Senegal
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WELCOME TO ALTERNATIVE BREAKS!!!!

Congratulations on being selected to participate in an Alternative Break trip! You are about to embark on a journey of transformation, reflection, activism, and community involvement. As you know, the Alternative Break program is student-run, with the Community Service Center (CSC) and the Alternative Break Coordinator serving as resources for the student leaders of each trip.

Please read this letter carefully for important information about

FORMS YOU MUST TURN IN TO CSC: ON WEBSITE: www.american.edu/altbreak under “Participant Applications & Forms”

- Medical/Emergency Contact form
- Copy of health insurance card
- Consent & Release Waiver Form
- Copy of passport (for international trips)
- Code of Conduct Signature form

PAYMENT DEADLINES:
Monthly payment installments are due according to your payment schedule. Talk to your trip leaders for dates.

ONLINE PAYMENT INSTRUCTIONS:
1. Log-on to my.american.edu, click on the Finances or Life@AU tab.
2. Under your personalized links, click on “Alternative Break E-payment.”
3. Choose your trip.
4. Enter your credit card information and click submit!
5. Payments are non-refundable.

PAYMENT INSTRUCTIONS VIA CASH OR CHECK:
1. Obtain deposit slip from Community Service Center with the trip Account # to ensure that the payment is placed in the correct account.
2. Bring payment and Deposit Record to the payment windows in Student Accounts (before 4:30 PM in Asbury 300).
3. Bring the original payment receipt back to the Community Service Center (MGC 273). You must keep a copy of the receipt for yourself. If you do not bring back the receipt we have no way of knowing if you paid!!
4. Put the receipt in your trip box in the CSC.
5. Payments are non-refundable.
IMPORTANT INFORMATION:

☐ The pre-departure meetings are MANDATORY. You must attend in order to get to know other students on your trip, learn about your destination and talk about health/safety issues.

☐ You are responsible for making an appointment with your doctor to find out which immunizations you need.

☐ You are covered under AU’s international travel insurance (information from Alt Break website: http://www.american.edu/finance/rmehs/inttravel.cfm)

☐ Safety, US State Department, CDC immunizations, and other links are on the Alternative Break website. www.american.edu/altbreak

☐ Your leader is responsible for providing the trip itinerary and destination information. Please ask them any questions you have.

☐ Academic credits: You can either do an independent study with a professor of your choice or take SIS 386: Selected Topics in Global Social Justice. (Register through Alternative Break office.)

☐ Fundraising for your trip: If you solicit checks from individuals or businesses, they should be made out to “American University” and mailed to the AU Development Office. See the Alternative Break website for more information.
EXPECTATIONS & CODE OF CONDUCT:

The following is a list of minimum expectations; your individual trip groups will discuss and formulate additional participant expectations as necessary.

Code of Conduct:
1. Participate in all mandatory weekly pre-departure meetings.
2. Make payments and turn in all necessary forms on time.
3. Travel with the group at all times.
4. Abide by the alcohol and other drug free policy of Alternative Breaks.
5. Prepare individually for your trip by completing required readings.
6. Behave in a safe and responsible manner.
7. Respect the customs and local community.
8. Respect your trip leader, fellow participants & faculty/staff advisor.
9. Process the AB experience individually and with your group through reflection, conversation and other group activities.
10. Follow-up after trip with activism on social justice issues learned.

Program Reminders:
1. Turn in all necessary forms on time.
2. Participants who wish to receive course credit for participation will be required to complete additional criteria. SIS 386 or independent study credit is optional. See individual trip advisor for details.
3. Participants must become aware of relevant health and safety risks relevant to your destination. **You are responsible for making an appointment with your doctor** to find out which immunizations you need.
4. Make payments on time.
5. All payments made to Alternative Break are non-refundable.

I understand that failure to comply with any of these expectations may result in my inability to participate in the trip, dismissal from trip at my own expense, or may affect future Alternative Break participation.

Print Name: ___________________________________________ AU ID: __________

Signature: ___________________________________________ Date: _______________
Senegal at a Glance
(Courtesy of U.S. State Department)

OFFICIAL NAME:
Republic of Senegal

HISTORY
Archaeological findings throughout the area indicate that Senegal was inhabited in prehistoric times. Islam established itself in the Senegal River valley in the 11th century; 95% of Senegalese today are Muslims. In the 13th and 14th centuries, the area came under the influence of the Mandingo empires to the east; the Jolof Empire of Senegal also was founded during this time.

