

# INTRODUCTION TO SENEGAL

## A PROFILE OF DAKAR

On May 15, 1877 the Commandant of Gorée and Dependencies, Capitaine de Vaisseau L. Protet, reported to the Government of the Second Empire in Paris, "*I have the honor to inform you that I have raised the French flag over the small fort which we have constructed in Dakar.*" This flag, flying over an unexceptional Senegalese fishing village, marked the birth of Dakar (and the decline of Gorée) as the most important European settlement in West Africa.

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, with a large expatriate community of predominantly French and Lebanese nationals.

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." Dakar proved its defensive worth during World War II when, in September 1940, Free French warships (with General de Gaulle aboard) and a considerable British fleet failed to force a landing or wrest the city from the control of the Vichy Government.

Dakar is considered by many to be the most European city between Casablanca and Abidjan. 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 Africain 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.

Industrial areas are found on the peninsula's eastern side, along the railroad to Rufisque and the interior. On the western side, beyond Medina and facing the open sea, is the impressive campus of the University of Dakar.

Senegal has a narrow, fragile resource base with an economy that is vulnerable to droughts and changes in international commodity prices. Its major exports are peanut oil, fish, phosphates and tourism.

## SENEGALESE CULTURE

### CULTURE SHOCK

"Culture Shock is an occupational disease for most of us. And although we may develop some immunity to it, the ailment does not disappear after a certain number of exposures, but returns like the common cold with each new move.

"Culture shock is precipitated by the anxiety that results from losing our familiar signs and symbols of social intercourse. All of us depend for our peace of mind and our efficiency on hundreds of these cues and when an individual enters a strange culture, all or most of these familiar cues are removed...

"Some of the symptoms of culture shock are: excessive concern over drinking water, food, dishes, etc., a feeling of helplessness and desire for dependence, fits of anger over delays and other frustration, depression and apathy." (from a talk by Dr. Kalervo Oberg, 1954).

**Some suggestions:** Give yourself some slack. Don't degrade yourself because everyone else at post seems to be so well adjusted and you feel like you're a mess, have made a huge mistake coming here, can't cope, won't be happy...whatever is running through your shocked system. Most of us have experienced these feelings and come to enjoy our lives here a great deal. Acknowledge that an at-home spouse is going to suffer from the disorientation and loneliness more and differently than the working spouse in most cases. So talk to other spouses early and often. A stiff upper lip is good, but an understanding ear is better.

Talk to us! You are one of us now too. You are wanted here. We don't know you well yet and maybe you haven't established any friendships yet, but you will.

Reach out. Come to the CLO's office and hang around the cafeteria. You are bound to hook up with other new arrivals, a lunch date, and an impromptu shopping trip or tennis match. Invite someone over for coffee or a walk to a patisserie. This is, for better or worse, a transient community and being a little forward is expected and encouraged. The person you latch onto may just need that invitation more than you!

Get around. Taxis are cheap and they can keep you from feeling stranded without a car. A \$2 cab fare to the Embassy cafeteria for lunch won't break the bank and you are sure to meet some new people as well as see some of the people you have already met.

Read more about culture shock and the local culture. Material is available from the CLO and Health Unit. Dealing with the stress early is going to be your best tactic for keeping yourself on

an even keel during the difficult settling-in period, and later when the inevitable aftershocks come.

The following guidelines will help you during your stay in Senegal. While there are always cultural gray areas, the Senegalese are accustomed to visitors and are very accepting of cultural faux pas.

## GREETINGS

Greetings in Senegal are extremely important. Take the time to greet people before any transaction. It is considered extremely impolite to begin talking without first exchanging pleasant conversation about family and friends. Greet everyone in the group, not just the person you know or need to talk to. Ask about their family and mention any family members that you know by name.

## MANNERS

- Always address others with respect. Never call someone by saying “hey.”
- Avoid a direct “No,” if possible, and avoid saying, “That’s not true.” Never imply that someone is lying.
- When talking to elders, avoid eye contact. Lower your eyes if you wish to show respect.
- Unless you have a very good relationship with someone, don’t ask personal questions or make statements regarding their family. Simple questions like “How many children do you have?” or “Boy, what a big baby!” are considered rude and should be avoided.
- Never pay special attention or stare at a pregnant woman. You should never ask a pregnant woman, “When is the baby due?” as this is considered to bring bad luck to the mother and child.
- Use only the right hand when contacting other people, handing something to someone or when shaking hands.
- Avoid pointing at people or counting people by pointing.
- Never look at other people when they are eating.
- Never take a person’s picture without first asking their permission.

## 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.

## 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.

Men and women alike should think twice before wearing shorts of any kind in town. Traditionally, only children wear shorts and it would be unseemly for a Senegalese gentleman to wear shorts in public unless he is participating in sporting events. Young women, who are only now beginning to exercise in public, tend to wear long pants when jogging. Wearing Bermuda style shorts is acceptable, particularly in the residential suburbs.

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. Much of Dakar is sandy and the streets and walkways downtown are often dirty. While many people wear sandals, you might prefer a closed shoe if planning a long day of hiking or shopping.

## NAMES

People with first names such as Georgette, Odette, George, Pierre and Elizabeth are usually Catholic. "Di" is pronounced "j" in these typical last names: Badiane, Dia, Diagne, Diallo, Diaw, Dieng, Diop, Diouf. "Th" is pronounced "ch" in the following names: Bathily, Thiam, Thioune, Mathiam. In last names beginning with N, the "N" is pronounced "en" - NDao, NDaw, NDiaye. Some FSNs are called by their first names, some by their last, which, in addition to being confusing, makes them difficult to find in the phone book.

## PRACTICAL TIPS FOR LIVING IN DAKAR

### BARGAINING

Bargaining is necessary when shopping at outdoor markets. Vendors usually won't bargain on staple items such as sugar, flour, rice, etc. Vegetable and fruit prices vary according to availability and most vendors will lower the price a little if you're not willing to pay the first price asked.

However, when shopping for arts and crafts, bargain like crazy. Decide what the item is worth to you and whether you're in the mood to spend time bargaining before you ask the price. A lot of people dislike bargaining, but it can actually be fun if you talk and joke with the vendors and aren't in a big hurry. One rule of thumb is to offer about 1/3 of the original asking price and settle at roughly half.

There are two price brackets: one for Senegalese and one for "toubabs" (foreigners). Many vendors feel justified in asking for more from foreigners. If the effort to get beneath the toubab price is taken too seriously, a lot of time and frustration may be wasted over a few francs. There is a point at which a vendor will go no lower and become insulted if you persist. Prices may vary from day to day depending on the vendor's mood, your approach, or whether a major holiday is approaching.

## BEGGARS

Americans are often surprised by the number of beggars in Dakar. However, remember that almsgiving is one of the pillars of Islam and an important part of Senegalese culture. No stigma is attached to begging and it is even required of children or adults who are studying in Koranic Schools. The children you see begging with empty cans are called "talibes" and are begging to earn their daily bread. You will also see "bifals," young men dressed in brightly colored clothing. They can be quite aggressive and will step in front of you jingling the money in their bowls. If you are not inclined to give, just step around them and walk on. There are two Wolof phrases that may be useful to you: "Sarax sa agg na" or simply "agg na" (I have already given today) and "ba benen yohn" (next time). Upon hearing these phrases, beggars will usually wave or nod and back away. Since it would be impossible to give money to everyone who asks, you might want to choose one or two favorites to whom you give money on a regular basis or carry lots of small coins and give whenever the spirit moves you.

## TAXIS

Newcomers often have problems with taxi drivers and the rates they are asked to pay. Negotiate the price BEFORE entering the taxi! To help assure that you are not "taken for a ride," the following list will give you an idea of a "fair" rate:

Airport to Downtown (Embassy)	3,000 - 3,500 cfa
Les Almadies area to Downtown	3,000 cfa
Les Almadies area to Ebbets Field	2,000 cfa
Downtown Hotels to Embassy	500 cfa

If you are interested in hiring a taxi regularly, you can ask for the driver's cell phone number and arrange daily/weekly schedule. Taxi Dial60 Base is one example of a driver for hire - Mansour Ndiaye (Zorro) will drive for you - good and reliable - 77-633-7193 /33-824-8953

## PETS

Dogs and cats brought to Senegal must have a valid health certificate and rabies vaccination. Yearly rabies shots are a necessity. Please go to the Dakar GSO website for further information.

Canned and dry pet food is available but expensive and not as good quality as U.S. brands. Most butchers sell "haché pour le chien" (coarsely ground meat scraps) and "pate le chien" (similar to canned American dog food). Haché, cooked to destroy parasites, and mixed with broken rice and table scraps is nutritious and reasonably thrifty. A wide variety of pet products is available on the internet and most items can be shipped through the pouch.

Tumbu fly larvae ("mango worms" often infest animals that lie on bare ground, and can infest humans, too. Check for quick-growing boil-like swellings.) To treat, smear boil with antiseptic cream, Vaseline, or Betadine solution and wait a few minutes for larva to emerge for air. Squeeze at base of the boil: larva will pop out. Tweezers can be used to ensure complete removal. There is a shot available for pets that have serious problems with tumbu flies but some breeds. Fleas and ticks are very prevalent. The use of flea and tick products, i.e. Frontline or Advantage, is essential. Bring all heartworm medicine with you for the duration of your tour as there is no heartworm medicine available. It is prudent to deworm your pet at least every six months (for an adult pet: younger pets need it more often) for parasites if the pet spends a fair amount of time outdoors. The medicine can be purchased locally.

There are minimal resources for an animal that is seriously ill. Blood work can be done but only for the basic tests. There is x-ray available at the University if the vet can get you in. There are no MRI's or CAT SCANS for animals. Some vets will get your animal into a human x-ray clinic but this is subject to the vet's and the clinic's schedule and not reliable in an emergency.

## VETERINARIANS

**Dr. Mouhamadou Diaw -77-638-2989**

**10, Route du Front de Terre, Clinique Veterinaire in Hann.**

Dr. Diaw speaks English. He makes house calls and is affiliated with the Clinique Veterinaire de Hann. He is popular with the American Community. He is capable of basic veterinary care, i.e. vaccines and worm medicine.

**Dr. Anna Diop – 33-832-5671**

**10, Route du Front de Terre, Clinique Veterinaire in Hann.**

**Dr. Aly Cissé – 77-645-2889**

He makes emergency house calls and is affiliated with the Clinique Veterinaire de Hann. He is capable of basic veterinary care, i.e. vaccines and worm medicine. Speaks French & English.

**Dr. Senou, Animal Pharmacy and Clinic**

**Dr. Armand F. Senou -33-824-3868 / 77-638-6320**

**Route de Ouakam, Immeuble Rose (Fenetre Memoz)**

Dr. Senou has been in practice in Senegal for almost 30 years. He is from Benin, studied at the University and worked in a clinic before opening his own clinic almost 20 years ago. He has surgical facilities, and is capable of routine and emergency surgery. By far, the most experienced. He has a well stocked pharmacy also. Speaks French and some English and will make house calls in an emergency.

**Dr. Salif Ngouyamsa - 77-566-4257**

**C/O Catholic Relief Services (Dakar)**

Dr. Ngouyamsa is English-speaking Nigerian doctor, educated in the U.S., married to an American professional here in Dakar. Does house calls.

**Dog Shelter- 77-632-5703**

Madame Gemmei operates a shelter for dogs, cats and other animals. The shelter is located near the Lac Rose area. If you come across an animal that is suffering from a variety of

problems: wounded from abuse, starving, abandoned, or sick, Ms Gemmei will take the animal to her shelter. She does ask that you donate approximately \$50 to aid her in the care of the pet.

## SECURITY IN DAKAR

### Guidelines for Visitors and Residents

Traveling overseas can be interesting and enjoyable. However, security incidents ranging from petty thefts to major robberies or assaults can turn your stay into a very unpleasant experience. Good security practices as well as common sense will greatly diminish your chances of becoming a victim. The following security practices can help prevent problems commonly encountered in Dakar as well as in other large cities.

#### AIRPORTS

Never leave your baggage unattended or allow someone other than an embassy expediter to check or claim your bags. Valuables such as cameras, medicines, and jewelry should always be placed in carry-on baggage and never checked through. Taxi fares to major hotels are usually posted or available at the information counter. Always fix the price before getting into a taxi cab.

#### HOTELS

Plane tickets, passports and other valuable items should be locked in a safe deposit box or at the embassy office controlling your visit. Most major hotels have safe deposit boxes for your use. Keep in mind that hotels are a favored venue for pickpockets. In general, guests are not familiar with the area or populace and may not realize that they are targets. Check with the reception or the concierge for directions if you are walking from your hotel, or simply take a taxi. Keep pocket money to a minimum and secure it in your front pants pocket or a buttoned shirt pocket. Women should keep a firm grip on handbags and purses.

#### TRANSPORTATION

- **Taxi Service:** Taxis in Dakar are relatively safe, cheap and plentiful. Although most taxi drivers are honest, less scrupulous drivers can be found in any city. Do not get into a taxi that has any additional passengers or “friends” already inside. Do not take the local buses or car rapides. Regardless of your means of transportation, always keep your car doors locked (even when in a taxi) and keep your windows rolled up. Never leave valuables in sight. Put your bags and purses in the trunk or on the floor of the vehicle out of sight. ALWAYS agree on a price BEFORE you get into the taxi or the price may change when you reach your destination. Prices go up on rainy days and holidays.
- **Driving:** The majority of drivers in Dakar have a “me first” attitude and may be inconsiderate of other drivers. Cars coming from the right always have the right-of-way except at clearly marked stop signs. Even then, you should drive defensively and never

assume that the other car will follow the rules. In traffic circles, cars already in the circle have the right of way.

- **Car Guards:** Nearly every time you park your car, you'll be approached by at least one young boy offering to guard it. Choose a guard quickly and firmly. 500 CFA is a reasonable amount to pay if you're parking for 30 minutes or more. Guards can be very unpleasant if you try to give less than that (even if you've only stayed five minutes). When shopping at outdoor markets, hire someone to carry your produce or be prepared to continuously fend off potential "helpers." It will be 500 CFA well spent.
- **Walking:** Walking is often faster than a cab or embassy vehicle and a great way to discover the city. However, certain areas require caution and others should be avoided altogether. Residents and visitors of Dakar should never walk alone along the "Petit Corniche," which is located behind the Novotel Hotel and runs to the Savanah Hotel, nor should they walk downtown alone after dark. Prior to walking in the downtown area, be sure you are not carrying any more than you can afford to lose due to pick-pocketing and other forms of street crime.
- **Other local transportation** - SOTRAC buses, the large green and yellow public buses, have a basic fare of 250 CFA (a few CFA higher for rides outside of the downtown area). Destinations are marked on front. SOTRAC fare from Yoff airport to Dakar is 500 CFA. The blue and yellow mini - buses that shuttle between major markets, residential areas and downtown are called "cars rapides." Destination is not usually marked; basic fare is 200 CFA but this transportation is not recommended for safety reasons.
- **Trains** - The Bamako Express leaves Tuesdays and Fridays around noon. The trip to Bamako takes 24 to 36 hours. One - way fare, first class with couchette is recommended over regular first class or second class . Take enough food and water for two days, even though fruits and other foods are sold at frequent stops en route. Make reservations at the train station, Place de la Gare, at least two weeks in advance if you want a couchette.
- **Car Rapides** - Those brightly painted blue and white vanned vans will undoubtedly be one of the most frequently occurring sights during your stay in Senegal. They run all over the city and have a very formal etiquette. Usually costs 200 francs to get downtown from Almadies/Point E. Riding in a car rapides is discouraged for your safety.
- **Taxi Brousse** - The omnipresent Peugeot 404 Station Wagon, the most widely used intercity transportation in Senegal, can be taken from the Gare Routiere, at the entrance to the Autoroute. Gares also are located in Patd'oie, Platreau, off of Avenue Malik Sy (Gare Pompiers - goes to Banjul) and Ngor. They are frequently unreliable, unsafe, crowded and uncomfortable but they do offer a genuine "non-tourist" glimpse of African life. Fares are inexpensive.

## DRIVING IN SENEGAL

Remember that auto accidents are the leading cause of death for Americans in Africa. Drive defensively and always allow enough time to get to your destination without "pushing it", especially at night.

The most important rule to remember is “**la priorité à droite**”, which means that cars coming from the right always have the right - of - way, except if they are at a clearly marked stop street. Even then, you should exercise great caution. Be particularly careful driving around traffic circles, where cars entering the circle have the right - of - way. During rush hours a policeman will often direct traffic at major intersections. If he is facing you or has his back to you, even though he might not be signaling with his arms at that moment, you must stop. If his side is toward you (he will usually also be making sweeping motions with his arms) proceed through with care.

Seat belts are mandatory for drivers and front seat passengers in cars and taxis at all times while driving in the open country, and between 21:00 and 07:00 while driving in cities. It is strongly recommended that they be worn at all times while driving.

## SHOPPING

Try to carry small bills because in many cases merchants do not have change, especially early in the day. Never pull out a roll of bills unless you want everyone in the area to know exactly how much money you have. Try hard not to let yourself be surrounded by street vendors. It is a favorite scam of pickpockets to lift your wallet while others keep your attention on their wares. It is advisable to carry a photocopy of your passport or ID at all times.

## HUSTLERS

Expect to be hassled until your aura of newness wears off. You may be approached or followed by vendors who are pushy and unpleasant. The best policy for handling hustlers is to ignore them completely and walk on. They may follow you for a block before they “give up,” but it is never worth losing your temper or getting angry.

**Common Scams:** Most scam artists work in pairs for pick pocketing purposes. One man will distract you by engaging you in a conversation or by touching you while the other man will be picking your pocket or handbag or backpack. In Dakar, popular scams include:

- **“Remember me?”** –“I helped you at the airport, restaurant, hotel.” This is a favorite opening line for scam artists in Dakar. Simply say no and walk away. No discussions.
- **“Bracelet Seller”** –Two young men will approach you, one on each side, with a cheap bracelet partially wrapped in paper (or a baseball cap, or a pair of sunglasses) to “sell” to you. While one of them tries to distract you with the item for sale, the other one will try to pick your pocket.
- **“Pants Puller”** – Again, two young men will approach you and one will suddenly bend down and pull at your pants leg or touch your shoes, while talking. As your attention has been distracted to your feet, the other man will attempt to pick your pocket or bag.
- **“Gift Giver”** or **“Welcome To My Country”**– This man will continuously and persistently welcome you to Dakar and give you a gift (usually something worthless). In the meantime, his partner will have moved in and will be attempting to pick your pockets.

**Trust your intuition.** If it feels like someone is trying to scam you, he or she probably is.

All new residents and long-term TDY personnel should receive a complete security briefing through the Regional Security Office shortly after their arrival at Post.

## MEDICAL INFORMATION

### US Mission Dakar Health Unit - General Information

#### Staff

The Health Unit is staffed by a Regional Medical Officer (RMO), two part-time Registered Nurses, a Regional Medical Technologists and a full-time Administrative Assistant. The Regional Psychiatrist (RMO/P) is located in Dakar, and visits to the region are based on need. S/He can also be contacted by cable, phone and e-mail.

#### Hours

The main Health Unit is located in a separate building on the grounds of US Embassy Dakar, and is open on normal business days from 0800 to 1730, with a lunch break from 1200 to 1300. There is a small satellite medical clinic on the grounds of USAID, and it is open on Tuesdays and Thursdays from 1400 to 1700. All patients are encouraged to make appointments to see a medical provider. All sick patients will be able to make same-day appointments. Patients that walk in without an appointment can see a medical provider; however, they may have to wait until patients who have made appointments have been seen first. Emergency situations will be handled immediately. Health care personnel cannot provide services to unofficial patients unless written authorization has been received from the Chief of Mission.

#### Routine Visits

Routine visits include arrival briefings, well child exams, prenatal exams, management of chronic illnesses, clearance exams, immunizations, and mild illnesses or injuries. Please make an appointment before coming. Physical examinations are performed for routine health care and when required for medical clearance.

#### Urgent visits

Urgent visits are for acute illness, painful problems, or accidents. Urgent problems are seen as soon as can be arranged.

#### Medical Emergencies

- Medical emergencies are life-threatening events when time is of the essence. Examples include severe pain, difficulty breathing, uncontrolled bleeding, and unconsciousness.
- The US Embassy Dakar Medical Unit recommends that the first point of contact for medical emergencies be the **Duty Medical Officer**. There is a Medical Officer on duty 24 hours a day 365 days a year.
- During regular working hours please call the **direct number** to the medical unit which is **33 - 879 -4739**. After hours please call directly to the **On Call Cell Phone** which is 77- 333 - **3657**. To reach Aye Sousa, PA call 77-333-3652
- If you cannot reach the Duty Medical Officer, please call **SOS Medicin** at their 24 hour number **33 - 889 - 1515** (*they have English language capabilities 24 hours a day*).
- For poisonings call the Duty Medical Officer
- In order to save time during an emergency we prefer that you call directly to the one of the two above emergency numbers. Emergency numbers are listed in the Dakar La

Palabre and on the laminated card provided by US Embassy Dakar. These numbers should be easily accessible, perhaps next to your phone(s).

- It is important to know your exact street address and or directions to get to your house **in French**. Post this next to your phone(s).
- It is important to familiarize yourself with the location of **SOS Medecins** and how to get there from your residence (especially at night).
- Your maid and baby sitter, as well as friends or visiting family, need to know what to do in an emergency (who to contact, phone numbers, your exact address/directions to your house etc).

#### **Poisonings** - what to do if a poisoning occurs:

- Call the On Duty Medical Officer
- Keep the U.S. **National Poison Control Center** number with your other emergency numbers: **800-222-1222**.
- Have the following information ready: child's age and weight, product containers or bottles, time the poisoning occurred, your name and telephone number.

Private hospital facilities in Dakar are fair but do not generally meet Western standards. Some outpatient and inpatient surgical procedures can be performed safely. If you are taken or go to a hospital for treatment please take cash to use to guarantee payment of the bill. This will make it much easier to leave when treatment is complete.

Ambulance services are available. Response times vary depending on where one lives. Private ambulance services like SOS Medecins are better equipped and travel with trained personnel. SOS Medecins is the preferred ambulance service for the embassy. Please notify the embassy medical duty officer as soon as possible regarding which hospital or clinic the patient is going to; the medical duty officer can meet and assist at the facility as needed.

### **Medical Issues Pertinent to Senegal**

- Malaria: it is strongly recommended that malaria prophylaxis be taken during your entire stay in Senegal. Please speak with your medical provider about the appropriate medication for you and your family.
- Travelers Diarrhea: high risk. Frequent hand washing, eating only recently cooked food, peeled fruits and vegetables and drinking treated water are recommended preventive measures.
- Vaccinations: additional vaccinations may be needed please see the website: **www.travax.com** (user name: **statedept**, password: **4re\$ted**) and consult with your medical provider.
- Medications: Please bring a year's supply of your prescription medications and any over the counter medications you might need.

## **PHARMACIES**

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Pharmacies are usually open from 8:00 a.m. to noon and from 3:00 p.m. to 7:00 p.m. Monday through Saturday and are found throughout the city. Frequently used local pharmacies include:

- Pharmacie du Cap-Vert: (33-821-74-06) 43, Avenue Lamine Gueye. Open Mon-Tue-Wed-Thurs. from 8:30 - 22:00. Friday: open from 8:30 thru 13:00 and from 14:30 - 22:00.
- Pharmacie de la Nation: (33-823.49.01) 153 Ave. Lamine Gueye (two blocks down on the right from Laticia and the Cathedral). Open 24 hours.
- Pharmacie Ndoss: (33-825.56.62) Avenue C.A. Diop. On Rue de Ouakam across from the University entrance. Open 24 hours.
- Pharmacie Nelson Mandela: - (33-821.21.72) 12, Ave. Nelson Mandela. Across from Hôpital Principal. Open 24 hours.

## **LOCAL EQUIVALENTS OF COMMON NON-PRESCRIPTION DRUGS**

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**Tylenol.** (US generic name = acetaminophen).

Sold as Panadol, Doliprane, (paracetamol = European generic name). Available in pills, suppositories, and liquid.

**Aspirin.** Jeuepirine, etc. (generic name = aspirine).

**Motrin.** (US generic = ibuprofen) Sold as Brufen in pills and children's syrup.

**BenGay.** Number of products collectively known as pommade (or baume) analgesique, e.g., Baume Algipan.

**Sudafed.** (US generic = pseudoephedrine). Not sold locally except in combination with an antihistamine, e.g., Actifed.

**Cough Syrups.** Multiple, e.g., Tussisedal.

**Laxatives.** Dulcolax, Senecot, and a number of bulk forming agents (similar to our Metamucil), e.g., Herbesar, Mucipulgite.

**Antacids.** Maalox, Gelusil, and others.

**Throat Lozenges.** A multiplicity of French products.

**Nose Drops.** Otrivine 1%. NOTE: Should not be taken for more than 3 consecutive days.

**Eye Drops.** VITA-3, Sedacollyne, and others.

**Ear Drops.** Otipax and others.

**Vaginal Yeast Infections.** Fazol G , Gyno-Prevaryl 150, and others.

## **COMMUNICATIONS**

### **WEB/INTERNET SITES**

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**News stories in English on Senegal:**

- <http://allafrica.com/senegal/>
- <http://www.senegalpost.com/>
- <http://news.bbc.co.uk/hi/english/world/africa/default.stm>
- <http://www.france24.com>

**These two sites have news on Senegal in French:**

- <http://www.aps.sn/>
- <http://www.sentoo.sn/>

## These links will take you to Senegal's local newspapers online

- <http://www.lesoleil.sn/>
- <http://www.sudonline.sn/Rubriques%20infos/Cadreunejournal.htm>
- <http://www.walf.sn/>

## Tourism Information / General Information for Senegal:

- <http://www.senegal-tourism.com/>
- <http://www.ausenegal.com> - This site has ideas for things to see and do, addresses and telephone numbers for hotels, restaurants and galleries.
- <http://www.lonelyplanet.com/destinations/africa/senegal/>
- <http://dakar.fr>
- [www.senegal-online.com](http://www.senegal-online.com)
- [www.dakarville.sn](http://www.dakarville.sn)
- [www.gouv.sn/tour](http://www.gouv.sn/tour)
- [www.afrik.com](http://www.afrik.com)
- [www.dakarestos.com](http://www.dakarestos.com) - restaurants that deliver in your area, menus and recipes

## Emergency Communications

"Official" Americans can receive and send emergency messages through the Communications and Program Unit (CPU) 24 hours a day. After office hours, contact the duty officer as listed weekly on the front page of [La Palabre](#) (Embassy newsletter) or call the Embassy. Other Americans in Senegal should contact the Consular Officer at the Embassy in emergency situations.

