



Your World

Your Commonwealth

The future of the Commonwealth
lies with its young people

You are the future. It is your Commonwealth

What is the Commonwealth?

The Commonwealth is a family of 54 nations, spread over every continent and ocean in the world. Although the people of the Commonwealth are different in many ways, they work together by sharing ideas and experiences, skills and knowledge.



Facts and figures

All countries in the Commonwealth are treated equally.

About 30 per cent of the world's people live in the Commonwealth. That's over 2 billion adults and children!

Over half the people of the Commonwealth are under 25.

It includes some of the world's largest nations, like India and some of the world's smallest, like Grenada.



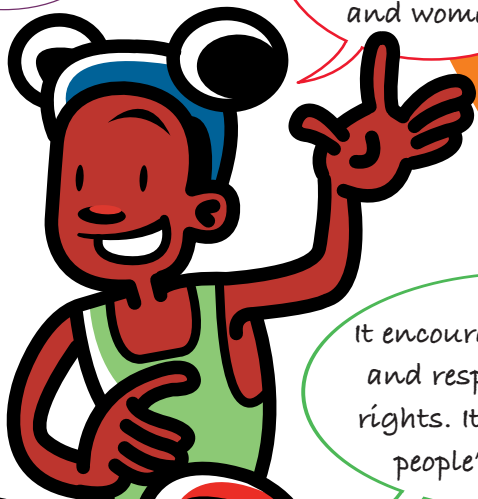
It is about friendship and respect between people and between countries.

It works to improve education for everyone.





It opposes racism.



It has special programmes to help young men and women.

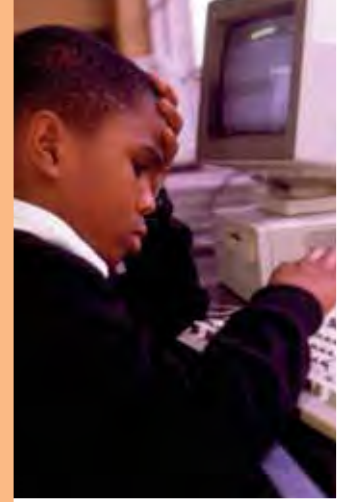
It encourages democracy and respect for human rights. It works to make people's lives better.

It regards boys and girls as equally important.



Your Commonwealth

Works to improve education for adults and children.

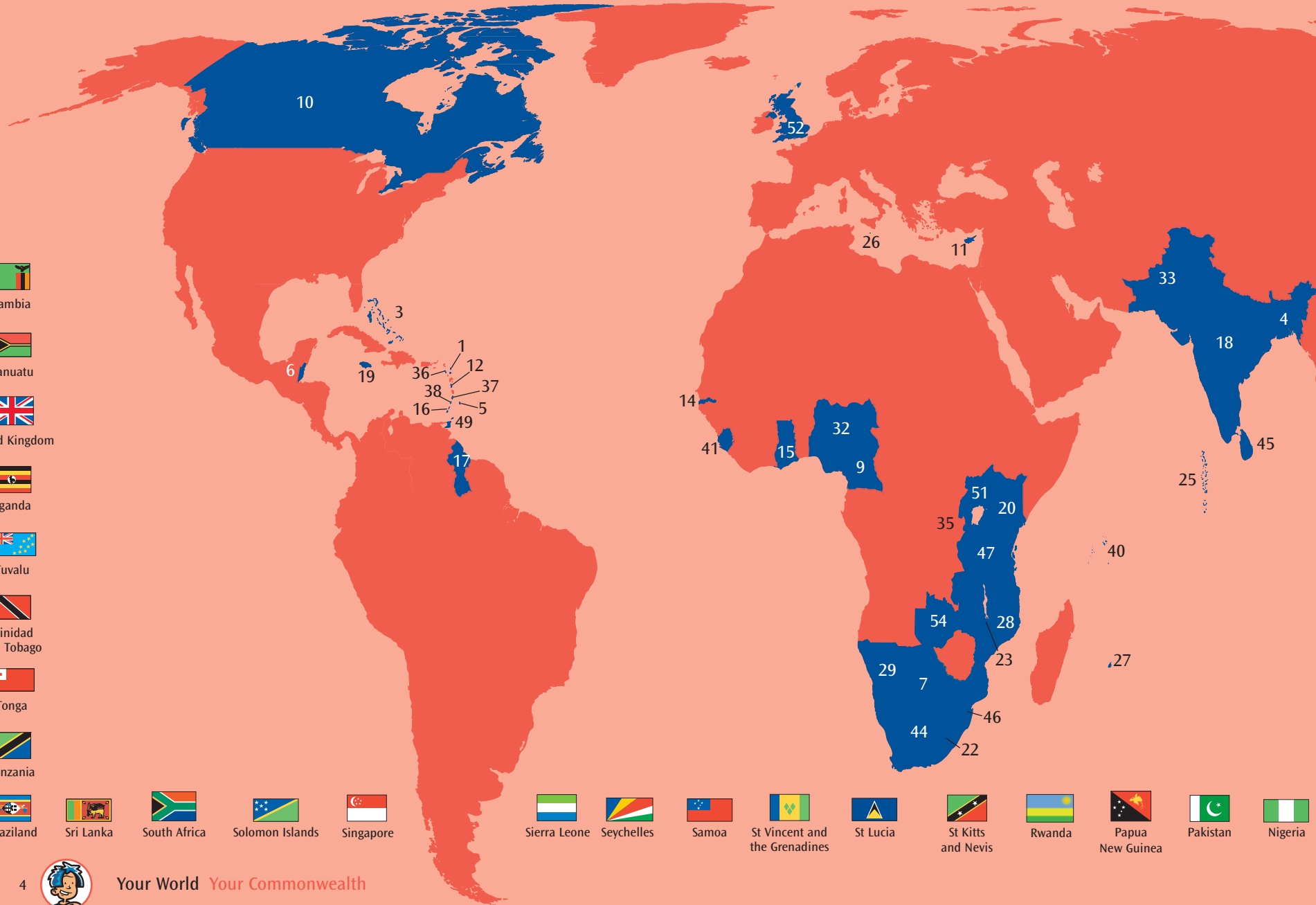
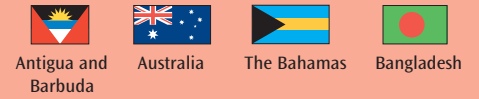


