



Bolivia

The world's largest salt flat, silver cities high in the Andes, Lake Titicaca and a slice of the Amazon, in the heart of South America.

AT A GLANCE

Facts to know

CAPITAL

Sucre

SEAT OF GOVERNMENT

La Paz, home of the president, the parliament and the electoral authority. Sucre, the constitutional capital, is the seat of the judiciary

POPULATION

About 11.4 million (2024 census)

OFFICIAL LANGUAGE

Spanish and 36 Indigenous languages named in the 2009 constitution. The most widely spoken are Quechua, Aymara and Guaraní

CURRENCY

Bolivian boliviano (BOB)

AREA

About 1.1 million km², the fifth largest country in South America

GOVERNMENT

Presidential republic, divided into nine departments

HIGHEST MOUNTAIN

Nevado Sajama, 6,542 m, an extinct volcano in Oruro Department

LONGEST RIVER

The Mamoré, close to 2,000 km. It flows north and, together with the Beni, forms the Madeira, the largest tributary of the Amazon

NEIGHBOURS

Brazil, Paraguay, Argentina, Chile and Peru. The longest border is with Brazil

DRIVES ON THE

Right

CALLING CODE

+591

A 45-minute trip to Bolivia

Everything you need is in this pack. No preparation beyond printing. Adapt the timing to your group.

- | | |
|---------------------|---|
| 0 to 5 min | Welcome. Show the map page and find Bolivia together. Ask: who has been there, or knows someone from there? |
| 5 to 15 min | Read the facts at a glance, then three moments from the story: AD 600: Tiwanaku grows into a great city; 1809: The first cry of freedom in Sucre; 2009: A new constitution creates the Plurinational State. |
| 15 to 25 min | At the table: talk about Salteña and Peanut soup. Idea: bring a small taste (bread, cheese, fruit, tea) if your kitchen can help. |
| 25 to 30 min | Say it like a local: practise "Buenos días" (Good morning, hello), "Buenas tardes" (Good afternoon), "Buenas noches" (Good evening, good night). Everyone says them together. |
| 30 to 40 min | Quiz: read the questions aloud, or play the big-screen version at https://preview.worldstroll.com/countries/bolivia/group . No scores needed. |
| 40 to 45 min | Talk about it (questions page), then stamp or sign everyone's passport page. |

You will need

- This printed pack (one per table, or one each)
- Pens for the quiz
- Optional: a world map or globe, a small tasting, music from the country

Bolivia and its cities



- La Paz (La Paz): The Palacio Quemado, the presidential palace, on Plaza Murillo, The Witches' Market, with herbs and remedies used in Aymara traditions, Mi Teleférico, a city network of cable cars
- El Alto (La Paz): Colourful Neo-Andean buildings, The huge 16 de Julio street fair, Views down into La Paz and across to Illimani
- Sucre (Chuquisaca): The Casa de la Libertad, where the republic was founded, Chocolate makers and chocolate shops, The University of San Francisco Xavier, founded in 1624
- Santa Cruz de la Sierra (Santa Cruz): A tropical climate, warm all year, The lively Carnaval Cruceño, Lowland food such as majadito and cuñapé
- Cochabamba (Cochabamba): Food: it joined UNESCO's network of creative cities of gastronomy in 2017, The Cristo de la Concordia statue on San Pedro Hill, Silpancho and

pique macho

- Potosí (Potosí): Cerro Rico and its mines, The old royal mint, the Casa de la Moneda, Colonial churches and houses
- Oruro (Oruro): The Carnival of Oruro, on UNESCO's list of intangible heritage, The Diablada, the dance of the devils, The Sanctuary of the Virgin of the Mineshaft
- Tarija (Tarija): Vineyards and a yearly wine festival, Singani, Bolivia's national grape spirit, A gentle climate
- Uyuni (Potosí): Tours to the Salar de Uyuni, A busy street market, Railway lines to La Paz, Chile and the Argentine border
- Copacabana (La Paz): The Basilica of Our Lady of Copacabana, Boats to the Isla del Sol, Trout from the lake
- Trinidad (Beni): A base of the Bolivian Navy's river flotilla, The Mamoré River, Lowland dishes such as masaco and majadito
- Rurrenabaque (Beni): Boat trips into Madidi National Park, Tours to the grassy wetlands, the pampas, The Beni River