**If you have a fire emergency and appear to be having problems when dialing '18', please try one of the following numbers: 33-823-03-50, 33-823-03-55, 33-823-03-59, 33-823-03-60. Remember to also contact RSO and GSO duty officers but get yourself and your family to a safe location first.** Please let GSO/Facilities Maintenance know if you have any questions or concerns. Point of Contact is Post Occupational Safety and Health Officer (POSHO).

## RADIO STATIONS

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Dakar residents have access to a rich variety of FM radio programming. The RTS (Radiodiffusion Television du Senegal) is the national radio and TV network. Since 1992, liberalization has allowed more stations to broadcast and now there are at least ten on FM. Radio broadcasts take place in Wolof, Diola and Dula but French is the official language and is most often used. The British Broadcasting Corporation (BBC) transmits both in French and English and is joined by Radio France International (RFI) and Africa Numéro Uno as excellent sources of international news and features. Radio Nostalgie provides a variety of pop and some classical music throughout the day and evening hours.

Radio Sud FM and Radio Dunya are privately owned stations that employ "magazine" formats: a mixture of news, entertainment and features about Senegalese politics and culture. Radio Senegal employs a similar format to reach a national audience with news roundups on the hour, generally in French. Le Soleil and Walf Fad Jiri, local daily newspapers, carry radio-programming schedules.

To sample the variety available, set your FM dial to these frequencies:

88.9FM	Radio Dunyaa
90.3FM	Radio Nostalgie
92FM	Radio France International
92.5 FM	Chaine Inter
94.5 FM	Dakar FM
95.7FM	Chaine Nationale
98.5FM	Sud FM
102FM	Africa No.1
105.6FM	BBC

## **TELEVISION/SATELLITE TV**

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Without a satellite dish, you can pick up only the RTS (Radio diffusion television du Senegal), the official Senegalese channel. Broadcasts are a mixture of current affairs, cultural and sporting programs and occasional films from 6:15 to 11: 15 p.m.

## **DSTV**

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**Contact: 33-864-79-67, Issa Diop [ildiop@sentoo.sn](mailto:ildiop@sentoo.sn) - or Katherine at 77-644-11-23, on Avenue Bouguiba** CNN, BBC, National Geographic, Discovery, Cartoon Network, sports coverage, movies, sitcoms, MTV and more. DS TV offers more than thirty channels in English. There is a charge for the small dish, decoder and a monthly fee.

## **NEWSPAPERS**

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The following Senegalese newspapers are issued daily in French and are readily available from street vendors, shops, and bookstores.

Le Soleil (cost 200 cfa)	The Le Soleil is the “semi-independent paper of record” The government appoints the General Director.
Walfadjri (cost 200 cfa)	Privately owned independent.
Sud (cost 200 cfa)	Privately owned independent.

## **BOOK SHOPS**

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### **Librairie Clairafrique – 33-822-21-69**

Located at Rue Sandinieri, just off the Place de L’Independance Large selections of books. A few English books for children and adults. The store also stocks school and office supplies. Also near the University Cheikh Anta Diop – Tel. 864 44 29

**Librairie Aux 4 Vents -33-822-13-46**

Located at 55, Rue Felix Fauré

A fabulous selection of (mostly) French, art books and press. A few titles are available in English. This store has a terrific kid's section as well, good for last minute birthday presents. Another 4 Vents also opened near the Mermoz/Oukam Elton station – Phone 869-1037

**Chez Alpha Books – 33-820-65-39/77-642-63-83/chezalphabks@yahoo.com**

This bookstore is devoted to multicultural adult and children's books in English. The store is located in Mamelles, Cité des Magistrates #23. Hours: Tues, Wed, Thurs, Fri, Sat 10-1 p.m. /3 p.m.-7 p.m.

**“La Polyglotte” - Librairie Internationale -33-820-88-87 , e-mail: polyglotte@sentoo.sn**

Located at Route de Ngor – Almadies near the Pridoux. Books, newspapers and magazines in English. Stationary and home office accessories, special order service.

## REFERENCES ABOUT SENEGAL

**Lonely Planet – The Gambia and Senegal – ISBN 0-8644-2593-7**

Most people who have traveled anywhere outside the US know Lonely Planet publications. These are very down-to earth guides with traveling advice from experienced world travelers. You can buy this book in Senegal, but it will cost more. Check out the website at [www.lonelyplanet.com/destinations/africa/senegal](http://www.lonelyplanet.com/destinations/africa/senegal)

**The Rough Guide – West Africa – ISBN 1-85828-101-6**

Same kind of guide as Lonely Planet – [www.theroughguide.com](http://www.theroughguide.com).

**Insight Guides – The Gambia and Senegal – ISBN 962-421-099-3**

Has lots of nice photographs and history and less practical everyday information. But it online a [www.insightguides.com](http://www.insightguides.com) if you cannot find it here in Dakar.

**Senegal Today** – beautiful coffee table book available here in Dakar.

## PLACES OF WORSHIP

Over 90 percent of Senegal's population is Moslem. Islam is a very important and highly visible part of everyday life here. You will hear the call to prayer five times daily, and you will see people praying alone or in-groups. You will notice groups of children learning to recite the Koran. The practice of almsgiving, while required of all Moslems, is not, of course, a requirement for non -Moslems. Donations of small change to beggars are appreciated. Holidays, especially Tabaski, are times when gifts are appropriate. Listed below are a few places of worship:

**The Cathedral – 33-821-43-64****Boulevard de La République (Dakar- Plateau)**

Mass is celebrated in French at 7:00 p.m. on Saturday evenings and 7:30, 9:00, 10:30 a.m. on Sunday mornings. There is also a daily morning service at 7:00 a.m.

**International Baptist Church – 33-824-07-50**

**Off Bourguiba, SICAP Liberte 11**

English services are held at 9:00 a.m. and 11:00 a.m.

Sunday school offered to all ages at 10:00 a.m.

**Eglise Fraternité St. Dominique –33- 824-91-03**

**Route de Ouakam, across from the university.**

Mass in French at 10:30 a.m.; English mass Sunday at 12:30.

**St Joseph of Medina –33- 822-4626**

**Route de Ouakam (near Hyper Casino)**

Saturday evening services begin at 7:00 p.m. Sunday morning masses are at 7:00, 9:30, and 11:00 a.m. A 6:30 p.m. Sunday evening mass is also celebrated.

**English-speaking Catholic mass**

Every Sunday @ 12:30 p.m. at Saint Dominc's church on Ouakam road near the University.

**Family Christian Fellowship church**

Meets Sundays at 10 AM at the International School of Dakar. Children's Sunday school program, music, English-speaking, American-style Protestant worship service. Weekly men's and women's Bible study groups also available.

**Chapelle de Cours Sainte Marie - Routes des Maristes (Hann)**

**Contact Father Francois at: 33-832-20-80**

Saturday evening mass at 6:30 p.m. Sunday morning mass at 11:00 a.m.

**Eglise Adventiste - Tel: 33-824-41-13**

**10, Rue 5 Pointe E**

Prayer meeting: Wednesdays at 5:00 p.m., Bible readings, Fridays 7:00, Bible study, 10:45. Ecole maternelle.

**Baha'i Center – 33-824-2359**

Open on Sundays, Tuesdays and Fridays. Call for more information. Mrs. Fatimatat Ba at 825-75-03.

**Saint Christophe – Route de l'Aeroport, right before the Airport – 33-869-06-13, 33-869-06-10**

Saturday evening Catholic services at 6 :30 p.m., Sunday morning mass at 9:30 and 11 :00 a.m.

**Jehovah's Witnesses Center, Rue 3, (Point E)**

**Communauté de Chrétienne Evangélique (Pastor Michel Andread) – 33-824-42-15** Take Bourguiba to the Casino supermarket. There will be a sign posted with directions on where the service is to be held. Services in French and English at 10:30 a.m.

**Judaic**

There are no synagogues or temples in Dakar. The Israeli Embassy occasionally celebrates Jewish holidays. They usually host a Passover Sedar. You may register with the Israeli Embassy by calling **33-823-79-65**.

### **Monastère de Keur Moussa**

Mass is sung combining African musical instruments and Gregorian chanting. Sunday mass starts at 10:00 a.m. See listing under "Attractions" for directions.

### **Islamic**

As this is a predominantly Muslim country, many mosques are located all over Dakar and around Senegal. **Touba** is the sacred focus of the Mouride Islamic brotherhood, and their founder Amadou Bamba is buried in the giant Mosque. It is one of the largest Mosque in West Africa and the most beautiful in Senegal and worth a visit. Visitors to Touba should remember, however, that the Brotherhood itself established and enforces the norms of social behavior within the town. You should not use or be seen with alcoholic beverages or cigarettes. Women should dress modestly and not in pants. Bring along a scarf to cover your head. The mosque may be visited during the day except at the hours of prayer- just remember to respect the local customs.

### **Grande Mosquée**

**Avenue El Hadj Malik Sy**

**Mosquée de la Divinité – Ouakam, on the coast, near Préférence Rotin, set down a hill on the sea.**

**Mosquée Seydou Nourou Tall – on the Corniche at Avenue Malik Sy.** Huge unfinished mosque was a gift from a Moroccan family.

## **FOOD AND RESTAURANTS**



Restaurants in Dakar are comparable in price to restaurants in the US. 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. We have left some blank spaces to add your own new restaurants as they come into being – Dakar is changing all the time!

**NOTES ABOUT SENEGALESE FOOD:** Senegalese food is rather spicy by American standards. Milder dishes are often accompanied by "sauce piment" (hot pepper sauce). 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:

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

## **DOWNTOWN**

<b>Adonis</b> 27 Avenue Pompidou (Ponty) Dakar-Plateau Great chwarmas, fast food and Middle Eastern dishes, inexpensive. No A/C	<b>33-822-40-86</b>
<b>Al Andalous</b> 24 Rue Sandinieri near Sandaga Market Lebanese and fast food. Great mechoui (24 hr advance)–excellent food, nice atmosphere	<b>33-823-14-23</b>
<b>Ali Baba</b> 23, Rue George Pompidou Chawarmas, Middle Eastern & International fast food.	<b>33-822-52-97</b>
<b>Angkor</b> Rue Dagorne Vietnamese.	<b>33-820-02-10</b>
<b>Big Five</b> 24 Rue Victor Hugo Grill/Continental	<b>33-822-08-17</b>
<b>Caesar's</b> 27 Avenue de la République Pizzas, salads, panini, fried chicken. Delivery.	<b>33-823-84-00</b> <b>33-842-50-05</b>
<b>Café de Rome</b> 32, Avenue de la République, Italian Cuisine, great pasta. Moderate.	<b>33-823-26-10</b> <b>33-849-02-00</b>
<b>Casa Creole</b> 21, Blvd. Pinet LaPrade. Near the main post office, live music on weekends.	<b>33-823-40-81</b>
<b>Chez Loutcha</b> 101, Rue Moussé Diop Inexpensive and informal. Senegalese and Cape Verdian cuisine Great for lunch. Closed Sundays	<b>33-821-21-02</b>
<b>Farid</b> 51, Rue Vincennes. Lebanese specialties. Beautiful patio! Moderately priced. Closed Sundays.	<b>33-823-61-23</b>
<b>Indiana</b> 17 Rue Ramez Bourgi Derriere la Prefecture Dakar, Dakar, Senegal Indian food – Great for delivery	<b>33-822-90-80</b>

<b>La Boulangerie Orientale</b>	<b>33-842-21-72</b>
60 Rue Amadou Assane Ndoye Dakar Plateau great Lebanese dishes, sandwiches, mezze, pastries – delivery to all areas and catering!	
<b>La Croix de Sud</b>	<b>33-823-12-73</b>
In the Croix de Sud Hotel on the Place de L'indépendance Continental cuisine, moderate	
<b>La Fourchette</b>	<b>33-821-88-87</b>
4, Rue Parent, near Kermel Market Offers the unexpected and unusual combination of French and Tex Mex food. Open every day except Tuesdays for lunch and dinner. Top quality.	
<b>La Galette</b>	<b>33-821-33-40</b>
Pompidou & Dr. Theze. Pastries, delicious breads & pizza.	
<b>La Gondole</b>	<b>33-821-88-58</b>
Avenue Georges Pompidou near Cinema Le Plaza Delicious Ice Cream, Divine Milk Shakes, Pizza.	
<b>La Palmeraie</b>	<b>33-821-15-94</b>
20, Ave. Georges Pompidou, 1 block from Place de L'Indépendance. Great for lunch, breakfast and brunch. Crepes, omelets, sandwiches, salads. Inexpensive.	
<b>La Piazza</b>	<b>33-842-72-05</b>
Pizza, sandwiches, panini. Favorite for lunch among Embassy staff. Home delivery until 11:00 p.m. for reasonable price (Downtown, 300 cfa, Pointe E/Fann CFA 700, for suburbs price is a bit higher).	
<b>La Pizzeria</b>	<b>33-821-09-26</b>
47 Rue Abdou Bourgi Excellent pizza and Italian dishes; good quality and value.	
<b>L'Ozio</b>	<b>33-823-87-87</b>
21, Rue Victor Hugo Good French food. Excellent salads. Reservations for dinner are recommended. Open seven days per week. This place is also a good bar after dinner hours. Relaxed & Chic.	
<b>Le Bambou</b>	<b>33-822-06-45</b>
19, Rue Victor Hugo French and Continental specialties, pleasant ambiance, expensive Open daily. Lunch is not served Saturdays or Sundays.	
<b>Le Dagorne</b>	<b>33-822-20-80</b>
Rue Dagorne behind Marché Kermel French menu but also serving a few Senegalese and Cape Verdian dishes. Pleasant courtyard dining. Moderately expensive. Closed Mondays.	

<b>Le Cercle de la Rade</b> French dining near military camp; also site of annual crafts fair	<b>33-839-64-35</b>
<b>Le Dragon D' Or</b> 35, Rue Jules Ferry Vietnamese. Good for lunch.	<b>33-821-66-76</b>
<b>Le Hanoï Vietnamese</b> 85 Rue Carnot x Joseph Gomis Dakar Plateau good Vietnamese food, M-Sat 12-3 pm and 7-11 pm, delivery too	<b>33-821-32-69</b>
<b>Le Lagon 1</b> Route de la Cornich East, behind Sofitel Hotel French food with Senegalese specialties, seafood, kids portions, expensive but worth it	<b>33-821-53-22</b>
<b>Le Lagon 2</b> Route de la Corniche Seaside dining	<b>33-823-74-42</b>
<b>Le Mex</b> 91 Bis Rue Mohammed Diop Dakar Plateau Paninis, full snack menu, themed nights on Friday and Saturday including Karaoke, delivery, closed Monday. Site:www.lemex-dakar.com	<b>33-823-67-17</b>
<b>Le Montelimar</b> 45, Rue Carnot. Classic reliable French food. Nice air-conditioned space. Closed on Tuesdays.	<b>33-822-06-07</b>
<b>Le Niani Beach</b> Route de la Petite Corniche East Continental. Expensive. Taken over recently by La Fourchette management!	<b>33-822-60-71</b>
<b>Le Ponty</b> 13, Ave. Georges Pompidou. Indoor and outdoor seating. Fast food and a variety of French & Senegalese dishes. Daily specials. Moderate.	<b>33-822-43-66</b>
<b>Le Plaza</b> 71, Rue Raffanel near Avenue Pompidou. Excellent Italian cuisine as well as old French standbys, moderately expensive. Closed Mondays	<b>33-822-27-68</b>
<b>Le Sarraut</b> Avenue Sarraut across from SCORE Continental. Delicious French cuisine, which makes good use of local ingredients. Nice for a romantic dinner. Good wines. Open holidays for dinner, closed Sundays. Moderate.	<b>33-822-55-23</b>
<b>Fuji Sushi</b> Victor Hugo/Boulevard de la Republique Great sushi and lovely dining atmosphere	<b>33-821-60-00</b>

<b>Le Toukoleur</b>	<b>33-821-51-93</b>
122, Rue Mousse Diop. Daily specials and a creative cuisine. French food with an international flair including Asian, Italian and Middle Eastern flavors. Moderate. Reservations recommended.	
<b>Les Delices Marocaines</b>	<b>33-822-16-04</b>
Rue Carnot off Lamine Gueye (Dakar Plateau) Good Moroccan dishes; dine on Moroccan style on couches and pillows.	
<b>Eric Kayser</b>	<b>33-822-81-80</b>
3 Boulevard de le Republique, Plateau Excellent breads, pastries, sandwiches and salads. French import is a wonderful addition to Dakar! Delivery available	
<b>Nhi Ha Vietnam</b>	<b>33-842-03-74</b>
9 Boulevard Djily Mbaye (within walking distance of Marché Kermel) Good Vietnamese dishes, take-out available.	
<b>N'Ice Cream</b>	<b>33-823-35-45</b>
97 Avenue Paytavin Immeuble Kebe Gourmet ice cream, over 30 different flavors – delivery in town, excellent quality! nicecream@arc.sn	
<b>Restaurant Le Layal</b>	<b>33-843-73-13</b>
40 Rue Docteur Thèze x Rue de Thiong (Dakar Plateau) Lebanese – good mezzé, does catering. Good quality!	
<b>Restaurant Le Séoul</b>	<b>33-822-90-00</b>
75 Rue El Hadji Amadou Assane Ndoye (Dakar Plateau) Korean: Sushi* Sashimi* Tempura.Vegetarian. Inside/outside seating. Good quality!	

## OUTSIDE OF CITY CENTER

### CORNICHE EST/OUEST AREA

<b>Chez Mimi</b>	<b>33-824-86-31</b>
Rue de Oukam near Elton intersection Closed Tuesdays. Inexpensive. Casual Italian food and grilled foods. Great place to take kids, a laid back environment.	
<b>La Noix d'OR</b>	<b>33-864-36-12</b>
Villa no.32, Rue Aime Cesaire XE, Fann Residence Great Chinese Food.	
<b>Le Terrou Bi</b>	<b>33-839-90-39</b>
On the Corniche by the Supreme Court half way between downtown and les Almadies. It has two restaurants. The menu upstairs is creative w/beautiful presentation, outstanding service and attention to detail. Good for anniversaries or special occasions. Expensive. Downstairs is casual with a set menu. Poolside is pleasant on the weekends or for lunch, with buffet on	

Sundays. The Casino is open nightly.

## **POINTE E AND RUE DE OUKAM**

<b>Al Firdaws</b> Traffic circle of VDN and Sacre Cœur (Sacre Cœur) Great Moroccan food. Also have a tea room and do catering of large parties or receptions. Sit upstairs under the Moroccan tent, rent out for a party.	<b>33-864-66-11</b>
<b>Arc En Ciel</b> Rue de Ouakam, Fenetre Mermoz Pizza, Hamburgers. Take out service available. Inexpensive.	<b>33-825-89-23</b>
<b>La Baie d'Along</b> Avenue Bourguiba and Allees Seydou Nourou Tall, Point E Excellent Vietnamese food, closed Sundays, reservations recommended.	<b>33-824-16-69</b>
<b>Caesar's CASINO SAHM</b> Pizza, ice cream, great Middle Eastern dishes, children's play area.	<b>33-842-50-05</b>
<b>Caesar's Ouakam – across from Elton station on Route de Ouakam</b> Excellent fried chicken and fish in addition to regular Caesar's fare – newest of the chain, delivery available.	<b>33-864-55-65</b>
<b>Casablanca</b> Route de Ouakam near Senelec building, past fish corner Moroccan food lunch and dinner, Ladies Night every Wed, live music, Happy Hour everyday from 7-8 p.m.	<b>77-557-73-69</b> <b>77-615-84-00</b>
<b>Korea House</b> Rue A Prolongée Point E Korean specialties. Good grilled meats. Moderate.	<b>33-864-43-66</b>
<b>LGM</b> Pointe E. Also located on Georges Pompidou. Pizza & ice cream. Has a nice playground for children.	<b>33-825-80-10</b> <b>33-822-00-01</b>
<b>La Provencale</b> KM 2.5 Av. Cheick Anta Diop (Pointe E). Pastries in front. Restaurant in back with pizza, salads, sandwiches, and crepes. Open 7:00 –23:00. Home delivery. Friday/Saturday special dinner dances/live music.	<b>33-825-14-25</b>

<b>La Boite a Pizza</b>	<b>33-860-39-54</b>
Route de Ouakam near Pharmacie de Ouakam. Also on Avenue Bourguiba angle Ahmadou Bamba. Pizza, salads, hot/cold sandwiches, burgers and more. Open everyday – home delivery or take-out.	<b>33-825-10-17</b>
<b>La Fiesta</b>	<b>77-450-23-45</b>
On the VDN between Afritel and Mobil station right before turnoff to Ouakam road Continental food, fixed-price theme dinners every month, live music, garden setting	
<b>La Terrasse de Ouakam (ex Mahi-Mahi)</b>	<b>33-820-74-07</b>
Located on 31 Rue de Ouakam just before turnoff to the lighthouse. Caribbean food. Nice terrace seating. Moderate.	
<b>Le Jardin Thalandaïs</b>	<b>33-825-58-33</b>
Boulevard Sud (Point E). Popular place, great food. Nice atmosphere.	
<b>L 'Escale Mermoz</b>	<b>33-860-33-72</b>
On the Ancienne Piste Mermoz (turnoff by Le Regal going towards VDN) Daily specials, Agrican and European cuisine, nice terrace/garden	<b>77-650-44-47</b>
Open 11-3 pm and 7-11 pm	
<b>Le Man Tan</b>	<b>33-860-42-02</b>
Corner of Route de Ouakam before fish sellers	
<b>Les Gourmandises Africaines</b>	<b>33- 824-87-05</b>
Rue A in Point E, near Lalibela	
Comfortable setting, good quality Senegalese dishes	
<b>Mini Resto Maquis</b>	<b>33-825-55-73</b>
On Route de Ouakam across from University(new location 6/06) Cameroonian specialties.	
<b>Nando's/Pizza Inn / Steers - Ouakam corner of Aimee Caesar and Route de Ouakam</b>	<b>33-864-76-66</b>
<b>Yoff on the VDN in North Foire neighborhood</b>	<b>33-820-02-32</b>
<b>HLM</b> South African chain of fast food, also delivery. Hamburgers, pizza, chicken. Tuesdays 2-for-1 pizzas.	<b>33-864-77-17</b>
<b>Patisserie Les Ambassades</b>	<b>33-824-32-12</b>
4 Boulevard de l'Est (Point E)	
Pizzeria, sandwiches, chwarma and all fast foods. Ice cream and creperie too. Make cakes to order to order and will deliver.	
<b>Rallye Pizzas (take-out/delivery only) across from Ecole de Point E</b>	<b>33-864-55-05</b>
Pizza, salads, pasta, buy ten pizzas and get one free	

<b>Restaurant Lalibela</b>	<b>77-510-15-</b>
Rue A in Point E	<b>69</b>
Delicious Ethiopian food, nice rooftop	
<b>Saveurs d'Asie</b>	<b>33-824-56-</b>
Take road at Le Regal towards the VDN, on right-hand side	<b>62</b>
Excellent Asian dishes, great for take-out Chinese, delivery available.	
<b>Sheherazade</b>	
Small road just off connector between Route de Ouakam and Corniche (watch for sign) Moroccan food, beautiful ambiance. Special dinner dances/live music/entertainment on Fridays and Saturdays.	
	<b>33-860-13-83</b>

<b>Auberge de N'gor</b> Route de Ngor, on right just after you pass the Shell station. Moderate.	<b>33-820-03-40</b>
<b>Blue Note Jazz Club</b> Route de Ngor X Route des Almadies. Recently renovated. Good selection of salads home made pastas, meat, fish dishes and pizzas. Free delivery. Live music on weekends.	<b>33-820-45-51</b>
<b>Karian Café</b> Nice cafe/tea salon with a full menu. Good place for a quiet quick lunch. Nice ambiance with live music on weekends.	<b>33-820-55-14</b>
<b>La Brazzerade</b> N'gor. Next to launch area to N'gor Island. Seafood and meat specialties. Wood fired grill. Moderate.	<b>33-820-03-64</b>
<b>La Crepe Bretonne</b> Across from Point des Almadies, small shack, very rustic but excellent crepes (sweet and savory) and great value!	<b>76-699-42-61</b>
<b>La Pointe des Almadies</b> This busy place is the first in the row of restaurants opposite the beach. Pool side patio and also upscale inside dining room (called "Le Gourmet", tel. 617-6060) Vietnamese and continental cuisine. Closed Mondays.	<b>33-820-01-40</b> <b>77-617-60-60</b>
<b>Le Dionevar</b> Point des Almadies French food with lots of grilled items. Closed Thursdays. Takes American Express. Moderate.	<b>33-820-02-10</b>
<b>Le Lodge</b> Route de Meridien Président. Closed Tuesdays. Fine French Cuisine, great décor. Reservations necessary on weekends	<b>33-869-03-45</b> <b>33-869-03-46</b>
<b>Restaurant Le Magador</b> Meridien Road, left-hand side almost at Meridien Hotel, before Club Med	<b>33-820-04-02</b>
<b>Le Pam Pam Bistro-Resto</b> Airport road near Casino de Cap Vert Grilled dishes, fresh fish, French plates, casual outside dining with live music most nights.	<b>33-820-87-00</b> <b>33-820-26-82</b>
<b>Le Récif</b> At Almadies beach- right on the ocean. Vietnamese cuisine. Open around noon. Closed Wednesdays.	<b>33-820-11-60</b>
<b>Le Virage Montero</b> Route de N'gor on the left as you head towards airport. Nice view.	<b>33-820-06-57</b>