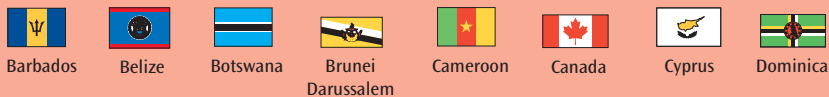
Observers from the Commonwealth make sure that everybody is free to use their vote the way they want.

Brings people together to talk about their problems and ideas.

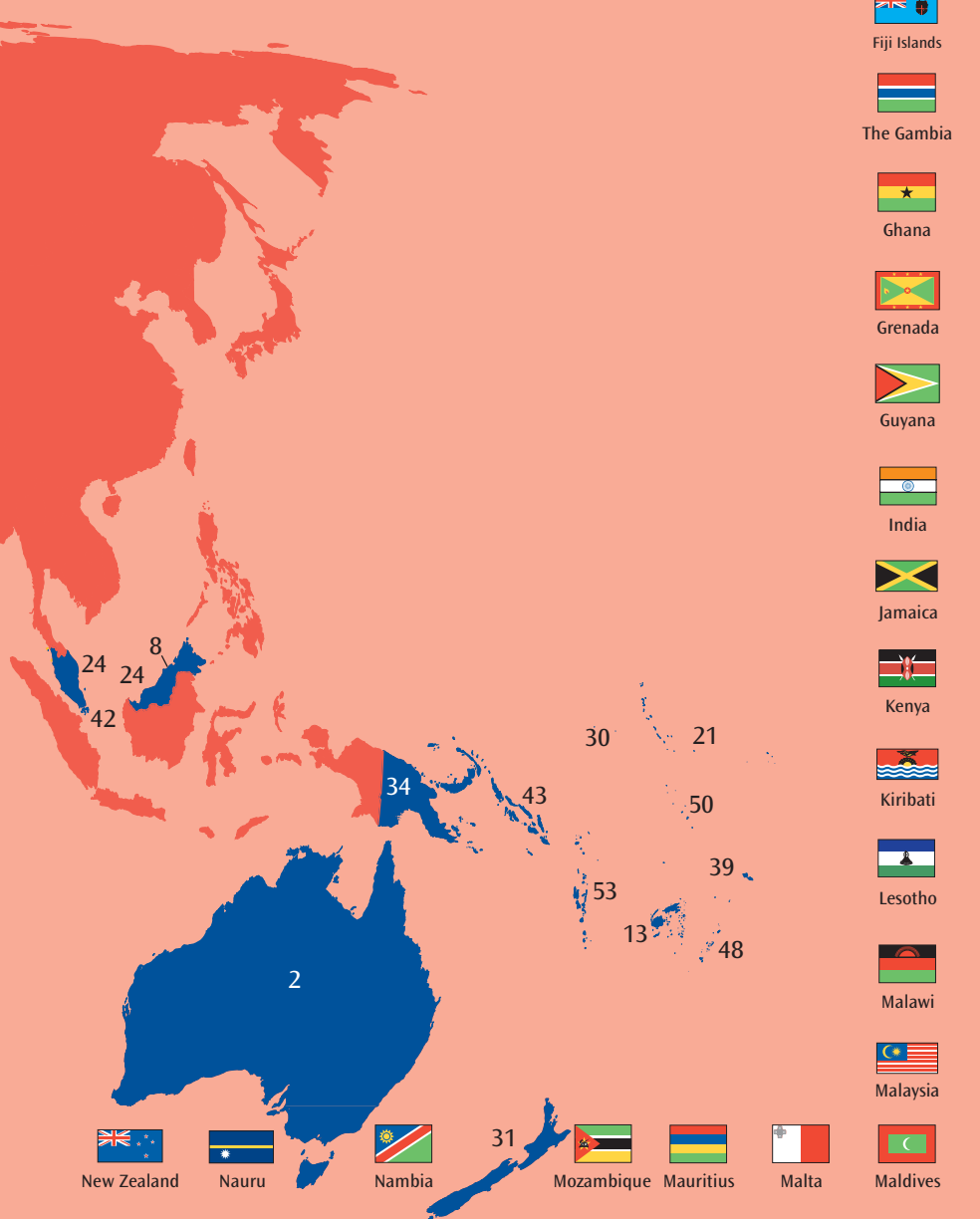


Which countries are members?





Your Commonwealth



Member Country	Capital	Member Country	Capital
1 Antigua and Barbuda	St John's	32 Nigeria	Abuja
2 Australia	Canberra	33 Pakistan	Islamabad
<i>External territories: Norfolk Island, Coral Sea Islands Territory, Australian Antarctic Territory, Heard Island and McDonald Islands, Cocos (Keeling) Islands, Christmas Island, Territory of Ashmore and Cartier Islands</i>			
3 The Bahamas	Nassau	34 Papua New Guinea	Port Moresby
4 Bangladesh	Dhaka	35 Rwanda	Kigali
5 Barbados	Bridgetown	36 St Kitts and Nevis	Basseterre
6 Belize	Belmopan	37 St Lucia	Castries
7 Botswana	Gaborone	38 St Vincent and the Grenadines	Kingstown
8 Brunei Darussalam	Bandar Seri Begawan	39 Samoa	Apia
9 Cameroon	Yaoundé	40 Seychelles	Victoria
10 Canada	Ottawa	41 Sierra Leone	Freetown
11 Cyprus	Nicosia	42 Singapore	Singapore
12 Dominica	Roseau	43 Solomon Islands	Honiara
13 Fiji Islands	Suva	44 South Africa	Pretoria
14 The Gambia	Banjul	45 Sri Lanka	Colombo
15 Ghana	Accra	46 Swaziland	Mbabane
16 Grenada	St George's	47 Tanzania	Dar es Salaam