A short history of Bolivia

The high plateau around Lake Titicaca was home to the Tiwanaku culture more than a thousand years ago, and later became part of the Inca Empire. The Spanish arrived in the 1530s and found one of the richest silver mountains in the world at Potosí. Known in colonial times as Charcas or Upper Peru, the country became independent in 1825. In the century that followed, wars with its neighbours cost Bolivia its coast and large areas of land.

AD 600 **Tiwanaku grows into a great city**

From about AD 600, Tiwanaku, near the southern shore of Lake Titicaca, grew into a city with stone temples and platforms. It was the centre of a culture whose influence reached into today's Peru and Chile, fed by farmers who grew crops on raised fields.

1000 **Tiwanaku is abandoned**

Around AD 1000, Tiwanaku lost its power and the city was abandoned within a few decades. Scholars still debate why: a long drought and troubles inside the society are both suggested. Its ruins later became a UNESCO World Heritage Site.

1438 **The Inca Empire begins to expand**

Between 1438 and 1527, the Inca Empire expanded from its capital, Cusco, and took control of much of what is now the Bolivian Andes. The eastern lowlands stayed in the hands of independent Amazonian and Guaraní peoples.

1538 **The Spanish found La Plata, today's Sucre**

In 1538 the Spanish founded the town of La Plata on the site of an Inca town called Chuquisaca. From 1559 it was the seat of the Audiencia of Charcas, the court that governed the region. It was renamed Sucre in 1839.

1545 **Potosí is founded below the silver mountain**

In 1545 the silver of Cerro Rico, the 'rich mountain', was discovered, and the town of Potosí grew at its foot. It soon became one of the largest cities in the Americas. The silver was mined by Indigenous workers under the mita, a brutal system of forced labour.

1548

La Paz is founded

On 20 October 1548, the conquistador Alonso de Mendoza founded Nuestra Señora de La Paz, Our Lady of Peace, to mark the end of a civil war among the conquerors. The city stood on the trade route from Potosí to Lima.

1624

A university opens in Sucre

In 1624 the University of San Francisco Xavier was founded in Sucre by order of King Philip IV of Spain. It is one of the oldest universities in the Americas, and around 1800 it became a centre of ideas of independence.

1781

Túpac Katari besieges La Paz

In March 1781 the Aymara leader Túpac Katari, with his wife Bartolina Sisa, laid siege to La Paz. The rebellion was put down and Katari was executed, but both are honoured today as national Aymara heroes.

1809

The first cry of freedom in Sucre

On 25 May 1809 the people of Chuquisaca, today's Sucre, rose against the Spanish authorities, followed by La Paz on 16 July. Both revolts were defeated, but they opened sixteen years of fighting.

1825

Bolivia declares independence

On 6 August 1825, after the victories of Marshal Antonio José de Sucre, the new republic was proclaimed. It was named after Simón Bolívar, first as the Republic of Bolívar and soon after as Bolivia.

1879

The War of the Pacific begins

In 1879 Chile went to war with Bolivia and Peru. Chile occupied Bolivia's whole coastline, including the port of Antofagasta and rich nitrate fields, and Bolivia has had no coast since.

1903

Bolivia loses Acre to Brazil

After the Acre War, Bolivia signed the Treaty of Petrópolis in 1903 and gave Brazil the Acre territory, a region rich in rubber. Since independence Bolivia has lost more than half of its territory to its neighbours.

1932

The Chaco War begins

From 1932 to 1935 Bolivia and Paraguay fought over the Gran Chaco, a dry region thought to be rich in oil. It was the bloodiest South American war of the 20th century, and the peace treaty gave most of the disputed

land to Paraguay.

