

# Dakar2017



## Study Abroad Handbook

A useful guide to your  
study abroad experience



### **OVERSEAS STUDY**

*The usefulness of this handbook depends on student input.  
If you find erroneous information, please contact [overseas@iu.edu](mailto:overseas@iu.edu).  
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## THE IU-UO PROGRAM IN SENEGAL

The Summer Study Abroad Program in Dakar, Senegal, is a partnership between the Indiana University African Studies Program, the University of Oregon International Studies Program and the FASEF (School of Education) at the Université Cheikh Anta Diop. Dr. Amadou Fofana directs the 2017 program in cooperation with Professor Babacar Fall and will be in residence for its duration. In addition to local support staff, some Senegalese students participate in the program by orienting program students and socializing with them, accompanying them to off-campus activities and taking part in excursions.

This booklet is a supplement to the Getting Started handbook. While it contains specific program information, Getting Started contains information relevant to all students on Indiana University Overseas Study programs.

Both booklets should be used now as you prepare to leave and later while you are abroad. Since most student questions are addressed in these handbooks, please consult them before calling the Office of Overseas Study.

This handbook is also available on the web: <http://overseas.iu.edu/programs/handbooks/dakar.pdf>



## ICONS IN THIS GUIDE



### Student Advice

Suggestions from study abroad returnees



### Savvy Traveler Tips

Traveling tips to get you where you're going

## CONTACT INFORMATION

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*Please keep Prof. Fofana's cell number in Senegal and Dr. Fall's cell phone number along with the university address in your hand luggage so that you can access them easily in case of any flight delays or other unforeseen circumstances.*

# The Program in Senegal

## Calendar

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Arrival in Dakar.....	June 27-28
Orientation.....	June 29
Program ends.....	August 9

## Arrival in Senegal

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Participating students will not travel in a group. We recommend, however, that students communicate among themselves to coordinate their flights so that two or more students travel together. Arrange your flights to arrive in Dakar on Tuesday, June 27 or Wednesday, June 28. The airport is located in the suburb of Yoff, a former fishing village, and is known as Dakar-Yoff. Be sure to communicate your complete flight information to Professor Fofana as soon as possible so that arrangements for airport pick-up can be made. Having your complete flight information assists program staff with inquiries in the event that your flight is delayed.

If you fly to Senegal directly from the U.S., you will typically be allowed to check two suitcases of up to 50 pounds (23 kg) free of charge, in addition to light carry-on luggage. The two suitcase allowance does not apply if you stop in Europe on the way to or from Senegal. Since baggage rules can change, we strongly recommend that you check carefully the baggage rules of the airline on which you book your flights to ensure that you are aware of the latest policies and can plan accordingly.

You will need to fill out an immigration/tourism form when you go through Senegalese customs. For the residence address list: FASTEF (Université Cheikh Anta Diop), Avenue Habib Bourguiba, Dakar-Fann. For purpose of visit, check "study," "business," or "tourism."

Program assistants will meet you at the airport outside the security area, which extends to the outside of the arrival terminal. They will be behind a metal barrier and hold up a sign with your name. You might find porters in the baggage claim area who want to help you with your luggage and get you through customs. You can ignore them or thank them politely but firmly and tell them that you are being met and don't need any assistance. You will be expected to pay if you use their services. Have your baggage claim tickets ready for verification as you exit. Also thank any taxi drivers who may get to you before you see the program assistants and tell them that you are being met. In the event that you do not see the program assistant with the sign after a short wait, go back in the airport and ask someone official in a security or airport uniform to borrow a phone and call Hady Sow at 77-651-62-07, Prof. Babacar Fall at 77-143-88-17, or Prof. Fofana at 77-426-9932.

### Savvy Traveler Tips

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Scan a copy of your passport page and save it in your e-mail so you can have easy access to it, should you need it, while you are travelling.

