

Dakar Summer 2009

The usefulness of this handbook depends on student input.
If you find erroneous information, please contact overseas@indiana.edu.



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THE IU PROGRAM IN SENEGAL

The Summer Study Abroad Program in Dakar, Senegal, is a partnership among the Indiana University African Studies Program, the University of Oregon International Studies Program and the FASTEF (School of Education), Université Cheikh Anta Diop. Dr. Maria Grosz-Ngaté directs the program in cooperation with Professor Fall and will be in residence for its duration. In addition to local program support staff, several Senegalese students participate in the program by orienting and socializing with program students, accompanying you to off-campus activities and taking part in excursions.

INTRODUCTION

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:

www.indiana.edu/~overseas/programs/handbooks/dakar.pdf

The Program in Senegal

CALENDAR 2009

Arrival in Dakar	June 20
Orientation	June 21-22
Classes begin.....	June 23
Program ends.....	July 25

ARRIVAL IN SENEGAL



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 Saturday, June 20, or during the night of Saturday to Sunday (June 20-21). The airport is located in the suburb of Yoff, a former fishing village, and is known as Dakar-Yoff. Be sure to communicate your flight information to Professor Grosz-Ngaté as soon as possible so that arrangements for airport pick-up can be made.

If you fly to Senegal directly from the U.S., you will typically be allowed up to 50 pounds plus light carry-on luggage. If you stop in Europe on the way, your baggage allowance is limited to 20 kilograms for the flight to Dakar. You will be charged for any weight beyond the 20 kg limit. If you fly directly on the return, you will be charged for excess baggage all the way to the U.S. If you stop over in Europe, the excess baggage charge will be for the Senegal-to-Europe leg of the trip only. Please check carefully the policies of the airlines on which you book your travel.

Program assistants will meet you at the airport just outside the security area. 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 outside the security area and don't need any assistance. You will be expected to pay if you use their services. 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.

VISA AND IMMUNIZATIONS

A visa is a stamp in your passport that allows you to enter and reside in another country. U.S. citizens do not need a visa for Senegal for stays of up to 90 days. Upon entry to Senegal you must present a valid passport and a return air ticket. Citizens of other countries may need a visa. For information, please phone the Senegalese Embassy in Washington at 202/234-0540.

Senegal currently has no immunization requirements. Please see the section on “Health in Senegal” for recommended vaccinations and other health issues.

DAKAR

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 especially 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 is the formal administrative and business center; with its white-painted tree lined boulevards, the Plateau district 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 vehicular language in Dakar. Other important languages are Pulaar, Serer, Mandinka/Bambara, Joola 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 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 has been delayed in recent years so that rains have been sparse in Dakar and Northern Senegal during the program period. Swimming is possible on beaches close to the city center and several can be reached by public transportation. 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 many tourist facilities around Saly-Portudal, Mbour, and Nianing) is about one-and-one-half hours south of Dakar.

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 Dakar and Senegal, including photos of the city and the university campus, see the Senegal page on the University of Pennsylvania African Studies Center web site: www.sas.upenn.edu/African_Studies/Country-Specific/Senegal.html. For further information on Senegal and an introduction to the Wolof language, see: <http://langmedia/fivecolleges.edu/culturetalk/Senegal/index.html> and http://langmedia.fivecolleges.edu/collection/bm_senegal/sn_index.html

UNIVERSITY CHEIKH ANTA DIOP

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 about 50,000 in 2007. 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 will be 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 GEEP (Groupe pour l’Enseignement et l’Etude de la Population), a non-governmental organization with its own building on the FASTEF campus.

ORIENTATION

The Program begins with a Senegalese welcome lunch on Sunday, June 21, followed by a relaxed introduction to Dakar. The official opening and orientation is on Monday morning, June 22, with remarks by FASTEF dean Professor Abdul Sow and by the program co-directors Professors Babacar Fall and Maria Grosz-Ngaté, along with an introduction of program personnel. It is followed by an introduction to the Wolof class, the seminar and practicum placements. Students will also be introduced to the program physician and receive her phone number. Registration with the U.S. Embassy is now possible online. The Indiana University Overseas Study Office will register program students.

THE ACADEMIC PROGRAM

The program is structured around three courses: “Society, Culture and Politics of West Africa,” “Introduction to the Wolof Language,” and a field practicum. The seminar and Wolof language course meet five days per week, unless excursions are scheduled. The course on West Africa, led by Professor Grosz-Ngaté, will take a seminar format and provides for weekly guest lectures by Senegalese scholars, artists, and professionals. The program director will contact you concerning course materials.

Indiana University will issue transcripts awarding credit as follows:

- Society, Culture and Politics of West Africa (3 credits) AFRI-L 400, ANTH-E 400, or REL-R 300. Please inform Professor Grosz-Ngaté 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:

- Society, Culture and Politics of West Africa (4 credits) INTL 407

- Introduction to Wolof (3 credits) as LING 199

- Field Practicum (3 credits) as INTL 409, Practicum...