1952

The National Revolution

In April 1952 the Revolutionary Nationalist Movement took power. It introduced the vote for all adults, bringing women and Indigenous peasants into political life, carried out a land reform and nationalised the largest tin mines.

1967

Che Guevara is killed in Bolivia

The Argentine-born revolutionary Che Guevara tried to start a guerrilla war in Bolivia. He was captured by the Bolivian army and killed on 9 October 1967 in the village of La Higuera.

2009

A new constitution creates the Plurinational State

On 7 February 2009 a new constitution came into force. It renamed the country the Plurinational State of Bolivia, made 36 Indigenous languages official alongside Spanish, and made the wiphala flag a symbol of the state.

What people eat in Bolivia

Bolivian food is built on what the Andes have grown for thousands of years: potatoes, corn, quinoa, beans and chilli peppers, joined after the Spanish arrived by rice, wheat, beef and pork. The cold highlands like hearty, spicy soups and stews; the warm lowlands of the east cook with cassava (yuca), plantains, rice and river fish. Breakfast is simple, often a coffee and a bread roll called a marraqueta. Lunch, el almuerzo, is the main meal: a soup, then a main course of meat with rice and potatoes, and many shops close from about 12 to 2 pm. In the late afternoon many people stop for tea and pastries, and supper is light. With almost everything comes llajwa, a fresh sauce of tomato and hot locoto pepper.

Salteña

All of Bolivia. Potosí, Sucre and Cochabamba all claim the best

Bolivia's favourite mid-morning snack: a baked pastry with a slightly sweet crust, filled with beef, pork or chicken, potato and a juicy, mildly spicy stew. The stew is solid when the pastry is filled and melts in the oven, so eat it carefully so as not to spill the juice.

Peanut soup (Sopa de maní)

Cochabamba and the Andean valleys

A creamy soup made from ground peanuts in a meat broth, with vegetables, often with pasta or rice, and topped with fried potato sticks and parsley. It is a classic first course of the Bolivian lunch.

Pique macho

Cochabamba

A mountain of chips topped with pieces of beef, sliced sausage, onion, tomato, green pepper and hot locoto pepper, with boiled egg, mustard and mayonnaise. One plate is big enough for two or more, and most people share.

Silpancho (Sillp'anchu)

Cochabamba

Layers on one big plate: white rice, sliced fried potatoes, a very thin breaded beef steak that covers almost the whole plate, one or two fried eggs, and a fresh salad of tomato, onion and hot locoto on top.

Chairo

La Paz and the Altiplano

A thick, warming highland soup with chuño (freeze-dried potato), potatoes, broad beans, hominy corn, lamb or beef and dried meat. It is served very hot, a warming meal in the cold highlands.

Plato paceño

La Paz

A simple, generous plate of the Andes: corn on the cob, broad beans and potatoes boiled in their skins, and a slice of fried cheese, often with fried beef and always with llajwa.

Fricasé

La Paz and the highlands

A spicy soup of large pieces of pork, or sometimes chicken, with hominy corn and chuño or potatoes, flavoured with onion, garlic, pepper and sometimes ají. It is often eaten in the morning.

Chola sandwich (Sándwich de chola)

La Paz

A crusty marraqueta roll filled with slices of slow-roasted pork leg, pickled vegetables, hot llajwa sauce, tomato and a piece of crackling on top.

Anticuchos

The Andean cities, a favourite late-evening street food

Thin slices of beef heart marinated in spices, oil and vinegar, grilled on skewers over charcoal and served hot with potatoes and a spicy sauce, sometimes made with peanuts.

Majadito (Majao)

Santa Cruz, Beni and Pando, in the eastern lowlands

Rice cooked with charque (dried beef), onion and pepper, coloured orange with urucú (annatto), and served with a fried egg and fried plantain.