<b>Montecristo</b>	<b>33-820-18-12</b>
Rte de N'gor in les Almadies. Stylish ambiance with French food. Very crowded on weekends. Bar area and private dining room.	
<b>Rallye Pizzas (take-out and delivery only) across from Le Virage</b>	<b>33-820-85-80</b>
Pizza, salads, pasta, buy ten pizzas and get one free	
<b>Sao Brazil</b>	<b>33-820-09-41</b>
Route de N'gor. Nice playground for children. Casual dining, pizza. Inexpensive.	
<b>Sunugal</b>	<b>33-820-03-31</b>
On Ngor road, same side as Hotel Diarama. Nice quiet lagoon where kids can swim and play on the beach. Good Senegalese specialties, nice outing for a Sunday lunch.	
<b>Villa Roma</b>	<b>33-820-96-60</b>
Next to Airport Hotel on Ngor Road Italian dishes, pretty ambiance, open late on weekends	
<b>Beach Shack Chez Fatou Kim</b>	<b>33-820-92-08</b>
One of many casual restaurants along the coast road, near Club Med. Terraces, seating on beach. One of the nicest settings in Dakar – go for a drink or lunch/dinner, simple menu – brochettes, grilled items	

## HANN AND OUTSKIRTS

<b>Restaurant Les Maristes, near Dakar Academy and Hann Zoo</b>	<b>33-832-46-26</b>
Menu of the day, nice outdoor ambiance, diverse and extensive menu including Senegalese dishes. Often has special evening menus on weekends	

## GORÉE ISLAND & LAC ROSE

<b>Café Restaurant Saint Germain/Jazz Club (Gorée)</b>	<b>33-842-42-55</b>
All types of Senegalese and continental dishes, can accommodate advance reservations.	
<b>Chez Ton Ton (Gorée)</b>	<b>33-821-92-00</b>
All types of Senegalese and continental dishes, inexpensive.	
<b>Hostellerie Du Chevalier Des Boufflers (Gorée)</b>	<b>33-822-53-64</b>
This well-known restaurant was named after the first French Governor of Senegal. French restaurant located near the pier.	
<b>Bonaba Café Lac Rose, Rufisque</b>	<b>77-638-75-38</b>
<b>Campement Du Lac Rose</b>	<b>77-638-10-19</b>
<b>Le Niwa</b>	<b>33-821-05-91</b>

**NOTE FROM CLO: If your favorite restaurant does not appear on this list please e-mail information to CLO Dakar and we will add it. Discover a new restaurant lately? Why not do reviews for our newsletter, the La Palabre?**

## NIGHT CLUBS, BARS, CASINOS & CYBER CAFÉS

Dakar offers a variety of options for nightclubs and discos. They vary greatly in price, clientele, and atmosphere. Everything starts late! 10:00 p.m. and stay open until the wee hours of the morning. At the Oceanium (on the Petit Corniche behind the Presidential Palace) there are regularly advertised dance parties almost weekly featuring Koulgraoul DJ – Contact 77-532-26- 48 / 33-822-24-41 or [koulgraoul@sentoo.sn](mailto:koulgraoul@sentoo.sn). Also, see the Le Soleil Newspaper, buy the latest issue of “Le 221” for 500 cfa or visit the web site [www.ausenegal.com](http://www.ausenegal.com) for more current information.

### NIGHT CLUBS

<b>Dolce Vita</b> Boulevard de la République in Café de Rome	<b>33-823-26-10</b>
<b>Keur Samba</b> 13, Jules Ferry Quiet place to sit and have drink. Bar & Jazz music.	
<b>King’s Club</b> 32,Rue Victor Hugo Caters to a young crowd (20-30). Music, dancing & bar.	
<b>Le Play Club</b> Inside Hotel Al Afifa, Rue Jules Ferry in Plateau	<b>33-889-90-90</b>
<b>Mandingo Sofitel Teranga</b>	<b>33-823-10-44</b>
<b>Sahel</b> Centre Commercial Sahn	<b>33-821-21-18</b>
<b>Thiossane</b> Sicap Rue 10 Youssou N’Dour’s club, plays on the weekends but not before midnight!	<b>33-824-60-46</b>

### BARS

<b>Bar De La Poste</b> 2, Rue Dagorne	<b>33-821-78-83</b>
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<b>Blue Moon</b> 11 Rue Victor Hugo Mixed clientele, everyone comes here. This place is unique and worth a visit. Opens early around 7:30pm and has clean toilets. Check out the photo album of prior Miss blue Moon contests.	<b>33-821-78-83</b>
<b>Chez Iba</b> 30 meters from College Saldia in front of Pharmacy Sacre Coeur 111 Live Senegalese Salsa. Atmosphere is warm and the music hot.	<b>33-824-56-66</b>
<b>Chez Claudette</b> Rue de Thiong. Special events on Saturday nights with door prizes.	<b>33-822-13-96</b>
<b>Couleur Café</b> Route de Ouakam across from fish seller corner, tapas, music almost nightly, Happy Hour, nice ambiance	<b>77-569-52-60</b>
<b>Grenelle</b> 38 Rue Amadou Assane Ndoye Bar, Café & Hotel. Lots of special events. Great atmosphere.	<b>33-821-55-70</b>
<b>Iguana Café</b> 26 Jules Ferry A bar with Latin music and ambiance.	<b>33-822-65-53</b>
<b>Kadjinol Station</b> Rue Salva and Avenue Sarraut (across from Canal Horizons) Cool place to go for films in English and French, full bar, good food and very friendly ambiance. Monthly schedule available at <a href="http://www.kadjinol-edu.com">www.kadjinol-edu.com</a>	<b>33-842-86-62</b> <b>76-662-72-62</b>
<b>Le Celtic Bar</b> Villa Shannon, Rue 6 x Avenue B, Point E Guinness, full restaurant, nice quiet ambiance, Irish owner	<b>33-864-68-20</b>
<b>Le Snooker Palace</b> 44, Rue Wagane Diouf	<b>33-822-94-87</b>
<b>Le Plato Jazz Club</b> 22 Rue Felix Faure	<b>33-821-31-31</b>
<b>Le Soumbe</b> Village Artisanal – Soumbédioune – A marvelous place to hear live Senegalese Salsa. The place comes alive after mid night with an African Salsa Band.	<b>33-822-37-29</b>
<b>Ozio Bar</b> 21, Rue Victor Hugo This is a good bar after the dinner hours are over. Relaxed & chic.	<b>33-823-87-87</b>
<b>JUST 4U</b> Av. Cheikh Anta Diop (in front of the university) on Rue Ouakam. Jazz and great bar. Popular Senegalese musicians perform here. E-mail:just4u@sentoosn	<b>33-824-32-50</b>

<b>Pen Art Jazz Club and B&amp;B</b> Across from Jardin Thailandais in Point E, Blvd. De Sud Live jazz and traditional Senegalese music	<b>33-864-51-31</b>
<b>Seven</b> Rue Mohammed V and Felix Faure (near Cafe de Rome) Good tapas and light fare, closed Mondays	<b>33-842-69-11</b>
<b>Café Des Arts</b> 51 Rue Mousse Diop near the University in Ouakam Live music and a nice atmosphere.	<b>33-823 -97-17</b>

## CASINOS

<b>Casino De Cap Vert</b> Route de N'gor Expensive casino and nightclub that offers slot machines blackjack tables and roulette. There is a disco too.	<b>33-820-09-74</b>
<b>Casino Du Terrou-Bi</b> Route de la Corniche Ouest This casino has lots of slot machines and is very popular on the weekends. Blackjack tables and roulette.	<b>33-839-90-39</b>
<b>Casino Café De Rome</b> Blvd. De La Republique. There is a disco in the basement under the Casino. Cover charge.	<b>33-823-26-10</b>
<b>Casino Du Port</b> Blvd De La Liberation & Abdoulaye Fadiga.	<b>33-849-06-49</b>

## CYBER CAFÉS

There are cybercafés all over town. Some even have refreshments. If you are stuck, don't have your internet up yet, or just need to stop in, here are a few tried and true ones. Usually, 500 francs gets you one hour of cybering.

<b>Cyber Orange</b> 42, rue du Docteur Theze. In front of Hotel Nina.	<b>33-842-23-</b> <b>1</b> <b>0</b>
<b>Cyber Café Ice</b> 78/80 Avenue Georges Pompidou	<b>33-821-85-</b> <b>2</b> <b>1</b>
<b>Cyber Café Wait</b> Rue du Docteur Theze	<b>33-823-51-</b> <b>0</b> <b>9</b>
<b>Cyber PCS</b> Avenue Fadiga	<b>33-822-14-</b> <b>9</b> <b>0</b>
<b>Cyber World Voyages</b> 45, Avenue Georges Pompidou	<b>33-823-75-</b> <b>7</b> <b>7</b>

## GALLERIES & MUSEUMS & CULTURAL CENTERS

FOR CURRENT LISTING AND PREVIEWS OF EXPOSITIONS AND SHOWS PLEASE VISIT

[WWW.AUSENEGAL.COM/CICLO](http://WWW.AUSENEGAL.COM/CICLO)

### **Art, Culture and Museums**

Although Senegal has produced very little traditional ethnic art (ritual masks and sculpture), it has a large number of very active and creative contemporary artists, many of whom produce and exhibit their work in Dakar. One interesting art form in Senegal is painting on glass, an Old Persian art. Subjects range from ancient designs and historical figures to modern day cartoon characters.

With its former president, Léopold Senghor, a world-famous poet, it is not surprising that Senegal should be well represented in the written arts. The Senegalese elite are avid readers and patrons of the arts. Over 60 newspapers and magazines are published in Senegal, which is one of few African countries with a free press. The works of such well-known novelists as Mariama Ba, Aminata Sow Fall, Cheikh Hamidou Kane, and Ousmane Sembene are readily available, as are the works of younger writers, many of whom are published in affordable paperback editions by Nouvelles Editions Africaines.

Senegal also possesses a small but significant film industry, which is being revitalized with increased government support for film training and production. The works of Ousmane Sembene, Mahama Johnson Traore, Momar Thiam, and Moussa Bathily are often playing in local theaters. In the performing arts, the Daniel Sorano Theatre offers a varied program each year.

Visitors to Senegal often remark on the beauty of the people when mingling with the crowds in the markets, with the spectators at wrestling matches, or with the faithful on religious fête days. Indeed, against the austere background of the Sahel, the day-to-day creativity of the Senegalese people is an expression of their art. Local holidays and celebrations often offer fascinating glimpses of the traditional arts in the form of music and dance, and the National Dance Troupe is internationally known for its traditional dance performances. For more formal presentations of Senegalese art and culture, the following are suggested:

## GALLERIES

<b>Ceramique Almadies</b>	<b>33-820-03-38</b>
Located on the route to the Méridien President hotel, on left just after the politician Djibo Ka's home. African inspired vases, plates, bowls and other sculptural pieces.	
<b>ASV - Alamdies Salle des Ventes</b>	<b>33-820-47-25</b>
Les Almadies Good collection of African art and furniture. All the items are tagged and the owner, Mimi, speaks English, very knowledgeable and helpful.	
<b>Arabesque</b>	<b>76-682-59-96</b>
<b>Le Virage, Yoff</b>	
<b>Galerie Nationale d'Art Contemporain</b>	<b>33-821-25-11</b>
19, Avenue Albert Sarraut This gallery exhibits the works of contemporary Senegalese artists.	
<b>TOGUNA Galerie d'Art Africain</b>	<b>76-687-00-42</b>
Route du Méridien President. Facing "le Lodge" Restaurant, Contact: Alain Provot	
<b>Galerie Atiss</b>	<b>33-823-18-77</b>
Avenue Albert Sarraut (open 9:00 a.m.-1:00 p.m., 3:00-7:00 p.m.) Selection of furniture & contemporary African art.	
<b>Galerie Cadjona</b>	<b>33-823-97-03</b>
This hole in the wall shop is full of treasures. Nice place to spend time looking without getting hassled. Visa and MasterCard are accepted. 16 Rue Paul Huart X Albert Sarraut by Casino	
<b>Galerie Arte</b>	<b>33-823-95-56</b>
5, Rue Victor Hugo Selection of furniture, art objects & paintings. Credit cards accepted.	
<b>Wewe</b>	<b>33-823-13-99</b>
Rue Marguerite Trichot X Jules Ferry Hidden down a little alley on right. African art and artifacts.	
<b>Nyala</b>	<b>33-823-85-26</b>
24, Rue Victor Hugo	
<b>Antenna</b>	<b>33-822-17-51</b>
9, Rue Felix Fauré (also in Terenga Hotel) Authentic old pieces of African art to good quality copies of objects from all over Africa. Visa is accepted and they ship anywhere in the world. (Open 10:00-1:00, 4:00-7:00)	
<b>Raphia</b>	<b>33-821-34-45</b>
121 Rue Carnot	
<b>Café Des Arts</b>	<b>33-823-97-17</b>
61, Rue Mousse Diop.	
<b>Eberis Studio</b>	<b>33-823-69-</b>

Rue Aristide Le Dantec Selection of contemporary African furniture & designs. Sculptures.	<b>90</b>
<b>Du Sahel</b> 108, Rue Mousse Diop	<b>33-822-09-95</b>
<b>Espace Agora</b> Point E. Rue D, off Route de Ouakam near the Olympique swimming pool. Moroccan artifacts & contemporary African art & furniture. Salon de Thé.	<b>33-864-14-48</b>
<b>Kemboury</b> Point E , Rue du Canal 4 X Rue des Ecrivains, Villa #2 An exhibit of elegantly framed paintings from mainly Senegalese artists. The gallery offers artifacts, stone carving and jewelry	<b>33-825-48-43</b>
<b>Galerie Des Artistes Reunis</b> Point E Close Mondays & Sundays Exhibiting local artists.	<b>33-825-74-99</b>
<b>Terang'Art</b> 33 Villa Maria Corniche West by Hobollah supermarket, Fann Residence Good selection of Senegalese artists	<b>33-864-39-07</b>
<b>Village des Arts</b> Rte. de L'Aeroport Many contemporary Senegalese artists have their workshops/galleries here. Expositions, Installations, Workshops. Worth a special trip.	<b>76-633-66-19</b>

## MUSEUMS

<b>Musee de Art Africain "IFAN"</b> <b>(Institute Fondamental d'Afrique Noir)</b> <b>1 Place de Soweto Open 8:00 - 12:30 and 14:30 - 18:30, closed Monday.</b> Small entrance fee. This museum is one of the oldest established museums of African art on the continent. Its origins date back to the French Institute of African Art, created in 1936. The collections are primarily representative of the art of West Africa, with the richest section that of the Ivory Coast. As shown in the collection, African art is closely linked with ancestor worship and fecundity. Great importance is placed on gold, an attribute of royalty. Masks, sculpture and ancestral statues, jewelry and works in stone form the bulk of the collection. Enormous tamtams, pottery, wickerwork, and jewelry testify to the skill and talent of Senegalese artists and craftspeople. Lively, imaginative displays show masks and traditional dress from the whole region (including Mali, Nigeria, Guinea-Bissau and	<b>33-825-00-90</b>
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Benin), and provide an excellent overview of styles. You can also see some beautiful fabrics and carvings, drums, musical instruments and agricultural tools.

<b>Le Manège</b> 3, Rue Parchappe Near Novotel Hotel	<b>33-821-08-22</b>
<b>Musée Historique</b> Gorée Island- Open from 10:00 – 1:00 and 2:30 – 5:00, closed Monday. Opened in 1989, with chronologically arranged exhibits on anthropology, West African pre - history, and the political and religious history of Senegal. Small admission fee. Opened in 1989. See information on Gorée Island	<b>33-822-80-08</b>
<b>Boribana Musée</b> Off Rte de Ngor – Across from the Shell Service Gas Station. Contemporary Senegalese art and art created by people of the Diaspora.	<b>33-820-41-15</b>

### **CULTURAL CENTERS/RESEARCH CENTERS**

<b>American Cultural Center</b> Avenue Leopold Sedar Senghor (Dakar – Plateau)	<b>33-821-16-34</b>
<b>The British Council</b> Allées Seydou Nourou Tall and Blvd. de L'East (Point E)	<b>33-869-27-00</b>
<b>Centre Culturel Allemand, Goethe Institut</b> 2, Avenue Albert Sarraut (Dakar-Plateau)	<b>33-823-04-70</b>
<b>Centre Culturel Blaise Senghor</b> Boulevard Dial Diop	<b>33-824-66-00</b>
<b>(Institut Francais) Former French Cultural Center</b> 89, Rue Joseph T. Gomis. (Dakar-Plateau) Extensive cultural programming beginning in October. Refer to: <a href="http://www.institutfr-dakar.org/">http://www.institutfr-dakar.org/</a> .	<b>33-823-03-20</b>
<b>French Language Center</b> 3, Rue Parchappe	<b>33-821-08-22</b>
<b>Italian Cultural Center</b> 44 Rue Jules Ferry, Dakar-Plateau	
<b>Le Manège</b> (See Museum Listings Above)	<b>33-823-84-38</b>
<b>Daniel Sorano Theater</b> Boulevard de la Republique A wide variety of theatrical and musical events are presented in	<b>33-821-43-27</b>

Senegal's handsome national theater throughout the year. The Senegalese National Theater Company and the Mudra Dance Group both perform here. Programs are announced on billboards outside the theater, and sometimes in the newspaper Le Soleil.

**West African Research Center (WARC)**

**33-865-22-**

Rue E, Fann Residence

**77**

This conference center and intellectually active ambiance has interesting exhibitions and presentations; will rent space for private use

## HOTELS & RESORTS

Most hotels give special rates to U.S. government personnel when reservations are made through the Mission. Hotel rates vary according to season. To view all the hotels in Senegal please take a look at [www.ausenegal.com](http://www.ausenegal.com). Click on Herbergement, look at the map of the coast and plan your itinerary. For more information on hotels and campements contact Senegal Tours ext. 2219 or 2335 at the Embassy.

### DAKAR DOWNTOWN AREA

<b>Hotel Al Afifa</b> 46, Rue Jules Ferry	<b>33-889-90-90</b>
<b>Hotel Croix de Sud</b> 20, Avenue Albert Sarraut	<b>33-823-29-47</b>
<b>Hotel Faidherbe</b> Downtown	<b>33-889-17-50</b>
<b>Hotel Ganale</b> Near French Cultural Center downtown	<b>33-889-44-44</b>
<b>Hotel Independence</b> Place de l'Indépendance. Pool on the roof, TV & restaurant.	<b>33-823-10-19</b> <b>33-823-10-50</b>
<b>Hotel Lagon II</b> Route de la Corniche Est. Excellent sea view. Restaurant, piano bar, private beach& fitness center.	<b>33-889-25-25</b>
<b>Hotel Miramar</b> Rue Felix Fauré.	<b>33-849-29-29</b>
<b>Hotel Novotel</b> Avenue Abdoulaye Fadiga Restaurant and pool.	<b>33-849-61-61</b>
<b>Sofitel Teranga</b> Place de l'Indépendance	<b>33-823-10-44</b> <b>33-889-22-00</b>
<b>Le Savana</b> Petite Corniche, Pointe Bernard. Restaurant, tennis, other amenities including an attractive Olympic sized pool.	<b>33-849-42-42</b>

### DAKAR DOWNTOWN AREA APARTMENT HOTELS

<b>Residence Hoteliere Ndiambour</b> 61, Rue Carnot	<b>33-823-61-11</b>
<b>Residence Les Arcades</b> 8 Djily Mbaye, behind Marche Kermel near port	<b>33-849-15-00</b>

## N'GOR & LES ALMADIES

<b>Hotel Diarama</b>	<b>33-823-10-05</b>
Route de N'gor. Restaurants, bars, shops, swimming and other amenities.	
<b>King Fahd Palace</b>	<b>33-869-69-69</b>
Pointe des Almadies Restaurants, Bars, Shops, Swimming Pool, Golf, Tennis.	
<b>Fana Hotel</b>	<b>33-820-06-06</b>
Meridien road, right-hand side. Nice conference facilities, rent for private functions.	
<b>Ambre Guest House</b>	<b>33-820-63-38</b>
BP 29884 Dakar Yoff, e-mail: <a href="mailto:jmvdabeele@sentoo.sn">jmvdabeele@sentoo.sn</a> , site <a href="http://www.ambre.sn">www.ambre.sn</a> Airport Road opposite turnoff to the Meridien Hotel, small very fashionable guest house run by French couple, good food, beautifully decorated rooms, moderate	
<b>Airport Hotel</b>	
Route de Ngor before Casino de Cap Vert	

## OUTSIDE DAKAR: MBOUR, SALY & SAINT-LOUIS

### MBOUR

<b>Club Baobab</b>	<b>33-857-74-02</b>
85km outside of Dakar Small cottages on the beach; nice big swimming pool.	
<b>Club Aldiana</b>	<b>33-957-15-49</b>
<b><a href="mailto:cadkr@telecomplus.sn">cadkr@telecomplus.sn</a></b> ,	<b>33-957-10-84</b>
93 km from Dakar. Luxury hotel catering to charter groups, mostly from Germany. Pool, sailing, horseback riding, five bars, two restaurants. Fax: 76-957-15-66	
<b>Le Domaine de Nianing</b>	<b>33-957-10-85</b>
<b><a href="mailto:domainenianing@arc.sn">domainenianing@arc.sn</a>,</b>	<b>33-975-11-20</b>
93 km from Dakar. French run camp including tennis, swimming pool, and volleyball. Restaurant and cabins. Very good buffet for Sunday lunch Fax 33-957-15-05	
<b>Laguna Beach Club</b>	<b>33-957-88-11</b>
<b>Email: <a href="mailto:laguna@sentoo.sn">laguna@sentoo.sn</a>,</b> Restaurant, swimming pool.	<b>Fax: 33-957-88-12</b>
<b>Le Pelican</b>	<b>33-949-93-20</b>
Located approximately 115 km from Dakar on the Saloum River at N'Dangane. Bar, restaurant, pool, tennis, wind surfing, fishing and pirogue excursions.	
<b>G.I.E. Auberge Des Coquillages</b>	<b>33-957-16-76</b>
Nianing, Mbour.	<b>Fax: 33-957-14-28</b>
<b>Hotel Neptune</b>	<b>33-957-23-20</b>
<b>Email: <a href="mailto:neputne@sentoo.sn">neputne@sentoo.sn</a>,</b>	<b>Fax 33-957-23-21</b>
Beach Resort, pool, restaurant, air-conditioned, comfortable accommodations.	
<b>Auberge des Collines</b>	<b>33-569-37-73</b>
Toubab Diallo, nice guest house w/conference center, great views and peaceful setting.	

Part of an ecological project « Centre Mampuya ». [Auberge@collines.info](mailto:Auberge@collines.info)

## SALY

<b>Hotel Espadon</b> website: <a href="http://www.espadon-hotel.com/fr/accueil.htm">http://www.espadon-hotel.com/fr/accueil.htm</a> 957-20-00	221-33-957-20-66 Fax: 333-957-20-00
On the beach with ocean-side suites (two bedrooms and small sitting area.) Nice bathing pool and terrace. Restaurant bar.	
<b>Hotel Royam</b> Beach resort, Rondovel type accommodations, nice swimming pool. 20-71	Fax: 33-957-20-72 33-957-20-70 33-957-20-71
<b>Palm Beach</b> Large resort hotel near Saly Portugal, approximately 75 km from Dakar. Beautiful big pool, good Sunday lunch buffet. Special weekend and off-season rates.	33-957-11-37
<b>Savana Koumba</b> Beach Resort, Tennis Courts, swimming pool, moderate. 13	33-957-11-12 33-957-11-13
<b>La Pierre de Lisse</b> Ndayane, Bp 4 Popenguine Good value, swimming pool, nice for families.	33-957-71-48 77-547-71-00
<b>Terre Afrique, Fax</b> Bp 63 Popenguine Website : <a href="http://www.terrafrique.com">www.terrafrique.com</a> . Small, quiet very comfortable huts right on the beach Excellent restaurant. Will cook for your kids simple meals and serve earlier so you can have a later seating. 00	33-957-71-55 77-571-79-70 Fax: 33-952-34-00
<b>Hotel Village Club des Filaos</b> Ocean - side dining, nice air-conditioned rooms centrally located. 58	33-957-11-80 Fax: 957 12 58

## SAINT-LOUIS & DJOUDJ

<b>Hotel De La Poste</b> Place de Lille Centrally Located, view of the river. Rooms are modest and clean with air conditioning.	33-961-11-18 Fax: 33-961-23-13
<b>Hotel Cap Saint Louis</b> Langue de Barbarie On the beach, swimming pool, bar and restaurant.	33-961-39-39 Fax: 33-961-39-09
<b>Hotel Diamarek</b> Route de L'Hydrobase	33-961-55-04 Fax: 33-961-55-04
<b>Hotel Dior - Camping De l'Ocean</b> Route de L'hydrobase	33-961-31-18 Fax: 33-961-57-84
<b>Hotel La Résidence</b> Rue Blaise Diagne Nice restaurant.	33-961-12-60 Fax: 33-961-12-59
<b>Hotel du Djoudj</b> Located in the park. Nice restaurant, comfortable rooms, pool.	33-963-87-02/33-820-05-40 Fax: 33-820-11-80 (Dakar) Fax: 33-963-87-03 (St

<b>Louis)</b>	
<b>La Maison Rose</b>	<b>33-938-32-22</b>
Small boutique hotel with seven rooms and seven suites, beautifully decorated. Good restaurant, will serve meal in your suite (convenient for kids)	
<b>Hotel Mermoz</b>	<b>33-961-36-68</b>
<b><u>hotelmermoz@ns.arc.sn</u></b> Hydrobase – Langue de Barbarie, Saint Louis	<b>33-961-52-69</b>
Nice setting in Saint Louis, a bit off the beaten track, pool, good for kids, moderate, nice restaurant, will arrange park excursions and carriage rides	

## ZIGUINCHOR

Ziguinchor is the largest town in southern Senegal, and is the main access point for travel in the Casamance region. Since 1995 the Ziguinchor area has suffered from political unrest and Americans have been warned about vacationing there. Before planning a trip, contact the RSO's office to determine if it is safe to visit. The Club Med is located at Cap Skirring and you can reach them via telephone: 33-993-51-35 or fax: 33-993-52-12.