17 Guyana	Georgetown	48 Tonga	Nuku'alofa
18 India	New Delhi	49 Trinidad and Tobago	Port of Spain
19 Jamaica	Kingston	50 Tuvalu	Funafuti
20 Kenya	Nairobi	51 Uganda	Kampala
21 Kiribati	Tarawa	52 United Kingdom	London
22 Lesotho	Maseru	<i>Overseas territories: Anguilla, Bermuda, British Antarctic Territory, British Indian Ocean Territory, British Virgin Islands, Cayman Islands, Falkland Islands, Gibraltar, Montserrat, Pitcairn, Henderson, Ducie and Oeno Islands, St Helena and St Helena Dependencies (Ascension and Tristan da Cunha), South Georgia and the South Sandwich Islands, and Turks and Caicos Islands</i>	
23 Malawi	Lilongwe	53 Vanuatu	Port Vila
24 Malaysia	Kuala Lumpur	54 Zambia	Lusaka
25 Maldives	Malé		
26 Malta	Valletta		
27 Mauritius	Port Louis		
28 Mozambique	Maputo		
29 Namibia	Windhoek		
30 Nauru	Nauru		
31 New Zealand	Wellington		


Includes the territories of Tokelau and the Ross Dependency (Antarctic). Self-governing countries in free association with New Zealand: Cook Islands and Niue

The designations employed and the presentation of material on the map, based on UN practice, do not imply the expression of any opinion whatsoever on the part of the Commonwealth Secretariat concerning the legal status of any country, territory, or area, or of its authorities, or concerning the delimitation of its frontiers or boundaries.

