

Our Name is Panama

Our country has an amazing **cultural** diversity formed by people from different **ethnic** groups. The major **native** groups are: Ngäbe-Buglé, Guna and Embera-Wounaan. The small **indigenous** groups are Bri Bri and Naso Teribes. We also have other groups such as mestizos, blacks, people from other nationalities born in our country.

The Gunas are located in the **Comarcas** Guna Yala, Wargandi, and Madugandi. They speak Dulegaya and Guanagaya. They love to eat tulumbasi (fish soup with coconut milk, **plantain** and lemon). They are famous for their "Molas" which are also part of the Guna women **dress**.

The Ngäbe- Buglé are located in Veraguas, Chiriquí, and Bocas del Toro. They speak Ngäbere- Buglére. They love to eat yaniquenque, dachin, bochú and calalú. Their women make chaquira **necklaces** and **wear** naguas. The traditional **dance** of this group is called Jequi.

The Emberá-Wounaan are located in the Comarca Emberá-Wounaan in Darién. They speak Emberá/Maach meu. They eat Bodochi (food made with rice and fish). This group is famous for their body **painting** called jagua. The women traditional dress is the Paruma and some of their dances are Guara and Ka.

The Mestizos are over the country. They speak Spanish. Their favorite **dishes** are sancocho, rice with chicken, potato salad, and tamales. One of the **handicrafts** they make is tembleque, which is part the national dress. On special days, women wear polleras and dance folkloric dances.

The Afro-descendant people live in Colón, Bocas del Toro, Darién, and Panama. Some of them speak English and Spanish. They love to eat spicy food. Afro descendant women like to make a wear **jewelry**. Some of their groups love to and dance congo and reggae.

We also have people born in our country who are descendants from foreigners. No matter our ethnicity, our name is Panama.