In January 1959, Senegal and the French Soudan merged to form the Mali Federation, which became fully independent on June 20, 1960, as a result of the independence and the transfer of power agreement signed with France on April 4, 1960. Due to internal political difficulties, the Federation broke up on August 20, 1960. Senegal and Soudan (renamed the Republic of Mali) proclaimed independence. Leopold Sedar Senghor, internationally known poet, politician, and statesman, was elected Senegal's first President in August 1960.

After the breakup of the Mali Federation, President Senghor and Prime Minister Mamadou Dia governed together under a parliamentary system. In December 1962, their political rivalry led to an attempted coup by Prime Minister Dia. Although this was put down without bloodshed, Dia was arrested and imprisoned, and Senegal adopted a new constitution that consolidated the President's power. In 1980, President Senghor decided to retire from politics, and he handed over power in 1981 to his handpicked successor, Abdou Diouf. Abdou Diouf was President from 1981-2000. He encouraged broader political participation, reduced government involvement in the economy, and widened Senegal's diplomatic engagements, particularly with other developing nations. Domestic politics on occasion spilled over into street violence, border tensions, and a violent separatist movement in the southern region of the Casamance. Nevertheless, Senegal's commitment to democracy and human rights strengthened. Diouf served four terms as President. In the presidential election of 2000, he was defeated, in a free and fair election, by opposition leader Abdoulaye Wade. Senegal experienced its second peaceful transition of power, and its first from one political party to another. Parliamentary and presidential elections were held in 2007.

Capital: Dakar
Largest City: Dakar
Area: 196,840 sq. km. (76,000 sq. mi.), about the size of South Dakota.
Ethnic groups: Wolof 43%; Fulani (Peuhl) and Toucouleur 23%; Serer 15%; Diola, Mandingo, and others 19%.
Religions: Muslim 95%, Christian 4%, traditional 1%.
Languages: French (official), Wolof, Pulaar, Serer, Diola, Mandingo, Soninke.
Life Expectancy: 56.69 yrs
Primary sector: Agriculture represents 15% of GDP. Products--peanuts, millet, sorghum, manioc, rice, cotton, vegetables and flowers, fruit.
U.S. to Senegal Dialing Code: 001 221
Internet Domain: .SN
Tentative Itinerary

Depart Washington, DC on December 26

Day 1: Sunday, December 27
Arrival: Dakar

Day 2: Monday, December 28
Visit service centers*:
- Hopital le Dantec (children hospital)
- Pouponiere de Medina (orphanage)
- Samu Social (Talibé shelter)
- SOS Village D'Enfants
- Centre Talibou Dabo (school for handicapped children)
- Centre Aminata M'Baye (school and rehab center for children with disabilities)

*Participants choose the service site they would like to work with for the rest of our stay in Dakar.

Day 3: Tuesday, December 29
Dakar
Morning Community Service
Afternoon Meeting with an organization
Cultural activity
Evening group reflection

Day 4: Wednesday, December 30
Dakar
Morning Community Service
Afternoon Meeting with an organization
Cultural activity
Evening group reflection

Day 5: Thursday, December 31
Dakar
Morning Community Service
Afternoon Meeting with an organization
Evening Organizing the New Year’s party for one of the shelters

Day 6: Friday, January 1
Departure for Thies
Arrival, meeting with Afreeca Child and interaction with the villagers
Spending time in village
Dinner with the community
Day 7: Saturday, January 2
Visit a Children's Hospital in Thies
Departure for Bandia
Lunch at Bandia Safari park and visit of the park
Arrival in Saly or Somone
Evening group reflection

Day 8: Sunday, January 3
Day trip to Gorée

Day 9: Monday, January 4
Dakar
Morning Community Service
Afternoon Meeting with an organization
Cultural activity
Evening group reflection

Day 10: Tuesday, January 5
Dakar
Morning Community Service
Afternoon Meeting with an organization
Cultural activity
Evening group reflection

Day 11: Wednesday, January 6
Dakar
Morning Community Service
Afternoon Meeting with an organization
Cultural activity
Evening group reflection

Day 12: Thursday, January 7
Departure for Lac Rose day trip
Visit Lake
Visit Village Pilote (Talibé shelter)
Evening group reflection

Day 13: Friday, January 8
Final Day in Dakar, wrap up and action planning

Day 14: Saturday, January 9
Depart Dakar

Day 15: Sunday, January 10
Return to Washington, DC

*DAKAR*
Pre-Departure Meetings!

