



NEXT EINSTEIN FORUM

An  **AIMS** initiative in partnership with the Robert Bosch Stiftung

Pre-arrival Guide

Next Einstein Forum Global Gathering 2016 Attendees

February 2016

1. Introduction

This document has been provided to all Next Einstein Forum (NEF) Global Gathering 2016 attendees to serve as a pre-arrival guide and to help attendees plan their travel to Senegal as well as to ensure their safe stay while in Senegal.

The document is therefore only a guide and should not replace any other advice given to attendees from other sources including Senegalese Embassy in their countries of origin.

2. Visa Requirements and Vaccinations

Visa requirements change frequently, and this information is provided without any guarantee. Before planning your trip, please contact or check the website of the Republic of Senegal (<http://www.visasenegal.sn/?lang=en>) or embassy or consulate in your country or city for the latest information on visas and vaccinations. We recommend contacting the Consular section to receive the latest information on this matter.

Participants who need an entry visa to Senegal are kindly requested to make arrangements and apply for one in their countries of residence. Citizens from ECOWAS, European Union and other countries having special agreements with Senegal may be exempted from entry visa. The validity of passports must be of at least six months starting from the date of entry to Senegal.

Please note that the final responsibility for securing a visa lies with each participant.

If you require a letter of invitation to facilitate your visa, please contact forum@nef.org with a copy of your passport and your physical address – all visa letters will be provided within 2 working days by email.

For vaccinations, please check with your local medical provider. This may be a useful guide to start with (<http://wwwnc.cdc.gov/travel/destinations/traveler/none/senegal>).

3. During Stay in Dakar, Senegal

3.1. Reception at the Airport

NEF volunteers will be at the NEF desk from the 7th of March 2016 at the arrival lounge of Leopold Sedar Senghor International Airport, Dakar, to welcome participants. The desk is likely to be located at the baggage claim area. The volunteers will also ensure a smooth transition from the airport to the hotel. For return flights, participants will

be informed of the departure time of the bus to the airport. Kindly note that in order to run the event smoothly, scheduled transport times will be held to.

Please ensure that you have sent your travel itinerary to forum@nef.org before arriving in Senegal.

3.2. Accommodation and Lodging

The NEF have a set of official hotels and bookings for these hotels can be made through the NEF website to secure preferred rates. There is only a limited set of rooms available which will be issued on a first-come, first-served basis.

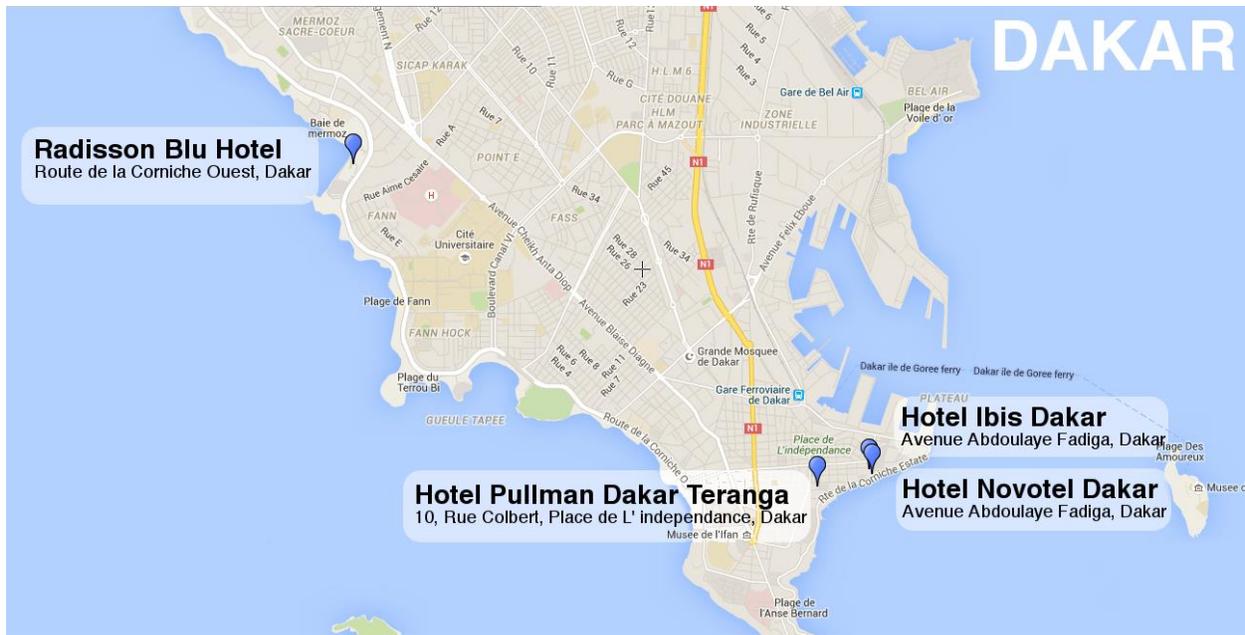
The NEF official hotels are:

- 1) Radisson Blu (<http://www.radissonblu.com/hotel-dakar>),
Tel: + 221 33 869 33 33/ +221 33 869 33 17,
Email: reservations.dakar@radissonblu.com
- 2) Pullman Dakar Teranga(<http://www.accorhotels.com/gb/hotel-0563-pullman-dakar-teranga/index.shtml>),
Tel: + 221 33 889 22 00,
Email: dakar.reservation@accor.com
- 3) Ibis Dakar (<http://www.accorhotels.com/gb/hotel-6777-ibis-dakar/index.shtml>)
Tel: +221 33 829 59 59
Email: dakar.reservation@accor.com
- 4) Novotel Dakar <http://www.accorhotels.com/gb/hotel-0529-novotel-dakar/index.shtml>
Tel: +221 33/8496161
Email: dakar.reservation@accor.com

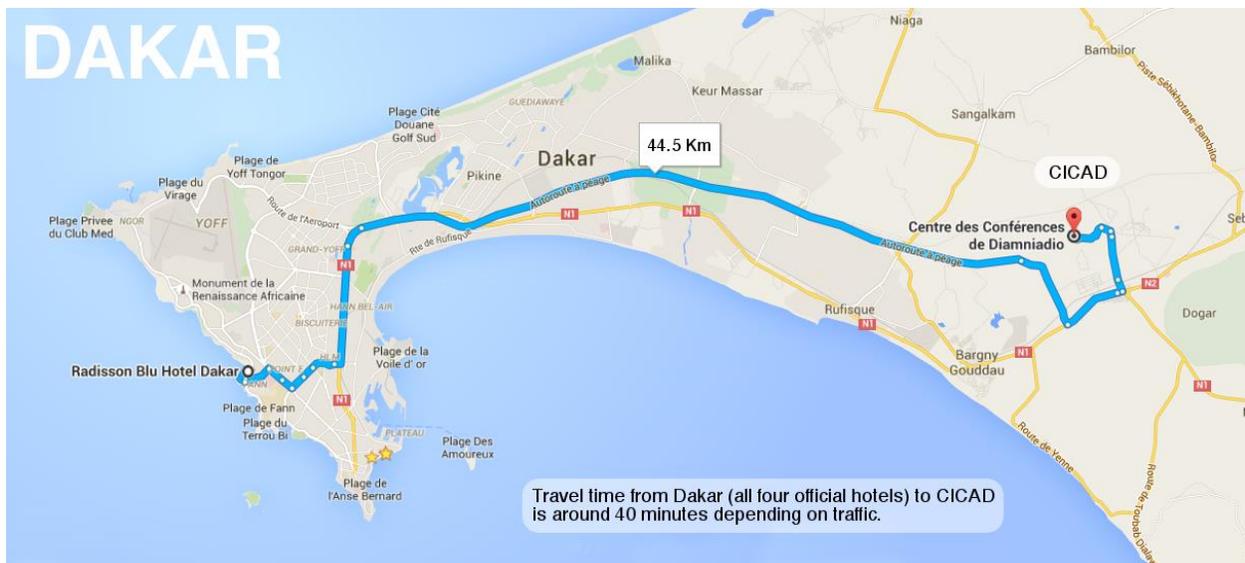
3.3. Getting to the NEF GG event venue

The NEF Global Gathering is being held at the CICAD (International Conference Centre of Dakar Abdou Diouf/Centre International de Conférences Abdou Diouf) which is in Diamniadio, about 35 - 40 minutes outside of Dakar, part of the City of Knowledge which is currently under construction.

Transport via shuttles will be provided only from official conference hotels to/from the CICAD. The locations of official hotels are as shown on the map below:



The relative location of CICAD from Dakar is as shown in the map below:



3.4. Car Rental

Should you wish to rent a car for your stay in Dakar, we can recommend the following company:

COSELOC (www.coseloc.sn)

Agence Fann-Mermoz

Km 5,5 Avenue Cheikh Anta DIOP

Tél : +221 33 869 25 25

Fax : +221 33 825 80 00

Mobile : +221 77 520 43 21

Email : info@coseloc.sn

3.5. Taxis and Transport

You are advised to negotiate the price BEFORE entering a taxi!

Taxi Dial60 Base is one example of a driver for hire: 77-633-7193/33-824-8953

3.6. Dress Code

The dress code during the Global Gathering event will be Business.