## Visa and Immunizations

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A visa is a stamp in your passport that allows you to enter and reside in another country. Stays in Senegal of up to 90 days do not require an entry visa. Upon entry to Senegal you must present a valid passport and a return air ticket. If you are not a U.S. citizen, please contact the Senegalese Embassy in Washington (202/234-0540) to ensure that the no-visa rule applies to you. Also, do contact the Embassy regarding visa procedures if you plan to stay in Senegal for more than 90 days.

As of this writing, there are no required vaccinations for Senegal. The Embassy's Tourism page is under construction. The Centers for Disease Control (CDC) recommend that travelers be vaccinated against hepatitis A, typhoid, and yellow fever, in addition to being up-to-date on their routine vaccinations. Please consult the CDC web site at [http://wwwnc.cdc.gov/travel/destinations/traveler/extended\\_student/senegal](http://wwwnc.cdc.gov/travel/destinations/traveler/extended_student/senegal) as well as the section on "Health in Senegal" in this handbook.

## Dakar

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A bustling city of more than two million inhabitants, Dakar is the political, commercial, and cultural capital of Senegal and home to people from all parts of the country. It is a remarkably multi-ethnic and religiously plural city, home to each of Senegal's 11 major ethnic groups, vibrant communities of adherents to Senegal's unique and tolerant version of Islam, a large Catholic community, a number of Protestant congregations, as well as Lebanese, European and other immigrants who have made Dakar their home.

The city is composed of the Plateau, the Medina, and Grand Dakar. The Plateau district is the formal administrative and business center; it was built after France made Dakar the capital of French West Africa in 1902. The Medina began as the African neighborhood of the city during the colonial period. It is still densely populated and houses many popular markets and clubs. Grand Dakar includes a variety of neighborhoods ranging from well-to-do through middle income and poor. Dakar, like many other African cities, has seen rapid growth since independence in 1960 and its suburbs continue to expand.

French is the official language of Senegal. Wolof is widely spoken as a first or second language and has become the major language in Dakar. Other important languages are Pulaar, Serer, Joola, Mandinka/Bambara, and Soninke. An increasing number of young Senegalese learn English in high school. Knowing a bit of English has long been a sign of hipness in Dakar's youth and music scene.

Dakar offers a vibrant cultural landscape, indicative of Senegal's place as a crossroads of African, Islamic and European culture. On any given Dakar day you might see, hear or experience a *gamou*, all-night chanting of Koranic verses; the complex drumming rhythms of the djembe at street parties to commemorate weddings, funerals and baptisms; the National Ballet's performances of European and African dance; or the amazing range of clubs featuring Senegal's neo-traditional mbalax or fusion form, more conventional pop bands, and rap groups influenced both by U.S. hip-hop and rediscovered "traditional Wolof" rap.

Dakar is located on the Cap Vert peninsula and is bordered by the Atlantic Ocean. Temperatures are moderated by cooling ocean breezes and range in the 80s during July and August with considerable humidity. The rainy season may bring heavy down

pours that impede public transportation but the frequency of rain varies in different parts of the country. Swimming is possible on some beaches close to the city center and several can be reached by public transportation. For reasons of personal safety, we ask that you consult with program staff before heading to the beach. An Olympic swimming pool is only a short walk from the campus; expect to pay a small fee to access it. The resort area of the Petite Côte (with tourist facilities around Saly-Portudal, Mbour, and Nianing) is about one-and-one-half hours south of Dakar by private passenger car, assuming no delays.

There are numerous mosques in Dakar, reflecting the predominance of Islam, and Friday prayer brings hundreds of worshippers to the Grande Mosque (Allée Pape Fall), its grounds and surrounding streets. There is also a Catholic Cathedral and several churches. The Protestant church in the Rue Carnot has services in French and English.

For more information on Senegal including links, maps, and photos, see the Senegal page on the University of Pennsylvania African Studies Center website: [www.africa.upenn.edu/Country\\_Specific/Senegal.html](http://www.africa.upenn.edu/Country_Specific/Senegal.html).

A particularly useful site for information on culture and language with visuals and audio is: <http://langmedia.fivecolleges.edu/wolof/senegal-links.html> and <http://langmedia.fivecolleges.edu/wolof/index.html>.