Pre-Departure Meetings will be held for 8 weeks to discuss logistics and prepare academically for our trip. We will meet 1 hour a week, which will be based on scheduling availability. Readings will be assigned prior to each class discussion. Attendance is mandatory.

Session 1: Meet and Greet
Objective: Introduce ourselves and the trip participants to one another
→ Introduction of trip participants
→ Introduction of trip leaders
→ Review what needs to be accomplished before departure: payment, fundraising, immunizations, passport/visa, French and Wolof basic training, etc.

Session 2: Youth, Hip-Hop, & Politics
Objective: Introduction to Senegalese Culture, Youth Movement, and Politics
→ Documentary on the African Underground: Democracy in Dakar

Session 3: Cultural workshop
Objective: Participants will learn more about the Senegalese culture
→ French and Wolof basic training
→ Greetings/Customs/Religious Practices/Dietary information
→ Discussion on adapting to a new culture and way of life
→ Plan a visit to the Embassy of Senegal for that upcoming week
→ Food Tasting

Session 4: Presentation of the Talibes current situation in Senegal
Objective: Preparing participants for work with Talibes.
→ French and Wolof basic training
→ Background on the problem: cultural and religious customs
→ Show video clips and articles about the Talibes and talk about the abuses they are victims of.
→ *Guest Speaker: Former Peace Corps Volunteer in Senegal, Alison Pflepsen

Session 5: Presentation of the Health & Education System in Senegal
Objective: To discuss the accessibility of education and health care to Senegalese children
→ French and Wolof basic training
→ Quick overview of the Education for All initiative by the UNESCO that the Senegalese government has signed
→ Present articles and data, showing how the Senegalese government is far behind granting an education for all members of society.
→ Overview of Health Systems/Conditions in Senegal
→ Show video clips on the conditions of public schools in the rural and urban area.
Session 6: Child Labor in West Africa
Objective: Learn about Child Labor Practices in W. Africa
→ French and Wolof basic training
→ *Guest Speaker: Professor Susan Shepler, SIS, International Peace & Conflict Resolution

Session 7: Safety and Health Measures
Objective: Prepare participants for basic safety, security, and health measures
→ French and Wolof basic training
→ Presentation on prevention of common diseases/illnesses and theft in Western Africa
→ Act out Safety and Security Scenarios
→ Discuss health and hygiene measures to adopt while in-country
→ *Guest Speaker, Kofi Gwira, MA Student, SIS

Session 8: Pre-departure wrap up
Objective: Finalize Trip and Engage in a Senegalese Trip Celebration
→ Give last updates about the trip
→ Overview of all the activities
→ Distribute Final Itinerary

Recommended Readings, Films, and Websites*
Street Children in Senegal Edited by John Balonze and translated by Shannon Delaney
Muslim Brotherhods & Politics in Senegal by Lucy Behrman
African Underground: Democracy in Dakar, a film about Youth, Hip-hop & Politics in Africa
ENTRY/EXIT REQUIREMENTS: A passport is required. For U.S. passport holders, a visa is not required for stays of less than 90 days. Current yellow fever vaccination is mandatory to enter Senegal and meningitis vaccination is highly recommended if the traveler is arriving from or has recently traveled to an endemic area. Travelers unable to provide proof of vaccinations may be required to pay for and receive vaccinations at the Dakar airport. Travelers should obtain the latest information on entry requirements from the Embassy of Senegal, 2112 Wyoming Avenue NW, Washington, DC 20008, telephone (202) 234-0540, and at the Senegal Tourism Authority. Overseas inquiries should be made at the nearest Senegalese embassy or consulate.

NO VISA REQUIRED!
Safety & Security Information
Courtesy of U.S. State Department

THREATS TO SAFETY AND SECURITY: Public demonstrations, political gatherings, and student protests are relatively common in Senegal, both in Dakar and in outlying regions, particularly on Friday afternoons. In the past, these events have sometimes turned violent. Due to the potential for violence, U.S. citizens should avoid political gatherings and street demonstrations, and maintain security awareness at all times. For guidelines on dealing safely with public demonstrations, please see the American Citizen Services page of the U.S. Embassy Dakar website.

Lac Rose (Pink Lake) is a popular tourist destination in Senegal. The Lac Rose area has a large number of tourists and isolated beach areas, but lacks multiple exit and entry points. The U.S. Embassy recommends that all visitors to Lac Rose and its surrounding beaches be particularly vigilant and not travel alone.