Cuñapé

Santa Cruz and the eastern lowlands

Small, chewy cheese rolls made from cassava (yuca) starch, eggs, cheese and milk, eaten warm in the afternoon with tea or coffee.

Masaco

Santa Cruz and the lowlands

Boiled cassava or plantain pounded into a rough dough and mixed with cheese or dried beef. It is usually eaten with a hot drink after the afternoon siesta.

Api (Api morado)

The Andean highlands, above all La Paz, Oruro, Potosí and Cochabamba

A thick, warm drink made from purple corn, sweetened and spiced with cinnamon and cloves. In Bolivia it is often served with buñuelos, fried pastries with cane syrup, for breakfast.

Mocochinchi

All of Bolivia, sold in markets

A cold drink made from peeled, dried peaches soaked overnight and then boiled with sugar and cinnamon. When the glass is empty, you eat the soft peach at the bottom.

Tawa tawas

Potosí

Diamond-shaped pieces of fried dough, soaked in honey or cane syrup, eaten at breakfast or teatime and at the feast of Corpus Christi.

GOOD MANNERS

At the table

- Lunch, el almuerzo, is the main meal of the day, with a soup first and then a main course. Many shops and offices close from about 12 to 2 pm.
- Salteñas are a morning food, sold until about noon. Bite carefully, because they are full of juice.
- In the late afternoon, many Bolivians stop for tea or coffee with pastries, just like an English teatime.
- Llajwa, the fresh chilli sauce served with many dishes, can be very hot. Taste a little before you spoon it over your food.
- Before you start, or when you pass people who are eating, it is polite to say '¡Buen provecho!', which means 'enjoy your meal'.

Peanut soup

A creamy soup made from ground peanuts in a meat broth, with vegetables, often with pasta or rice, and topped with fried potato sticks and parsley. It is a classic first course of the Bolivian lunch.

Ingredients

- 150 g raw, unsalted peanuts, without skins (this dish is not safe for anyone with a peanut allergy)
- 1.5 litres beef or chicken stock
- 300 g beef for stewing, in small pieces, or 2 chicken thighs
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 carrot, diced
- 1 red pepper, diced
- 100 g short pasta such as macaroni, or 60 g rice
- 2 potatoes, cut into thin chips, and oil for frying
- Salt, a pinch of cumin, and chopped parsley to serve

Method

1. Blend the peanuts with 500 ml of the cold stock until smooth.
2. In a large pot, soften the onion, garlic, carrot and pepper in a little oil for 8 minutes.
3. Add the meat and the rest of the stock, bring to the boil and simmer for 30 minutes, until the meat is tender.
4. Pour in the peanut mixture through a sieve, add the pasta or rice and simmer for 15 minutes more, stirring often so it does not stick. Season with salt and cumin.
5. Meanwhile, fry the potato chips until golden. Serve the soup hot, topped with the chips and parsley.

Pique macho

A mountain of chips topped with pieces of beef, sliced sausage, onion, tomato, green pepper and hot locoto pepper, with boiled egg, mustard and mayonnaise. One plate is big enough for two or more, and most people share.

Ingredients

- 600 g beef sirloin or rump, in bite-sized strips
- 4 frankfurter sausages, sliced
- 1 kg potatoes, cut into thick chips, and oil for frying
- 2 onions, cut into wedges
- 2 tomatoes, cut into wedges
- 1 green pepper, in strips
- 1 or 2 hot chillies (locoto if you can find it), in strips
- 2 garlic cloves, 1 teaspoon cumin, 2 tablespoons soy sauce
- 4 hard-boiled eggs, sliced
- Salt, mustard and mayonnaise to serve

Method

1. Mix the beef with the garlic, cumin, soy sauce and a pinch of salt and leave for 20 minutes.
2. Fry the chips until golden and crisp, drain and keep warm.
3. In a large frying pan, brown the beef on a high heat, then add the sausages, onion, pepper and chilli and fry for 5 minutes.
4. Add the tomatoes and a splash of water and cook for 2 minutes more.
5. Pile the chips on a large platter, spoon the meat and its juices over them, and top with the eggs. Serve with mustard and mayonnaise.

