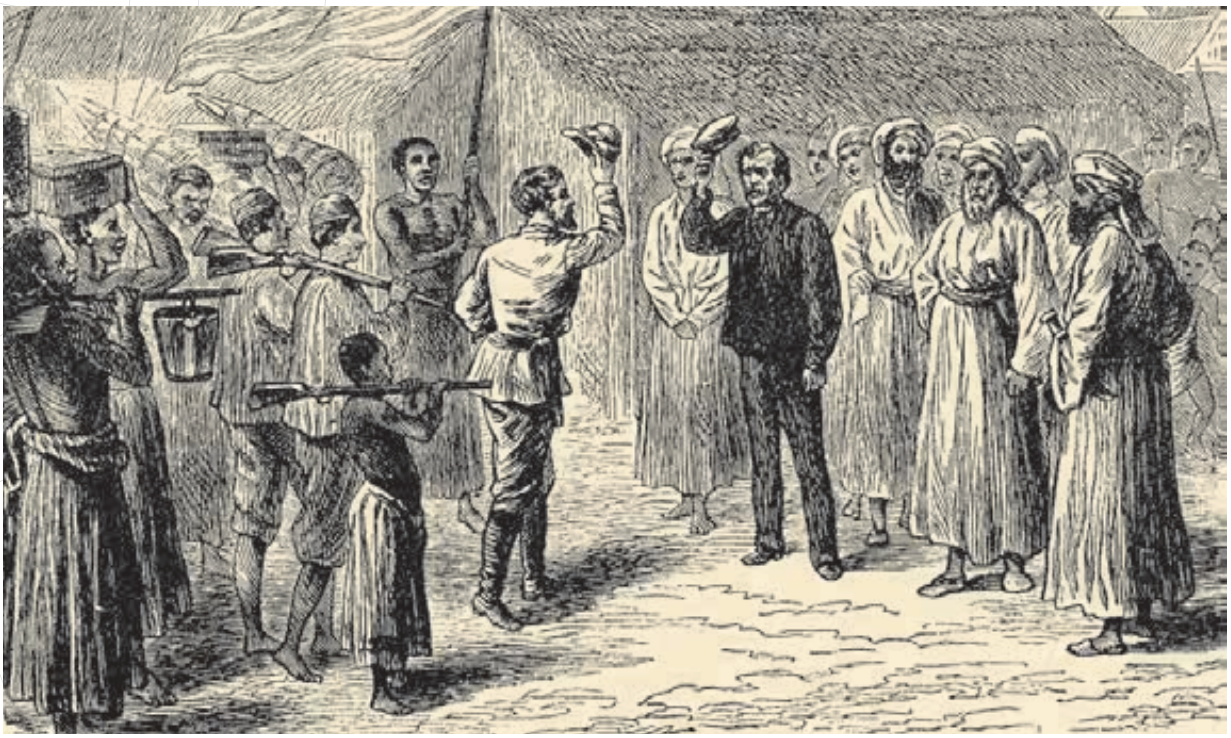
Serves 4.

Dr. Livingstone

David Livingstone was a Scottish medical missionary and explorer in Africa during the late nineteenth century. Livingstone was the first European to see *Mosi-oa-Tunya* ("the smoke that thunders"), a waterfall he renamed after Queen Victoria. He also discovered Lake Ngami, Lake Malawi, and Lake Bangweulu. Mapmakers of the period were indebted to him for help filling in various regions that had been previously blank on their maps—including upper Zambezi. The Royal Geographical Society of London awarded him a gold medal and made him a Fellow of the Society.

Near the end of his life Livingstone lost contact with the outside world. Henry Morton Stanley was sent to find him by the New York *Herald* newspaper in 1869. Stanley found him in the town of Ujiji on the shores of Lake Tanganyika on October 27, 1871, and greeted him with the famous words: "Dr. Livingstone, I presume?" He responded, "Yes, and I feel thankful that I am here to welcome you."