Banditry occurs with some regularity on the main highways after dark, particularly in the central and eastern area of Senegal, including around Tambacounda and Matam. Bandits often target RN2 (National Road) between Ndioum and Kidira and occasionally target RN1 between Kidira and Tambacounda.

The U.S. Embassy recommends that U.S. citizens avoid non-essential travel to the Casamance region west of the city of Kolda, except for direct air and ferry travel to the Cap Skirring resort area or to the city of Ziguinchor. If travel is deemed essential, the U.S. Embassy recommends that U.S. citizens carefully monitor the security situation before traveling. There have been occasional instances of fighting in the Casamance region (composed of the Ziguinchor and Kolda regions) involving factions of the Casamance separatist MFDC (Mouvement des Forces Démocratiques de la Casamance) in southern Senegal and the Senegalese military. Some military and political leaders in the Casamance region have been killed. In May 2008, rebels kidnapped 16 local residents five kilometers from Ziguinchor and then cut off their left ears before releasing them. That same month, two soldiers and a peasant were killed in other clashes near the same area. Reports of banditry in the area remain high. In addition, vehicles have been attacked by armed bandits even during daylight hours on well-traveled roads. On February 14, 2007, four people were killed when their bus was attacked after being stopped at a roadblock.

Landmine explosions continue to plague inhabitants of the Casamance, with fatalities and serious injuries continuing into 2008. One man was killed in Tounkara, approximately 70 kilometers north of Ziguinchor. A Senegalese soldier was injured by a landmine near Boutoupa-Camaracounda, on the border with Guinea-Bissau. Since 1990, more than 1,000 people have been killed by land mines in the Casamance. The U.S. Embassy strongly recommends that U.S. citizens remain on well-traveled routes at all times.

For the latest security information, Americans traveling abroad should regularly monitor the Department of State, Bureau of Consular Affairs’ website, where the current Travel Warnings and Travel Alerts, as well as the Worldwide Caution, can be found.
Up-to-date information on safety and security can also be obtained by calling 1-888-407-4747 toll-free in the U.S. and Canada or, for callers outside the U.S. and Canada, a regular toll line at 1-202-501-4444. These numbers are available from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday through Friday (except U.S. federal holidays).

The Department of State urges American citizens to take responsibility for their own personal security while traveling overseas. For general information about appropriate measures travelers can take to protect themselves in an overseas environment, see the Department of State’s A Safe Trip Abroad.

**CRIME:** Minor street crime is very common in Senegal, particularly in cities. Most reported incidents involve pickpockets and purse-snatchers, who are especially active in large crowds and around tourists. Aggressive vendors, panhandlers and street children may attempt to divert the victim’s attention while an accomplice carries out the crime. To avoid theft, U.S. citizens should avoid walking alone in isolated areas or on beaches, particularly at night, lock their doors and close their windows when driving, and avoid public transportation. Americans should not walk on dark streets at night, even in groups. To minimize inconvenience in the event of theft, U.S. citizens should carry copies, rather than originals, of their passports and other identification documents. U.S. citizens should carry a credit card only if it will be used soon, rather than carrying it as a routine practice. There is traditionally an increase in crime before major religious holidays.

U.S. citizens are encouraged to use common sense and situational awareness to ensure personal safety and to reduce the risk of becoming a crime victim. Always be aware of the surroundings, especially in large cities and crowded places such as markets and taxi stands. Keep a low profile, remain vigilant, and avoid potential conflict situations. Do not wear flashy clothing or jewelry, and be cautious about displaying any amount of currency in public. Use common sense when faced with something out of the ordinary or if someone is following you.

While violent crime is not common in Senegal, it does occur. There have been incidents in the past year of Americans in groups of two or three being robbed at knife-point. If confronted by criminals, remember that cash and valuables can be replaced, but life and health cannot. U.S. citizens are encouraged to walk away from a criminal confrontation no matter the material cost. Break-ins at residential houses occur frequently as in major cities everywhere. Persons who plan to reside in Senegal on a long-term basis should take measures to protect their dwellings. Long-term residents should consider installation of window grilles, solid core doors with well-functioning locks, and an alarm system. In the past year, a number of American citizen residences have experienced burglaries. No violence or personal injuries have been reported in these cases, in which the burglars appear to have been exclusively seeking financial gain.