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The Commonwealth story



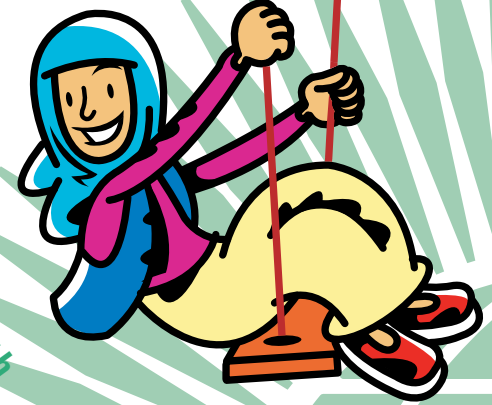
The beginning – a white man's club
Most of the countries in the Commonwealth were once ruled by Britain. This is why English is the common language. In 1931, Australia, Canada, New Zealand and South Africa (which had once been ruled by Britain, but were now independent) decided to join Britain in a club called the Commonwealth of Nations.



The birth of the modern Commonwealth
India and Pakistan became independent after a long struggle against Britain. In 1947, India decided that it also wanted to stay in the Commonwealth as a republic and agreed to accept the British king or queen as a symbol. The word 'British' was dropped and the Commonwealth became 'a free association of independent nations.' The modern multi-racial Commonwealth was born.



First black African country joins
In 1957, Ghana, in west Africa, became independent of British rule. Its leader Kwame Nkrumah decided to join the Commonwealth. In the 1960s and 1970s, many other countries in Africa, Asia, the Caribbean and the Pacific became independent. Some had fought wars for their freedom. Yet almost all joined the Commonwealth.





Fighting against racism

In 1961, South Africa left the Commonwealth because of its racist policies of apartheid. In 1971, Commonwealth leaders agreed to work for racial justice and supported the struggle of South Africans against white minority rule. The Commonwealth strongly opposes racism.



Other countries join

In the 1990s, countries which had never been ruled by Britain also joined. Namibia joined in 1990, Cameroon and Mozambique joined in 1995 and Rwanda in 2009.



Talking to each other

In 1965, the Commonwealth Secretariat in London became the headquarters of the Commonwealth. This encouraged the member countries to talk to each other and help those who needed it. Although the Secretariat is based in the UK, the people who work there come from all parts of the Commonwealth.



Freedom for South Africa

In 1994, South Africa returned to the Commonwealth, as a multi-racial democracy, under the leadership of Nelson Mandela. He famously said: "The Commonwealth makes the world safe for diversity." This means that the Commonwealth is a good example of how different people from different countries can work together for good things.



The 21st Century and beyond

Many other countries with different cultures, languages and faiths now want to be part of the Commonwealth club. Big countries, small countries, rich countries and poorer countries are all treated the same. This is quite an achievement!



The friendly games

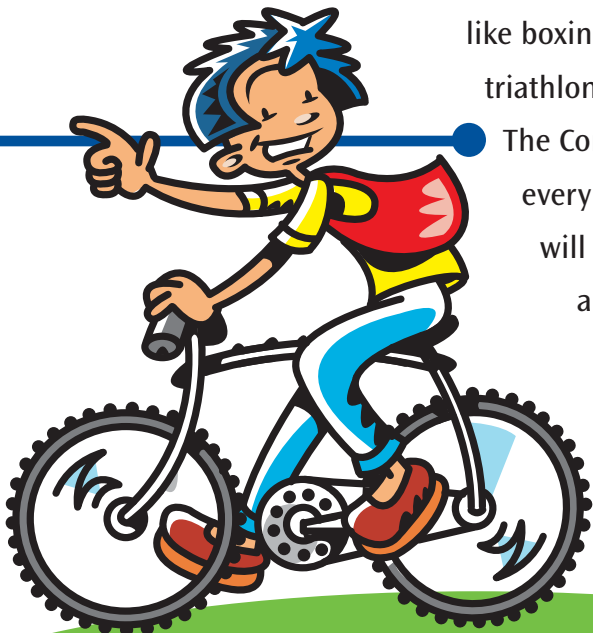
Sport is a good way of showing the friendship and togetherness which is important to the Commonwealth.