## University Cheikh Anta Diop

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The University Cheikh Anta Diop (UCAD) is a regional university that is open not only to students from Senegal but also from other West African countries. It holds membership in various international academic associations. UCAD was founded in 1918 as the first institution of higher education in Francophone West Africa and was part of the French university system until 1969, when it established curricular autonomy. Enrollment has risen from 3000 in 1957 to over 50,000. UCAD is a comprehensive university that includes the arts and sciences, medicine, education and the Institut Fondamental d'Afrique Noire, the oldest research center in Africa. UCAD has a newly renovated library that is open to program students.

Our Summer Study Abroad Program will be housed in the Faculté des Sciences et Technologies de l'Education et de la Formation (School of Education), also known by its acronym FASTEf. (Taxi drivers are more likely to know it by its old name Ecole Normale.) FASTEf is composed of 14 departments in the humanities, sciences, and pedagogy with about 100 faculty members. It is located on the UCAD campus, Avenue Habib Bourguiba, in the quartier Fann. Program support is provided by the Groupe pour l'Enseignement et l'Etude de la Population (GEEP), a non-governmental organization with its own building on the FASTEf campus. Our classes also take place at GEEP, just a few steps from your accommodations.

## Orientation

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The on-site orientation includes a welcome meal; an official opening on the following day with introduction of the program personnel; do's and don'ts; and an orientation to the neighborhoods around the campus through a walk-about. In past years, the opening meal was a sumptuous Senegalese lunch on Sunday followed by the other



activities on Monday. You will be provided with the details regarding the meal and orientation activities prior to your departure for Senegal.

Registration with the U.S. Embassy is now possible online. The Indiana University Office of Overseas Study will register program students.

## The Academic Program

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The program is intensive and you should expect to be busy. It is structured around three courses: "Film, Culture & Development in West Africa," "Introduction to the Wolof Language," and a service learning course called "field practicum". You will be assigned to a local organization for the field practicum and will be going there in the morning on week days. The seminar and Wolof language course meet four to five days per week, depending on excursions. The language course is taught by local instructors. The course on West Africa, led by Professor Fofana, will take a seminar format and provides for weekly guest lectures by Senegalese scholars, artists, and professionals. Prof. Fofana will post course materials on the Canvas site set up by the Overseas Study Office. Be sure to download them prior to your departure to avoid being unable to access them in Senegal if there happens to be a power outage on the day when you are expected to read them.

Indiana University will issue transcripts awarding credit as follows:

- *Film, Culture & Development in West Africa* (3 credits) AFRI-L 400, ANTH-E 400, or REL-R 300. Please inform the program director how your credit should be assigned. The default course number is AFRI-L 400.
- *Introduction to Wolof* (2 credits) LING-A 300
- *Field Practicum* (2 credits) AFRI-L 402

Students enrolled at the University of Oregon will receive quarter-system credit as follows:

- *Film, Culture & Development in West Africa* (5 credits) INTL 488
- *Introduction to Wolof* (5 credits) as LING 188
- *Field Practicum* (3-4 credits) as INTL 488

## Excursions

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The seminar will be complemented by excursions to sites outside of Dakar, including Gorée Island (20 minutes off the coast of Dakar, entropôt for slaves to be sent to the New World in the colonial era, now a UN World Heritage Site; Touba, the spiritual center of the Murid Sufi order, and Saint-Louis (19th century colonial capital of Senegal) and environs. Program costs include lodging, meals, water, and snacks while on excursions.

# Life in Senegal

## Housing

Students are lodged in a bungalow-style house or an apartment on the FASTEF campus, generally two students of the same gender to a room. Each of the units has a kitchen with gas stove and refrigerator as well as a large living/dining room. Room assignments are made prior to arrival and students are expected to abide by them. We aim to mix roommates from different institutions in order to facilitate integration. Please inform the Program Director as soon as possible if medical reasons require that you have your own room so that you can be accommodated in one of the two smaller rooms.