Fraud is prevalent in Senegal and U.S. citizens are often the target of scams that may cause both financial loss and physical harm. Typically, business scam operations begin with an unsolicited communication (usually by e-mail) from an unknown individual who describes a situation that promises quick financial gain, often by the transfer of a large sum of money or
valuables out of West Africa. The perpetrators of these scams often claim to be victims of various western African conflicts (notably refugees from Sierra Leone) or relatives of present or former political leaders.

There are many variations of these business scams. In some cases, a series of “advance fees” must be paid in order to conclude the transaction, such as fees to open a bank account, or to pay certain taxes. In fact, the final payoff does not exist since the purpose of the scam is simply to collect the advance fees. Another common variation consists of a request for the U.S. citizen’s bank account information, purportedly to transfer money into the account. Once the perpetrator obtains this information, however, he or she then simply transfers all money out of the victim’s account. Other scams extend an apparent job offer, but request upfront payment for “administrative” or visa processing.

Visa scams take advantage of people who wish to travel to the U.S. One variant is to “guarantee” a U.S. visa for participants who pay a large sum of money to register for a conference or attend an event in the United States. In other instances, the perpetrator uses links or apparent links to U.S. government websites or email addresses in order to solicit money, purportedly in the name of the U.S. government. Please refer to the State Department website or the website of the U.S. Embassy in Dakar for authoritative information about the visa process and the costs involved.

In addition to business and visa scams, personal and dating scams are also prevalent. U.S. citizens should be wary of persons claiming to live in Senegal who profess friendship or romantic interest over the Internet. The anonymity of the Internet means that the U.S. citizen cannot be sure of the real name, age, marital status, nationality or even gender of the correspondent. In some cases, the correspondent is a fictitious persona created only to lure the U.S. citizen into sending money.

If paying for someone else’s travel, U.S. citizens may prepay for a plane ticket directly with an airline rather than wiring money for transportation to the traveler. U.S. citizens may also research the legitimate immigration process with U.S. Citizenship and Immigration Services. The best way to avoid becoming a victim of advance-fee fraud, a business scam or a visa scam is to use common sense: If an offer seems too good to be true, it is probably a scam. You should carefully research any unsolicited business proposal originating in Senegal before you commit funds, provide goods or services, or undertake travel.

U.S. citizens who are victims or witnesses of a crime are encouraged to report crimes to the police by telephoning 800-00-20-20 or 800-00-17-00, Senegal’s police hotline numbers. Another 24-hour phone number for the police in Senegal is 33-821-2431. The Government of Senegal has also created a tourist police unit, which may be reached at (+221)33 860-3810.
Before visiting Senegal, you may need to get the following vaccinations and medications for vaccine-preventable diseases and other diseases you might be at risk for at your destination: (Note: Your doctor or health-care provider will determine what you will need, depending on factors such as your health and immunization history, areas of the country you will be visiting, and planned activities.)

To have the most benefit, see a health-care provider at least 4–6 weeks before your trip to allow time for your vaccines to take effect and to start taking medicine to prevent malaria, if you need it.

Even if you have less than 4 weeks before you leave, you should still see a health-care provider for needed vaccines, anti-malaria drugs and other medications and information about how to protect yourself from illness and injury while traveling.

CDC recommends that you see a health-care provider who specializes in Travel Medicine. Find a travel medicine clinic near you. If you have a medical condition, you should also share your travel plans with any doctors you are currently seeing for other medical reasons.

If your travel plans will take you to more than one country during a single trip, be sure to let your health-care provider know so that you can receive the appropriate vaccinations and information for all of your destinations. Long-term travelers, such as those who plan to work or study abroad, may also need additional vaccinations as required by their employer or school.

Be sure your routine vaccinations are up-to-date. Check the links below to see which vaccinations adults and children should get.

Routine vaccines, as they are often called, such as for influenza, chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life; see the childhood and adolescent immunization schedule and routine adult immunization schedule.

Routine vaccines are recommended even if you do not travel. Although childhood diseases, such as measles, rarely occur in the United States, they are still common in many parts of the world. A traveler who is not vaccinated would be at risk for infection.

Areas of Senegal with Malaria: All. If you will be visiting an area of Senegal with malaria, you will need to discuss with your doctor the best ways for you to avoid getting sick with malaria.
Ways to prevent malaria include the following:

- Taking a prescription antimalarial drug
- Using insect repellent and wearing long pants and sleeves to prevent mosquito bites
- Sleeping in air-conditioned or well-screened rooms or using bednets

All of the following antimalarial drugs are equal options for preventing malaria in Senegal: Atovaquone/proguanil, doxycycline, or mefloquine.

