



Oral Traditions as Historical Sources in Southern African Communities of Uganda

James Nkwishimana¹

¹ Department of Interdisciplinary Studies, Busitema University

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Correspondence: jnkwishimana@outlook.com

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Author notes

James Nkwishimana is affiliated with Department of Interdisciplinary Studies, Busitema University and focuses on Arts & Humanities research in Africa.

Abstract

Oral traditions play a significant role in preserving historical information within Southern African communities. A mixed-methods approach combining ethnographic interviews with structured questionnaires to gather data from community members across various regions in Uganda. Oral traditions encompass a wide range of stories that not only narrate historical events but also provide insights into contemporary social issues, such as traditional healing practices and language revitalization efforts. Oral traditions are multifaceted sources of history within Ugandan communities, offering both continuity and change in cultural narratives over time. Further research should explore the impact of digital media on oral tradition preservation and the role of youth as custodians of these stories. oral traditions, historical sources, Southern Africa, Uganda, community studies

Keywords: *Sub-Saharan, AfricanGeography, Ethnography, Sociohistory, CulturalHeritage*

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