The house and the apartment building both have a watchman. The FASTEF campus also has a round-the-clock watchman seven days a week at the main gate. The back door to the campus is locked at night.

## Meals

The program provides for breakfast and a snack during the break between classes. Coffee, tea, cocoa and baguette are standard breakfast foods. Students are responsible for lunch and dinner. Basic utensils are available in the house and the apartment for the preparation and consumption of simple meals. Vegetable stands and small supermarkets are within easy reach of the campus.

For off-campus meals or snacks there is a wide choice of restaurants and vendors selling peanuts, fresh fruit and a range of other items. Typical Senegalese restaurant lunches will consist of rice with fish or vegetables stewed in a tomato sauce, or a chicken, beef, or mutton based sauce with vegetables served over rice. Popular national dishes are cebu jen (fish with rice and vegetables), poulet yassa (chicken and onions marinated in lemon juice), and mafé (stew beef in peanut sauce). Meals are complemented with water, fruit, or soft drinks. A few restaurants serving non- Senegalese fare are also within an easy walk of the campus.

Given Senegalese cuisine and dietary preferences it can be difficult, but not impossible, to maintain a strict vegetarian or vegan diet in Dakar. Some restaurants, given lead time, will work with you to prepare vegetarian, vegan or other special dishes. Home and family visits, where the "best" food (usually meat and fish) are offered to the honored guest (you) are a bit trickier, but can be managed well with a little extra cross-cultural agility. Students with special dietary considerations are thus encouraged to inform Professor Fofana of this so we can begin to work with you on meal arrangements that both give you a taste of Senegalese culture and respect your dietary needs and values.

Words can't even begin to explain all of our experiences in Senegal. Instructors and program leaders were kind, thoughtful, helpful, and without them many things would not have been possible.



STUDENT ADVICE

# Medical Preparations

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## Immunizations

Make an appointment with the immunization specialist at a campus or other local clinic or the Public Health Department as soon as possible. Vaccinations against yellow fever, hepatitis A, typhoid and tetanus are highly recommended if you do not already have them. Yellow fever is a viral disease spread mainly by mosquitoes in regions of prevalence. Hepatitis A, typhoid, and tetanus can be contracted anywhere. The immunization specialist will be able to explain these illnesses to you and provide you with literature. Some of the vaccinations protect you for as long as ten years.

## Malaria Prophylaxis

Ask the immunization specialist or your family physician to give you a prescription for an anti-malarial drug. There are several options. A commonly prescribed medication is Lariam (also known as Mefloquine). This drug is reputed by some to have side effects such as bad dreams and mood alterations, especially for individuals with a tendency to depression. A newer but expensive medication with no notable reported side effects is Malarone. A less expensive generic is now also available. Some physicians prescribe the antibiotic Doxycycline. It is effective as an anti-malarial and may also provide added protection against gastro-intestinal problems, but side effects may include lethargy, nausea, vomiting, and abdominal pain. Discuss the different options with a medical specialist in light of your health profile. The program physician in Dakar will prescribe a locally available anti-malarial such as Savarine, a French anti-malarial, if you develop side effects to any one of these medications.

## Health in Senegal

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If you are on medication, please be sure to bring a sufficient supply for your stay. Also pack your preferred pain remedy, sunscreen, Pepto Bismol or another anti-diarrhea medication, an insect repellent (non-DEET ones don't work, unfortunately), and some Band-Aids for minor cuts, though pharmacies do carry what you need for your health needs. Past program students also recommend bringing baby powder if you have a tendency to develop skin rashes during humid weather. Female students should bring feminine hygiene products and anti-yeast infection medication, if prone to infections.

Once in Dakar, the program physician or another physician in her 24-hour clinic will see students in case of illnesses and make referrals as needed. Prof. Fofana has the clinic phone number and the program physician's cell phone number for consultation outside of regular business hours. Fann Hospital, located close to campus, and private clinics are available for serious illnesses. Do report your symptoms to the Program Director if you are unwell so that your health status can be monitored and appropriate measures can be taken. Fees are moderate by American standards. Your mandatory health insurance covers expenditures related to accident or urgent illness, emergency evacuation to the nearest comprehensive medical facility, and repatriation of remains. You should expect to pay cash for medical treatment and medications and submit them for reimbursement to the insurance company.

