

After hardship comes relief.



Maa daa'it illa maa forigat. (Colloquial Arabic)

Inna maa al osr yosran. (Koran Arabic)

Baada ya dhiki, faraja. (Swahili)

Peu importe à quel point cela peut devenir difficile, une issue ou un confort sera éventuellement fourni. (French)

No matter how hard it may get, a way out or eventual comfort will be provided. (Literal English)

After hardship comes relief. (Figurative English)

Arabic (Egypt and other North African countries) Proverb

January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

The house that is built well (like a fixed faith) doesn't move any longer.



Nzubu iku kuimatenke kuende vu. (Lwalu)
Nyumbani mara moja kujengwa wanapaswa
kuwa na harakati. (Swahili)
La maison une fois fixée ne se déplace
plus. (French)
The house that is built well (like a fixed
faith) doesn't move any longer. (English)

Lwalu ([Democratic Republic of the Congo](#))
Proverb

February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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27	28					

Home is for a husband and a wife.



Mucii ni wa muthuri na mutumia. (Gikuyu)
Nyumba ni ya mume na mke. (Swahili)
La maison est pour le mari et sa femme. (French)
Home is for a husband and a wife. (English)

Gikuyu (Kenya) Proverb

March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
6	7	8	9	10	11	12
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27	28	29	30	31		

The pursuit of grasshoppers is done in the morning.



Isunga ng'humbi lili dilu. (Sukuma)
Utafutaji wa panzi ni asubuhi. (Swahili)
La poursuite des sauterelles se fait
le matin. (French)
The pursuit of grasshoppers is done in the morning.
(English)

Sukuma (Tanzania) Proverb

APRIL 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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A log in the river will never be a crocodile.



Mūgogo wī rūūī ndūrī hīndī ūgatwīka kīng'ang'i. (Gikuyu)

Gogo mtoni halitageuka kuwa mamba. (Swahili)

Un rondin dans l'eau ne deviendra. (French)

A log in the river will never be a crocodile. (English)

Gikuyu (Kenya) Proverb

May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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29	30	31				

The hunger that has hope for its satisfaction does not kill.



Aguo nwere nchekwube/olileanya a dighi egbu egbu. (Igbo)

Njaa ambayo ina matumaini ya kuridhirisha, haiuwi, (Swahili)

La faim qui a l'espoir de sa satisfaction ne tue pas. (French)

The hunger that has hope for its satisfaction does not kill. (English)

Igbo (Nigeria) Proverb

June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
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Many hands make light work.



Abema hamoi basindika eitara. (Haya)
Mikono mingi kazi haba. (Swahili)
Beaucoup de mains font un travail léger. (French)
Many hands make light work. (English)

Haya ([Tanzania](#)) Proverb

July 2022

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31							

Life without courage is like a bicycle without a wheel.



Búlamu bila bidii ele'ité Kinga éshi'été makúlú. (Bembe)

Maisha bila bidii ni kama baskeli bila mi-guu. (Swahili)

La vie sans courage est comme un vélo sans pneux. (French)

Life without courage is like a bicycle without a wheel. (English)

Bembe (Democratic Republic of the Congo) Proverb

August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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21	22	23	24	25	26	27
28	29	30	31			

Your elder sibling's pocket or bag does not contain your savings/contents.



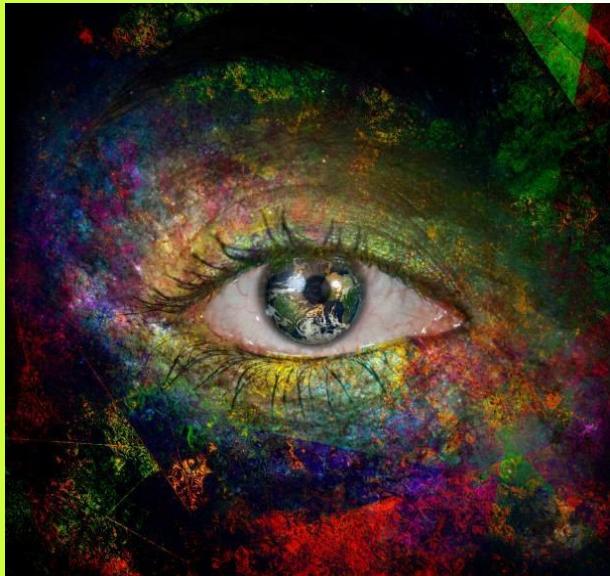
Ensawo ya mukuluwo tekuterekera. (Ganda)
Mfuko wa mkubwao haukubebesi chako. (Swahili)
La poche de ton ainé ne contient rien pour toi. (French)
Your elder sibling's pocket or bag does not contain your savings/contents. (English)

Ganda (Uganda) Saying

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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God is a great eye. God sees everything in the world.



Joki nô ga volo, ni baka ei gpi murtu. (Balandra/Belanda Viri)

(Also in Sudanese Colloquial Spoken Arabic and Modern Standard Written Arabic)

Mungu ni jicho kuu. Mungu huona kila kitu duniani. (Swahili)

Dieu est un grand oeil, Dieu voit tout dans le monde. (French)

God is a great eye. God sees everything in the world. (English)

Balandra/Belanda Viri ([Sudan](#)) Proverb

Sudanese Colloquial Spoken Arabic ([Sudan](#)) Proverb

Modern Standard Written Arabic Proverb

([Djibouti](#), [Egypt](#), [Eritrea](#) and [Sudan](#)) Proverb

OctOber 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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23	24	25	26	27	28	29
30	31					

Any goat can serve as bridewealth unless it has a defect.



Gutiri mburi itangiracio tiga inawathe. (Gikuyu)

Mbuzi yejote hukubalika kama mahari, lakini asiwe na dosari. (Swahili)

Toute chèvre peut servir de dot, à moins qu'elle ne présente un défaut. (French)

Any goat can serve as bridewealth unless it has a defect. (English)

Gikuyu (Kenya) Proverb

November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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27	28	29	30			

To lose the way is to find the way.



Kuhubha nzila hu gumana nzila. (Sukuma)
Kukosea njia ndiyo kujua njia. (Swahili)
Perdre le chemin, c'est trouver le chemin.
(French)
To lose the way is to find the
way. (English)

Sukuma (Tanzania) Proverb

December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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11	12	13	14	15	16	17
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Designed by African Proverbs Working Group (APWG), Nairobi Kenya

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