The Commonwealth Games

- They are called the 'friendly games' because the competition is between individual sportsmen and women, not between countries.
- The first Commonwealth Games were held in 1930 in Hamilton, Canada.
- There are special events for disabled people.
- There are always athletics and swimming, rugby sevens, netball and lawn bowls.

● But there can be lots of other sports too, like boxing, cycling, gymnastics, tennis, triathlon and wrestling.

● The Commonwealth Games are held every four years. The 2010 games will be hosted in New Delhi, India, and the 2014 games by Glasgow, Scotland.



The Commonwealth Games

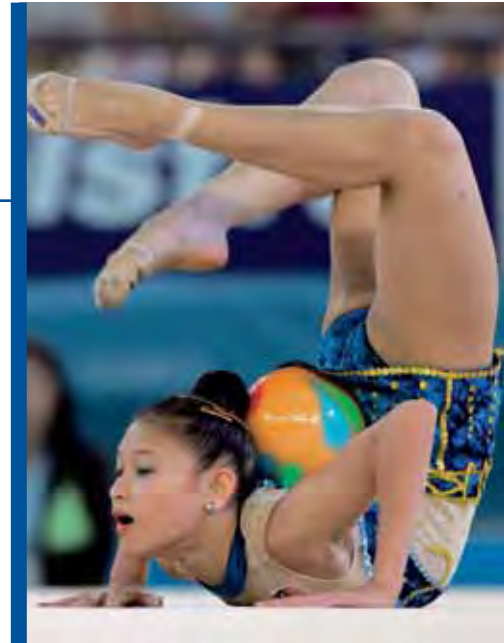
The 2006 Commonwealth Games

Around 4,500 sportsmen and women took part in the Melbourne games and more than 1.5 billion people around the world watched the Games on television!

The Commonwealth Youth Games

In 2008, the Commonwealth Youth Games took place in Pune, India. The next games will be in the Isle of Man in 2011.

Competitors must be 18 years or younger.





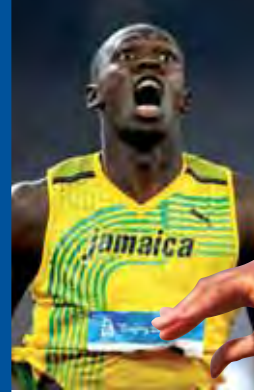
Commonwealth sporting facts



Commonwealth countries dominate the world of cricket. Australia has been the most successful country in Cricket World Cups, having lifted the trophy four times – in 1987, 1999, 2003 and 2007.



The West Indies are second on that list, having won the first two World Cups in 1975 and 1979.



Denise Lewis of England (right) has won the heptathlon at the 1994 and 1998 Commonwealth Games.

The fastest man in the world comes from the Commonwealth. Ace sprinter Usain Bolt from Jamaica is the current world record holder in the men's 100m dash. The 23-year-old clocked 9.58 seconds on 16 August 2009 at the World Championships in Berlin.



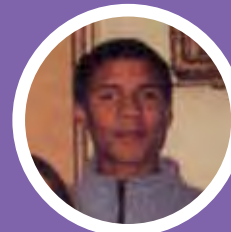
Working with young people



The Commonwealth Youth Programme (CYP)

The Commonwealth Youth Programme (CYP) can help you to:

- Make friends with people who are different from you
- Meet people from other countries
- Tell adults your views and ideas
- Take part in youth camps, sports and outdoor fun
- Learn how to make and sell crafts
- Join in art and writing competitions
- Look after nature and the planet
- Settle differences in a peaceful way
- Learn about your bodies as you grow up
- Join with other boys and girls to make youth clubs
- Look after your health
- Think about what you want to do when you're grown up



CYP Caribbean Centre – Guyana



CYP African Centre – Zambia





The Commonwealth Youth Programme (CYP)

Ambassadors for Positive Living

Some young people in Africa who are HIV positive are **Ambassadors for Positive Living**. They travel around talking to young people about how to avoid HIV/AIDS and how to live healthy and positive lives even if they have the disease.

David Chipanta is a travelling Ambassador from Zambia, who said:

'I never thought AIDS would touch me. Now my whole life is AIDS work.'



CYP Asia Centre – India



CYP South Pacific Centre – Solomon Islands



The Commonwealth believes that young people have the same rights as adults.



Diversity and unity in the Commonwealth

What makes us different?

Hundreds of different languages are spoken.

People are of all the different races.

Some countries are very densely populated – 150 million people live in the small country of Bangladesh.

All the world's major religions are practised.