3.7. Money, Exchange Rate and Local currency

Senegalese currency is the West African CFA franc. Attendees are advised to bring with them EUROS as opposed to the US\$. The exchange rate is 655.957 FCFA/EURO

For credit cards, American Express is the most widely accepted, although Diners Club, MasterCard and Visa have limited use. It is however best to carry cash for the majority of transactions.

There are ATMs throughout Senegal (although they are more limited outside the cities) and they are fairly widespread throughout Dakar.

3.8. Electricity and Electronics

For the most part, electrical sockets (outlets) in Senegal are the European CEE 7/16 Europlug and run on 220-240 volts AC, 50Hz. The majority of power sockets used are of the type shown in the diagram below.



If your appliance's plug doesn't match the shape of this socket, you will need a travel plug adapter in order to plug in.

3.9. Shopping

Try to carry small bills because in many cases merchants do not have change, especially early in the day.

It is advisable to carry a photocopy of your passport or ID at all times.

Here is a list of some of the shopping areas popular with some tourists. Again, always verify online and with hotel representatives before you embark on your shopping

adventures. A great resources is TripAdvisor (http://www.tripadvisor.com/Attractions-g293831-Activities-c26-Dakar_Dakar_Region.html).

1) Layu

This includes high end accessories, couture, jewelry and home décor

Address: Route du King Fahd Palace immobile number 26

Central Dakar, Dakar, Senegal

Phone: 33 868 13 32

Website: <http://www.ILoveLAYU.com/>

2) Cocktail du Senegal

Good quality souvenirs without bargaining. Lots of tablecloths, handbags, kids clothes and sandals, wood, jewelry and other items.

Address: 108, Rue Moussé Diop (Behind 4 Vents Bookstore downtown)

Phone: 33-823-53-15

3) Diama Dione Boutique

Fenetre Mermoz opposite the Casino. For a fine selection of quilted stuffed animals and bags, the Diama Dione Boutique is one of the best places in Dakar.

The boutique also has a good selection of clothes for men, women and children and a great collection of quilted backpacks.

Phone: 77-634-07-62.

3.10. Food and restaurants

The style and prices reflect the quality of the establishment, with most of the new restaurants leaning towards a more modern contemporary ambiance. In some restaurants you might easily find African, French, Lebanese and Vietnamese food on the same menu. Informal dining choices include fast food and seaside “shacks”. Reservations are seldom necessary except as noted. More upscale restaurants are rarely open for dinner before 7:30 p.m. with prime time dining beginning at 8 p.m. or later. Keep in mind that many restaurants are closed on Sundays or Mondays. Dining out in Dakar is a treat and there are new establishments opening up constantly, reflecting the growing community. You can ask just about any restaurant to deliver - many provide the service for a few hundred francs.

NOTES ABOUT SENEGALESE FOOD: Rice is almost always part of the noon meal. Couscous, made of millet with a sauce, is frequently served for the evening meal. Some of the best-known dishes are:

- 1) CEEBU JEN: (pronounced chebu jen). - rice and fish, often served with a variety of vegetables, piment and tomato sauces. Can be made with meat too (ceebu yapp).

- 2) **POULET YASSA:** Chicken and onions are marinated in lime juice, then grilled on charcoal and cooked in a sauce, and served over rice.
- 3) **MAFE:** Meat, usually beef or goat, cooked in a peanut sauce and served with rice.

Dakar is changing all the time, so please check ahead of time with your hotel representatives or on the website for the opening/closing times of each restaurant. The top-rated restaurants in Dakar, Senegal for 2016 on TripAdvisor is listed below. For further information, we highly recommend using TripAdvisor's website (http://www.tripadvisor.com/Restaurants-g293831-Dakar_Dakar_Region.html).

- 1) **Lagon II**
Address: Route de la Petite Corniche Est, Dakar BP 1186, Senegal
Phone: +221 33 823 67 69
Website: <http://www.lelagondakar.com/#> =
- 2) **Restaurant Farid**
Address: 51 Rue Vincens, Dakar, Senegal
Website: <http://www.hotelfarid.com/#> =
- 3) **La Fourchette**
Address: 4 Rue Parent (Marche Kermel), Dakar, Senegal
Phone: +221 33 821 88 8
Website: http://www.fourchettedakar.com/bar_restau.html
- 4) **Chez Loutcha**
Address: 101 Rue Mousse Diop, Dakar, Senegal
Phone: 338210302
Website: <http://www.chezloutcha.com/#> =
- 5) **Le Coste**
Address: 1 Place de L'indépendance, Dakar 1175, Senegal
Phone: +221 33 822 10 29
Website: <https://www.facebook.com/coste.gastronomie#> =
- 6) **Le Calebasse**
Address: Mamelles, Route des Almadies | sur le goudron au pied du phare des Mamelles, above Art Afrik, Dakar, Senegal
Phone: 221 33 860 69 47
- 7) **Alkimia Restaurant and Bar**
Address: Route des Almadies, Dakar, Senegal
Phone: +221 33 820 68 68
Website: http://www.alkimiadakar.com/bar_restau.html
- 8) **Charly's**
Address: Route de l'Aéroport, N'gor Almadies, Dakar 8066, Senegal
Phone: +(221)774380350
- 9) **La Cabane du Pêcheur**
Address: Plage de Ngor | BP 8 679, Dakar, Senegal

