



Senegal Guidebook



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Country Information

Senegal is located at the westernmost point of the African continent and is referred to as the “Gateway to Africa” and is known for its ecological diversity and key trade routes in addition to its warm hospitality!

The region was once a part of the Kingdom of Ghana, but was colonised by the French in the late 19th century. In 1960, Senegal gained independence as a wholly sovereign state.

While the Senegalese are a tolerant people, it is also a fairly conservative nation, and the way we dress and act should show respect to our host country.

Key Details¹

Capital City: Dakar

Region: Sub-Saharan Africa

Currency: West African CFA

Population: 15.8 million

Population under age 30: 70.4%

Primary Religions: Muslim (96.1%), Christian (3.6%), indigenous/other beliefs (0.3%)

Primary Languages: French (official), Wolof, Pular, Jola, Mandinka, Serer, Soninke

Physicians per 1,000 people: 0.07



¹ Resources: *Britannica.com*,
Central Intelligence Agency World Factbook

Local Laws

Taking photos of some buildings such as embassies, government institutions, and police stations is not allowed. Always ask if you're not sure!

Travellers must carry identification at all times; while you are crew, your Mercy Ships crew ID will satisfy this requirement.

Security

The port is guarded by security, and we also have a security team onboard. While ashore, it is important to practice safe habits - travel in groups of two or more, obey the ship's curfew, and utilise common sense in terms of where and with whom you go.

Health Concerns

During the "dry season", between November and May every year, the region is often susceptible to strong dust storms. Those with respiratory concerns such as asthma should bring proper medications to treat their conditions. You can also speak to the Medical Review Facilitator if you have any specific questions (medical.review.facil@mercyships.org).



Learn Some French!

French is the official language of Senegal, and it's certainly helpful to know the basics before you arrive! Apps for your smart phone or tablet such as **Duolingo**, **Babbel**, **Memrise**, and others can kickstart the learning process in a fun way before you arrive. Practicing just 10 minutes a day can make a difference!

Hello

Bonjour

How are you?

Comment allez vous?

Thank you

Merci

You're Welcome

De rien

Please

S'il vous plaît

Sorry/Excuse Me

Excusez-moi

Goodbye

Au revoir

Yes

Oui

No

Non

How much does that cost?

Combien ça coûte?

I don't speak French very well

Je ne parle pas français

Where is the bathroom?

Où sont les toilettes?



Travel Information

The *Africa Mercy* will be docked in **Dakar, Senegal** from approximately mid-August 2019 until early-June 2020. Before booking any flights, remember to check with your volunteer coordinator!

Booking your flights

All crew should fly in and out of the international airport in Dakar - Blaise Diagne International Airport (code **DSS** and **GOBD**).

Remember, we are not able to refund tickets or pay for change fees if you need to change your tickets. We highly recommend booking changeable tickets!

Our preferred airline is Brussels Airlines, though there are other airlines that may be used as noted on the next page.

Acceptable flights for arrival in Senegal

- Air France 718
- Brussels Airlines 203,205
- Emirates 795, 797, 9917
- Ethiopian Airlines 909
- Iberia 3328
- Royal Air Maroc 503, 505
- Tunisair 841, 613
- Turkish Airlines 597, 6409

Acceptable flights for departure from Senegal

- Air France 719
- Air Senegal 403
- Brussels Airlines 204, 206
- Emirates 795, 797
- Ethiopian Airlines 908
- Iberia 3329
- Royal Air Maroc 504
- Tap Air Portugal 1480
- Tunisair 841, 613
- Turkish Airlines 583, 595, 6440, 6507

THIS IS NOT AN ALL INCLUSIVE LIST, BUT IF YOU ARE CONSIDERING BOOKING A FLIGHT NOT LISTED ABOVE, PLEASE CONFIRM WITH YOUR VOLUNTEER COORDINATOR.

After arranging your flights

- Send flight details (Pre-Arrival form) to your volunteer coordinator.
- We'll send your immigration documentation (usually 2-4 weeks before you are due to arrive).
- When arriving in-country, your documentation will be processed by the immigration authorities.
- Collect your luggage (don't forget to keep any luggage tags!).
- A Mercy Ships representative will be waiting to collect you and bring you onboard.

Registering with Foreign Affairs

Many countries allow travellers to register with the Foreign Affairs office (or national equivalent) for added peace of mind while you travel.

Most programs include the following types of benefits:

- Receive the latest safety and security information for your destination country, helping you make informed decisions regarding your travel plans.
- Allows your nation's embassy to contact you in an emergency situation - be it natural disaster, civil unrest, or family emergency.

We encourage all volunteers to take this step for additional protection and peace of mind while away.

Tips Before You Leave

- Don't forget your Yellow Fever Card!
- Keep the ship's contact information with you as you travel: **+1.954.538.6110** (answered 24/7).
- If you're traveling across timezones to reach the ship, try some tricks to avoid jetlag -
 - Prepare at home before your departure - set your watch to match your new timezone and customise your sleep-wake rhythm.
 - Don't eat a lot of food.
 - Drink lots of water, and avoid other beverages.
 - Go out in the sun if you get sleepy, or make your room as dark as possible if you have trouble sleeping.
 - Try taking a melatonin tablet before bed during your first week onboard, as it will help induce natural sleep as you adjust to the new timezone.

See you in Senegal!