Silpancho

Layers on one big plate: white rice, sliced fried potatoes, a very thin breaded beef steak that covers almost the whole plate, one or two fried eggs, and a fresh salad of tomato, onion and hot locoto on top.

Ingredients

- 4 thin slices of beef (about 150 g each), such as topside
- 100 g fine breadcrumbs
- 300 g long-grain rice
- 600 g potatoes, boiled in their skins, peeled and sliced
- 4 eggs
- 2 tomatoes and 1 onion, finely diced
- 1 fresh hot chilli, finely chopped, and a little chopped parsley
- Oil, salt and pepper

Method

1. Cook the rice and keep it warm. Mix the tomato, onion, chilli and parsley with a pinch of salt for the salad.
2. Put each slice of beef between two sheets of cling film and beat it with a rolling pin until it is very thin, about 3 mm.
3. Season the meat, press both sides into the breadcrumbs and fry in hot oil for 1 to 2 minutes on each side, until golden.
4. Fry the sliced potatoes until golden, then fry the eggs.
5. On each plate, make a layer of rice, then potatoes, then the steak. Put the egg on top and spoon the salad over it. Cook the eggs until the yolk is firm for pregnant women, young children, older people or anyone with a weak immune system, or use pasteurised eggs.

Cuñapé

Small, chewy cheese rolls made from cassava (yuca) starch, eggs, cheese and milk, eaten warm in the afternoon with tea or coffee.

Ingredients

- 250 g cassava (tapioca) starch
- 250 g firm, salty white cheese, such as feta mixed with a little mozzarella, finely grated or crumbled
- 1 egg
- About 4 tablespoons milk
- A pinch of salt

Method

1. Heat the oven to 200 °C and line a baking tray with baking paper.
2. Mix the starch, cheese and salt in a bowl, then add the egg.
3. Add the milk a little at a time and knead with your hands until the dough is soft and smooth and does not stick.
4. Roll the dough into balls the size of a walnut and put them on the tray with space between them.
5. Bake for 15 to 20 minutes, until puffed and lightly golden. Eat them warm.

Api

A thick, warm drink made from purple corn, sweetened and spiced with cinnamon and cloves. In Bolivia it is often served with buñuelos, fried pastries with cane syrup, for breakfast.

Ingredients

- 100 g purple corn flour (harina de maíz morado), sold in Latin American shops
- 1.2 litres water
- 1 cinnamon stick and 4 cloves
- Peel of half an orange (optional)
- 80 to 100 g sugar, to taste

Method

1. Mix the corn flour with 300 ml of cold water until there are no lumps.
2. Bring the rest of the water to the boil with the cinnamon, cloves and orange peel and simmer for 10 minutes.
3. Pour in the corn mixture, stirring all the time, and cook on a low heat for 15 to 20 minutes, until thick and smooth.
4. Stir in the sugar, remove the spices and serve hot in cups.

Useful phrases

Buenos días

BWEH-nohs DEE-ahs · Good morning, hello

Buenas tardes

BWEH-nahs TAR-dehs · Good afternoon

Buenas noches

BWEH-nahs NOH-chehs · Good evening, good night

Mucho gusto

MOO-choh GOOS-toh · Nice to meet you

¿Cómo está?

KOH-moh ehs-TAH · How are you?

Muchas gracias

MOO-chahs GRAH-syahs · Thank you very much

De nada

deh NAH-dah · You're welcome

Disculpe

dees-KOOL-peh · Excuse me, sorry

Con permiso

kohn pehr-MEE-soh · Excuse me, may I pass?

¿Cuánto cuesta?

KWAHN-toh KWEHS-tah · How much is it?

La cuenta, por favor

lah KWEN-tah por fah-VOR · The bill, please

¿Dónde está el baño?