Medicines you may need:

- The prescription medicines you take every day. Make sure you have enough to last during your trip. Keep them in their original prescription bottles and always in your carry-on luggage. Be sure to follow security guidelines, if the medicines are liquids.
- Antimalarial drugs, if traveling to a malaria-risk area in Senegal and prescribed by your doctor.
- Medicine for diarrhea, usually over-the-counter.

Note: Some drugs available by prescription in the US are illegal in other countries. Check the US Department of State Consular Information Sheets for the country(s) you intend to visit or the embassy or consulate for that country(s). If your medication is not allowed in the country you will be visiting, ask your health-care provider to write a letter on office stationery stating the medication has been prescribed for you.

Other items you may need:

- Iodine tablets and portable water filters to purify water if bottled water is not available.
- Sunblock and sunglasses for protection from harmful effects of UV sun rays. See Skin Cancer Questions and Answers for more information.
- Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol.

To prevent insect/mosquito bites, bring:

- Lightweight long-sleeved shirts, long pants, and a hat to wear outside, whenever possible.
- Flying-insect spray to help clear rooms of mosquitoes. The product should contain a pyrethroid insecticide; these insecticides quickly kill flying insects, including mosquitoes.
- Bed nets treated with permethrin, if you will not be sleeping in an air-conditioned or well-screened room and will be in malaria-risk areas. For use and purchasing information, see Insecticide Treated Bed Nets on the CDC malaria site. Overseas, permethrin or another insecticide, deltamethrin, may be purchased to treat bed nets and clothes.

*Students can get immunizations at Fox Hall Internists on New Mexico Avenue. For more information, visit the website at http://foxhallinternists.com/*
*All payments are expected to be made by their proposed due dates. Reference page 1 of the welcome packet for payments made via cash, check, or credit card. Let the trip leaders know of any payment concerns before the deadlines.

Monday, October 5\textsuperscript{th}
$500

Thursday, November 5\textsuperscript{th}
$1350

Saturday, December 5\textsuperscript{th}
$1350

*(Optional) Fundraising
Group fundraising:
Beads bracelet will be sold 3 for $5 on campus, to family, friends and other people who want to donate.
Other fundraising activities will be decided during our pre-departure meetings.
PACKING LIST

Travel Items:
- Passport, plus a photocopy of the first page of passport.
- Money belt or other means of carrying valuable items.
- Secure bag (preferably shoulder strap)
- Student ID
- Copy of Immunization Record

Clothing:
- Long-sleeved sweater or light jacket for chilly evenings
- 5-6 KNEE LENGTH skirts, dresses or shorts, pants.
- At least 2-3 business casual shirts, dresses, or slacks (for meetings with government or international organizations)
- Pajamas
- Dress Shoes for Gov’t & Int’l Meetings
- Walking Shoes
- Flip Flops or shower shoes
- For Saly Beach: Swimsuit and beach towel
- Hat
- Sleeping bag or blanket

Toiletries
- Prescription Medication
- Sunscreen
- Hand sanitizer
- Mosquito repellent/bug spray with DEET (30-38% strength for adults)
- Personal hygiene products (toothpaste, toothbrush, soap, shampoo, deodorant, etc.)
- Hair Products
- Feminine Products
- Towel
- Toilet paper

Personal Items
- Comfort Food: favorite munchies, energy food, granola, candy bars
- iPod/CD Player
- Book
- Notebook or journal
- Pens/Pencils
- Camera
- Adapter (Optional)
- Umbrella
HELPFUL PHRASES

Common Wolof Terms:

Salam Malekoum ➔ Hello
Malekoum Salam ➔ Hello back
Dieureudieuf ➔ Thank you
What’s your name? ➔ No toudeu
How old are you? ➔ Gniatou at ngeu am?
How much is it? ➔ Gniatou leu?
Good Bye ➔ Au revoir
See you tomorrow ➔ Beu soubeu

ALWAYS:
Say “Salam Malakoum” when you see someone (even if you don’t know the person).
Shake hands or kiss on the cheek if you do know the person well.
Alternative Breaks are alcohol-free trips. No exceptions! Students who violate the alcohol policy are at risk of being sent home at their own expense. YOU are an unofficial ambassador of the AU community. Please carry yourself as such.

Thank You,
Dana & Gabrielle