Phone: +221 33 820 76 75

Website: <https://www.facebook.com/cabanedupecheurngor#> =

10) La Parrilla

Address: 6 Rue Emile Zola, Dakar, Senegal

Phone: 221-33-8221500

3.11. Entertainment and Leisure

Again, we recommend that you use TripAdvisor, your hotel staff, and online sources as a guide for live music and entertainment activities in Dakar. Here are a few of the popular places indicated online for visitors to Dakar.

1) Just 4 U

This atmospheric garden restaurant is the best address for live music.

Address: Ave Cheikh Anta Diop, Point E; +221 33 824 3250;

Website: <https://www.facebook.com/pages/Just-4-You/109537195794712>

2) L'Institut Français

This is the flagship French cultural centre in West Africa.

Address: 89 Rue Joseph Gomis;

Phone: +221 33 823 0320;

Website: www.institutfr-dakar.org

4. About Dakar, Senegal

4.1. Background Information

During and after World War II, Dakar was developed as a seaport and administrative center. From 1902 to 1959 Dakar was the capital of the Federation of French West Africa. Since Senegalese Independence on April 4, 1960, Dakar has remained a regional commercial and cultural center. Today it is a city of roughly two million people, with a large expatriate community.

Dakar owes its importance to both location and history. The Dakar-to-Bamako railroad, built at the end of the 19th century, opened Dakar's harbor as an outlet for exports from the vast hinterland of Senegal and Mali. Because traffic on the Senegal and Gambia rivers was thereby reduced to local commerce, the city of Saint-Louis - once the French capital and located at the mouth of the Senegal River 170 miles north of Dakar - diminished in significance.

Dakar is situated eight miles south of the "Pointe des Almadies," the westernmost tip of the African continent and the closest point to the Americas (distance from Dakar to Natal, Brazil: 1,865 miles). It became the eastern terminus of the first transatlantic air route and Dakar's Leopold Senghor Airport now serves as a key junction for air routes between North America or Europe and Africa and between Europe and South

America. Its harbor is the half-way station between Europe and the countries of southern Africa and South America.

The basalt cliff outcroppings around Dakar and on the island of Gorée defend the land from the sea and earned the region its name as "the African Gibraltar."

On a plateau about 100 feet above sea level, Dakar has tall, modern buildings, handsome homes, and tree - lined avenues. With its many strikingly modern structures, including the National Assembly Building, the Kebe Building and the Daniel Sorano Theater, its center compares favorably with other modern African cities. In addition, architecture that reflects African and Moroccan influences as well as Dakar's colonial history gives the city a particularly interesting flavor. The Cathédrale du Souvenir African and the Grande Mosque are among the most impressive buildings.

The crowded Medina commercial and residential area adjoins the business district. To the north are suburbs including Grand Dakar, Kolobane, Baobabs, Point E, and Liberté. Some are randomly developed and others are carefully planned areas of bright modern houses surrounded by trees and gardens.

4.2. Religion

Senegal is a predominately Muslim country. You will often see men in prayer, as Islam requires that prayers be said five times a day. A few guidelines apply:

- Never walk in front of someone who is praying or interrupt him or her.
- Never touch a person's gris-gris. (This is a small leather pouch that is often worn on the arm or around the waist. It contains written pages from the Koran and is meant to protect the bearer). They are considered to be very private and are never shared.

4.3. Weather

Senegal has tropical weather from May to November and with strong southeast winds. The dry season is from December to April, dominated by hot and dry winds. Well-defined dry and humid seasons result from northeast winter winds and southwest summer winds. Dakar's annual rainfall of about 600 mm (24 in) occurs between June and October when maximum temperatures average 30 °C (86.0 °F) and minimums 24.2 °C (75.6 °F); December to February maximum temperatures average 25.7 °C (78.3 °F) and minimums 18 °C (64.4 °F).

4.4. Clothing

Senegalese men and women dress very modestly, but they are more liberal than in other Muslim countries with regard to attire. Due to the international flavor of Dakar and its many tourists, you can see everything from the latest Parisian fashions to

traditional African clothing in and around the city. However, anyone visiting a traditional village should observe more traditional mores and dress conservatively.

Casual pants and shirts for men and slacks and skirts (knee length) for women are quite acceptable. Remember that it is hot and dry for most of the year, so be sure to wear something light weight (preferably cotton) and don't forget a hat and sunglasses.