DOHN-deh ehs-TAH ehl BAH-nyoh · Where is the toilet?

No entiendo

noh ehn-TYEHN-doh · I don't understand

¿Habla inglés?

AH-blah een-GLEHS · Do you speak English?

¡Buen provecho!

bwehn proh-VEH-choh · Enjoy your meal!

¡Salud!

sah-LOOD · Cheers! Also: bless you

¿Pica?

PEE-kah · Is it spicy?

Sin picante, por favor

seen pee-KAHN-teh por fah-VOR · Not spicy, please

Despacio, por favor

dehs-PAH-syoh por fah-VOR · Slowly, please

Things you might not know

1. Bolivia has two capitals. Sucre is the capital named in the constitution and the seat of the courts, while La Paz is the seat of government, with the president and the parliament.
2. The country is named after Simón Bolívar. A congressman proposed the name with the words: 'If from Romulus, Rome, then from Bolívar, Bolivia.'
3. After rain, the Salar de Uyuni becomes the world's largest natural mirror, 129 km across. Its surface is so flat that it is used to calibrate the altimeters of Earth observation satellites.
4. Bolivia has had no coast since the War of the Pacific, but it still has a navy. Its sailors patrol the rivers and Lake Titicaca, often called the highest navigable lake in the world.
5. Every year on 23 March, the Day of the Sea, Bolivia remembers the coast it lost to Chile and repeats its claim to access to the Pacific Ocean.
6. The 2009 constitution made the wiphala, a square flag of many coloured squares used by Andean peoples, a symbol of the state alongside the red, yellow and green national flag.
7. The bowler hats worn by many pollera women in La Paz came from Italy. Italian traders first sold them on the Altiplano in the late 19th century.
8. Chuño, the freeze-dried potato of the Andes, is made by leaving potatoes out on freezing nights and in strong sun by day, then trampling out the water. Chuño has been found at Tiwanaku, so the method is centuries older than the Incas.
9. At the Alasitas fair in La Paz, which starts every 24 January, people buy tiny models of what they wish for, such as houses, cars or banknotes, for Ekeko, the Andean god of abundance. Alasita is Aymara for 'buy from me'.
10. The old Yungas Road from La Paz, known as the Death Road, drops about 3,500 m, and it was the one road in Bolivia where traffic kept to the left, so drivers could see the edge of the cliff. Since a new asphalt road with guardrails replaced it, the old road has become popular with mountain bikers.
11. Six former Jesuit missions in the Chiquitos region of eastern Bolivia, with churches that mix European and Indigenous styles, have been a UNESCO

World Heritage Site since 1990. They are unusual because their towns and culture largely survived after the Jesuits were expelled in 1767.

12. As of 2026, La Paz's Mi Teleférico, which links the city with El Alto, is the largest urban cable-car network in the world, with ten lines. It was the first city system to use cable cars as the backbone of public transport.
13. One theory holds that the dollar sign comes from the mint mark of Potosí, the letters PTSI written on top of one another, stamped on colonial silver coins.
14. Singani, Bolivia's national spirit, is distilled from Muscat of Alexandria grapes, and by law the vineyards must be at least 1,600 m above sea level.

TALK ABOUT IT

Questions for the group

- Have you ever been to Bolivia, or has someone in your family? What do you remember?
- Have you ever tasted Salteña or Peanut soup? What is a dish you remember from a trip?
- The National Revolution (1952). Do you remember hearing about it? Where were you then?
- Che Guevara is killed in Bolivia (1967). Do you remember hearing about it? Where were you then?
- Have you seen Salar de Uyuni, in person or in pictures? Which famous place would you most like to see?
- If you could spend one day in any city of Bolivia, which would it be and why?

How well do you know Bolivia?

Circle the right answer. The answers are on the last page.