<b>LE PERROQUET</b>	<b>33-991-23-29</b>
Rue du Commerce, Bp 307	<b>Fax : 33-936-81-83</b>
Internet : <a href="http://www.casamance.net/perroquet.com">www.casamance.net/perroquet.com</a>	
<b>LE KADIANDOU MAGNE</b>	<b>33-938-80-00</b>
Embarcadère de Boudady, BP 363 Ziguinchor	<b>Fax : 33-991-16-75</b>
<b>LE KADIANDOU</b>	<b>33-991-10-71</b>
Boulevard 54 M, Ziguinchor	
<b>WEEKENDS IN CAP SKIRRING:</b>	<b>33-839-99-00 (Senegal Tours)</b>
Packages including airfare and hotel	

## SPORTS & SPORTS CLUBS

Along with its gentle, sunny climate for most of the year, Dakar offers several sports and recreational opportunities. It's recommended that you peruse the [www au senegal.com](http://www.au-senegal.com) site for up-to-date information.

**Catamaran: Trips can be arranged with Marie France at 77-638-93-88.**

The cost of securing the Catamaran for a 6-hour period is about 400,000 CFA and the Catamaran can accommodate up to 25 individuals. The catamaran, **Bagghera**, is also available for rental from the restaurant Le Niani-Beach at 33-822-60-71. She can accommodate a minimum of 10 persons and a maximum of 20.

**Dancing: The Atelier De Danse du Point E – 77-632-71-93 / 77-574-40-56**

Offers classes in modern jazz, hip-hop, African dance & yoga and more. The studio is located in Point E, Rue 1 X Rue D, near the Olympic swimming pool. Contact: Aissatou.

**Patrick Nancy -77-649-18-60** gives Latin dance lessons at the Club Olympic and around town. Also, contact Marianne Niox at 77-639-33-37 (see children's activities).

**Drumming: West African Dance and Drum Teacher Pape Ba - 76-582-71-75, pape77200@yahoo.fr**

If you want private or group lessons of djembe, sabar and African dance, Pape is a master teacher who performs with the Ballet African de Sangomar in Dakar. Recommended by ISD teachers.

**Ibou Cisse - Drum Teacher - 33-822-36-09, ibson75@yahoo.fr**. Started music as L'Ecole de Beaux arts here in Dakar, earned degree and taught to students from all over the world. Located in HLM Guele Tapee - affordable - all levels and ages.

**Fishing:** Fishing in Dakar is rated excellent to superb by most of the enthusiastic fishermen in the American community. Although surf fishing is the most accessible, the most popular (and most productive) is trolling. Several local fishermen rent their pirogues on a half-day basis (you supply the gas).

Fishing is year round, starting in early January through March for sea trout (weakfish) During this same period, bottom fishing is good for varieties of grouper. Abundant catches are routine. As the water warms up, the offshore islands provide some fast and furious action as the white tuna (Bonita), ranging from three to five pounds, come in prior to spawning. The larger (12 or 15lbs.) tuna show up in early May and give the surf fishermen some action as they chase in the baitfish. Trolling with light tackle is more difficult at this time; the larger tuna have the tendency to cut through leader material up to 80-lb. Test. White tuna can be taken on every sort of lure, especially multi-colored, by trolling, and silver spoons by surfcasting. Offshore bill fishing starts picking up in late May to mid-June, first with Blue Marlin followed by the Atlantic Sailfish, through the end of November. Dakar holds several world line class records for sailfish. Blue Marlins tip the scales at 350 to 425 pounds with some breaking the 500-pound class. Excellent sail fishing brings up 55 to 90 pound beauties with an occasional 100 pounder. As the inshore waters start cooling in October and through December, out come the barracuda, king mackerel and kingfish, which are taken mostly near the islands and compare with the taste of the African barracuda.

Equipment is available locally at three times the stateside price (reels may be even more). Potential anglers should be well equipped for the type of fishing mentioned above or risk paying the high local prices.

**Centre De Pêche Sportive 'Abaka' -33- 820-57-74** Yoff  
abakapeche@sentoosn

**Atlantic-Evasion - 33-820-76-75**  
Plage de Ngor, Yoff

**Le Lagon -33-821-53-22 /33-823-60-31**  
Route de la Petite Corniche.  
Contact Cyril Calendini  
Deep sea fishing excursions.

**Club de Pêche Sportif de Dakar - 33-822-38-58/77-638-25-49**  
Located next to the embarcadere de Gorée.

## **Peche Passion Dakar -33-820-38-13**

Yoff

### **Golf:**

#### **Golf Club de Dakar - 33-837-09-51**

Camberene. Offers an 18-hole course. You can pay an annual fee or each time you play.

#### **Golf at the King Fahd Hotel - 33-869-69-69**

##### **Pointe des Almadies**

Offers a 9-hole course in a nice setting with spectacular view of the Atlantic. You may call to schedule a lesson. The club offers annual membership and a pay as you play policy.

**Hunting:** Hunting enthusiasts from the Mission have had good luck bagging Phacocheres (warthogs) and a variety of birds, which require a **Permis de Petite Chasse** license. With a **Permis de Grande Chasse** license, you can also hunt a variety of small game and gazelles. A **Permis Gibier D'eau** is available for lions and buffalo, but first you've got to find them. The season runs from December through April, with duck hunting to mid-March only. Check regulations carefully. You can visit the Web site [au.senegal.com](http://au.senegal.com) under the heading "Chasse" for information. Obtaining a permit often takes several months, and must be done through the Security Officer at the Embassy for importing or purchasing firearms. See the post report for details on the importation of firearms and ammunition, both are strictly controlled and only certain types are allowed. Automatic guns cannot be imported.

**Horseback Riding:** Several clubs offer instruction in English-style riding. Classes range from beginners to jumping to dressage. There are supervised trail rides and boarding of horses as well. The two most popular are Cercle de L'Etrier de Dakar 33-832-52-63 offering horseback riding & archery, horses and ponies for lessons and riding and The Pony Club 77-638-90-58. (Bruno Rosiers 33-832-06-52), Parc Forestier de Hann, Rue des Maristes prolongée. For children only.

**Jogging & Walking:** There are miles of paths along the Corniche (main road into town that hugs the coast), as well as quiet neighborhood streets and a challenging hill in Mamelles that leads to Dakar's lighthouse (and spectacular view of the peninsula). Another nice bike ride or walk begins at the British Embassy on the plateau and makes a loop along Avenue Pasteur/Petit Corniche Est. See Hash House Harriers for weekly running/walking events below.

**Hash House Harriers:** An international running group of joggers and walkers, of all ages, including children, beginners to experienced marathoners, who do weekly runs ("hashes") and walks on Saturday evenings at 5pm. There is a nominal charge after the first run. Information on the weekly Hash is published in post newsletter, "La Palabre." Info also on their blog at <http://dakarhash.skyblog.com> or contact Khady Fall at 77-649-58-84. (11/06)

**Sailing Club:** Contact Alan Brauman at 33-849-33-27 / 77-546-11-52 or e-mail: [AlanBrauman@ird.sn](mailto:AlanBrauman@ird.sn).

Also, Cercle de la Voile de Dakar - 33-832-07-20, Sailing Club. Many of the boats belong to people traveling around the world and who have anchored in Dakar for a few months. Nice atmosphere.

**Scuba Diving:** Many people at post are active in scuba diving. The Isles des Madeleine area and Gorée Island are popular spots. There can, however, be strong currents and undertows in the entire region and divers are strongly advised to use the buddy system and always dive with another person. Tanks can be readily refilled and equipment can be rented in Dakar, but it is best to bring your own if you plan on diving more than just once or twice. For those who would like to take up scuba diving during their time in Dakar, lessons are available (in French) through the local Scuba Diving operation, "**L'Oceanium**" -33-822-24-41. A "PADI" (Professional Association of Diving Instructors) course (in English) has also been taught several times by an Embassy Direct Hire who happens to be a Certified PADI Dive master. Also there is a French couple in N'Gor right facing the island who helps

**Softball:** The Dakar Softball League is in play from September through February, culminating in the huge "West African Invitational Softball Tournament" over President's weekend in February. The Dakar League consists of 8-12 teams from different missions and organizations. Most games are played on "Ebbetts Field," a U.S. Embassy property located near the American Club. Ebbetts Field is also used for picnics, bonfires and campouts.

**Squash: Cercle de l'Union - 33-821-41-69.** Located on the Petite Corniche. Membership fee is reasonable but there is a fairly long waiting list.

**Yoga:** Institut International de Yoga, located at Immeuble Air France Avenue and Avenue Andre Peytavin Bloc A Entre-Sol A, Tel. 33-822-02-10 / 77-654-78-82. Also offered at the American Club.

### **Gyms and Membership Clubs:**

#### **Sporting Club de Dakar - 33-821-36-73**

28, Boulevard Franklin Roosevelt (Dakar-Plateau)  
Tennis, basketball, soccer.

#### **Massinissa Club - 33-820-24-88**

Meridien Hotel, Route de Meridien (Les Almadies)  
Small gym. Offers special rate to American Diplomats. No pool access. Open daily 8:00- 22:00.

#### **Olympique Club - 33-864-55-56 / Tennis Club 33- 826-14-67, [www.olympique-club.com](http://www.olympique-club.com)**

Boulevard Martin Luther King, Route de la Corniche Ouest (Fann-Residence)  
Fitness classes, tennis, basketball, massage, marshal arts, boxing, dance-classic and modern. You can purchase a book of tickets or longer-term membership.

#### **Le Gymnasium Fitness Club - 33-823-16-26**

On the Petit Corniche behind Hotel Sofitel Teranga  
Fitness training, sauna. Fitness classes-spinning, body sculpting, different types of martial arts, Nautilus and Cybex equipment, treadmills, dance classes, and boxing. Oceanside pool. Brand new in October 2006.

#### **Fitness Club of Dakar -33-842-84-44, [health-fc@sentoo.sn](mailto:health-fc@sentoo.sn), [www.saimkebe.com](http://www.saimkebe.com)**

97 Avenue Peytavin. Complete gym with all levels of classes and kids' activities too. Also sauna and massage. Packages available - five minute walk from the Embassy.

#### **Top Fitness Sports Club - 77-528-64-54, 77-576-98-00, 77-573-36-02, fax 33-825-61-39**

on VDN across from Ngor Dakar stadium in Sacre Coeur 3

Fitness training, personal trainers available, modern equipment, spinning, taebo, step, snack bar.

## CHILDREN'S ACTIVITIES

Discovering Dakar with your children is an adventure in itself. Here are a few suggestions:

### **Arts and Crafts with Sylvie Gerard – 33-825-83-84 / 77-635-85-88**

Special programs for children in French.

### **Train Rides from Soumbédioune – 77-638-23-67**

Artisanal Village in Soumbédioune

Call Philip Rentel to arrange trips on the Petit Train from Artisanal Village.

This is an open train ride so be prepared for the exhaust fumes.

### **Artea Culture Cours de Danses Keur Jaraaf Point E – 33-825-04-46 / 77-639-33-37 / 33-820-79-87**

Rue 5 in Point E, near Point E Mosque, [www.arteaculture.com](http://www.arteaculture.com)

Marianne Niox is a talented, expert dancer/teacher who also does aquagym and aerobics classes for adults too!

### **L'Atelier Theatre du Point E – 33-842-16-03 / 76-680-50-79**

Special programs for children in French.

### **Clown Troupe – 33-820-58-16**

Entertainment for children. Clowns, Puppet shows, story telling, face paintings and balloons.

### **Sun Park**

#### **Located next to the Cathedral, Boulevard de la République**

Amusement park for younger children with slides, swings, merry-go-round, and dodge'em cars and bumper cars. Rides for children, mini-carting, basketball, open until 10 p.m. on weekends. Most rides 300/500cfa.

### **Parc Forestier de Hann Route du Front de Terre (Hann) - 33-832-38-75**

This national park is located off the Route to Rufisque about 3 miles from downtown.

Open daily from 10 am -12 and 3 p.m. - 6:30 p.m., closed Mondays. The Zoo has a collection of birds and animals and can be a lot of fun for the children. Small entrance fee.

### **Magic Land – 33-842-73-07**

Amusement park for kids located on the Corniche. Open Tuesday to Friday from 4:00 - 11:00 p.m. and weekends from 2:00 p.m. to 1:00 a.m. Entry 2, 500 CFA (500 for entry and 2,000 for games). There is a Bar/Restaurant.

### **DA-KART Go-Karts – 33-827-25-25, [www.da.kart.sn](http://www.da.kart.sn).**

Kids and adult tracks. Open Sat. - Sun. 9:00 a.m. – 10:00 p.m.- Tu-Fri. 4-10 p.m. CFA 5,000 for ten minutes! Yearly rates/ticket booklets available. Sat and Sun. "Happy Hours." Free tours on your birthday (with i.d. card). Organized birthday parties. Located at the Foire, next to the stadium/Dakar-Ponty.

### **Horseback Riding Lessons**

Very popular for young people. The Pony Club is recommended for children and it's best to bring all riding equipment to post. (see Horseback riding)

**Le Petit Marseillaise** - Restaurant and play area off Bourguiba, near intersection of Seydou Nourou Tall. Includes well-equipped restaurant, moon bounce, bumper cars, full bar – has all-inclusive food/games price for kid's birthday parties.

### **Playground on Ouakam – next to the Total station between incoming and outgoing VDN.**

Small climbing structures, trampoline, playground equipment. Tables and chairs and soft drinks for sale. Spacious area for little ones to bike. 500cfa/hour nominal charge.

### **Pool at the Hotel Meridien – 33-869-69-69**

Expensive, but on Sundays, includes buffet. Nice grassy playground. Special treat for kids.

### **Pool at Terrou Bi**

### **Pool at Hotel Diarama Ngor**

Has nice little beach, pedal boats, good pizza, nice change of pace.

### **Mamelles Lighthouse**

A nice way to exercise, walking, running, biking or hiking up and down the hill. Great views of the city, and if the lighthouse is open, the keepers can give you a tour and you can see the tiny and huge light bulbs used to guide boats at night.

### **AccroBaobab Adventure – 77-638-74-74 [www.accro-baobab.com](http://www.accro-baobab.com)**

For the adventurous – climbing among the huge baobab trees attached to cords. Open 8:00 – 12:00 and 3:00 – 9:00 p.m. About an hour and a half outside of Dakar, across from Park Bandia. Group rates available.

### **Reserve Bandia – 76-694-65-44 (restaurant by the watering hole), 76-685-58-86 / 77-648-92-25.**

A wonderful weekend outing. Has giraffes, rhinos, gazelles (in bottles too), monkeys and more. Open-air safari-type ride takes about two hours (or you can ride in your own 4 x 4). Have lunch overlooking the watering hole at the restaurant, offering full menu and good grilled items. About one and a half hours outside of Dakar.

## **SOCIAL CLUBS**

### **The Dakar Women's Group (DWG)**

An English-speaking group open to all women of all nationalities. It is both a social and a charitable organization. Monthly meetings are held during the day. Contact information is in the Palabre or visit [www.DakarWomen'sGroup.org](http://www.DakarWomen'sGroup.org) or write [dakarwomensgroup@hotmail.com](mailto:dakarwomensgroup@hotmail.com).

### **C.A.E.D.A.S**

The assistance committee of wives of diplomats accredited to Senegal. This club is open to all wives of members of the diplomatic community as well as some associate members from the private sector. The group meets during the day and has cultural and social activities.

### **Club Féminin (CIF)**

Club Féminin offers social and charitable activities for French speakers. Mostly consisting of French women. The club has monthly meetings and weekly special interest groups. They organize two

very large craft fairs a year, which helps the group earn money for donations to charitable organizations. Contact the French Embassy for more information.

### **Asian Ladies Club**

Asian women meet together for social and fundraising activities. CLO can provide you with contact information.

**Spanish Speaking Women's Group** Contact Jucara Thur at 33-824-95-15.

## **SHOPPING IN DAKAR**

### **WHAT TO BUY AND WHERE TO FIND IT**

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## **MARKETS**

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Markets are an integral part of African life. Visiting different markets will not only inspire you to bargain but will acquaint you with the Senegalese lifestyle. Bargaining is expected and necessary. Remember to make the vendor offer the first price and then start at about 1/3 to 1/2 of what you are willing to pay. Try to keep your sense of humor in the process and be constantly aware of your surroundings. With the exception of the Soumbédioune Craft Market and some areas of Sandaga, most markets offer a wide variety of fresh fruits and vegetables, seafood and meats and cloth.

### **Marché Kermel Off Rue Sarraut**

The largest food market in Dakar selling meat, fresh fish, shellfish, fruits, vegetables and flowers. You can find fresh spices, ginger, bissap, beans. It's best to hire a porter once you enter the market. You can offer a tip after your shopping excursion usually around 500CFA. In front of the market you will find vendors selling Senegalese handicrafts.

### **Marché de La Gare (The Malian Market)**

Located across from the train station (Dakar-Plateau)

At this market you can find Calabasse bowls, functional and decorative ones can be found for reasonable prices. Here too you can shop for tamarind, beurre de karite, spices and pastes used for cooking.

### **Marché Castors**

#### **Take Bourguiba toward Hann (Castors)**

This market is on the left just before the main road (Route du Front de Terre) off of Bourguiba. Traditional Senegalese market and famous for Halloween pumpkin shopping.

### **Sandaga**

#### **Corner of Lamine Gueye and Avenue Ponty (Dakar-Plateau)**

Visiting this market is an adventure in itself. You can find almost anything you need or desire here. Inside and overflowing onto the surrounding streets, you can find sellers of food, clothes, music, kitchen and bathroom supplies, cosmetics, and arts and crafts. Stalls stretch down every street, but don't forget to go inside the main market building. Numerous fabric shops are to be found here. Business slows down between 12:30 and 15:00, but it's open all day.

### **Soumbédioune (FISH)**

**Route de la Corniche Ouest X Rue 68 (Guele Tapée)**

A fish market, located next to the Village Artisanal, this market comes alive every evening between 5:30pm and 7:00pm, when the pirogues return from their day's fishing.

The market is quite active until around 8:00pm. You can find a variety of fish here, especially the famous Senegalese "thiof." Bargaining tends to be vigorous.

### **Marché Soumbédioune – Village Artisanal**

#### **Route de la Corniche Ouest X Rue 68 (Guele Tapee)**

Very touristy. Leather belts and purses, hand made shoes and sandals, bracelets, bookends, baskets, malachite, Malian rugs, woodcarvings, wooden bowls, brass statues, clothing, musical instruments, hammocks, sand paintings, wooden chairs, batiks, gold and silver jewelry, baskets, tin can art, clay ceramics and more.

### **Marché HLM**

Located in the housing project HLM off Rue 13, this market offers by far the best variety of African fabrics in Dakar with its hundreds of small stalls and tailors. Bargaining here is more relaxed.

### **Tourist Market at les Almadies**

This little market is located at the tip of les Almadies. It has a selection of statues, masks, clothes, dolls, and other items. Good for first time bargainners. Has many of the same items as Marché Soumbédioune.

### **The Women's Market**

At the port – Embarcadere de Gorée. (Dakar Plateau)

Best place to buy mangoes when in season. You can also find crabs and other seafood.

### **Tilène**

#### **Avenue Blaise Diagne (Médina)**

There is a large central building with many stalls set up in the surrounding area. This is not a tourist market. This is a real working African market filled with vegetables, dried fish, beans, barrels of rice and millet, African spices and oils for cooking, incense etc.

## **FOOD AND BEVERAGES**

### **BAKERIES AND PASTRY SHOPS**

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#### **La Galette – 33-821-33-40**

##### **16, Avenue General Pompidou (Dakar-Plateau)**

Breads, rolls, pastries, cakes and pizzas are available here. You can special order cakes for birthdays and other special occasions. Check out the new restaurant upstairs for tea!

#### **Au Petit Gourmet**

##### **Route de Ouakam, next to Photo Shop near Casino (Fêtre Mermoz)**

Small daily stock of croissants, pain au chocolat, baguette, whole-wheat and white breads. You can special order cakes.

#### **La Royaltine – 33-821-99-94**

##### **20, Boulevard de la Republique (Dakar-Plateau). Also on Lamine Gueye.**

Excellent patisserie with a marvelous selection of tarts, cakes, donuts and breads.  
Special orders taken for special occasions.

**Laetitia – 33-821-75-48**

**108, Avenue du President Lamine Gueye**

Delicious pastries. A great place for a cup of coffee & croissants.

**Graine D'Or- 33-820-85-73**

**Route de L'Aeroport. Located between the Shell station and Casino Cap-Vert**

Patisserie, Chocolate, Ice creams – an excellent bakery with great selection of breads and pastries.

**La Marquise – 33-822-15-02**

Rue de Dr. Theze, Dakar Plateau

Very high quality – best in town for confections.

**Patisserie les Ambassades – 33-824-32-11**

Avenue de L'Est and Rue 4 in Point E

Good place to buy croissants and pastries. Dining area for coffee and light meals.

**Katia – 33-820-80-82**

Croissants and pastries, also home made ice cream – nice restaurant area.

**La Provencale – 33-825-14-25**

Great cakes and pastries, and excellent bread. Garden area open for breakfast, lunch and dinner.

Very pretty ambiance.

**Au Fins Palais – 33-823-44-45, 33-842-71-92 (orders)**

Avenue Peytavin downtown

Good brown bread, yummy cappuccino, nice place for breakfast or lunch, sandwiches and salads.

## **CATERING**

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**Le Océane – 33-820-00-47**

**Yoff Ranrhar**

**Linda Traiteur – 33-821-00-28**

**Rue Blochat, Zone Nord Foire**

Full service catering, which includes delivery, set up and service. You may also order trays of hors d'oeuvres for cocktails or parties without the service.

**La Fourchette – 33-821-88-87**

**4, Rue Parent: near Marché Kermel**

Catering and restaurant. Full service catering. You may also order trays of hors d'oeuvres to be delivered to your house. Mr. Charara speaks English and does the catering for many of the official embassy cocktails.

**Dibiterie – 77-633-80-46**

Contact: Mr. Mamadou Barry.

Mr. Barry will make and grill mini-brochettes at your home for parties or special occasions.

**Djasmina – 77-555-83-02**

Algerian and Middle Eastern catering. In Mamelles.

**Maroc Gourmande – 33-860-13-83 (Sheherazde Restaurant)**

Delivery of Moroccan specialties including tagines, cakes, briques

**Saveur du Bresil – 77-554-59-52**

Homemade Brazilian specialties for cocktails.

## **DRINK SHOPS AND DISTRIBUTORS**

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Cokes, Sprites, Fanta, and Flag and Gazelle beer can be purchased very economically at local distribution centers. After you purchase the plastic case and bottles the first time, you just return the empty case for another one.

**La Source – 33-822-36-95****38, Rue Victor Hugo (Dakar- Plateau)**

Drinks Delivery service. You may order by phone and pay the bill after they return to collect the empty bottles. You pay for what you consume.

**MDI (Mono Distribution International) – 33-821-60-71****17, Rue Dial Diop**

Drinks delivery service.

**Mermoz Boissons – 33-864-13-48**

Located on Route de Ouakam just pass the Elton gas station. (Fenêtre Mermoz)

**SEBO (Senegal Boissons) – 33-849-30-60, 33-832-98-73**

Km 4.5, Route de Rufisque, BP 2173

A large selection of wines and liquors. Great choice, good prices.

**SOBOA Brewers of West Africa – 33-859-28-23 Ndiawar Mbaye**

For keg beer.

## **GROCERY STORES**

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**Casino**

A chain of supermarkets that has everything you need for your kitchen and general house supplies. The food items are imported primarily from France. They are open Sunday mornings and take credit card payments.

**Casino Saurraut – 33-823-17-27****31, Avenue Saurraut x Rue Huart (Downtown)**

This is a well-stocked super market, with a great butchery, fresh imported vegetables from France as well as local vegetables, a bakery, a deli with a variety of cheeses, patés and ham.

**Casino Mermoz -33-849-05-07****Sea Plaza Mall**

Very nice large Casino located on the first floor of the Sea Plaza Mall

**Le Virage - 33-820-30-99**

Located in Ngor, Virage offers you a one-stop shopping and is open 10:00-1:00 on Sunday.

**Le Parcours (Nabil Hoballah) - 33-825-44-01****Corniche Ouest.**

Offers you one-stop shopping including grocery items, house hold items, magazines, outdoor furniture and seasonal items (Christmas and New Year decorations). This store opens from 9:00 a.m. to 2:00 p.m. and reopens at 4:00 p.m. until 8:30 p.m. Monday through Saturday. Open Sunday until 2:00 p.m.

