Glossary

- **Swazi**: the name of the indigenous people of eSwatini.
- **siSwati**: the local language spoken in eSwatini.
- **Inkhundla**: a district, a local administrative area.
- **Lihiya**: a sash worn by women over the shoulders during the Reed Dance, featuring an image of the King.
- **Sidvwashi**: a sash worn by women like a skirt during the Reed Dance.
- **Umhlanga**: the dance commonly called the **Reed Dance**.
- **Liduku**: a headpiece worn by married women.
- **Umbhaco**: an ornament worn by both men and women during ceremonies and celebrations, usually made from beads, seeds, fabric, or feathers.
- **Likhuba**: a type of drum.

- **Sishwala**: a typical eSwatini dish, a kind of porridge eaten at breakfast.

- **Sinkwa Sembila**: a traditional eSwatini dish, a type of maize bread often served with vegetables or meat, as an alternative to **pap**, the local white maize polenta.