

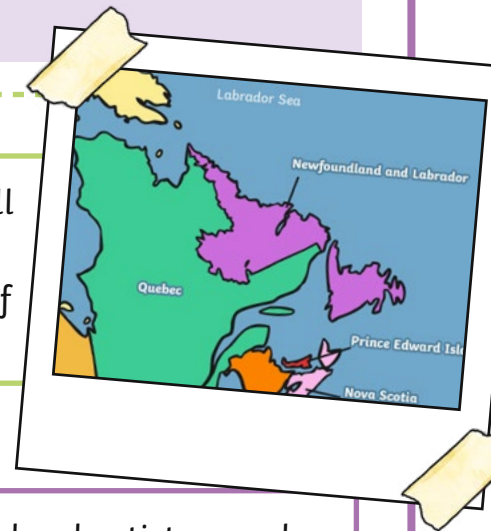
Newfoundland and Labrador

Fast Facts:

- **Motto:** "Seek ye first the Kingdom of God"
- **Population:** 520,438
- **Geographic size:** 405,720km²
- **Capital city:** St. John's
- **Largest city:** St. John's
- **Provincial animal:** Woodland caribou
- **Provincial flower:** Purple pitcher plant
- **Provincial tree:** Black spruce

Location:

Newfoundland and Labrador is the most easterly province of all of Canada. It is one of the three maritime provinces in Atlantic Canada. Newfoundland is a large island off the eastern coast of Canada, while Labrador borders Quebec to the west.



Flag:

The Newfoundland and Labrador flag was designed by a local artist named Christopher Pratt and was officially adopted for use in 1980. The colours red, gold, blue and white were chosen as they symbolize human effort, confidence, water, snow and ice respectively. The design itself resembles the Union Jack and reflects the province's ties to the Commonwealth. The gold arrow points the way to a brighter future.



Geography:

The province is divided into two main regions, Labrador and Newfoundland, but it also includes many small islands. Labrador, which borders Quebec on the mainland, makes up the eastern part of the Canadian shield. The area is home to some 3.9 billion year old rocks! Northern Labrador is mountainous, whereas the interior is forested. Newfoundland is a large island separated from Labrador by the Strait of Belle Isle. It has the Long Range Mountains in the west, and numerous bays and coves in the east.



Indigenous Peoples:

Newfoundland and Labrador is home to three distinct Indigenous groups. They are the Inuit, Innu and the Mi'Kmaq. The Inuit and Innu have a long history in Labrador, while the Mi'Kmaq people have roots in Newfoundland.

Did you know?

- Though it is half the size of Labrador, nearly 94% of the population lives on the island of Newfoundland. Nearly half of which live in the city of St. John's.
- Newfoundland and Labrador is in its own time zone! The province officially observes Newfoundland Daylight Time (NDT) which is a half an hour ahead of Atlantic Daylight Time. However, unlike Newfoundland, parts of Labrador follow Atlantic Daylight Time.
- For a long time, Newfoundland was an independent country. The province did not join the Canadian Confederation until 1949. The province's name was officially changed to Newfoundland and Labrador in 2001.
- L'Anse aux Meadows in Newfoundland is a United Nations Educational, Scientific and Cultural Organization (UNESCO) World Heritage Site. It is an important archeological site that provides evidence of a Norse settlement over 1 000 years ago.
- St. John's is Canada's oldest city. It was established in 1497.



Check for Understanding

1. What is the provincial animal of Newfoundland and Labrador?
2. What do the four colours on the provincial flag represent?
3. What three Indigenous groups live in Newfoundland and Labrador?
4. In what timezone is Newfoundland and Labrador?
5. In what year did Newfoundland join Confederation?