**Eco-Marche - 33-824-40-95**

Route de Oukam, at Canal (Fann Residence)

Small grocery store known for meat, cheese and specialty items. Very clean, friendly, with off-street parking.

**Super U Discount Mermoz - Mr. Haddad 33-825-08-63**

Next to Mermoz Boissons on Route de Ouakam. Like Hoballah, excellent selection and prices.

Owner is Mr. Haddad, husband of Danielle Haddad, Embassy Cashier.

**Supermarché Utile**

Across from Ngor Shell station on airport road. Has just about everything, including good Asian ingredients and top quality butcher shop.

**City Dia**

Spanish supermarket chain that opened numerous outposts here in Dakar at the beginning of 2012

**Dior Diarama**

Also known as the "American Store" because the owner lived in the US and imports many American goodies.

**Hypermarche**

Located on the VDN, this large, multi-story grocery store is a welcome addition to the shopping scene here. Many British and Indian brands are carried.

**MEAT AND FISH**

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**La Boutique du Poisson - 33-820-87-96**

Next to Le Virage, Route de Ngor, Yoff. Open 9:00 - 14:00, and 15:00 - 19:00.

Open Sunday 9:00 -3:00.

**Le Gac - 33-820-03-39****Le Virage (Yoff)**

Le Gac has a great variety of meats, poultry, and pork ready cut. They offer frozen seafood and fish, nems, pasta, eggs and a selection of sorbet and pastries. Closed Sunday and Monday.

**Boucherie Les Trois Petits Cochons - 33-821-23-67**

Marché Kermel (Dakar -Plateau)  
Carries quality meats, poultry and pork.

**Boucherie du Plateau - 77-633-38-64**  
**73 Rue Assane Ndoye**

Quality meats, especially lamb and mutton cut to your specifications at a fair price.

**Fresh Chicken & Pork - 33-820-24-74**

Amelia sells fresh whole chicken, of if you prefer chicken breast, legs and thighs. She can also supply you with eggs. The best part is that she delivers to your home from her farm and her prices are reasonable. Amelia speaks English.

**Pape Diene - 77-531-70-85**

Across from Score Mermoz on small side street, green and white tent. Pape is reliable and sells good quality seafood. Order your fish and pick it up on the way home!

**Dieng & Freres, Tour Pour Less Produits, De Mer - Abdou Dieng - 77-317-44-33 / 77-244-04-38**

Rte de Ngor near the Pharmacie N'gor Oasis  
Great for shrimp, delivers to your home.

## **SPECIALTY SHOPS (GROCERY)**

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**Cafes Cor Coumba - 33-825-25-71, 77-638-59-11**

**Located: Sicap Amitie 11**

For coffee lovers. This place has imported coffee beans from Columbia, Costa Rica, Kenya, Ethiopia, Brazil, and Cameroon etc. Just call and place your order and they will deliver to your home or office. Contact: Mme. Fall-Peinda.

**Chocomenthe- 33-823-68-38**

**42, Rue Victor Hugo**

Candy and nuts by the gram.

**Comptoir Canarien - 33-823-46-45**

43 Rue Vincennes, Dakar Plateau  
Sells wholesale candy.

**Les Cedres**

**Avenue George Pompidou X Rue Raffenel (Dakar- Plateau)**

For Lebanese products, such as feta, spices, and olives.

**La Casa Italiana - 33-842-42-92**

**52, Rue Felix Fauré**

This store specializes in Italian products. Pastas, spaghetti sauces, charcuterie, mozzarella and Parmesan cheese, and a great selection of pasta.

**Epicerie Fine**

**20, Rue Mohamed V**

Tea, coffee, olive oil, and other delicacies. Very high-end and fun to visit for gift items.

**La Fromagerie**

### **Rue Le Dantec, across from Marché Kermel**

A cheese store with a variety of French and Italian cheeses plus a selection of flavorful breads.

### **Asian Products : Behind Marche Kermel**

A well-stocked oriental store – soya sauces, oyster sauce, Chinese cooking wines, dried mushrooms, rice noodles, oriental spices, fresh soya and green peas.

### **CSNA (Cie Senegalaise de Negoce Alimentaire) – 33-822-58-77, 33-821-04-30 6, Rue Huart (Dakar- Plateau)**

A diplomatic store with great prices. Great selection of wines and alcoholic beverages. The store also carries a variety of grocery items such as pastas, cheeses, juices, water, milk and canned items. Has satellite location at Club Atlantique in Mermoz.

### **Thomas Brothers**

#### **31, Boulevard de la Liberation (Dakar-Plateau) 33-823-36-73, 33-823-36-74**

Well-stocked duty-free shop. Excellent selection of wine and other alcoholic beverages. Staff speaks English. Good prices on frozen meats and cheeses.

### **Senegal Duty Free Store – 33-821-35-47**

Rue Caille X Rue Thann – near Marché Kermel

A diplomatic store with selection of wine, alcoholic beverages, cheeses, various grocery items and cosmetics.

### **Boutique Vieirasa – 33-822-56-87**

**27, Avenue Leopold Sedar Senghor (Dakar-Plateau)** off Place de L'Independence

Imported frozen products from Spain: frozen fish, seafood, vegetables, and ice creams.

## **HANDYCRAPTS AND DECORATIVE ITEMS**

All year round, Senegal can provide you with unlimited opportunities to purchase handicrafts and/or design you own special personalized works of art. Keep in mind that bargaining is a must. Also, keep on the lookout for exhibitions and craft shows, usually scheduled around holiday times.

### **BASKETS**

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Marché Kermel has the best selection; however, you can find them displayed along the Corniche Ouest and Rue De Ouakam for sale. The brightly colored baskets are woven in Senegal and are interwoven with plastic strips. This is famous for these baskets. Best place to buy your basket is near the railroad station on the route to St. Louis.

### **BATIK ART/BOGOLAN/TIE-DYE FABRICS**

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**Baobab Center** for the best – The artist Assane Diange displays his work here. Good quality and a bit expensive. Shop at Soumbédioune or Village Artisanal for lower prices and quality.

### **El-Hadji Dione – 77-510-10-80 /33-860-04-78**

In Ouakam, Artist of Batik Creations.

**Bogolan – 33-823-28-04 / 77-640-65-69**

**Soma Shop** run by les freres Coulibaly is located at 38 Rue Grasland x Petersen The selection of Bogolan is very good. Speaks some English. Also, **Bengadi & Freres**, Amadou Fofana, is a great source for art subjects, especially Bogolan and batiks, 11 Avenue Jean-Jaures in Sanadaga market, phone 33-842-02-46 / 77-513-15-06.

**Alliance Solidarite Paix A.S.P.**

**Contact: Adama Seck – 76-680-64-53/ 33-835-42-64**

Sponsored by the Ambassadors Self-Help program, these ladies produce good quality tie-dye fabrics, embroidered bags and articles of clothing. Call Adama if you wish to place an order or visit their workshop.

## **BRIEFCASES, BACKPACKS, BELTS, HANDBAGS, WALLETS, SHOES**

**URPAC – 33-951-35-75, [www.senartisanal.sn](http://www.senartisanal.sn)**

Fine handmade leather goods incorporating African Frabics. URPAC- Seye & Freres. Grand Prize Winner: 1996 Senegal Artisan of the Year is located in the Thies Artisan Village, just one hour east of Dakar. 14-year partnership with Peace Corps Senegal. Hours: Monday through Saturday 8:30am – 6:30pm. You may also place orders with them.

**Francesca – 33-820-05-79**

**Follow yellow sign on the Mamelles road near the Lighthouse. Turn at Oasis restaurant.**

Owned by an Italian woman who has been in Senegal for decades. Original designer leather products in multi colors and skins. Can make copies and fix anything. Expensive but worth it.

**Greco – 33-821-06-18**

**170 Avenue Lamine Gueye downtown**

Has good selection of quality children's shoes and adult's too.

**San Marina – 33-823-72-96**

**146 Avenue Lamine Gueye downtown**

A large selection of all styles imported from France.

**Au Fil de Cuir (Faliou Seye) – 76-594-14-44**

**Across from Score Mermoz on Route de Ouakam**

Saliou is honest and talented. Makes any kind of leather product and does repairs on shoes, purses, suitcases, etc.

**Macadam – 33-821-04-94, e-mail [twazni@yahoo.fr](mailto:twazni@yahoo.fr)**

**51 – 53 Rue Julies Ferry downtown**

Fun and fancy ladies shoes, bags and accessories. Nice to stop in and take a look.

**Mandiak Weavers -33-823-83-03**

**Km 2 Avenue Cheikh Anto Diop near University**

Talented traditional cloth weavers who create beautiful bags, wallets, shoes and many home décor items. Fixed price. Well worth it – gorgeous craftsmanship.

## **CRAFTS/HOME DÉCOR ITEMS AND GIFT ITEMS**

**ACOMA (Caritas) (Mandiak weavers)**

**Km 2, Avenue Cheikh Anta Diop near Casino Sahn.**

**Contact: Contact: Victor Sagna. Tel: 33-823-83-03**

Traditional African hand woven fabric made on site. The prices are fixed and sold by the meter. They also sell handbags, belts, wallets and tablecloths made from this beautiful fabric. If you don't see the color you would like, you may make an order. Worth a visit just to check out.

**Accent - 77-653-12-64**

**Galleries du Virage**

Iron candlesticks, art objects, scarves, very nice collection of gift items. Claudia Braunschweig-Gueye speaks English.

**Agora - 33-864-14-48**

**Pointe E. Off Cheikh Anta Diop. Turn onto Rue D at "La Maison des Luminares", then first left at the "Impasse."**

Specializes in Moroccan goods to include pottery, lanterns and more. Tea and cold drinks served in central court yard.

**Ak Benn - patchwork design gift items - 77-545-02-26**

**Grand Yoff near Gendarmerie de Front de Terre**

**Ambre Creations - 33-837-70-68 / 76-588-09-43, [ambrecrea@hotmail.com](mailto:ambrecrea@hotmail.com)**

**Hann Beach off Route de Rufisque**

Home accessories made from woven plastic, furniture, bags, mats - colorful and original

**Art's Africa**

**Elaine Forgeur - 77-633-10-26, 33-823-08-23**

**Located Avenue Faidherbe & Boulangerie de Medina**

Great selection of baskets, decorative items for the home to include tablemats photo albums and various objects de arts.

**Art et Decoration - 77-634-62-97**

**On the Corniche Ouest x Rue 25 in Soumbédioune area)**

Vast household gift items, including metal work, African fabric bathmats, bedspreads, clothing, bags, towels and more. Can copy anything and prices are fixed. A bit more expensive but a very pleasant shopping environment.

**Art et Vie- 33-822-16-12**

**178, Avenue du Président Lamine Gueye (Dakar Plateau)**

Items to accessorize your home - candleholders, vases, glasses, lamps and more.

**Bay Fall**

**Muriel Rochetin - 33-824-80-36, 76-683-66-42**

**Fann Residence**

**7, Av Léo Frobenius**

Designs made from pearls and African beads. Napkin holders, baskets, necklaces etc.

**Bijorca - 33-823-75-20**

**30 Rue Victor Hugo downtown**

Boutique offering gift items, seasonal goods, wedding and baptism gifts - a mixed bag.

**Buhan et Teisseire - 33-849-23-50**

1, Rue Ramez Bourgi Pl: next to Marché Kermel (Dakar-Plateau)  
Pots and pans, cake pans and baking dishes. Small appliances – toasters, coffeemakers and microwaves.

**Cara Colo – 33-832-15-90**

**Meridien road Almadies, left-hand side before Le Magador**

Good artistic collection of decorative items and some clothing and jewelry.

**Centrale des T-Shirts – 33-821-43-74**

**32 Rue Galandou Diouf downtown**

Great place to buy souvenir t-shirts and/or have some printed up for a special occasion. Also, African gift items (towels, caps, shirts)

**Cocktail du Senegal – 33-823-53-15**

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

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

**Diama Dione Boutique – 77-634-07-62**

**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. Madame Dione will also turn into reality your own design ideas.

**Fil & Pampilles – 33-824-09-31**

**Pointe E – On Canal IV Bis near La Provencale Restaurant.**

Painted furniture and DVD boxes, lamps, trendy jewelry, high quality fabrics, table cloths, artisanal liquors.

**Galerie ATC – 33-824-44-83**

**Pointe E – On Avenue Birago Diop**

Furniture and interesting home art objects. Open M 3-7 p.m., T-Sat 10-1:30 and 3-7 p.m.

**Gri Gri – 33-860-31-33**

**Cité Africa Ouakam**

T-shirts and other gifts

**Betty Kandé – watercolor artist – 77-559-73-46**

**L'Artisanerie – 33-823-91-76**

**Route de L'Embarcadère (Dakar-Plateau)**

Art, leather goods, bowls, pottery, pillows, bedspreads and more.

**La Galleria – 33-842-75-38**

**35 Rue Mohamed V**

Furniture, home décor, jewelry. Across the street from Brico Décor. E-mail [sasso@arc.sn](mailto:sasso@arc.sn)

**Madak'Art - 76-334-68-73**

**Sacré Coeur II in Immeuble Arame Siga, off the VDN near College de Sacre Coeur**

Art, decoration, beach accessories, bags – all products from Madagascar – nice quality – moved from Ouakam 6/06

**Maison de Famille - 33-842-68-68, fax 33-842-71-72**

**Corniche West and Rue 23, near Soumbédioune**

Senegalese Pottery Barn – everything from furniture, photo frames, gift items, glassware – expensive but worth a trip to remember what Crate and Barrel and Pottery Barn are like!

**Mosaïc-Déco – 33-822-82-70**

**17, Rue Mohamed V (Dakar-Plateau)**

Table runners, cushion, bed covers, scarves and more.

**Orca – 33-821-49-64**

**73, Av. Blaise Diagne (Dakar Plateau)**

Decorative items, vases, lamps, garden furniture, rugs and more.

**Robel – 33-823-37-11**

Avenue Allées R. Delmas, near Place de L'Indépendance (Dakar-Plateau)

A home decoration shop, which has dishes, bowls, glasses, crystal and silverware.

**Samba – 33-820-28-07**

**Route de VDN in front of Foire du Dakar**

Quilted products using African fabrics.

Handbags, drum cases, clothes, wall hangings, duvets & bags

**Signare – 33-823-14-32**

**17, Rue Jules Ferry**

Sterling silver serve ware, place card holders, letter openers, beaded jewelry etc.

**Les Soeurs du Bon Pasteur – 33-821-71-31**

**Km 2, Avenue Cheikh Anta Diop**

Beautiful hand made cross – stitch embroidery decorated tablecloths, napkins, place mats, bread covers etc. Visit Tuesdays, Wednesdays and Thursdays.

**Sokhna Diène – 77-649-69-55**

**Next to the Restaurant Les Maristes (Hann)**

Handmade paper products from recycled papers with flowers, leaves or other natural product incorporated in the design. Paper bound books, scrapbooks, albums, note and specialty cards.

**Suufu Jam – 33-820-65-98, 77-630-93-51**

**Located in the Meridien President Hotel (Almadies)**

Unique collection of decorative items. Candles, candleholders, light fixtures, tea sets. Nice place to shop for a gift.

**Taj Mahal – 33-822-21-64, 33-822-22-14**

**174, Avenue du Présidente Lamine Gueye (Dakar-Plateau)**

Crystal bowls, gold jewelry, linens, silk pajamas and more.

**Terre d'Escales – Pascale Donau and Regine Schmitt – 77-638-62-71**

**in Galeries du Virage upstairs**

nice collection of home décor gift items, lamps, bowls, etc.

**Un Air de Fête – 33-821-67-86**

4, Avenue Léopold Sédar Senghor

Fine china, glasses, crystal, object d'art and more.

**Veronique Janvier – 33-825-75-46**

**Naaj – Arts de la Table**

**Point E, Avenue Birago Diop. Also downtown on Rue Felix Faure.**

**Mon.-Friday 10:30-13:30 and 14:30-18:30. Saturday: 10:30-14:00.**

Beautifully designed hand crafted plates and table accessories.

## **CLOTHING – CHILDREN’S**

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There are many good shops for baby gifts and children’s clothing on Ave. Lamine Gueye between Avenue de la Republique and Avenue Pompidou.

**Bambinerie Keur Khaleyi 3 – 77-504-01-76**

**VDN near the Case de Tous Petits Mermoz**

Good assortment of baby gear and gift items.

**Cajou- 33-821-96-98**

**Contact: Hèlen Diouf Sarr**

**30, Rue El Hadj Amadou Assande Ndoye**

Clothing and accessories for boys and girls handmade from hand-woven Senegalese fabric. The designs are simply exquisite and classic. Helen, the owner also makes backpacks, dolls, puppets and stuffed animals in African fabrics.

**Germey’s Confection- 33-822-61-26**

**28, Rue El Hadj Amadou Assane Ndoye**

Handsewn dresses and outfits for boys and girls constructed from African printed fabrics and tie-dye.

**Kwala- 33-820-06-74, 77-644-30-49**

**Contact: Myspa Sylla Gueye /Rue du Meridien**

Myspa works out of her home. She sews unique ensembles for babies, toddlers, girls and boys, layette for babies and many items to outfit a baby’s room. She speaks English.

**Wrangler Store – 33-823-79-05**

**28, Rue Joseph Gomis and also in CASINO SAHM Shopping Center**

For kids and adults. Jeans, trousers, t-shirts are all available here. Good prices and sales.

**Baby Roy – 33-822-02-87**

**180 Avenue Lamine Gueye**

Very nice imported kids’ clothes – expensive.

**Do-Re-Mi – 33-822-96-33**

**17 Rue Victor Hugo downtown**

Lots of children’s’ clothes and baby items, furniture.

**Tartine et Chocolat – 33-823-83-11**

**36 Rue Victor Hugo and Joseph Gomis**

The clothes here are absolutely irresistible – cute and unique. But very costly.

**Diabolo – 33-822-27-81**

**140 Avenue Lamine Gueye**

Large selection of baby items, and also nursing bras and nursery equipment. Spanish brands as well as French. Owner speaks English, French and Spanish.

## **CLOTHING: WOMENS'S AND MEN'S**

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There are many small boutiques on Rue Lamine Gueye and off Rue de la Republique that carry women and men's clothing. It is best to simply walk around town and discover them for yourself. You may find imported ready to wear clothing as well as shops that carry locally designed and sewn pret-a-porter clothing.

**Claire Kane – 33-825-96-70**

**Fann Residence off Route de Ouakam**

This famous Senegalese designer uses hand-woven cloth made according to ancestral method by the Manjack artisans of Guinea Bissau. It's made of high quality cotton fibers and the irregularity of the fabric is the expression of the material called "Rabal". Claire Kane designs are unique and contemporary. Expensive and upscale.

**Cristo – 33-822-87-53**

**39, Rue Jules Ferry**

Designer men's clothing for work and leisure.

**Francesca – 33-820-05-79**

**Off Route de Ngor (Mamelles). Look for sign across from Pharmacie des Mamelles. Take first right.**

Beautiful leather purses, bags, shoes, belts and wallets created in original designs.

**My Fair Lady – 33-822-87-53**

**39, Rue Jules Ferry**

This store has beautiful clothes and shoes. You can find all the latest fashions from Paris.

**Oliver – 33-821-94-60**

**51-53 Rue Jules Ferry**

This pret-a-porter store for men is up to date and fashionable. Suits, dress shirts, ties, jeans and casual clothes are available.

**Lara – 33-820-46-00 / 77-568-55-80**

**Les Galeries du Virage**

Designer clothing, name brands for men. Open 9-1 p.m. and 4-7:30 p.m.

**Leydi – 33-821-90-19, [www. Metissacana.sn.oumouy](http://www.Metissacana.sn.oumouy)**

**Medina, Rue 33 x 16**

Workshop and boutique of famous Senegalese clothing and set designer Oumou Sy. Very original and creative.

**Pomme d'Amour – 33-823-72-96**

**85 Rue El Hadj Amadou Assane Ndoye downtown**

Good shopping for young, hip fashions for women.

**BB Africa – 33-820-31-50**

**Pointe des Almadies immediately before it turns into the airport road.**

Hand-dyed original designs, African style.

**Cristo – 33-822-87-53, e-mail [wekedgrp@telecomplus.sn](mailto:wekedgrp@telecomplus.sn)**

**39 Rue Julies Ferry downtown**

Good choice of men's designers including Gucci, Versace, Calvin Klein, Givenchy. Work and casual clothes.

**Francesco Smalto – 33-821-10-46**

**5 Avenue Pompidou (Ponty) downtown Immeuble Kebe Sokhna**

Designer suits, shirts, pants, ties and shoes. Great quality and tailor on the premises for alterations.

**Les Comptoirs du Coton – 77-559-76-87**

**Allees Seydou Nourou Tall, Point E near LGM**

Men's shirts.

## **DRUMS**

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**Africa Percussion – 77-551-48-67**

**D 38 Cité Nameless Aviation, Ouakam**

An excellent place to buy a quality drum. The owner is an eccentric Frenchman who builds, tunes and finishes drums himself, but contracts out the basic carving.

**Guediawaye Art Moderne – 33-877-04-73 / 77-649-55-18**

Marius Wane will make you a superb African Drum. He speaks English. Individuals at the embassy who have commissioned drums have been happy with his service.

## **EMBROIDERY**

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If you are looking for that special boubou or dress custom-embroidered, you have hundreds of shops to choose from. Prices depend on how much work and how original the design. Anything can be embroidered – even your jeans. Prices vary widely.

**Brodeuse de Grand Yoff**

**Rue 63 x 70 (Fann-Hok)**

**Contact: Hana Chirazi - 33-821-19-12**

A group of Senegalese women embroidering exquisite tablecloths, bedspreads, napkins, throws, cushions, hand bags etc. on linen. Hana is their artistic director and she has a retail store on Ave. Lamine Gueye.

## **FABRIC SHOPS**

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Dakar abounds with Fabric Stores. Just walk down Rue Lamine Gueye towards the Pointy and discover Marché Sandaga. The abundance and array of fabrics that are available - cotton, linen, silk, broderie will amaze you. African fabrics made from cotton bazin, legos, Sotiba, wax and thioup are plentiful. Below are a few places to begin:

**Marche HLM** Located in a housing project off Rue 13, this market offers the best variety of African and imported fabrics in Dakar with numerous stalls and tailors. The best part is that you are left alone to browse and shop peacefully here. Bargain for the best prices.

**EuroTex/Deco Tex**

62, Avenue Blaise Diagne. – **33-823-73-30**

Crepes, organzas, denim, linen. Has it all.

## **FLOWERS**

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**Africa Fleurs – 77-553-89-46**

### **Avenue Cheikh Anta Diop/Route de Ouakam**

Near Fenêtre Mermoz. Good selection, will deliver. There are many other florists in town – prices are steep. Consult phone directory or CLO.

## **FRAMING**

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### **Au Coin des Cadres – 33-821-54-77**

**31/33, Rue Wagane Diouf (Dakar- Plateau)**

8:30 – 12:30pm & 3:00pm – 6:30pm (Monday – Saturday)

### **Intérieur – 33-821-48-47**

36, Rue Jules Ferry X Rue Joseph Gomis (Dakar-Plateau)

### **Brico Décor – 33-821-77-25**

39, Rue Mohamed V. Good prices, good variety, owner speaks some English. Now open in Mermoz on Route de Ouakam almost across from Speedy Mechanic shop.

## **JEWELRY/BEADS**

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Gold Jewelry is usually sold at a fixed price per gram but as always one can bargain. Artists at Village Artisanal can design and make both gold and silver jewelry. There are also many Touareg Jewelers with unique silver pieces.

### **Bijouterie Nouvelle- 33-822-83-99**

Contact: Pape Diop

30, Rue A. Assane Ndoye

Bijouterie Nouvelle is frequented by embassy folks and Pape Diop is very congenial and a creative jeweler. Take him a design and he is sure to create a fine piece of jewelry for you. You can bargain with him and he accepts credit cards.

### **Bijouterie Air France - 33-821-22-87**

**127 Rue Carnot x Jean Jaures downtown**

### **Bijouterie Baobab d'Or –33-823-91-40**

Contact: Bassirou Gueye

73, Rue Amadou A. Ndoye

### **Touareg Jewelry Bijouterie Mauritanie – 77-633-61-14**

Contact: Sidy Kounta

**56 Rue Felix Fauré x Bayeux**

### **Bijouterie de la Renovation De L'Exclusivite – 33-822-06-37**

Contact: Nourou Cissokho \* Village Artisanal de Soumbédioune.

### **Bijouterie Moderne Chez Matar Thiam – 33-822-30-38**

**121 Rue Carnot x Jean Jaures downtown**

reliable, takes credit cards

### **Bijoutier Touareg – 77-558-07-13/ ambittimoussa@yahoo.fr**

Contact: Moussa Ambitti.

High quality touareg jewelry. People sometimes invite him for “Touareg house party jewelry sales.”

**Djeneba Daou – 76-683-40-35, 76-673-61-21, [georgedjeneba@hotmail.com](mailto:georgedjeneba@hotmail.com)  
B.P. E 755, Bamako, Mali**

Djeneba only comes around a few times a year, but has an extensive collection of beads and handmade jewelry of all styles and price ranges. Exhibits regularly in private homes. Speaks English.

**Florence de La Peschardiere Creations – 33-823-48-08**

4, Av. Pasteur – Close to the Embassy

Unique designs made of crystals, precious stones, and African beads.  
Fantastic collection of necklaces, earrings and bracelets.

**Moudou Gueye – 33-821-52-76**

**4 Rue Amand Angrand Dakar Plateau**

gold and silver, reliable

**La Pierre Precieuse – 33-821-63-12**

**Near Lamine Gueye x Blvd. de la Republique, Maginot building**

Madame Arzouni cuts gemstones on the premises, makes custom-made setting and sells gems from all over the world. Good choice in all price ranges.