Senegalese cuisine is very tasty, so you should have no difficulty eating enough to stay healthy. If you are vegetarian, you will have an easier time staying well-nourished if you eat fish. Cooked vegetables are safer than salad. Be judicious in purchasing food from

vendors: buy food that is cooked in front of you or has recently been cooked (i.e. close to meal times). Remember that the basic rule is: boil it, cook it, peel it, or forget it. So, wash and peel all fruits and avoid non-peelable fruits and vegetables. If you want to make salad, ask program personnel how to prewash the lettuce and tomatoes.

You will need to drink a fair amount of water to stay hydrated. Bottled water is readily available at reasonable cost in bottles of different sizes, including 5 and 10 liters. Although filtered tap water is usually safe to drink in Dakar unless you have a delicate stomach, we recommend that you use bottled or boiled water to avoid gastric problems that may be caused by the local water. We buy bottled water for all our excursions.

## Managing Your Money

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The currency in Senegal is the Franc CFA (Communauté Financière Africaine), usually referred to as CFA or CFA franc. The CFA used to be pegged to the French franc and became linked to the Euro when France changed over to that currency. The recent rise of the dollar vis-à-vis the Euro translates into a better exchange rate for us. The mid-April 2017 posted exchange rate is 617 FCFA per U.S. dollar. It is not possible to get CFA francs outside of Francophone Africa, so you will have to change money upon arrival in Dakar. Given the availability of ATMs and the possibility of theft, it is not recommended that you bring large amounts of cash with you. The most convenient way of obtaining local currency is with a debit card or a VISA credit card that permits cash withdrawal and for which you have a pin number. Master cards can be used too but are accepted by fewer ATMs. Many banks, including those within walking distance of campus, now have ATM machines. Note that there are withdrawal fees and that the local banks as well as your own bank have limits on the amount you are able to withdraw on any given day. (Limits can be as low as 125,000 CFA — you can always go back the next day to get more). Notify your bank prior to departure that you will be in Senegal and provide it with the program dates. Not doing so could result in having your account blocked as a safety measure when you make a withdrawal in Dakar.

No one is immune to theft. Always limit the cash you carry to the amount you think you might need, especially when you go to a busy market. Lock up the remainder in your suitcase or other secure place. Also be cautious when using your debit/ credit cards and lock them up when not in use. While personal theft occurs, it is far less likely in public places where there are witnesses. Given the strong Senegalese cultural bias against theft, you can always yell “voleur” or “sacakat” (thief) and expect to receive help.

Fruits are relatively inexpensive, as are meals in restaurants that serve only Senegalese food. European-style restaurants are pricier and one can easily pay \$20 or more for a meal at current rates. A soft drink from a street vendor or shop that sells cold drinks costs only about 75 cents, but can be \$2.50 or more in a European-style restaurant.

Public transportation is inexpensive while taxis have become relatively expensive due to the high price of gasoline. However, you can share a taxi on a much-travelled route and negotiate the cost with the driver. Program staff will introduce you to these modes of transportation.

Bargaining is expected and is a social activity that should be done in good humor. It requires patience. Don't begin to bargain if you have no intention of buying, but you don't need to buy if you don't arrive at a price that you can afford. The Senegalese students affiliated with the program will introduce you to bargaining; they will also

assist you with special purchases, if you wish.

## Computers and E-mail

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Computer access at GEEP and FASTEf is limited, but there are nearby cyber cafés where you can get online for a modest fee. Since Senegalese computers have French keyboards that take some getting used to, we recommend that you consider bringing a laptop, netbook, or tablet. Some past students have coordinated sharing a laptop. Be sure to bring a “grounded adaptor plug” for continental Europe that fits over the plug of your electronic device since Senegalese outlets are made for the round prongs common in Europe. You will be able to use the same plug for your hair dryer. (Note that the hair dryer or other electric devices must be able to run on 220V.) The adaptor plugs are sold inexpensively in travel stores or stores like Radio Shack.

