

*Atannayita: y'atenda nnyina obufumbi (=okufumba) (Ganda)*

*The person who has not travelled widely thinks his or her mother is the only cook (the best cook). Ganda (Uganda)*

Also found in: Akamba and Gikuyu (Kenya) Igbo and Yoruba (Nigeria) Haya (Tanzania) Bemba (Zambia)

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

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