David Livingstone has become one of the most famous missionaries of all time. In addition to his significant work in exploration, his commitment to Christ shines more brightly. One journal entry he made reads like this: "I place no value on anything I have or may possess, except in relation to the kingdom of Christ. If anything will advance the interests of the kingdom, it shall be given away or kept, only as by giving or keeping it I shall promote the glory of Him to whom I owe all my hopes in time and eternity."



Madagascar, Mauritius, Seychelles, Comoros

Madagascar, Mauritius, Seychelles, Comoros

The Republic of Madagascar is found on the fourth-largest island in the world. Almost 80% of the plants and animals found in Madagascar are *endemic*, that is, they belong exclusively to the island—including sixty different kinds of lemurs. From the late 1600's until the early 1700s Madagascar was home to a horde of dastardly pirates. Famous bucaneers such as William Kidd, Henry Every, John Bowen, and Thomas Tew made the region their bases of operations.

The Republic of Mauritius is an island nation 560 miles east of Madagascar. It is famous for having *been* the home of the extinct dodo.

The Republic of Seychelles is an island country consiting of an archipelago of 115 islands in the Indian Ocean, northeast of Madagascar. It has the smallest human population of any African state, but has the largest aldabra giant tortoise population in the world.

One of Madagascar's famous ring-tailed lemurs

The Union of the Comoros is an island country made up of an archipelago of four volcanic islands near Madagascar. In the 900s, sailors called them "The Perfume Islands."

THIS WAY

1. Which is further south: Comoros or Seychelles?

_____

2. What mountain range is in Madagascar?

_____

THAT WAY

1. Madagascar is off what coast of Africa: east or west?

_____

2. Which is closer to Antananarivo: Saint-Denis or Moroni?

_____

Vanilla

Vanilla is the only "edible" orchid. It takes three to five years to produce a commercial crop. There are about 150 kinds of vanilla, but only two types (Bourbon and Tahitian) are used commercially. Vanilla is grown on a host tree for shade and support. It is a fragile plant that requires proper drainage (to avoid root rot) and shade. Typically vanilla is grown on small plots tended and guarded by one family. The plants are pollinated by hand. It takes three years after it is planted before the first flowers appear, and the fruits must hang on the vine for nine months before they will produce their distinct aroma. After the beans are harvested, they are treated royally—hot tubs and sun tanning for weeks and weeks—until they have shrunk to less than a quarter of their original size. Then they are shipped around the world.

The primary growing areas are around the Equator in countries like Madagascar, Indonesia, Tahiti, Mexico, Tonga, India, Uganda, and others. Until the late 19th century, Mexico was the top producer of vanilla, but now it is Madagascar.

Vanilla is the world's second most expensive spice. As such, it has had a long history of being stolen and illegally traded. Today it is used in baking, perfume, paint, cleaning products, rubber tires, aromatherapy, and (of course) ice cream!

VOCABULARY

Read the definitions for the words below.

forest: a thick growth of trees and bushes that covers a large area

plain: flat land that has only small changes in elevation

braw: Scottish slang for "good" or "brilliant"

WHAT HAPPENED?

Sing the Africa *geography song and read chapter 4 in* Legends & Leagues South: Peter & The Story Box, *then answer the following questions.*

1. What was the name for God that was used by the people of Kenya?

_____

2. Where did the Hippo want to live?

_____

3. What did Dr. Livingstone give to Peter?

_____

This map by Ortelius—often called the Prester John Map—provides insight into the myths of Africa from that time: the Niger River goes underground for sixty miles and emerges in Lake Borno, sirens and sea gods live in Lake Zaire, and the sons of Prester John were held captive at Mount Amara.

Tanzania, Burundi, Rwanda

Tanzania, Burundi, Rwanda

In 1964 the countries of Tanganyika and Zanzibar united to form The United Republic of Tanzania, a country in East Africa bordered by the Democratic Republic of the Congo to the west and the Indian Ocean to the east.

