



UNV workshop on Community-Based Adaptation

UNDP-GEF global project

2-10 August 2010 – Dakar, Senegal





VENUE - ACCOMODATION - FOOD

Hotel LE MERIDIEN PRESIDENT: www.lemeridienpresidentdakar.com



Hotel address:
Route des Almadies,
B.P 8181
Dakar
Senegal
Tel: (00221) 33 869 69 69
dakar.reservation@accor.com

The hotel «Le Méridien Président » has been selected to host the participants. A reservation has been made for all participants travelling to Dakar from their arrival (even early morning or during the night) until departure (even late in the evening) for your maximum comfort. All rooms have sea view, little private balcony, free WiFi connection, air conditioner, and are non-smoking.

Accommodation includes breakfast, which is served at the restaurant le Manguier as a buffet in order to adapt to your specific taste as you come from very different cultures. A lunch buffet will also be provided (during the workshop only, from 2nd to 10th August), as well as one coffee break every morning and afternoon.

Extra consumption of food/drink and dinners will not be covered by the workshop as you receive DSA to cover these additional costs (you will have to pay them at the reception before leaving the hotel). There are four restaurants and bars inside the hotel for seafood, fresh fish, Senegalese and French food.

Le Meridien Hotel is a big hotel with many conference rooms, therefore to find the conference room for our workshop, please follow the written sign: UNV workshop on Community-Based Adaptation or ask the reception for help.

For those of you who need to work after the workshop sessions, there is a free wireless connection in rooms and in some public areas. However, after long working hours you may also want to enjoy some leisure activities, such as the free swimming pool, little Jacuzzi, tennis, walking track, bicycle, volleyball and archery. There is also a fitness center and a golf, but with additional costs. ATM is available at the hotel.

VISA

An entry visa to Senegal is not required for:

- Citizens of ECOWAS member states;
- Holders of United Nations Laissez-Passers: please note that the UNLP must be valid throughout the entire stay in Senegal;
- Citizens of the European Union, Canada and the United States of America.



An entry visa is mandatory for citizens from all other countries. However, we already managed to arrange visas for participants who don't have Senegal embassies at their duty station. Kindly note that the concerned participants must carry with them the document we will send to you by email (i.e. the official letter and the list with your name and passport number) and show them to the border on your arrival at the airport.

All passengers are requested to fill a form at the arrival at the airport with name, passport number, address, flight number, etc. (similar to what exist in most countries). You may want to ask if staff already have it in the plane in order to get support to fill it in case of language barriers.

VACCINATION - HEALTH

Vaccinations

A **valid Yellow Fever Vaccination Certificate is required for entry into Senegal.** Please show it at the border on your arrival at the airport:

- Yellow fever vaccine is recommended for all travelers older than nine month.
- The vaccine is required for all travelers arriving from a yellow fever infected country in Africa or the Americas.
- Yellow fever vaccine must be administered at an approved yellow fever vaccination center, which will give a fully validated International Certificate of Vaccination.

You can claim the reimbursement of your yellow fever vaccination by sending me the F10 with scanned receipts and certificate.

Medications

The following are the recommended medications against malaria for Senegal (it's up to you to decide to do it or not, but it's not reimbursed by UN):

Prophylaxis is recommended for all travelers: **Lariam** should be taken once a week in a dosage of 250 mg starting one to two weeks before arrival and continuing through the trip, and four weeks after departure; **or Malarone** should be taken once daily with food, starting two days before arrival and continuing through the trip and seven days after departure.

For more information, we invite you to visit:

www.afro.who.int/en/divisions-a-programmes/atm/malaria.html

UN accredited doctors in Dakar:

Call SOS Médecins (+221) 33 889 15, who will move to your place to treat you:

- Dr. Kadiatou Regnault
- Dr. Massamba Sassoum DIOP
- Mrs. DIOP, Logistics at SOS Médecins: (+221) 77 639 04 58

In case of any medical emergency, please contact the reception desk at the hotel for assistance.



Inspiration in Action!