**Les Colliers De Nana – 33-820-00-21**

**Villa # 6 Yoff**

A designer/decorator who creates gorgeous necklaces using African beads and crystals.

**MJC Creations – Marie José Crespin – 33-821-37-41, [mjcrespin@sentoo.sn](mailto:mjcrespin@sentoo.sn)**

**On Gorée Island, by appointment**

Specializes in rare, old antique beads of all kinds

**Moussa Ambitti/Bijoutier Touareg**

[ambittimoussa@yahoo.fr](mailto:ambittimoussa@yahoo.fr)

Tel + 221 77-558-07-13

Likes to have showings in private homes. Contact CLO for pictures of his jewelry.

**Claude Pericat – 33-822-94-68**

**Route de Ouakam behind Arc en Ciel, Fenetre Mermoz**

Good quality designer, gold and silver, will set your own gemstones for you.

**Time Shop – 33-822-34-36**

**164 Avenue Lamine Gueye downtown – also CASINO SAHM shopping center**

Official SWATCH watch dealer

**Touareg Jewelers – 822 34 99, 823 26 73**

**Rue 34 No x 148**

This is real traditional Nigerian jewelry and other silver items (spoons, salt and pepper, etc.)

**Yamaiseth Creation- 33-860-09-06, 76-661-00-92**

**Villa 28 Cite des Mamelles**

Marie-Therese Barro creates pieces with African, European and Asian pearls.

## **LEATHER TOUAREG BOXES AND TRUNKS**

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Across the street from Village Artisanal, Soumbédioune.

**Artisan Touareg – Madame Aicha Dicko – 77-633-63-59 / 77-558-58-50**  
**Rue 31 x Corniche across from Soumbédioune Artisanal village**  
Leather boxes, trunks, mirrors, pillows in traditional Touareg style

**Mohammed Dicko – Touareg leather crafter – 77-544-62-69 / 33-821-01-88**  
**Rue 25 x Corniche near Soumbédioune**

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## **MOROCCAN BRASS & RUGS**

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Mohammed V just off Ponty on the right.

**Artisanat Marocaine Chez Rachid – 77-555-61-87**  
**1 Rue Mohammed V downtown**  
Shoes, clothes, art objects, jewelry, carpets, poof pillows – you name it

**Artisanat Marocaine Chez Aziz – 33-823-99-92 / 77-631-25-91**  
**5 Rue Mohammed V downtown**  
Shoes, clothes, art objects, jewelry, carpets, poof pillows – you name it

**Fatima Boutique – 33-822-28-61 / 77-631-91-31**  
**9 Rue Mohammed V downtown**

## **PAINTINGS ON GLASS (PEINTURE SOUS VERRE)**

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Painting on glass is a Senegalese tradition. You can find a large selection displayed along Avenue Peytavin. The themes are varied from traditional costumed musicians and "car-rapides" scenes to depiction of families. L'Artisanerie, located at the Route de L'Embarcadère has a nice selection of quality pieces.

**Atelier Misti-Cadres – Isabelle Hourchani 33-864-04-63 / 77-554-64-60**  
**Rue C x Angle 2, Villa No. 8, Point E**  
Framing, glass painting, classes in mosaïque and glass painting

**ML Fallou Dolly- 33-823-40-32/ 77-633-45-47**  
Rue Du Gouvernement Goree  
One of Senegal's finest Sous Verre artists. His frames are unusual and rather clever.  
His studio is located on Gorée.

**Denis Nendy – 33-825-91-94/ 77-638-87-87**  
Glass paintings with mosaic frames. Nice work.

**Alex Ngom – 33-821-09-29, 33-835-91-98**  
**Rue 1 x Rue 6 Medina**  
By appointment only.  
**Babacar Lô – Galeria Vema near Gorée ferry departure kiosk**

**Des Verres d'Artiste – Abdou Fall – 76-692-71-16**

**Le Negre Gorée – Ibrahim Kane – 77-555-77-80**

## **TAILORS AND SHOE REPAIR**

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There are dozens of tailors in Dakar. They can make copies of your favorite articles of clothing or they can sew clothing specific to your measurements from a model or your personal design. Be prepared for several fittings.

### **Au Fil de Cuir – 76-594-14-44.**

Falilou Seye, Rue de Oukam. Located across the street from SCORE Mermoz.  
Repairs shoes, purses, belts, chairs and other leather products. (see Crafts section)

### **Diankha – 76-689-81-65**

#### **Cordonnerie Moderne**

#### **18, Rue Mohammed (Dakar-Plateau)**

Ibou does an excellent job and his prices are reasonable.

### **Nouvelle Cordonnerie Marocaine (N.C.M) – 33-823-19-60**

18, Rue Abdou Karim Bourgi X Wagane Diouf  
Shoe repairs. You can also have Mr. Lamine make you a pair of shoes.

### **Bombolong Couture – 77-555-38-55**

Mr. Diallo speaks English.

Turn at the Pharmacie Village Artisanal, cross two intersections and look for a basketball hoop.  
Turn on the street with the basketball hoop; the shop should be immediately on your right.

### **Joanna – 33-820-14-98**

In Ngor, call for directions. Joanna is a Swiss designer who can make you a unique piece of garment.  
She specializes in hand-woven fabrics of Senegal.

### **Dioum Couture, Unisex – 33-822-0-64, 77-635-68-60**

Mamadou Ndiaye  
4, Rue Dardanelles

### **El Hadj Ba – 33-821-64-16/76-692-35-49**

Comes to your house. Reasonable prices.

### **Salon De Couture – Chez Barry – 33-822-12-09**

#### **90, Rue Mousse Diop**

Does good work. Barry is versatile and sews for both men and women.

### **Mamadou Diallo – 77-635-38-13 , in Point E**

Mamadou is skilled at making men's clothing, shirts and pants. He is also able to sew women's dresses, skirts and blouses. Comes to your house to pick-up material, for fittings and drop-off.

### **Abdoulaye Diiallo – 77-564-77-06, in Robée behind the Mausolée mosque facing the wall mural**

Can copy Western clothes very well at rock-bottom prices!

### **Mamadou Diallo (#2) – 77-654-26-30 Res phone: 33-827-21-15**

Does great job at short notice, keeps appointments, on time delivery. No English but is able to understand what you are trying to get across, comes to your house at your convenience.

**Grace Couture**

Rue, 6568, Fann Hock

Grace speaks English and is a seamstress for women. However, her expertise is in designing and sewing African style clothing/dresses for women.

**Germain Dagba -77-534-61-26**

Speaks English, able to make women's and men's clothing.

**Creation Tapha Kane - 33-824-21-79.**

Pointe E. Rue Canal IV bis and Rue 9.

Embroidered suits, pants, tunics, bou-bous.

**Momar - Pursemaker - 77-575-55-02**

Located in Soumbédioune Artisanal Village Stall #22. Very friendly, creates excellent copies of purses and wallets, exports to Europe, all skins (croc, iguana, camel, etc).

**TEXTILES**

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**Suska - 33-865-21-58**

Route de l'aéroport. High quality textiles, clothes.

**Maam Samba** - Tel: 77-578-04-27/email:maamsamba@hotmail.com.

(Association des Villageois de Ndem). Near Corner of the Rte de Ngor and the Meridien Road Galerie Almadies. Also at CCF. Natural dyed fabrics, clothing, home decor - will make to order - very high quality.

**WOOD CARVINGS & MASKS**

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Several shops for semi-serious collectors on Mohammed V (one block off Pompidou). Try walking around the Corniche by across from Soumbédioune Artisanal Center of around Marché Kermel. Also see Galeries section above. There is also a nice selection of masks at:

**Galerie Antique**

Cheikh Mbacké Diagne - Tel: 33-823-97-14. Cell: 76-699-61-19.

First gallery on right off parking lot at Soumbédioune.

**TOYS**

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**Al Fiesta - 33-823-00-27**

**5 Rue Pierre Millon behind the Ministry of Foreign Affairs, first left off Avenue Sarraut**

Party accessories and toys for kids, helium balloons, gadgets, birthday gifts

**Bambinerie - 33-822-04-02**

**Avenue du Président Lamine Gueye (Dakar-Plateau)**

Good selection of toys for newborns to teens.

**Fantasia - 33-823-78-75**

**Rue Mohamed V X Victor Hugo (Dakar-Plateau)**

Toys for kids from birth to teens.

**Prunelle - 33-821-84-89**

**139, Avenue du President Lamine Gueye 9 Dakar-Plateau)**

A funky store with stuffed toys, kid jewelry, quality toys and gift store combined.

**Le Royaume Magique des Jouets – 77-540-07-47**

**Ngor road**

Excellent stock of party goods, toys, will order for you. Expensive. Owner speaks English.

**Le Virage Toy Store**

**Yoff**

A store that has a great selection of toys, seasonal decorations and gift items for the home. Gift-wrapping is also available.

**Lin Shi Store – 33-842-33-88**

**149 Rue Moussa Diop downtown ) near Heliopolis**

Silly knick-knacks and toys, seasonal items. Sell kids' bikes.

**Prunelle – 33-821-84-89**

**139 Avenue Lamine Gueye downtown**

toys, stuffed animals, children's gifts and jewelry, home decor

**HEALTH AND BEAUTY**

**HAIR DRESSERS & BARBERS, MANICURE & HAIR REMOVAL**

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**Aita Mbaye – 77-568-89-95**

Aita will come to your home for manicure, pedicure, massage, facials. Clean and honest.

**Aroma Esthetique – 33-860-35-15/aroma\_esthetique@yahoo.fr**

Route de Ouakam X Terme Sud, 200 m from Lycée Jean Mermoz going towards Mamelles

Offers massages, manicures, waxing, make up.

**Body Best – 330-824-07-04**

**Pointe E – Rue F x 2. In front of the pool, next to Michelle Ka.**

Offers facials, massages, waxing and other beauty treatments.

**Clotilde Vogue – 33-821-10-19**

**37, Avenue Jean XX111**

Pedicure, manicure, massages & hair removal.

**Coup de Tête –33- 869-69-69 /33-820-28-65 (in Meridien) and 33-823-53-78 / 33-889-22-00**

**(Teranga Hotel)** Top quality hair services. Call Teranga for appointments there. Olivier and Yann come highly recommended.

**Coup d'Eclat Spa– 33-822-40-42**

**13 Rue Victor Hugo**

Full day spa.

**Espace Beaute & Coiffure – 33-822-44-31 /33-822-55-16**

**78 Rye Raffanel off Avenue Ponty**

Excellent hair, nails (do fills), spa - plus complete boutique of products and accessories. Reasonably priced, speaks English.

**Fleur de Peau – 33-822-39-75**  
**58, Rue Mohammed V x Avenue de la Republique (Dakar-Plateau)**

**Grain de Beauté – 33-822-05-67**  
**172, Avenue Lamine Gueye (Dakar-Plateau)**  
Facials, deep cleaning of the skin, body treatments, pedicures, manicures and massage.

**George Coiffure-33-821-09-77**  
**30, Rue Jules Ferry (Dakar-Plateau)**

**Hair Studio – 33-821-73-64**  
**35, Rue Mohamed V x Rue Jules Ferry**

**Jihad Coiffure –33- 821-80-80**  
**130, Rue Joseph Gomis x Rue Victor Hugo (Dakar-Plateau)**  
For good cuts, colors, and highlights. Jihad speaks English.

**Hair & Nails – 33-820-12-46**  
**24, Route de Mamelles (Mamelles)**  
Hair coloring, styling, waxing and massages, manicure and pedicure.

**Michele Ka – 33-824-70-33**  
**Villa #5 Tour de L'Oeuf, (Point E)**  
Good modern cuts. Manicure & pedicure. TU –TH 9:00 – 18:00. Fri. and Sat. 9:00 – 19:00.

**Mouna Coiffure – 33-821-04-28**  
Hotel Nina  
43, Rue Dr. Theze (Rue de la Patisserie la Marquise)

**Vogue Coiffure – 33-821-33-06**  
**37, Avenue Jean XX111 (Dakar-Plateau)**  
Right across the street from the American Embassy.

**Marie-Noëlle Ayité Cardeau Esthéticienne – 33-860-28-79, cell phone: 77-64-00-10**  
Works from her own private salon, complete spa services including facials, manicure, pedicure, massage.

## **BEAUTY PRODUCTS**

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**Aroma Riss – 77-642-67-65**  
**Hann Mariste**  
Aromatherapy products, soaps, oils, creams – good quality

**Cosmetic Center –.33-889-00-77**  
4, Avenue Cheikh Anta Diop (across from Ecole Manguiers)

**Cosmetic House –33- 822-24-34**  
**101 Rue Moussa Diop downtown**

**Grain de Beauté – 33-822-05-67, in Almadies33-820-89-23**

Wide variety of products – Guerlain, Dior, Clarins and more. Also does manicures, facials, pedicures, body treatments, massages

**Promo-Import - Just before Shell and Casino Sahm on Route de Ouakam towards town**  
distribution hub selling Revlon, BioForce, and other American cosmetic lines. Opened Fall 2005.

## **MASSAGE**

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**Madame Kane - 77-64-05-40**

Comes to your home, trained in sports education and can help with muscle and back problems.

**Madame Khady - 77-639-65-24**

Comes to your home, great foot massages too!

**Elizabeth Schultz - 33-820-16-56**

Shiatsu massage, homeopath and yoga instructor. Speaks English, German, French. Will do home visits for an extra charge.

**Adama - 77-648-79-40**

American trained, speaks English, comes to your home.

**Patricia Mazou - 77-569-47-07**

Hatha yoga instructor. Teaches all levels, private lessons, prenatal classes.

## **OPTICIANS**

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**OptiKam -33- 864-73-03**

**Km 5 Route de Ouakam next to Brico Décor**

Great service and selection on frames and accessories. Optician on premises.

**Optique Moderne 33-842-88-90**

**16, Rue Huart (near downtown Casino)**

Zubia Kausar, Managing Director.

Carries DKNY, Calvin Klein, Reebok, etc. American owned. Same day service available. E-mail: [optiquemodernezubia@hotmail.com](mailto:optiquemodernezubia@hotmail.com).

**Optique Horizon - 33-842-46-22**

**14 Rue Mohammed V (downtown )**

Dounia Choueri, Managing Director. Complete line of products and good service.

**Espace Vision - 33-822-15-12**

**69, Rue El Hadj Amadou Assane Ndoye (Dakar-Plateau)**

**Sol'r -33-821-33-15**

**36 bis, Rue Jules Ferry (Dakar-Plateau)**

**Optique Ponty- 33-821-04-23**

**24, Avenue General Pompidou (Dakar-Plateau)**

## HOUSEHOLD MAINTENANCE

### BIKE REPAIR/PARTS

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**Bomthi Sports- 33-822-55-67**

73, Av. A Peytavin (Note: in small alley near SGBS.)

### DRY CLEANERS

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**Clean Express – 33-820-67-82**

**Ngor Road not far from Meridien turnoff**

Open M-F 9-1 and 3-7 pm. Good for Almadies/Ngor residents.

**Impec Pressing**

**Avenue du Président Lamine Gueye near Boulevard de La République**

**Pressing Bleu de France- 33-842-57-95**

**36 Rue Victor Hugo –**

**Pressing Bleu Lavande – 33-842-67-67**

**Casino SAHM shopping center**

Has customer card for free cleaning after a number of visits

**Press Matic – 33-822-89-25**

**18, Avenue Roume x Jules Ferry**

**Pressing Ouakam - F n tre Mermoz (behind Restaurant L'Arc en Ciel)**

### GARDEN SUPPLIES

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**Les Niayes de Sarraut – 33-822-44-64**

**16, Avenue Albert Sarraut across from Score (Dakar-Plateau)**

### HARDWARE STORES

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**Buhan et Teisseire – 33-849-23-50**

**1, Rue Ramez Bourgi Pl, next to March  Kermel (Dakar-Plateau)**

Stock includes tools, paints, paintbrushes, varnish, turpentine, electrical equipment, house wares, cleaning supplies, gardening tools, mosquito netting and more!

Closed on Saturday afternoons.

**Bernab  S n gal – 33-849-01-01**

**Km 2.5, Boulevard du Centenaire de la Commune (Zone Industrielle)**

Plumbing, electrical and painting supplies.

**Noquima – 33-820-43-65, home 33-825-06-63**

**Turnoff opposite Pharmacie de Ouakam, Ouakam**

Honest and reliable, good service.

**Quincallerie Centrale Ngor – 33-820-60-62**  
**Ngor Road, Lot 178 Almadies, near Shell Station**

Very well-stocked shop which sells some electrical equipment, paint, gardening supplies.

## **MOSQUITO NETS**

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**Hyazi Hussein Gandour – 33-822-26-58**  
**97, Avenue du Président Lamine Gueye.**

Sells mosquito netting and commercially made mosquito nets that fit a queen-size bed.

**Tarick Basma –33-823-20-95**  
**84 Rue A.K Bourgi x Fleurus downtown**

Given measurements, he can make any size and type of mosquito netting and also curtains.

## **RADIO/TV REPAIR**

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**Abdou Thiam – 33-825-80-35, 77-638-61-83**  
Very good with AFN decoders, TV, and VCR repair.  
Responds quickly to calls for repair.

**Maxiohm –33-825-64-49**  
**1912, Sicap Liberté 111**  
Electrician, audio, TV hook ups and repair.

## **SPORTS EQUIPMENT**

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**CitiSport – three locations**  
**Casino Sea Plaza , Corniche – 33-842-59-90**  
**46 Avenue George Pompidou – 33-842-98-35**  
**Boulevard de la Republique – 33-842-59-88**  
Sells most any sports equipment and gear, including ping pong tables and bikes

## **APPLIANCES, HOME DECORATION & FURNITURE**

### **APPLIANCES & TV**

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**Société H. Aydad et Compagnie – 33-821-65-25, 33-822-38-80**  
76, Avenue Général Pompidou (Dakar-Plateau)

**EBI (Sony Store) – 33-849-07-49**  
**27, Avenue George Pompidou**  
TVs. VCRs, stereos and more.

Also try the Samsung shops around town on Pompidou and also in Point E.

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## **DINING AND KITCHENWARE**

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### **Robel – 33-823-37-11**

Avenue Allées R. Delmas, near Place de L'Indépendance (Dakar-Plateau)

A home decoration shop, which has dishes, bowls, glasses, crystal and silverware.

### **Un Air de Fête – 33-821-67-86**

4, Avenue Léopold Sédar Senghor

Fine china, glasses, crystal, object d'art and more.

### **Buhan et Teisseire – 33-849-23-50**

1, Rue Ramez Bourgi Pl: next to Marché Kermel (Dakar-Plateau)

Pots and pans, cake pans and baking dishes. Small appliances – toasters, coffeemakers and microwaves.

## **UPHOLSTERY FABRIC AND SEWING SUPPLIES**

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### **Ameublement Gandour – 33-822-14-38**

59, Avenue George Pompidou (Dakar-Plateau)

### **Ameublement Hoballah – 33-822-41-13**

71, Avenue Andre Peytavin (Dakar-Plateau)

### **Mercerie Generale Isslima – 33-822-03-60**

**43, Rue de Thiong (Dakar-Plateau)**

A variety of sewing needles, scissors, buttons, embroidery, zippers, craft paint and fabric.

### **Mercerie Kaddoura – 33-821-63-54**

**40, Rue Docteur Theze (Dakar-Plateau)**

Good for arts and craft material and sewing supplies.

## **FURNITURE AND LAMPS**

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Wooden, metal and wicker furniture is available. Unless you go to one of the better boutiques, the carpenters tend not to dry the wood properly before working with it so you can be in for a surprise if you do not shop carefully. There are several local shops along the Corniche near Marche Soumbédioune.

### **Atiss – 33-823-18-77**

Avenue Albert Sarraut, across from Score Sarraut (Dakar-Plateau)

Exceptional well designed pieces.

### **Blosierie – 33-825-91-54**

15, Avenue Bourguiba (near the Sodida)

### **Eberis –77- 649-73-05 (contact person: Mr. Mathurin).**

Show room near Marché Kermel with a new one underway in Les Alamadies. Workshop is right near Score Hyper Sahm, off Rue de Oukam. Makes and upholsters upscale furniture.

### **Iroko –33-825-08-23**

On the roundabout near Elton station in Mermoz, purple and orange building. Almost across from Caesar's Mermoz. David Guyot, an architect, makes interesting objects and furniture.

**Koch B – 33-820-64-67**

**Almadies near Meridien turnoff, by Montecristo restaurant**

Expensive custom-designed natural wood furniture.

**La Brocante – 33-822-53-22**

**22 Rue Jules Ferry Dakar Plateau**

Sells refinished, refurbished and new furniture, set up like an antique store with piles of things everywhere. Fun if you have time to browse for that special something for your home.

**La Maison de Literie – 33-820-24-24, 77-642-68-16**

**Ngor Road opposite News' Café in Almadies**

If you need an extra mattress or pillows, good choice. Even have some American brands like Sealy, Posteurpedic.

**La Trouvaille – Mr. Nemer 33-822-85-49**

**42 Rue El Hadji Amadou Assane Ndoye Dakar Plateau**

Used furniture, natural pine and other woods as well as new furniture. Good prices and a good alternative to ordering from a carpenter. Mr. Nemer will buy your used furniture when you leave.

**Maison des Luminaires – 77-637-66-58/ [www.maison-luminaires.sn](http://www.maison-luminaires.sn)**

Pointe E. Av. Cheikh Anta Diop X Rue D Large selection of lamps for all over the house.

**Mosaica – 33-820-24-24, 77-642-68-16**

Route de la Corniche Ouest x Route de Ouakam (near the Mosque, Ouakam) Working with iron and mosaics, Beatrice Cluydts creates attractive and affordable tables, consoles, trays vases, mirrors, speaks English. Monday-Friday from 10:00am – 12 noon. Call for an appointment.

**Tapisol**

Route de la Corniche Ouest X Rue 11 (Dakar-Plateau) **33-823-34-64**

Avenue du President Lamine Gueye (Dakar Plateau) **33-823-13-91**

**Soldeco –33- 837-26-65, 77-639-23-14**

34, Avenue du President Lamine Gueye x Autoroute (Dakar-Plateau)

Mr. Mbow will bring European/American style catalogues to your home and help you to select/design furniture for your home.

## **IRONWORKS**

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**Deco Lara – 33-820-18-10**

**Yoff Virage**

**Brico Décor – 33-821-77-25 39 Rue Mohamed V**

Quality frame shop. Also sells lamps.

**Art & Decoration – 77-634-62-97**

**Route de la Corniche Ouest X Rue 25 (Soumbédioune)**

## OFFICE SUPPLIES AND PRINTING

### OFFICE SUPPLY

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**Office 1 Superstore -33-849-06-66**

**On Avenue Pompidou (Ponty) near intersection of Rue Mohammed V downtown**

**Chez Mon Ami - 33-822-59-89**

**145, Avenue du President Lamine Gueye x Boulevard de la Republique**

**Art & Cartonnerie DIBRA - 33-822-04-34**

**43, Rue Jules Ferry, Maginot Building**

**Buhan et Tesseire - 33-849-23-50**

**Rue Caille, Marche Kermel (Dakar-Plateau)**

### PRINTING

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**Afrique Copieurs Services - 33-824-59-49**

**Sarl A.B.F.A. Route de Ouakam x Complexe Sonatel (Point E)**

**Buhan et Tesseire - 33-849-23-50**

**Rue Caille, Marche Kermel (Dakar-Plateau)**

**Graphitex - 33-823-54-45**

**33, Rue Jules Ferry (Dakar-Plateau)**

**Imprimerie St Paul - 33-822-58-08**

**4 Rue Sandinieri (Dakar-Plateau)**

### COMPUTERS

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**West Point Computer - 33-864-44-40, e-mail: [contact@wpc-sn.com](mailto:contact@wpc-sn.com)**

**On the Tour de L'œuf, across from Olympic Pool in Point E**

You can buy reconditioned computers, get your fixed and sign up for training.

**Repro Systems - 33-889-66-66**

Sells reconditioned computers and accessories.

**Iris Senegal - 33-864-55-50**

**Fann Residence**

Maintenance and advice.

### PHOTOGRAPHIC SUPPLIES AND FILM DEVELOPMENT

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There are many film development shops in Dakar. Price is usually an indicator of the quality of print you will receive - very from 100 cfa per print. Try the Photo Shop in SCORE SAHM shopping center and also you can drop you film off at Hobollah supermarket (Libre Service Le Parcours) and they will have it developed for you so you avoid another errand.

**Photo Cine Senegal – 33-821-72-79**  
**1, Place de L'Independence (Dakar-Plateau)**  
Very good quality photos.

**Photo Stop**  
**Route de Ouakam near Score Mermoz (Fenetre Mermoz)**  
Does ID photos using a digital camera.

**Photo 2000 – 33-821-58-95**  
**116 Avenue Lamine Gueye Dakar Plateau**

**Tiger Photo**  
**Avenue General Pompidou (Dakar-Plateau)**  
Does the right size for US passport photos (the face has to be a certain size, which is bigger than most standard ID photos).

**Cheikh Mbacké Seck – New York/Dakar Photo Camera – 77-567-73-63 / 33-822-76-62**  
**e-mail: [cheikhmbackéseck2000@yahoo.fr](mailto:cheikhmbackéseck2000@yahoo.fr)**

Cheikh will come photograph your event and provide you with photos quickly – reliable and used for Club and Embassy functions

## CAR REPAIRS, MECHANICS, DEALERS

It's extremely difficult to have satisfactory repairs done on cars in Dakar Bodywork and auto painting can be done reasonably well at a fair price.