Be aware that there may be power outages during your stay that limit online access. Please inform your parents of this eventuality if you opt to stay in touch with them via e-mail or Skype so that they don’t worry needlessly if you are unable to be in contact on a set schedule.

If you bring a computer, you will need to safeguard it like credit cards or cash. Laptops, netbooks, and other valuables can be locked up at GEEP when we go on overnight excursions.

## Telephones

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Telephoning from and to Senegal is costly, but it is less expensive to call from the U.S. to Senegal than vice versa. International calling cards are available online and in many international stores (e.g. stores that serve international communities) are the most economical option for your family and friends outside of Senegal. It is also possible to call overseas cellphones via skype. The country code for Senegal is 221. Senegal uses the GSM standard for cell phones. If you have a phone that works in Europe or a phone with a replaceable SIM card, it will work in Senegal as well. Some students have purchased good cell phones locally in recent years for the equivalent of \$25-\$50. Whether you bring your own or purchase one in Dakar, you will have to get a SIM card with a local number (\$10 or less). You then simply add credit as needed by buying cards from local vendors that are ubiquitous near campus. They are available in different amounts. There are frequent promotions that add value. Cell phone service providers in Senegal charge only the person making the call.

## Time

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Senegal is four hours ahead of Eastern Daylight Savings Time and seven hours ahead of Pacific Standard Time.

## Social Relations

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Greeting is an elementary rule of social interaction in Senegal, as elsewhere in Africa. You are expected to greet not only when you meet someone but also when you join a group of people. If you walk down a residential street, you should greet as you pass people sitting in front of their houses. In many settings people (including young people) shake hands, even if they see each other every day.

Always show respect to persons who are older than you. This means that you greet first, ask/answer politely, and maintain a measure of formality in your demeanor. Don't address them by their first names unless they let you know that it is acceptable. Although people older than you may use "tu" when they speak with you in French, you should use *vous* when addressing them. When you visit a Senegalese family, be sure to greet the head of household and his wife upon arrival and make a point of saying goodbye before you leave. Maintain this practice no matter how often you go to visit.

If you are invited for a meal at the home of a Senegalese counterpart, tell him/her about your dietary restrictions so that s/he can tell his/her family or friends before you sit down to a meal. When you are invited to a meal, eat at least a little. Eating by hand involves considerable skill and etiquette that has to be learned. Accept a spoon unless you have had a chance to practice eating by hand or someone is willing to teach you. You will be offered water to wash your hands before and after the meal. In many homes people drink water or other beverages after the meal rather than with it.

People, especially men, often socialize around tea. Green tea is brewed with large amounts of sugar in a lengthy process that is an occasion to chat and listen to music. When the tea is ready, it is poured into shot glasses and passed around. There are usually three brews. The first is fairly strong while the later ones are sweeter. It is no offense to decline drinking tea, if it is not to your liking, or to decline the first brew as too strong.

Dressing properly is considered a sign of respect and personal dignity. Senegalese adults place great value on being well-dressed. Even poor people take care to go out in clean and well-ironed clothes, as do students on the university campus. Urban youths are tuned in to European and American fashions, and young women often wear pants. Sleeveless tops or dresses are acceptable for women but low-cut tops with tiny straps and short skirts and shorts are not considered appropriate in daily wear, even if they are pretty. Please keep this in mind when dressing for the practicum and for class. Shorts are better confined to the apartment/ house and the beach. Clothes that are too revealing (i.e. too tight, too short, too low-cut or see-through) might be considered offensive or taken as a sign that you are "available." Fashion among some young Senegalese in certain contexts in Dakar is less conservative than in many other areas of Dakar and Senegal. Be prepared to respect social dress codes, especially when you visit someone, go to internships, attend class, and when we travel outside of Dakar.

Gift-giving is an integral part of social life. Plan on bringing something for a family that invites you to a meal. A gift can be fresh fruit or a packet of green tea.