The Republic of Burundi is a landlocked country bordering Lake Tanganyika. Burundi is one of the ten poorest countries in the world, but it is rich in coffee. Over half of the exports from Burundi are coffee beans.

The Republic of Rwanda is a country found a few degrees south of the Equator, with many mountains and lakes. The people of Rwanda come from one group called the Banyarwanda. They have a strong tradition of sharing poetry and folk stories. One of the famous art styles of Rwanda is *imigongo,* in which dung is mixed with different colors of dirt and painted into geometric shapes.

M. DISDERO

African elephants below Mount Kilimanjaro, an inactive volcano in northeastern Tanzania

THIS WAY

1. Is the Serengeti Plain located in the north or south of Tanzania?

_____

2. Lake Tanganyika separates Tanzania from what country?

_____

THAT WAY

1. Traveling by plane, about how many miles is Bujumbura from Kigali?

_____

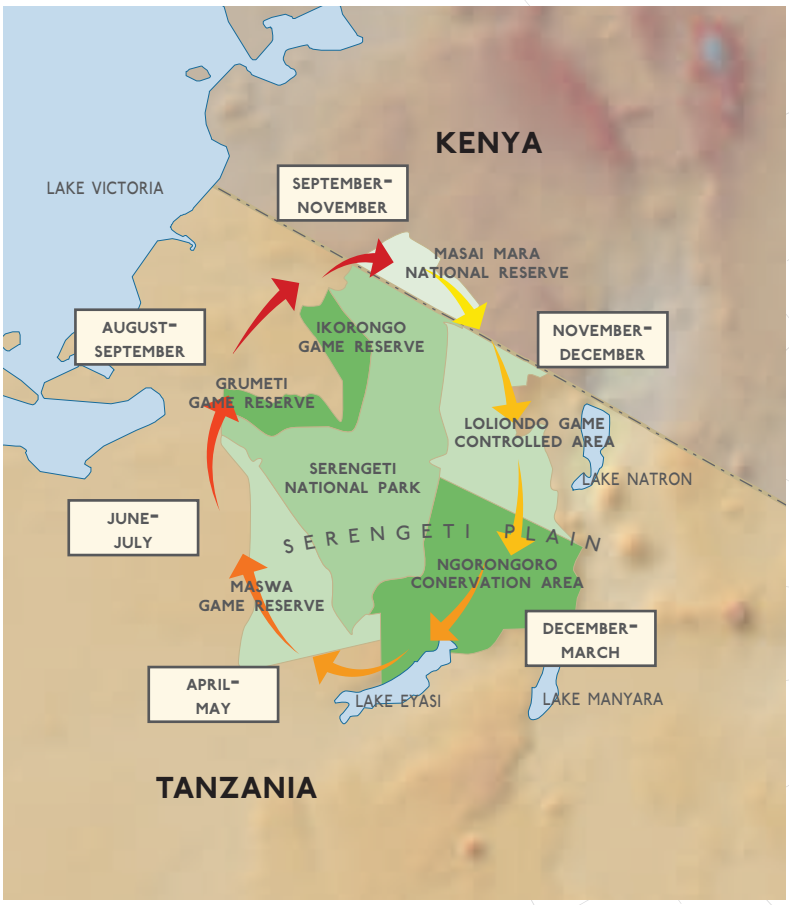
2. If you climbed to the top of Mount Kilimanjaro and looked north, what country would you see?

_____

The Great Migration

Kenya and Tanzania provide the stage for one of the natural wonders of the world—the great wildebeest migration. Each year around 1.5 million wildebeest, 300,000 zebra and other grazing animals begin their long trek from Tanzania's Serengeti Plain to Kenya's Masai Mara National Reserve. Wildebeest and zebra are able to graze together because each eats a different part of the grass.

The reason for their journey is the never-ending search for food and water. Lions, leopards, hyenas, and wild dogs also follow the herds in search of food. Their journey runs in a clockwise circle, and the animals cover a distance of around 1,800 miles.