Some countries are very sparsely populated – just over 20 million people live in the large country of Australia.

Around 32 countries have a population of less than 1.5 million.

What makes us the same?

All the countries within the Commonwealth are equal. They all use English as a working language and share the same wish to improve people's lives.

Commonwealth countries support democracy as a form of government and have a similar system of laws and education.





Your Commonwealth

There are **small states** programmes to help the member countries which have fewer than 1.5 million people. This is particularly important when countries around the world meet to make decisions about trade and where farmers can sell the crops they produce.

There are also **environmental** programmes such as:

- Dealing with the effects of global warming in Commonwealth countries like Maldives.
- Managing the effects of drought in Africa - especially in Kenya, which has recently suffered its worst drought in 20 years.
- Protecting rainforests in places like the Iwokrama rainforest in Guyana.
- Checking sea level rises in Pacific Island states and countries like Bangladesh, which often suffers from flooding.



Member countries share skills and knowledge to solve **development** problems and improve their people's lives.



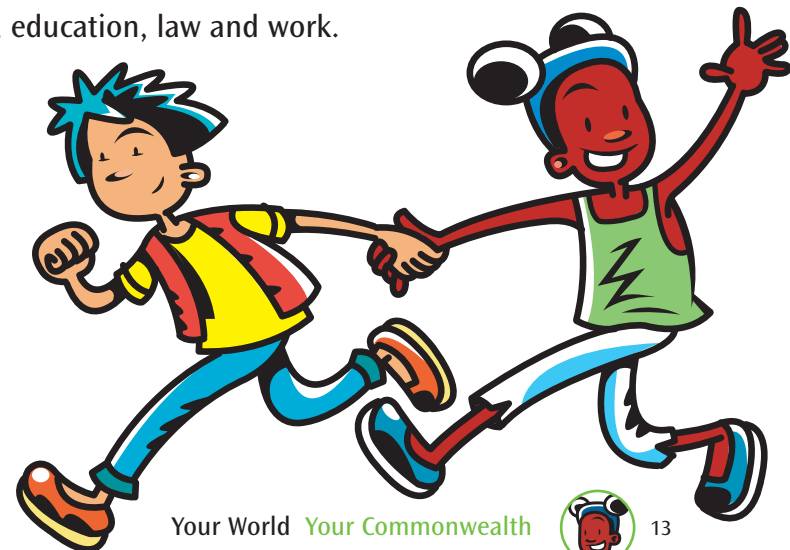
Special efforts are made to help women and young people start and run their own businesses and to look after their health.

Every two years, the **Commonwealth Heads of Government** meet to discuss their problems and suggest possible solutions. In 2011 they are meeting in Perth, Western Australia



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There are also hundreds of **non-governmental organisations** which link the people of the Commonwealth through sport, art, music, health, education, law and work.



What do you know?



Picture hunt

These small pictures are taken from bigger ones in this book. See if you can find the pictures they come from. You will have to look very carefully.

You can check your answers below.



Commonwealth quiz

- 1 What percentage of the world's population live in the Commonwealth?
- 2 Where and when will the next Commonwealth Games be held?
- 3 When is Commonwealth Day?
- 4 Why are the Commonwealth Games called the 'Friendly Games'?
- 5 How many nations are in the Commonwealth?
- 6 Which was the first black African country to join the Commonwealth?
- 7 Which Commonwealth country has the biggest population?
- 8 Who are the Ambassadors for Positive Living?
- 9 Where are the Commonwealth Heads of Government meeting in 2011?
- 10 Which rainforest is the Commonwealth helping to protect?

You can find all the answers to these questions in this book.



Quiz answers

- 1 About 30%
- 2 New Delhi in 2010, then Glasgow 2014
- 3 The second Monday in March
- 4 The competition is between individuals, not countries
- 5 54
- 6 Ghana in 1957
- 7 India
- 8 Young people from the Commonwealth who are HIV positive and travel around talking to other young people about HIV/AIDS
- 9 In Perth the capital city of Western Australia
- 10 The Iwokrama rainforest in Guyana



Commonwealth Day?

Commonwealth Day is celebrated on the second Monday in March every year. The aim of commemorating Commonwealth Day is to promote understanding on world issues, show how countries can work together and talk about what the Commonwealth is doing to improve the lives of its 2 billion citizens.

'Science Technology and Society'

is the theme for Commonwealth Day 2010.

Why not take a look at our website to find out more about your Commonwealth?

www.thecommonwealth.org





COMMONWEALTH SECRETARIAT

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