Excursions

The seminar will be complemented by excursions to Gorée Island (20 minutes off the coast of Dakar, entrepôt for slaves to be sent to the New World in the colonial era, now a UN World Heritage Site); the religious center of Touba, and Saint-Louis/Senegal River Vallen (19th century colonial capital of Senegal). Program costs include lodging and meals while on excursions.

Life in Senegal

HOUSING

Students will be housed in a bungalow-style house or an apartment on the FASTEF campus, two students of the same gender to a room. The house and the apartment building both have a watchman.

MEALS

The program provides for breakfast and a snack during the morning break. Coffee, tea and baguette or croissant are standard breakfast foods. Students are responsible for lunch and dinner. The house and apartment have fully equipped kitchens for the preparation 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 tiébou dienn (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 available in walking distance from 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 Grosz-Ngaté 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.

MEDICAL PREPARATIONS

Immunizations

Make an appointment with the immunization specialist at a campus or other local clinic or the Public Health Department at least four to six weeks prior to departure. Vaccinations against yellow fever, hepatitis A, typhoid and tetanus are a good idea if you do not already have them. The immunization specialist will be able to explain these to you and provide you with literature.

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*. Some physicians prescribe the antibiotic *Doxycycline*. It is effective as an anti-malarial and may also provide added protection against gastro-intestinal problems. Some users report being more tired or lethargic than normal. Discuss these options with a medical specialist in light of your health profile. The program physician will prescribe a locally available anti-malarial if you develop side effects to any one of these medications. The French anti-malarial *Savarine* is available in Dakar pharmacies at a cost of approximately \$15-20 for a one-month supply.

HEALTH IN SENEGAL

If you are on medication, please be sure to bring a sufficient supply for your stay. Also bring your preferred pain remedy, sunscreen, Pepto Bismol or another anti-diarrhea medication, an insect repellent, and some Band-Aids for minor cuts. Female students should also bring feminine hygiene products and anti-yeast infection medication, if prone to infections.

Once in Dakar, the program physician will see students in case of illnesses and make referrals as needed. Nearby Fann Hospital 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.

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). Wash fruits and peel mangoes. Apples and grapes are imported and therefore more expensive than local fruits.

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. Tap water is usually safe to drink in Dakar unless you have a very delicate stomach, but it should be filtered. Do bring your own filter if you wish to avail yourself of this option.

MANAGING YOUR MONEY

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 decline of the U.S. dollar means that dollars buy fewer CFA and thus this impacts program and other costs. As of April 2009, the exchange rate stands at about 495 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. Travelers' checks can be exchanged at major local banks but you must bring the receipt listing the check numbers as proof that you purchase them. Be prepared for a lengthy procedure. Travelers' checks in Euros are easier to cash. An alternate and often more convenient way of obtaining local currency is with a debit card or a VISA or Master Card credit card. Many banks, including some within walking distance of campus, now have ATM machines. Note that the local banks as well as your own bank have limits on the amount you are able to withdraw on any given day.

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.

Fruits are relatively inexpensive and so are meals in restaurants that serve only Senegalese food. European-style restaurants are pricier and one can easily pay \$20 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 in a European-style restaurant.

Public transportation is inexpensive while taxis have become relatively expensive due to the high price of gasoline. Going downtown from the campus, for example, now costs about \$5.00 one way. However, you can share a taxi and negotiate the cost with the driver.

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.

COMPUTERS AND E-MAIL

GEEP and FASTEF have computer terminals where you can check and send e-mail and prepare short papers. In addition, there are cyber cafés around the city where you can get online for a fee (about \$2.00-2.50/hour). Computers have French key boards that will take some getting used to. Be aware that there may be power outages during your stay that limit access. You need not bring your own laptop. Should you decide to bring it with you, you will need to safeguard it like credit cards or cash.

TELEPHONES

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 available in international stores are the most economical option. Have your family ask the salesperson which of the available cards is best for Senegal. Skype is another option. The country code for Senegal is 221. Senegal uses the GSM standard for cell phones. If you have a phone that works in Europe, it will work in Senegal as well. Some students have purchased good cell phones locally in recent years for about 30,000 FCFA. Whether you bring your own or purchase one in Dakar, you will have to get a SIM card with a local number (\$10-20). There is a program cell phone for students to share. It is the responsibility of students using the phone to purchase credit after the initial credit is used up.

TIME

Senegal is four hours ahead of Eastern Daylight Savings Time.

SOCIAL RELATIONS

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 people who are older than you. This means that you greet first, ask/answer politely, and maintain a measure of formality in your demeanor. 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, the later ones, sweeter.

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. 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 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.”

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

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.

PACKING

Pack clothes that are comfortable and easy to wash 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.

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)
- A set of flat twin sheets and pillow case. Bring your own pillow if you favor particular pillows.
- Soap, shampoo and deodorant (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, Pepto Bismol, 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 tape recorder with batteries and some cassette tapes if you expect to do interviews or use to practice Wolof.
- 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.
- Two notebooks
- 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)

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.