December–March: Beginning in Tanzania, the herds travel through the Serengeti Plain and the Ngorongoro Conservation Area. Here they will birth their calves.

April–May: The herds begin to migrate west and north to the grassier plains and woodland of the Serengeti's western corridor, where the rains have allowed grasses to grow once again.

June–July: As the rains stop, the wildebeest and zebra gradually start moving north, forming much larger herds. This is also the time the wildebeest mate. By July the herds reach their first big obstacle, the Grumeti River. The Grumeti river is home to many crocodiles, which feast as the herds cross the river

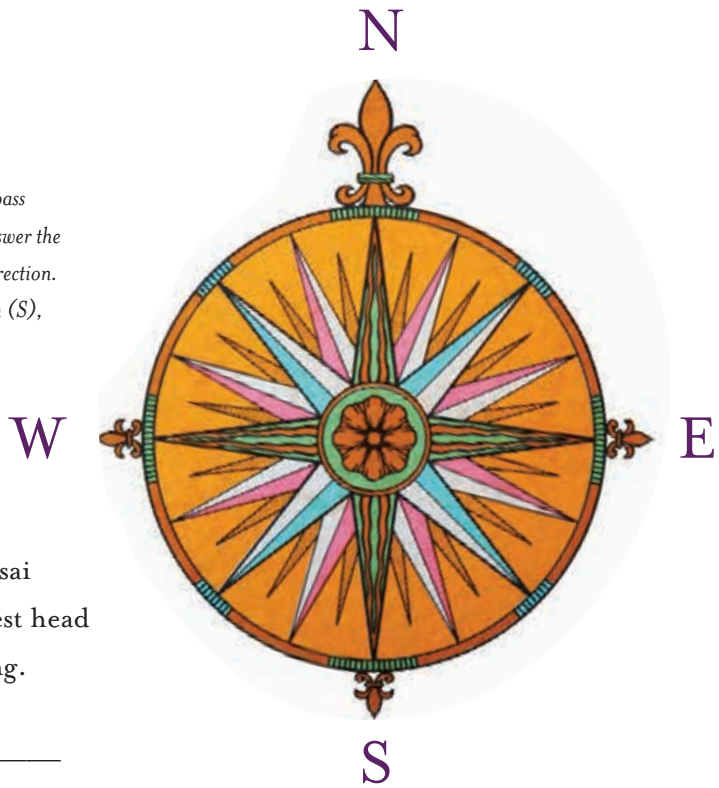
August–September: The grasses of the western Serengeti begin to turn yellow and the herds continue north. After crossing the Grumeti River in Tanzania, the wildebeest and zebra head to Kenya. Before they get to the lush plains of the Masai Mara National Reserve, they have to make another river crossing, the Mara River. This river is also filled with crocodiles.

September–November: The Masai Mara National Reserve is filled with large herds of wildebeest, zebra, and antelope.

November–December: The rains start in the south again and the herds begin their long trek back down to the Serengeti Plain in Tanzania to have their young.

Following the Pack

After reading the project "The Great Migration," use the compass rose and The Great Migration map on the opposite page to answer the questions below. Fill in each blank with the correct cardinal direction. Remember the cardinal directions, which are north (N), south (S), east (E), and west (W), are shown on the compass rose.



1. Masai Mara National Reserve is located in _____ Kenya.
2. After spending some time in the Masai Mara National Reserve, the wildebeest head _____ to give birth to their young.
3. Lake Victoria is _____ and _____ of Grumeti Game Reserve.
4. July through August, the wildebeest are _____ of Lake Natron.
5. Lake Manyara is _____ of Lake Eyasi.
6. April through May, the herds begin to travel _____ and _____ .
7. When the wildebeest are in Serengeti National Park, Lake Eyasi is _____.
8. Loliondo Game Controlled Area is _____ of Grumeti Game Reserve.
9. The great wildebeest migration takes place in _____ Tanzania.
10. In November and December the rains begin in the _____ and the herds start their long trek back to the Serengeti Plain to have their young.

Uganda, Kenya

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