### REPAIRS

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**Abdoulaye Fall – 33-825-95-56**  
Located on Avenue Bourguiba.

**Garage 2000 – 33-822-61-02**  
**On the Corniche West near Soumbédioune, Contact: Abdou Gueye**  
Body repairs, paint jobs, oil change and tune-ups.

**Garage Madiop Thiam (Mecanique Generale Carrosserie Peinture) – 77-632-25-32**  
Located across from Senelec Ouakam. Emergency repairs and maintenance of vehicles.

**Marc Auto mobile –33-860-04-98 / 77-638-77-86, [marcauto@sentoo.sn](mailto:marcauto@sentoo.sn)**  
Can assist you with all aspects of your car include purchasing one. Swiss guy who speaks English.

### CAR DEALERS

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**CFAO – 33-849-77-77 / 33-849-77-89**  
**Km 2.5 Boulevard du Centenaire de Dakar.**  
Peugeot, Suzuki and Toyota. Also have tax-free rentals for non-residents in Europe and generators, motorbikes, marine motors and ATVs.

**Ford- 33-889-75-00 E-mail : [contact@senegal-ford.com](mailto:contact@senegal-ford.com)  
30, Avenue du President Lamine Gueye angle Autoroute prolongee  
Fiesta, Escort, Mondeo and Courier.**

**Mat Force- 33-839-95-00  
10, Avenue Faidherbe  
Hyundai and Mazda.**

**Senegalaise de l'Automobile - 33-849-38-38  
Km 2.5 Boulevard du Centenaire  
Mitsubishi, Honda, Citroen and Piaggio Scooters.**

**SERA -33-849-32-60  
Km3, 5 Bd du Centenaire de la Commune de Dakar  
Renault, Isuzu, Honda.**

## **CAR RENTALS**

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**Avis - 33-820-46-28  
Leopold Senghor Airport**

**Budget - 76-922-25-13, 33-823-24-94  
Avenue du President Lamine Gueye X Rue Faidherbe (Dakar-Plateau)**

**Europcar- 33-821-38-49  
6, Rue Huart X Rue Dantec (Dakar-Plateau)**

**Hertz - 33-822-20-16, 33-821-56-23  
64, Rue Felix Faure (Dakar-Plateau)**

## **TAXI SERVICE**

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**Allo - 33-820-44-04**

**Dakar Taxi - 33823-48-38**

**Taxi Dial60 Base - 77-633-71-93 / 33-824-89-53**

## **TRAVEL AGENCIES**

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**Albay Travel Services - Malang Diba 33-820-97-53/54, Fax 33-820-97-77, [albaj@sentoo.sn](mailto:albaj@sentoo.sn)  
No. 7 Yoff Dioufene close to Dakar airport. Has done work with Embassy TDYers. Will arrange any  
type of touring, from a city day-trip to Saint Louis.**

**Dakar Vision - Daniel Rosiere 33-889-76-77, 77-569-47-19**

**GIE Maandem Découvertes - 77-650-99-00/ 33-837-07-71 (33-837-00-71)**

Invites you to discover the islands of the Saloum, organizes weekend escapes and special rates for children.

**Hemisphere Travel – 33-842-60-42/ Fax 33-842-60-62**

120 Rue Moussa Diop (Dakar-Plateau). E-mail [hemisphere@amadeus.sn](mailto:hemisphere@amadeus.sn)

Full-service agency.

**Origin Africa – 33-860-15-78, [www.orign-africa.com](http://www.orign-africa.com)**

**Cité Africa No. 13, off Route de Oaukam near fish sellers corner**

Full service agency, will arrange weekend getaways, longer trips in Senegal and to Mauritania, Cap Vert and Mali – highly recommended.

**Safari Evasion – Alpha Ba 33-849-52-52, 77-639-48-23, [alfanou@hotmail.com](mailto:alfanou@hotmail.com)**

Does more outside Dakar excursions.

## SCHOOLS

### ENGLISH SPEAKING & BILINGUAL

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#### Pre-Schools:

**Pre-school at the International School of Dakar**

**(Fenetre Mermoz) – English speaking.**

- **Ages:** 3 and 4 years
- **Hours:** 8:30am – 12:00pm, Monday - Friday
- **Contact:** 33-825-08-71. E-mail [admin@isd.sn](mailto:admin@isd.sn), [isd@enda.sn](mailto:isd@enda.sn). Website [www.isd.sn](http://www.isd.sn). Frequently there is a waiting list with priority given to those children with siblings already attending the school.

**Bilingual Montessori Academy of Ngor**

- **Ages:** 2 ½ to 6 years
- **Hours:** 8:30am – 12:00pm, Monday - Friday
- **Contact:** 33-860-60-24 / 77-561-39-37. Frequently used by American families, good feedback

**Ecole Actuelle Bilingue**

**(Fenêtre Mermoz) On the sea across from Villa 77.**

- **Ages:** 3 - 5 years
- **Hours:** 8am – 3pm
- **Contact & other information:** 77-644-09-85 / 33-825-48-25. School offers teaching in English and French, has about 160 students. Very dynamic director, has cafeteria which serves hot meals daily. The school accepts children from age 2 ½ and has “petite,” “moyene,” and “grande” (kindergarten) sections. French-English curriculum.

**Ecole En Couleurs**

**18, Rue 4(Point E)**

- **Ages:** 2 - 6 years
- **Hours:** 8:00 am – 12:45pm, Monday - Friday
- **Contact & other information:** 33-825-93-93. French Pre-K run by French and Belgians. School year: October – July. Classes for kids from 2 to 5 years olds.

- The classes are conducted in French.

### **La Source Vive**

#### **Route de Ouakam near Lycee Mermoz**

- **Ages:** 2 - 6 years
- **Hours:** 8:00 am – 1:00 and 3:00-5:00 pm, Monday - Friday
- **Contact & other information:** 33-860-27-41 Bilingual French/English Pre-K.American Curriculum. School year: October – July. Classes for kids from 2 to 5 years olds.
- The classes are conducted in French and English.

### **Groupe Scolaire Point des Almadies**

Classes are in French. Preschool has small, middle and grand sections as well as an elementary school that offers computers and English (to the grand section). Contact **33-820-76-76**.

### **La Croix Rouge Senegalese (Point E)**

- **Ages:** 2 - 5 years
- **Hours:** Part-time
- **Fees:** Registration Fee: \$35.00, Monthly Tuition fee: \$30.00
- **Number of places:** 100
- **Contact & other information:** 33-824-71-41 or 33-824-84-89

### **La Souris Verte**

#### **In Point E near Thai Restaurant on Rue C x Angle 6**

- **Ages:** 2 – 5 years
- **Hours:** Full-time, 8:00am – 12:00 p.m.
- **Fees:** Registration Fees: \$150.00
- **Number of places:** 30
- **Contact & other information:** 33-825-69-09
- Used by many French families.

### **Petit Ecole Bilingue Senegalo-Americain (SABS)**

#### **(Point E) E-Mail: Ebilingue@Sentoo.sn**

- **Ages:** 2 - 5 years
- **Hours:** 8:00 – 1:00pm, Monday - Friday
- **Contact & other information:** Stephanie Khan, 33-824-37-07 / 33-864-05-51.
- Pre-School instruction in English and French with a Montessori approach.
- The school has recently expanded to include an elementary and high school.

### **Rainbow Nursery School**

- **Ages:** 2 - 5 years
- **Hours:** 8:00 – 1:00pm, Monday - Friday
- **Contact & other information:** Elaine Chaloner 33-860-57-72
- Pre-School instruction in English and French with a Montessori approach. Elaine is British and has created a school at her residence, teaches in a very nurturing environment.

### **Trois Pommes (Point E)**

- **Ages:** 2 - 5 years
- **Hours:** 8:00am – 12:00 p.m. and 3:00pm – 5:00 p.m.
- **Fees:** Registration Fee:\$40.00, Monthly Tuition fee \$30.00
- **Number of places:** 20
- **Contact & other information:** 33-825-69-83

## **Playgroups**

Sally Diedhiou-independent playgroup teacher- **33-825-59-68** – 18 months and up.  
Tina Tavares- independent playgroup teacher- **33-825-64-31** – 15 months and up.  
Contact CLO for further information.

## **Primary and Secondary Schools:**

### **Dakar Academy – 33-832-06-82, [www.dakar-academy.org](http://www.dakar-academy.org) located in Hann Maristes near Autoroute intersection**

Open enrollment kindergarten through 12<sup>th</sup> grade, English speaking. About 250 children from more than 20 countries attend. Originally founded to provide education for children of the missionaries in Senegal, DA offers American curriculum with mandatory bible study in all grades. Fully accredited for K-12.

### **International School of Dakar – 33-825-08-71, FAX: 33-825-50-30 – E-mail [admin@isd.sn](mailto:admin@isd.sn), [isd@enda.sn](mailto:isd@enda.sn) . Website [www.isd.sn](http://www.isd.sn). **In Fenetre Mermoz****

ISD offers an American educational program. The international faculty and student population provide a culturally enriched atmosphere. It offers curricula for grades K-12 and preschool for 3 and 4 year olds. ISD is accredited K-12 and has a Special Needs and English Language Learner program (ESL). ISD does make arrangements for its students to take the SAT's and ACT's and is now registered as a site for both. Offers Advanced Placement classes for high school students. ISD facilities include a library, gym, science and computer labs, art and music room, a playground and a sports field. The school has access to the pool and playing courts of the American Club.

### **West African College of the Atlantic - 33-820-70-88 / 33-820-49-29 On the Meridien road towards Point des Almadies**

Completely bilingual school with rigorous curriculum. Planning to get accreditation from the French government. Offers International Baccalaureat program. Instruction in French and English.

## **FRENCH SPEAKING**

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The French government certifies the following schools:

### **Lycee Francais Jean Mermoz – 33-820-29-59 Route de Ouakam, BP 3222 (Ouakam)**

Web: [www.mermoz.edu](http://www.mermoz.edu), Email: [mermoz4@metissacana.sn](mailto:mermoz4@metissacana.sn)

Accepts students from preschool through high school. Will exceed 2000 students soon. Includes possibility to study different specialties for Baccalaureate. Difficult to enroll if not a French citizen.

### **Ecole Franco-Senegalaise Fann -33- 825-04-58 Rue Aime Cesaire (Fann Residence)**

Email: [efsfann@telecomplus.sn](mailto:efsfann@telecomplus.sn)

Grades 1-5 (CP to CM2), around 450 children. French and Senegalese teachers.

### **Cours Sainte Marie de Hann – 33-832-08-29 Route des Peres Maristes, BP 98 (Hann) Email: [csmhprof@syfed.refer.sn](mailto:csmhprof@syfed.refer.sn)**

The largest French-speaking school. Elementary, college and lycee. Recognized by the French government.

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## **LIBRARIES**

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Both **Dakar Academy** and the **International School of Dakar** are happy to share their libraries with the community. Books may be borrowed during school hours by seeing the librarian, or by calling **33-832-06-82** (DA) or **33-825-09-71** (ISD).

**The French Cultural Center**, 39, Rue Joseph T. Gomis, has a children's library for students under age 15. To obtain a card, one must pay a small fee and show a certificate of school enrollment. Open every day, except Monday, 10:00 to noon and 15:00 to 19:00.

## **FRENCH AND WOLOF LANGUAGE LESSONS**

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State and USAID provide French lessons for all direct hires and EFM's. The Mission has a well-equipped language lab and a full time instructor. Wolof lessons are also available

### **Alliance Francaise – 33-821-08-22**

#### **3, Rue Parchappe, near the Novotel (Dakar-Plateau)**

Alliance Francaise offers private tutoring or evening courses, 4pm to 6pm and 6pm to 8pm. Sessions include 60 hours of instruction. New semester begins in October.

### **Baobab Center – 33-825-36-37**

#### **509, SICAP Baobab**

The Baobab Center is part of African Consultants, Inc. Teaching French, English, Wolof as well as other languages, the center organizes group lessons.

### **University of Dakar Institut de Francais pour les Etudiants Etrangers – 33-824-09-97**

If you are serious about learning French, sign up at the University. Placement tests are given in October to identify your level: beginner, advanced beginner or advanced. Classes commence in November and finish in June.

### **Ibou Sarr – 77-633-00-97**

Offers private lessons in French, English and Wolof to expats.

### **Oumar Watt – 77-638-88-47**

Offers private lessons in French, English and Wolof to expats. Great teacher.

### **Roger Bassene – 33-824-38-49 / 76-689-02-81**

Experienced with Peace Corps and Baobab Center. Teaches French and Wolof. Enthusiastic and works with kids as well.

### **Mohammed Kounta Danfakha – 77-631-66-33**

Taught French and Wolof to Embassy, ISD and Peace Corps students.

## **CASHIERS, BANKS AND INSURANCE**

### **CASHIERS**

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Embassy cashier services are provided by a contract commercial bank, Ecobank.

All Direct Hire staff members and official visitors are able to cash personal checks through the Embassy cashier without having to pay any commission, charges, or foreign exchange fees. Official visitors must have a Direct Hire staff member “sponsor” them by requesting a cashier privilege authorization. The Regional Financial Management Officer (RFMO) must approve this request. The cashier carries US\$ and local currency. There is an Accommodation Exchange limit of \$1500/day. Obtaining US currency requires the RFMO’s approval.

Cashier services are available at the Ecobank Cashier Office/Teller Window, located on the ground floor of the Coulbary Building opposite the Mail Room. You may purchase gas coupons and pay your phone bills here also. **Operating hours are from 0900 – 1400 each workday.**

**THE USAID CASHIER:** Hours: Monday, Tuesday, Thursday & Friday from 9:00 a.m. – 1:30 p.m. Gas Coupons sold every 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month. Personal phone bills can be paid only on Thursdays at the cashier’s office or directly at Orange’s offices.

## **BANKS**

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Most large banks offer a variety of accounts and services, including checking, savings, ATM, and credit cards. It’s advisable that you bring a large supply of checks with you to Post. ATM machines are available but there are few outlets in the city. Here is where you can find a few of them – Soumbédioune, Elton Mermoz, Café de Rome, across from Ceaser’s Mermoz, On the Run at the end of the VDN, the Shell gas station at N’gor, the airport and the Hotel Meridien President.

**(BIS) Banque Islamique du Senegal – 33-849-62-62**  
**Rue Huart X A.A. Ndoye, Immeuble Faycal (Dakar-Plateau)**  
Commercial bank.

**(BICIS) affiliated with Banque National de Paris/Paribas - 33-839-03-90**  
**12 Place de l’Indépendance, Plateau (Dakar-Plateau)**  
Many locations around town throughout Dakar.  
Most have cash machines at which you may use your money card, Mastercard or Visa.

**CBAO Senegal – 33-839-96-96**  
**2, Place de L’Indépendance (Dakar-Plateau)**  
Local bank with branches throughout Dakar.  
Most have cash machines at which you may use your money card, MasterCard or Visa.

**Citibank – 33-849-11-11**  
**2, Place de L’Indépendance (Dakar – Plateau)**  
Caters to businesses. Foreign exchange services are available to walk-in customers.  
The do not have ATM’s.

**SGBS Senegal – 33-839-55-00**  
**19 Avenue Leopold Sedar Senghor (Dakar-Plateau)**  
**Route de l’Aéroport x Route de Meridien President (Almadies) – 820 31 32**  
Local bank with branches throughout Dakar, affiliated with Société Générale French bank.  
Most have cash machines at which you may use your money card or Visa.

**Western Union/CBAO – 33-823-79-80**  
**5, Rue Dr. Theze (Dakar-Plateau), Les Almadies, Mermoz**  
Western Union is a fast and secure way to transfer money with Senegal and abroad.

## **INSURANCE**

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Everyone in Senegal must have a basic automobile insurance, which must include third party liability. The basic required insurance is inexpensive (as low as 50.000 CFA for the year), however, a more complete coverage would be more expensive.

**Assurance Generales Senegalaises (AGS) – 33-839-36-00, fax: 33-823-37-01**  
**43, Avenue Albert Sarraut (Dakar –Plateau)**  
The Embassy does business with this agency.

**AXA Assurance Senegal – 33-849-10-10, fax 33-823-46-72**  
**5 Place de L’Independace Dakar Plateau**

**Gras Savoye Senegal – 33-823-51-51, fax: 33-821-54-62**  
**15, Boulevard de la Republique (Dakar-Plateau)**

**Societe Nouvelle D’Assurance Du Senegal (SNAS) – 33-823-41-76, fax: 33-823-10-78**  
**92, Avenue Abdoulaye Fadiga (Dakar-Plateau)**

## HOUSEHOLD FRENCH

This list has been compiled to help new arrivals that speak little or no French to communicate on the most basic level, particularly with their household employees. A VERY approximate phonetic pronunciation guide follows the French phrases.

Boil the water for 30 minutes

**Faites bouillir l'eau pendant une demi-heure** (Fet bu-ee-year lo paw-daw...)

Filter the water

**Filtrez l'eau (feel-dray lo)**

Go to

**Allez à (al-lay ah)**

the grocery store

l'épicerie (lay-peace-ree)

the butcher shop

la boucherie (la bu-shay-ree)

And buy

**Et achetez (ay ash-tay)**

a jar of

Un pot de (a poe duh)

a can of

une boîte de (oon bwot duh)

a bottle of

une bouteille (oon bu-tay-ya duh)

a package of

un paquet de (u pay-kay)

a loaf of sandwich bread

un pain de mie (u pan day me)

a loaf of French bread

un pain (u pa)

apples/pommes

des pommes (day pums)

bath soap

savon de toilette (saw-vone duh twa-let)

beef for stew

beuf pour ragout (buf poor rag-oo)

bleach

(oh day jav-el)

butter

beurre (burr)

chicken

poulet (poo-lay)

cookies

biscuits (bis-scwee)

eggs

oeufs (uf)

flour

farine (far-een)

green beans

haricots (are-ee-co-vair)

ham

jambon (jam-bow)

hamburger

boeuf haché (buf osh-ay)

jam

confiture (co-fee-tur)

lamb chops

cotelettes d'agneau (cotel-et-don-o)

laundry soap

savon pour laver (saw-vo poor-la-vay)

lemons

citrons (see-tro)

lettuce

laitue (lay-too)

milk

lait (lay)

evaporated milk

lait concentré (lay co-saw-tray)

onions

oignons (ohn-o)

oranges

oranges (oh-anj)

peanut butter

beurre de cacahuette (bear .. cacawet)

pepper (seasoning)

poivre (pwavr)

pork chops

côtelettes de porc (co-tel-let .. por)

potatoes

pommes de terre (pome day tare)

salt

sel

steak

steak

sugar

sucre (soocr)

tomatoes

tomates (toe-mawt)

**Cook the**

**Faites cuire le (fet queer)**

**Wash the vegetables**

fruit  
 floor  
 toilet  
 sink  
 bathtub

**Clean the kitchen**

refrigerator  
 shelves  
 dining room  
 living room  
 bedroom  
 bathroom  
 rug

**Iron the clothes**

Hot  
 Cold  
 Warm  
 Rinse

**Change the towels**

beds  
 baby's diaper  
 baby's clothes

Bathe the baby

Feed the baby

Watch the baby

Do not pick up the baby

Leave the baby alone

Wash the baby's toys

Can you baby-sit this evening?

Tomorrow evening?

What is your name?

Can you read and write French?

How do you say this in French?

How much?

Too expensive

Do not

Put this here ... there

Carry (bring) this

Lavez les legumes (la-vay lay lay-gume)

fruit (frwee)

parterre (par-tare)

W.C.(doo-bl-say say)

lavabo

baignoire (bay-nwar)

Nettoyez la cuisine (net-twa-yea la kwee-  
 zeen)

le frigidaire (free-jee-dare)

les étagères (lay zay-taj-air)

la salle à manger (sal a maw-jay)

le living

la chambre

la salle de bain

le tapis (top-pee)

Repassez le linge

Très chaud (tray sho)

Froid (frwa)

Chaud (sho)

Rincez

Changez les serviettes de toilettes (shaw-jay lay  
 sair-vee-et de twa-let)

les lits (lay-lee)

les couches de bébé (lay koosh bay bay)

les vêtements de bébé

(lay vet-a-maw.bay. bay.)

Faites prendre un bain au bébé -fet prahndr bay  
 bay

Donnez à manger au bébé

(dough-nay a maw-jay oh bay-bay)

Surveillez le bébé

(sear-vay-yez .bay-bay)

Ne portez pas bebe

(ne.por-tay pah bay-bay)

Laissez le bebe tranquille

(less-ay traw-keel)

Lavez les jouets du bebe

(la-vay lay joo-ay doo bay-bay)

Pouvez-vous garder le bébé ce soir? (poo-vay vu  
 gar-day swar?)

demain soir?

Quel est votre nom? (kel.no)

Pouvez-vous lire et ecrire le francais? (pou-vay  
 vu leer ay ay-creer fraw-say)

Comment dites-vous ceci en francais? (co-aw  
 deet vu seseen aw frah-ay)

Combien?

Trop cher (tro shair)

Ne faite pas (nuh fet pah)

Posez ceci ici .. la

(po-zay seseen ee-see ... la)

Portez ceci (por-tay seseen)

Come here	Venez ici (ve-nay ee-see)
What is this?	Qu'est-ce que c'est (kes-ke-say)
Show me	Montrez-moi (mo-tray mwa)
Wrap this	Enveloppez ceci (aw-vel-o-pay seseen)
Cover this	Couvrez ceci (koo-vray seseen)
I want	Je voudrais (je voo-dray)
This is an emergency	C'est urgent (set ur-jaw)
Half a kilo	Un demi kilo (deme kee-lo)
Left .. right	à gauche .. à droite (ahgo-sh .. ahdrwat)
Straight ahead	Tout droit (too drwa)

### Days

Monday	lundi (lan-dee)
Tuesday	mardi (mar-dee)
Wednesday	mercredi (mare-cre-dee)
Thursday	jeudi (ju-dee)
Friday	vendredi (vaw-dre-dee)
Saturday	samedi (sahm-di)
Sunday	dimanche (dee-mawj)

Numbers: 1 un (aanh), 2 deux (duh), 3 trois (trwa), 4 quatre (katr), 5 cinq (sank), 6 six (seess), 7 sept (set), 8 huit (weet), 9 neuf (nuf), 10 dix (deess), 11 onze (ohz), 12 douze (dooz), 100 cent (sahn)

Time (examples): 9:00 neuf heure, 9:30 neuf heure et demi (... ay demee), noon - midi (meedee)

## WOLOF

The Wolof is Senegal's largest ethnic group. Their language is widely used in Dakar and neighboring countries' urban areas . Greeting people is very important in the Senegalese culture - even if you see a person several times a day you always say hello. Local patterns of greeting include a series of inquiries about the person's household, etc., but if we say hello in English it's OK; "bon jour" in French is better; and "Na nga def" in Wolof will delight your Senegalese acquaintances. Try it! Some common phrases in Wolof are:

Na nga def?	How are You?
Maa ngi fi rekk	I am fine
Waaw ... deedeet	Yes ... no
Jere-jef	Thank you.
Bi, naata la?	How much is this?
Dafa jafe.	That's expensive
Baax na	That's good
Baax ul That's bad.	
Kaay fi. Come here.	

1 = benn  
 2 = naar  
 3 = nett10 = fukk

8 = juruum nett  
 9 = juruum neent

4 = neent

5 = juroom

6 = juroom benn

7 = juroom naar

Buga ma ko!

Aga nah

Maima suma djiam!

11 = fukk ak benn

20 = naar fukk

100 = teemeer

1000 = junni

I don't want it.

I have given already (loosely translated)

Leave me in peace!

## METRIC CONVERSIONS

Mathematicians and engineers please disregard... for the rest of us, if there's no third grader in your household to explain the metric system, here's an imprecise, incomplete but practical guide:

**A liter** is a little more than a quart (about 34 ounces). Gasoline is sold here by the liter. If you're masochistic enough to want to know the price per gallon, multiply price per liter x 3.8.

**A kilo** or 1000 grams, is a little more than two pounds (2.2). Butter usually comes in 250 gr. packs (1/2 lb. plus a bit). One pack of butter minus 1" = 1 cup.

**A kilometer** is about .6 of a mile; or, putting it the other way around, one mile = 1.6 km. So, when the speed limit is 40 km, it equals 24 mph; 90 km = 54 mph.

**A meter** is a bit more than a yard (39+"). At 100 centimeters per meter, a foot = 30 cm. and an inch = 2.5 cm. Cloth, strangely enough, is sometimes also sold by the yard. Traditional tie - dyes and batiks are often sold by the "pagne," which is approximately two yards, or enough to wrap around as an African skirt.

**Centigrade and Fahrenheit** - To convert Centigrade to Fahrenheit, multiply by 9/5ths and add 32 degrees. From Fahrenheit to Centigrade, subtract 32 degrees and multiply by 5/9ths. Or, use this rough guide for fever and ovens, which is all you usually need to know, anyway:

### **Fever:**

98.6 F. = 37 C.

100 F. = 38.3 C.

104 F. = 40 C.

### **Ovens (cooking)**

225-275 F. = 105-135 C. (slow)

350-375 F. = 175-190 C. (medium)

450-500 F. = 230-260 C. (hot)

### **Recipe Conversions**

American Measure		Shortening	Sifted Flour	Sugar
1 tablespoon=		14 grams	8 grams	13 grams
1/4 cup	=	56 grams	30 grams	50 grams
1/3 cup	=	75 grams	40 grams	67 grams
1/2 cup	=	113 grams	60 grams	100 grams
1 cup =		225 grams	120 grams	200 grams

## Sightseeing

### **In Dakar**

Wander through the markets and the busy streets that border them. Walk down Avenue Pompidou with a stop at a café, beginning or ending at the Place de l'Indépendance (commonly referred to as the "Place", using the French pronunciation). Notice the mix of old and new architectural styles around the Place. The Chamber of Commerce building is an architectural gem, and many other colonial era buildings survive, some maintained or renovated, some in a relative state of decline. The first U.S. Consulate in Dakar was located in the handsome building now housing the Dakar Naval Headquarters.

