English and Swahili have become international languages which are spoken and taught all over the world. Learning a language without its culture can make one have some problems communicating to native speakers of that language. This book synthesizes English and Swahili cultures by comprehensively analysing and interpreting the equivalent proverbs found in both languages. The proverbs from the two cultures were analysed alphabetically with their meanings and uses. This dictionary is a valuable tool to all Scholars of African Studies, African Languages, African Literature and African Anthropology. Additionally, the book can be used by Scholars of English Language and Literature. Further, the book can be used by tourists who want to use Swahili proverbs in their communications. The book, can also be used by Swahili Speakers who want to learn English proverbs.