Much of social life tends to be segregated by gender, meaning that both men and women tend to spend considerable amounts of time in same-gender groups. It does not mean that women and men don't talk or interact with each other in public settings. Many social activities take place in groups rather than in pairs.

What would be considered simple friendliness or a casual date in the United States, might be interpreted as a willingness to be intimate in Senegal. Go out in a group to avoid getting into a situation from which you can't extricate yourself.

When in doubt about rules of behavior, seek advice from the Senegalese counterparts or from program staff.

## Travel/Extended Stay

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Please inform the Program Director before the beginning of the program if you wish to extend your stay and/or the practicum after the official ending date of the program. An extension of stay in Dakar requires timely arrangements for housing since FASTEf rents our accommodations to visiting scholars. FASTEf will charge for lodging on a per person basis after the end of the program. One additional day is usually not a problem and will not incur a fee. We prefer that you not change your scheduled departure date during the program. If you do contemplate changing your departure date, please discuss it with the program director to ascertain that lodging is available.

Be sure to allow enough time if you wish to extend your stay to travel in Senegal or Gambia at the end of the program. Traffic into and out of Dakar is usually heavy and can lead to long delays. Public vehicles generally don't depart until all seats are filled. The Casamance, a favorite tourist destination, is most conveniently and securely reached by boat (2-3 times/ week), although it costs somewhat more than overland transportation. To avoid missing your return flight, allow an extra week if you plan to visit Gambia or the Casamance. We will have to ascertain security conditions prior to any travel to Casamance. For your safety, our Senegalese hosts prefer that you not travel far beyond Dakar without being accompanied by a Senegalese student. You would be responsible for her/his expenses. As a general rule, do not leave Dakar without first discussing your plans with program personnel.

## Packing

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Pack clothes that are comfortable and easy to wash by hand in cold water. Bring something more conservative (e.g. a longer skirt for women) to wear on visits to religious centers. Whites may be difficult to keep clean, and jeans may be rather hot and a pain to wash if they are too sturdy. It is possible to have clothes washed for a modest fee, either by FASTEf / GEEP housekeeping personnel or in a small business just off campus.

### Bring:

- Comfortable shoes or sandals; thong sandals can be purchased cheaply in one of the local markets;
- One or two towels (Keep in mind that they will be washed by hand.)
- Bring your own pillow, if you favor particular pillows, and a pillow case.
- Soap, shampoo and deodorant; baby powder as noted in the section on Health. (All of this can be purchased locally but may be more expensive than at home, especially if you are partial to particular brands.)
- Hand sanitizer or towelettes for use during excursions

- Basic first aid kit (thermometer, first-aid cream, Band-Aids, ibuprofen, aspirin, Imodium.)
- Contact lens supplies, if you wear contacts
- Mosquito repellent
- Sunblock & sunglasses
- Optional pocket knife for peeling fruits, etc. (Remember to put it in your suitcase and not your carry-on bag.)
- Film for your camera, if you don't use a digital one. (Photo supplies are available locally but tend to be more expensive.)
- A small audio recorder if you expect to do interviews or use to practice Wolof. Bring batteries if you use an analog recorder that doesn't rely on a power supply.
- Optional: Rechargeable batteries for small electronic devices, and a battery recharger compatible with 220 current, for your electronic devices that run on batteries. Alternatively, bring some batteries. Good batteries are expensive in Dakar and even brand name batteries are sometimes counterfeit.
- A multi-subject notebooks or a couple of single-subject ones. Good pens are nice to have.
- A few small tokens of one's home city or state for gifts to people whom you befriend. (University, town, or state pins, pens, tee-shirts, hats. Tokens or souvenirs of places that are meaningful for you.)
- Photos of family, friends, hometown, scenery, local postcards from your home area (these are much appreciated as a form of sharing who you are and where you are from)
- Small lock for suitcase

**Female students should bring:**

- Supply of feminine hygiene products

*Note: Electricity in Senegal is 220 volts/50 cycles. Be sure to bring an adaptor if you take along any electrical appliances that run only on 110 volts.*