1. Bolivia is named after which leader of the South American wars of independence?

- A) José de San Martín
- B) Simón Bolívar
- C) Túpac Katari
- D) Bernardo O'Higgins

2. In Bolivia, supper is usually the main meal of the day.

- A) True
- B) False

3. What are you asking if you point at the llajwa and say '¿Pica?'

- A) Is it fresh?
- B) Is it free?
- C) Is it far?
- D) Is it spicy?

4. What gives Bolivian sopa de maní its creamy texture?

- A) Coconut milk
- B) Mashed pumpkin
- C) Melted cheese
- D) Ground peanuts

5. In which war did Bolivia lose its coast?

- A) The Spanish American wars of independence
- B) The War of the Pacific
- C) The Chaco War
- D) The Acre War

6. You pass a table of people eating. Which phrase wishes them an enjoyable meal?

- A) ¡Salud!
- B) ¡Buen provecho!
- C) Con permiso
- D) Mucho gusto

7. The ancient city of Tiwanaku lies near which lake?

- A) Lake Titicaca
- B) Lake Victoria
- C) Lake Maracaibo
- D) Lake Nicaragua

8. Someone is speaking Spanish too fast for you. What do you say?

- A) La cuenta, por favor
- B) De nada
- C) Sin picante, por favor
- D) Despacio, por favor

9. What does the Salar de Uyuni turn into after rain?

- A) A frozen ice rink
- B) A red lake
- C) A giant mirror
- D) A field of flowers

10. Which is Bolivia's largest city?

- A) Sucre
- B) Potosí
- C) Tarija
- D) Santa Cruz de la Sierra

11. Which official name did Bolivia take with its 2009 constitution?

- A) Plurinational State of Bolivia
- B) United States of Bolivia
- C) Federal Republic of Bolivia
- D) Kingdom of Bolivia

12. About how high above sea level is La Paz?

- A) About 650 m
- B) About 3,650 m
- C) About 6,650 m
- D) About 1,650 m

Quiz answers

1. B) Simón Bolívar

The country was named after Simón Bolívar in 1825, first as the Republic of Bolívar and soon after as Bolivia.

2. False

False. Lunch, el almuerzo, is the main meal, with a soup and then a main course. Supper is lighter and later.

3. D) Is it spicy?

¿Pica? means 'Is it spicy?'. A good question to ask before you try llajwa, which can be very hot.

4. D) Ground peanuts

Maní means peanut: the soup is made with ground peanuts in a meat broth and topped with fried potato sticks.

5. B) The War of the Pacific

In the War of the Pacific, which began in 1879, Chile occupied Bolivia's whole coastline, including the port of Antofagasta. The Chaco War was fought with Paraguay and the Acre War with Brazil.

6. B) ¡Buen provecho!

¡Buen provecho! means 'enjoy your meal'. ¡Salud! is 'cheers', mucho gusto is 'nice to meet you' and con permiso is 'excuse me, may I pass?'.

7. A) Lake Titicaca

Tiwanaku lies near the southern shore of Lake Titicaca, about 70 km from La Paz.

8. D) Despacio, por favor

Despacio, por favor means 'slowly, please'. La cuenta asks for the bill, sin picante asks for food without chilli, and de nada means 'you're welcome'.

9. C) A giant mirror

A thin layer of calm water turns the salt flat into a giant mirror of the sky, 129 km across.

10. D) Santa Cruz de la Sierra

Santa Cruz de la Sierra, in the tropical east, is the largest city and the country's main business centre.

11. A) Plurinational State of Bolivia

The 2009 constitution renamed the country the Plurinational State of Bolivia, to reflect its

many peoples, and made 36 Indigenous languages official alongside Spanish.

12. B) About 3,650 m

La Paz lies at about 3,650 m, so altitude sickness is a real risk. Rest on your first day and walk slowly.

Bolivia visa page

Name: _____ Date: _____



Next stops

Country: _____	Country: _____	Country: _____
Country: _____	Country: _____	Country: _____

Play the interactive version, collect a stamp in your passport:

<https://preview.worldstroll.com/countries/bolivia>