

**JESSICA NABONGO IS THE 1<sup>ST</sup> BLACK WOMAN TO VISIT EVERY COUNTRY IN THE WORLD!**

**THE CATCH ME IF YOU CAN**

***“I have visited the world’s 195 countries and 10 territories, and I came away with two key lessons. First, most people are good. Second, we are more similar than we are different.”***

Celebrated traveler and photographer Jessica Nabongo is the first Black woman on record to visit all 195 United Nations-recognized countries. In the inspiring travelogue, **The Catch Me If You Can: One Woman’s Journey to Every Country in the World**, Nabongo describes her journey around the world, highlighting 100 countries with fascinating stories of adventure, culture, travel musts, and human connections.

A first generation American, Nabongo was born and raised in Detroit by Ugandan parents. **The Catch Me If You Can** documents Nabongo’s remarkable experiences, including swimming with humpback whales in Tonga; a scooter accident in Nauru, the world’s least visited country; horseback riding and learning to lasso with Black cowboys in Oklahoma; dog sledding in Finland; a late-night adventure with strangers to cross the border between Guinea-Bissau and Guinea; and much more. But more than anything, her story is about the kindness of strangers—from the people who supported her journey on social media to those she met along the way, ones who opened their homes, tables, and hearts to her. In addition to anecdotes from beloved destinations like Peru and South Africa, the book also includes tales from far-flung corners and seldom visited locations, including North Korea, Tuvalu, South Sudan, and the Central African Republic. Nabongo flips the script, showing that off-the-radar destinations can be just as welcoming, safe, and remarkable as tried-and-true favorites. Her stories are love letters to diversity, beauty, and culture—and, most of all, to the people she meets along the way.

**About the Author: Jessica Nabongo** is a writer, photographer, entrepreneur, travel expert, influencer, and public speaker. She completed her journey as the first Black woman on record to travel to all 195 countries of the world in October of 2019. At her core, she is a dreamer looking to craft a life and career that connects her passions and talents. She wants to use her story to educate and inspire others to travel and experience the world around them. A first generation American, Nabongo was born and raised in

Detroit by Ugandan parents. She attended St. John’s University in New York where she earned a degree in English Literature, later completing a graduate degree in Development Studies at the London School of Economics. She uses her blog, *The Catch Me If You Can*, to share her travel adventures and build a global community. She is also the founder of the lifestyle brand *The Catch*. When she’s not on a plane, she is home tending to her plants in Detroit, Michigan or in Los Angeles. [@natgeobooks](#), [@thcatchmeifyoucan](#), [@JessicaNabongo](#)