The IFAN African Art Museum deserves more than one visit. Next door, you will see the National Assembly building nearby on Place Soweto. The Presidential Palace and its grounds, at the foot of Blvd. de la République, are closed to the public but you can watch the changing of the guard and get a good view of the Palace. Across the street is "The Building", administrative headquarters for the government.

The Cathedral de Notre Dame, farther up the Blvd. de la République, is said to follow the Sudanese architectural style and is open to the public daily. The Grande Mosque, Allées Pape Gueye Fall (opposite the Peace Corps Office) does not, at this writing, allow visitors inside the Prayer Hall or to the top of the minaret as it has in the past. However, it is still worth a visit. Visitors should dress modestly and remove shoes before entering any mosque. Tours of the Grande Mosque are available.

### **Very Near Dakar**

**N'Gor Island**, a small island near the Ngor Diarama Hotel, has private week-end cottages and a sheltered public beach. The round trip to N'Gor by pirogue (small boat) is 500 CFA. Pay as you leave.

When you visit the beaches near Dakar, drive up the road to the **Lighthouse** for a magnificent view. Or better yet, as the road is not shielded from steep cliff drop-offs, park at the bottom and walk.

Sunday afternoons, half the population of Dakar seems to be strolling, snacking and relaxing at the **Pointe des Almadies**. Almadies is also the location of several restaurants. (See restaurant listings.)

# ATTRACTIONS

## **BEACHES NEAR DAKAR**

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There are a number of beaches in or near Dakar. They vary considerably in size, amenities, and suitability for swimming. All are suitable for sunning. The ones described here are frequented by foreigners and are relatively safe, but the surf can be rough, and it's not uncommon for unwatched personal items to be stolen from the beach or from parked cars.

**Lighthouse Beach** - Take the Corniche towards the airport; turn left at an unmarked clearing just past the Clinique des Mamelles (on the left after the lighthouse). Drive a short distance through what seems to be an old parking lot; start down the paved road toward the ocean but turn left again before you get to the bottom. Head toward the promontory overlooking the beach. Park there and climb down the cliff to the beach. Hire a car guard first if one is available. In any case, never leave valuables behind, since cars are not easily visible from the beach.

**Baby Beach** - Take the Corniche as above toward the airport, continue past the aforementioned turnoff to Lighthouse Beach, and instead take the first (newly) paved road to the left. A little way down this road, at the second opening in the white wall on the left, look for a hand-painted sign pointing to the beach. Turn in here and drive straight into the parking area, where there usually is a guardian. Walk down to the beach. Refreshments available at the buvette (drinks shop).

**Secret Beach** - Continue along same paved road past turnoff to Baby Beach until you see a buvette and cars parked in a clearing at another beach on the left. Another way to get there is to continue further on the main road to the airport, turning left instead at the road that goes to La Pointe des Almadies restaurant (second paved road past lighthouse). Turn left again opposite the Meridien President complex and drive past the main entrance to Club Med. Now look for the beach on your right. This beach tends to attract younger folks and surfers.

**Almadies Beach** - Turn left off the Corniche (main road to the airport) onto the road to La Pointe des Almadies (and the Meridien President). Go all the way to the end. Guardians are always available here. Several good restaurants are on your left. The small, rocky beach is on your right. Offshore reefs calm the waters here, so families with children favor this beach. Snorkeling is common at Almadies Beach. Often crowded on weekends.

**N'Gor Beach** - Go out the Corniche and turn left at green sign for Timi's Discotheque and the Shell Station and, almost immediately, left again. Drive into the parking lot; choose a car guard firmly and quickly from the crowd of boys who will immediately surround your car. The beach is large and calm, but sometimes polluted with trash from N'Gor Village. Paddleboats are available for rental.

**N'Gor Island** - Take a pirogue from N'Gor Beach (blue is best -- 500 CFA round trip). Beach is calm and good for small children. Drinks available at buvette on beach. Umbrellas may be rented for 1,000 cfa. Small outdoor restaurant with great view of the ocean. Beach often crowded on weekend afternoons.

**Diarama and Ngor Hotels** - Two tourist hotels located near N'Gor Beach. Follow directions for N'gor but go straight instead of turning into parking lot for N'Gor Beach. The Diarama is the first hotel on your left, the Ngor the second. Each has a private swimming pool and beach, though the beach at the Ngor is quite modest. Entrance fees required.

**Yoff Beach** - Take airport road and pass airport. Turn left at sign about 3 kms beyond airport and drive toward ocean. Take one of the side roads to beach. Park on beachfront road; guardian sometimes available. This is the largest expanse of beach in the Dakar area. Some trash, but the wide beach is never crowded. Heavy surf and strong undertow.

**Tahiti Plage & La Voile d'Or Plage** - These two beaches are located next to each other below the Bel Air Military Base. Take the steps down to the beach just outside Base entrance or take dirt road to the right shortly before getting to Base entrance, drive past some warehouses and press on past a shanty town until you get to the parking area. La Voile d'Or is much larger and nicer, has a bar and restaurant, thatched umbrellas (included in price of admission), paddleboats (extra), and nice view (free). This beach is quite secure. The water is calm and looks clean and clear, but probably is somewhat polluted because of proximity to Dakar; however, that doesn't seem to discourage swimmers.

## **GORÉE ISLAND AND SLAVE HOUSE**

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**Gorée Island**, rich in history, is probably the area's favorite and most famous tourist attraction. One of the most frequently visited sites is the **Maison des Esclaves (Slave House)**, a poignant reminder of Gorée's role as the center of the West African slave trade. Built by the Dutch in 1776, the slave house has been preserved in its original state. Other points of interest include the Church, the picturesque ruins of **Fort Nassau, Saint Michel** (the Castle) and the **Historical Museum** in the old Fort Estrées. There is a small but not very private beach on Gorée next to the ferry landing. See separate CLO handout for directions to Gorée.

## **A BRIEF HISTORY OF GORÉE**

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Today a quiet and quaint haunt for tourists with about 1,000 permanent residents, Gorée played an important role in the history of Africa, particularly in the development of the slave trade. Only three kilometers from Dakar at its nearest point, the island is made up of a flat plain that ends in a steep basaltic hill (the Castle), and is only 900 meters by 300. Possibly sighted by Phoenicians and others in antiquity, it was probably first discovered by the Portuguese explorer Dias in 1444.

The island was colonized in 1817. As with Manhattan Island, the Dutch bought the island from a local chief for a pittance. Gorée became a way station for Dutch ships plying the route between their forts on the Gold Coast and the Indies. The Dutch gave the island its name, most probably for "Goeree" Island in Holland, or more fancifully - according to some - for its sheltered harbor, "Goode Reede" (good roads).

Gorée changed hands many times. The British took it from the Dutch; the Dutch then recaptured it, but had to give it up again to the French during French maritime expansion

under Colbert. In 1802, by the terms of the Amiens peace agreement, the island became French and remained so until Senegalese independence in 1960.

Gorée was the principal entry point off the coast of Africa for slavers and merchantmen flying the French flag. Thousands of Africans passed through this island fortress on the continent's bulge. After the abolition of the slave trade in France in 1848, Gorée was an outpost for policing the seas. As its role in trade declined, it became a stepping off point for French colonization of the interior of West Africa.

Gorée had the first school and the first printing plant in French Africa. It was also one of the "four communes" which in the 19th century were electing deputies to the French National Assembly. Like Zanzibar off the East Coast of Africa, Gorée is important in the early history of American relations with Africa. The United States established a consulate here in 1885.

Many buildings on Gorée are currently undergoing renovations, sponsored by Senegal, the U.S. and many other governments and international organizations.

## **POINTS OF INTEREST ON GORÉE**

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**The Slave House:** Built in 1776 by the Dutch, the Slave House is one of several sites on the island where Africans were brought to be loaded onto ships bound for the New World. The owner's residential quarters were on the upper floor. The lower floor was reserved for the slaves who were weighed, fed and held before departing on the transatlantic journey. The Slave House with its famous "Door of No Return" has been preserved in its original state. Thousands of tourists visit the house each year. Curator Mr. Ndiaye – 822-2805 to arrange VIP visit (fee).

**The Botanical Gardens:** Located on the Rue du Port, the gardens were founded by the French in 1667 and remain open to the public.

**The Church of St. Charles:** Located on the Place de l'Eglise, the church was built with public contributions in 1830 in the style of provincial churches in western France.

**The Castle:** Originally built by the Dutch in the 17<sup>th</sup> century, this fortress has been razed and reconstructed several times. In the 18<sup>th</sup> century it housed the residence of the Governor of Senegal and in 1940 it was bombarded by a combined British and Free French naval force.

**William Ponty School:** From 1913-1937, this building housed the Ecole Normale William Ponty where many African leaders were educated.

**Strickland House:** This house is the site of the first American Consulate established in West Africa. It was the home of American businessman Peter Strickland who came to Africa in 1878 as a representative of the Boston trading firm and was named the US Consul in 1883.

**University des Mutants:** This university, founded by former Senegal President Senghor, was established to bring together the best minds of Africa. It is the site of frequent conferences on current cultural and economic issues for developing nations.

**Hostellerie du Chevalier de Boufflers:** This well-known restaurant was named after the first French Governor of Senegal, a colorful figure who moved to Goree from the capital of St. Louis and is reported to have broken many hearts upon his return to France in 1788.

**Historic Museum:** Opened in 1989, the museum has exhibits on anthropology, West African pre-history and the political and religious history of Senegal. Open daily (except Monday) from 10-1 and 2:30-5. It charges a small admission fee.

**Ferry (Chaloupe to Gorée Island):** The ferry leaves from the port of Dakar, at the foot of Ave. Canard and costs 1500 CFA for residents of Dakar, and 5000 CFA for tourists. For information, you can phone the Embarcadère directly at **33-849-79-61**. The schedule is as follows:

**Ferry to and from Gorée**

Week days		Sundays and and holidays	
Depart from Dakar	Depart from Goree	Depart from Dakar	Depart from Goree
06h15	06h45	07h00	07h30
07h30	08h00	09h00	09h30
10h00	10h30	10h00	10h30
11h00	12h00	12h00	12h30
12h30	14h00	14h00	14h30
14h30	15h00	16h00	16h30
16h00	16h30	17h00	17h30
17h00 (1)	18h00 (1)	18h30	19h00
18h30	19h00	19h30	20h00
20h00	20h30	20h30	21h00
23h30 (2)	00h00 (2)	22h30	23h00

00h45 (3)	01h15 (3)	23h30	00h00
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(1) : except Saturday - (2) : Friday only - (3) : Saturday only

updated 10/12/07

## **SPENDING THE DAY AT N'GOR ISLAND**

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**Location:** Take the Corniche past the lighthouse and La Pointe des Almadies. Turn left at the Shell Gas Station and then take an immediate left at the next street, where the USAID building is located. Drive into the parking lot and choose a car guard (select one quickly and firmly).

Walk down to the beach and head towards the pirogues (small Senegalese boats). Don't worry about finding them – you will be approached as soon as you're spotted. Two companies (the blue line and the green line) furnish pirogue service to the island. The blue line seems to be dominant and "going blue" will probably cause you fewer hassles. Round trip tickets cost 500 cfa. Be sure to take the same line both coming and going. Keep your tickets in a safe place as you may be asked for them when you return. You can request a life jacket if you are not a strong swimmer. In French, they are called *un gillet de sauvetage*. For the more athletic among us, the swim from shore to shore is approximately ¼ mile.

**What To Do Once You're There:** The main attraction is the beach. It is small, is in a protected area and has a sandy bottom, which is good for children. Cold drinks are available from drink stands for 300 cfa and sometimes you can rent umbrellas. There are also small outdoor restaurants with great views of the ocean. Many people also enjoy taking a walk around the island and viewing the many old homes and the lovely view of the ocean. Check out the Embassy property!

**Best Time To Go:** During the week, any day is good. During the summer months, the weekends can be extremely crowded; however, between September and May the weekends are usually quiet. If you decide to visit the island during the summer months (on a Saturday or Sunday), try to go early in the morning to escape the crowds.

## **SUNDAY MORNING SERVICE AT KEUR MOUSSA**

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Catholic Church services are held every Sunday morning at the Monastery at Keur Moussa. The service is done with Gregorian chants accompanied by music played on traditional African instruments. If you plan to visit, you should plan to arrive early to get a seat. The service begins at 10:00 am, lasts approximately 1 – 1 ½ hours and is done in French and Latin. After the service, you can visit a small store that sells CDs and cassettes of the music played during the services, note cards that have pictures of the altar and the monastery, freshly made goat cheese and grapefruits grown on the premises. After visiting Keur Moussa, you can continue on to **Kayar**, a large and picturesque fishing town, or backtrack a bit and head for the beaches toward M'Bour.

**Directions:** Take the AutoRoute to its end and get on the Rue de Rufisque. Check your odometers as you start on the Rue de Rufisque and drive through Rufisque, Bargny and Sebikotane and then turn left when you've gone 26 miles (41.6 kilometers) from the end of

the auto route. Landmarks at the turn off include fruit vendors on the left and a power station on the right. Go about another mile until you reach the village of Keur Moussa. Look for a yellow sign reading “Monastere de Keur Moussa”. Turn left and drive to the end of the road (about 1 mile) and park under the shade trees.

## **THE NATURE RESERVE AT POPENGUINE**

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**Popenguine** is a small town on the ocean about 1 ¼ hours south of Dakar by car. The town is a pilgrimage site and has a lovely church (almost worthy of the drive itself), and a beautiful beach framed by golden cliffs. For any that have tried with disappointing results to find a bit of beach to enjoy for a day trip or picnic, Popenguine is the solution to all your frustrations. On the edge of the town there is a nature reserve (1009 hectares established in 1988) adjoining the beach.

**The Reserve** consists of scrubby, dry land with dramatic topography, including wonderful cliffs overlooking the ocean. It is a wonderful place for a good walk and has a variety of arid, land-loving birds, monkeys, and nocturnal animals (also snakes). Parking seems safe and visitors are rarely bothered. This park is made for scouting trips. The best time to see the reserve is between November and April. The conservators are pleased and proud to have interested visitors. The beach is included in the reserve and offers wonderful beach walking and picnic possibilities. One popular option is to explore the reserve first and then descend the cliffs and return along the beach. This could be a bit difficult for small children.

**To Get There: Drive** down the AutoRoute through Rufisque towards Saly and Mbour. Keep right at the Mobil gas station at the “Y” (i.e. don’t go to Thies). You will go past the paved road to Toubab Diallo and past a sign for the village of Tchiky. The turnoff for Popenguine is the next paved road on the right at the village of Sandia (across from the Shell gas station). The road is hard to miss, but if you get to Saly, you have gone too far. It is about 9km off of the main road to Popenguine. Flags on the road mean the President is in residence at his home just north of town. **Do not** turn left up the paved road to the Sanctuary parking lot (before you reach the village); this is for the pilgrimage site (open for the pilgrimage around Easter time), not for the nature reserve. The road ends at the Village Square. Turn to the left, go past the short road up to the church, and continue following the bumpy, but passable, dirt road for about 1-km. The road dead ends in a rough parking area just off of the beach. There is a camp there and you will see a faint sign for the reserve.

**Before you go** you can call the National Park Office at 33-956-49-51. They can arrange for a guide. While it is not mandatory to request prior permission to visit the park, if you are planning to go in a large group, you might want to call the office to give them advance notice. If you are a small party and haven’t planned ahead, just stop in at the park office (which is a small house on the beach to your left as you face the ocean near the sign) and request permission to enter the reserve. Reserve hours are 9 to 12 and 3 to 6, but if you enter the park before noon, it is unlikely that the rangers will ask you to leave during the lunch break. The charge is 1500 cfa per adult and 700 per child.

**Bring:** Beach umbrellas, sun hats, sunscreen (there is little shade in the park and none on the beach), water and perhaps a picnic lunch. (There are a few restaurants in Popenguine,

but you will need to order as soon as you arrive as it takes several hours for the preparation of the meals). For bird watchers, don't forget your binoculars and bird books. If you are a serious explorer, you should wear long pants and sturdy walking shoes (the trails are crumbly in places and there are lots of sticky bushes). A compass, walking stick and backpack for water are also recommended.

**Joal**, birthplace of former President Senghor, is located an hour south of M'Bour in a great bird-watching area. Nearby **Fadiouth**, a picturesque fishing village located on an unusual island of seashells among the mangroves, is reached by pirogue or footbridge. Of note are its unique basket-like granaries on stilts. Young men seeking to guide you around the area will probably besiege you. Pick one quickly and firmly, and determine the price too, if you want to avoid being hassled.

## **LAC RETBA (LAC ROSE)**

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Lac Rose, the pink lake is billed as Senegal's answer to the Dead Sea. The lake is also famous because the annual Paris-Dakar motor rally traditionally finishes here. Surrounded by dunes, this large shallow lagoon is 10 times saltier than the ocean and is also renowned for its pink hue when the sun is high. The color is due to the high concentrations of minerals in the water, and as a result is much more impressive in the dry season, when the water is low. You can swim here, buoyed by the salt or rent a canoe and paddle around the lake.

At Lac Rose you can have lunch or stay over night at the Bonaba Café, telephone number: 77-638-75-38. Horse back riding and dune buggys are also available for rental. There is also a gorgeous beach beyond the sand dunes. It's worth the effort to climb the sand dunes to get to the beach for swimming and a picnic.

**Directions:** Take the AutoRoute from Dakar towards the airport. At the roundabout for the airport, turn off to the right and take the road to RUFISQUE. Check your odometers, drive 13 kilometers and turn left (about 1 mile after the Mobil station) also, before you make the left turn you will see a signpost for the village of KEUR MASSAR. Stay straight on the road and continue through town until the road curves to the right. After you make the right turn you will pass a traditional hospital on the right side of the road. Continue on this road to the first paved road to the left and turn left (km23.7) When you reach the village of Niga (km27-6), take the paved road through the village until you reach the parking lot at Pink Lake (km30.4). To get to Bonaba Café continue along the track around the lake until you get to the other side of the lake.

## **RESERVE DE BANDIA AND ACCROBAOBAB**

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This small wildlife reserve is on the East Side of the road between Dakar and Mbour, about 5km south of Sindia. You can't miss the large entrance gates and sign flanked by two

giraffes. Privately funded and well managed, this reserve is worth a visit. You are not permitted to walk in the park. It is recommended you bring your own picnic lunch or make a stop on your return to Dakar to the fishing village at **Toubab Dialao** for lunch and swimming at **Sobo Bade**. Sobo Bade, built on a small cliff, surrounded by beautiful gardens, and overlooking the beach and ocean. Sobo Bade itself is like a sculpture. (see below)

The reserve contains several animal species including monkeys, giraffe, buffalo, jackal, ostrich and a variety of birds. There are also some interesting Serere burial mounds and a baobab tree where griots were interred.

The reserve is open daily. Admission is 7,000 CFA per person, 3,500 CFA to hire a guide, 30,000 CFA to secure a 4x4 for viewing the animals. The vehicle can accommodate 9 people so it's best to go in a group and the tour is approximately 2 ½ hour. Telephone number: 76-694-65-44 (restaurant by the watering hole), 76-685-58-86 / 77-648-92-25.

**Directions:** Take the AutoRoute to its end and get on the Rue de Rufisque. Continue on route to Mbour. You should see the park about 5km after Sindia. Driving time from Dakar is estimated at about 1 ½ hours.

Accrobaobab Park has all kinds of acrobatic games including climbing baobab trees with ladders, swing between the trees, nets, etc. Entrance is right in front of Bandia park. For further information: [www.acctro-baobab.com](http://www.acctro-baobab.com). Tel: 77-638-74-74.

## **SOBO BADE - 33-835-03-56**

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Sobo Bade is a magical place with spectacular views of the surf and ocean. The ambiance is enchanting and makes for a great daytrip out of Dakar.

Situated 50 km from Dakar, in the village of Toubab Dialao, l'Espace Sobo Bade is a multi-disciplinary arts centre created and headed by the playwright and sculptor Gérard Chenet. Its name is derived from Voodoo and means 'Welcome Frankness'. The main activities of the Centre include courses in traditional African dance, performances of the experimental theatre, courses in batik technique for the beginners, symposiums in ceramics and sculpture.

There is a restaurant on the property. The menu is varied and includes European, vegetarian as well as Senegalese dishes. It's best to call ahead if you plan to spend the night.

## **LE VILLAGE DES TORTUES DE NOFLAYE**

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Here is a unique ecology park/reserve dedicated to the preservation of turtles, tortoises and the ecology of the area. This unique sanctuary offers tours daily from 9:00 am to 7:00pm. The best months are April and May, Mating season: September and October, Hatching season: October, November and December. English tour guides are available.

Telephone number: 77-658-99-84. The reserve is a 45 minutes drive from Dakar on the route to Rufisque in the village of De Noflaye.

## **THIÈS**

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Peace Corps Training Center is located in this town, also Massa Massa restaurant and **The Manufacture des Tapisseries** (Tapestry Factory) which can be visited on weekdays and Saturdays. There is no charge per person, and it is advisable to call a day or two in advance to make an appointment. Tel. 33-951-11-03 or 33-951-11-31. Regular visitors are permitted only in the exhibition rooms. "Official" visitors from embassies, etc. are allowed into the design rooms and workrooms - a much more interesting tour! (Only during the weekdays). Contact Mr. Abdoulaye Mbodj at 77-543-03-88 before you leave Dakar to set this up. Also, lunch and/or lodge at the Masa Masa Restaurant in Thies. Gourmet food in nice setting - phone 33-952-12-44.

## **OVER-NIGHT TRIP TO SAINT LOUIS AND DJOUDJ – NORTHERN SENEGAL**

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Parc National des Oiseaux du Djoudj is one of the most important wetland bird sanctuaries in the world and is famous for bird watching, especially the vast flocks of pelicans and flamingos. It is best to be there early in the morning so an overnight trip is recommended. Some prefer to spend the night in St. Louis and drive to the park early in the morning. In St Louis we recommend the Hotel De La Poste, see list of hotels in St Louis. St Louis is approximately four hours drive from Dakar; the roads are in excellent condition. The park is accessible only by a dirt road (25-km) so it's important to have a four-wheel drive vehicle. Accommodations in the park are available at the Hotel du Djoudj, telephone number 33-820-05-40 from Dakar or 33-963-87-02 from St Louis. You may wish to call the Hostellerie du Djoudj (33-963-87-02) if you are traveling in a group to book the pirogue ride. The cost of the pirogue ride is 3,000cfa per adult; kids are free. Park entry fee is 5,000 cfa per vehicle plus 2,000 cfa per person. Best time to visit Djoudj is from November to April, when various migrant birds from Europe, especially waders, arrive. Around three million individual birds pass through the park annually, and almost 400 separate species have been recorded.

St Louis with its impressive colonial architecture, unique setting and relaxed atmosphere is one of the most congenial towns in Senegal. Jazz is a big thing here. The St-Louis Jazz Festival is an annual event and takes place in May, attracting performers and audiences from all over the world.

## **OTHER EXCURSIONS**

**The National Park at Niokolo Koba** is one of the better game reserves in Senegal, but check first - some months are better than others, and it is closed during part of the rainy season. This is a long trip (at least eight hours) and you can stop in Kaoloack or Tambacounda on the way to or from. Of the two encampments in the Park, Simenti is superior to Niokolo Koba - specify when making reservations. If you are not an experienced animal spotter, you will do better if you hire a guide.

**Touba**, nearer to Dakar, is the sacred city of the Mouride Islamic Brotherhood. Its mosque, perhaps the most beautiful in Senegal, holds the tombs of the brotherhood founder, Amadou Bamba, and subsequent Caliphs General of the movement. Visiting the mosque is recommended to those interested in Senegalese culture. Visitors to Touba should remember, however, that the Brotherhood itself established and enforces the norms of social behavior within the town. You should not use or be seen with alcoholic beverages or cigarettes. Women should dress modestly and not in pants. The mosque may be visited during the day except at the hours of prayer - just remember to respect the local customs.

**Djifer** is a fascinating weekend trip to an encampment on an island in the Sine Saloum river delta area. Side trips by pirogue are made to nearby fishing villages.

## Things to do before you leave Dakar!

- Spend a Sunday morning chanting at Keur Moussa after which buy some delicious goat cheese; then head over to Sobo Bade – Toubab Dialao for a swim. The beaches are spectacular and so is the view!
- Run the Hash and drink a Flag.
- Have a taste of bissap.
- Doing the wahale- bargaining for something you must have.
- Hang tough on a dune buggy, trek through the sand and ride a horse at Lac Rose.
- See the Grand Mosquée at Touba and drink from the well of Mame Diarra.
- Be enthralled by the stalls of Marché HLM. Buy and wear a petit pagne and a dial daly beneath your boubou.
- Visit the Lighthouse at Mamelles; especially at 7pm to watch the sunset.
- Have coffee and croissants at Au Fins Palais or Grain D’Or
- Have a quiet dinner at Terou Bi.
- Get a great piece of gold jewelry made just for you by Pape Diop at BIJOUTERIE NOUVELLE 30, Rue A. Assane Doye.
- Watch the sunset at Point Almadies, the most western point in Africa and dine on grilled fish, prawns and oysters.
- Start a shell collection from Saly and display them in a basket from Thies.
- Pick up copies of The Scarlet Song and So Long A Letter by the Senegalese author Miriama Ba and read them. Copies are available in English and French.
- Be sure to learn some Wolof...Jere-jef!
- Share your experiences with friends, family and THE COMMUNITY LIAISON OFFICE!