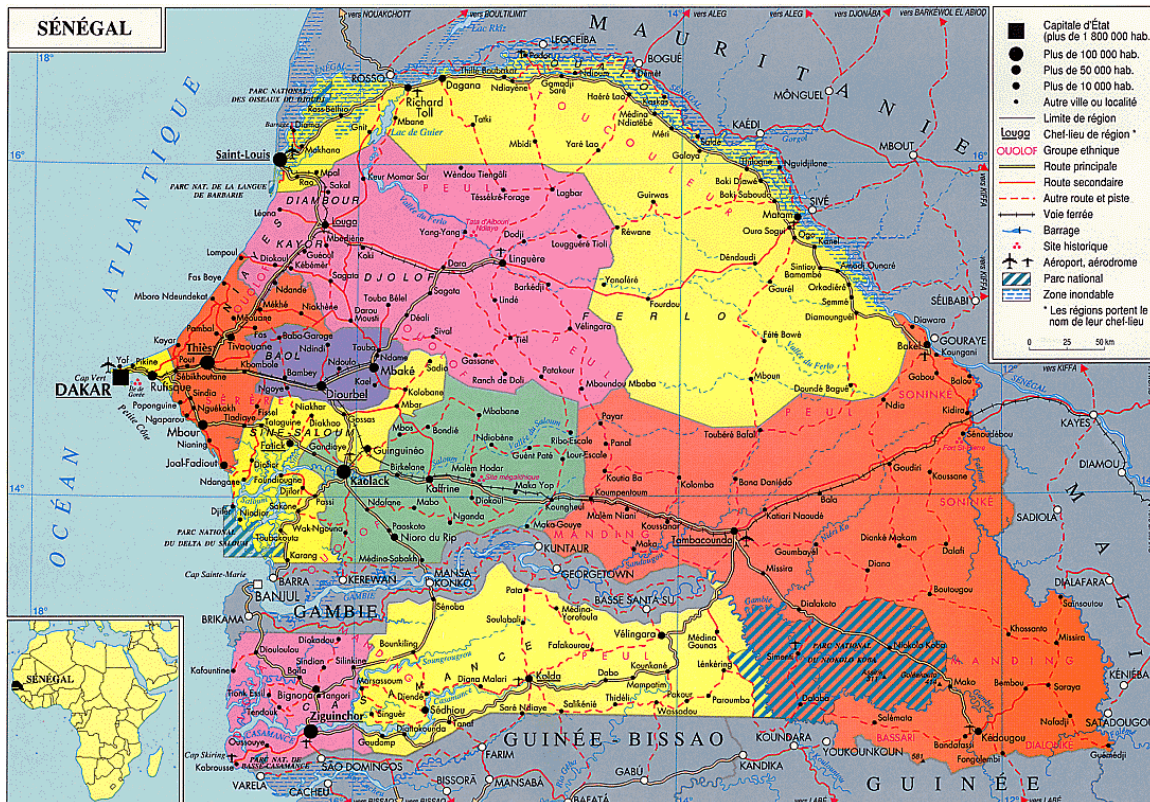
TRANSFER FROM AIRPORT

The hotel is only 10 minutes drive from the airport.

The Hotel Le Meridien has a shuttle-bus from/to the airport at least every hour during the whole night/day: please find the sign with the hotel Meridien's name or your own name.

In case of any problem, we will send you a taxi to ensure your transportation from and to the airport: please check the sign with your name.

ABOUT SENEGAL



Geography

Senegal is a Sahelian country, located at the extreme Western tip of the African continent. It covers an area of 196,722 Km² and shares borders with Mauritania on the Northern side, Mali on the Eastern side, Guinea Conakry and Guinea-Bissau on the Southern side, and The Gambia in its Southern part.

As a flat country, its highest reliefs hardly exceed 130 meters in altitude, with the exception of the Fouta Djallon Mountains in the South-Eastern part of the country.

Three rivers flow through the country: the Senegal River (1700 km long), the Gambia River (750 km) and the Casamance River (300 km).



Capital: Dakar

Population in Dakar: 2.51 million

Total population: 14,086,103 million inhabitants (July 2010), with 58% aged less than 20

Population growth rate: 2.68

Urban population: 42% of total population

Religion: Muslim 94%, Christian 5% mostly Roman Catholic, indigenous belief 1%

Languages: French (official), Wolof, Pulaar, Sereer, Jola, Mandika

Time: GMT

Electricity: 220 volts AC, 50Hz.

Senegal money:

CFA XOF is the local currency. Senegal is part of the French Monetary Area. Only currency made by the BCEAO (Bank of West African states) is valid. The CFA Franc is tied to the EURO.

Exchange rate indicators:

- 1 EUR= 656 CFA XOF
- 1 USD= 538 CFA XOF

Weather /climate

The country experiences a dry season, from November to May, and a rainy season, which covers the period going from June to October. Now it's humid and hot (maximum 30-34 degrees).

Food

Senegal's national dish is the "Thieboudienne": rice cooked in tomato sauce and served with chunks of fried fish, often stuffed with parsley and garlic paste, carrots, cassava and other vegetables.

Variation "Thiebouyapp": fish is replaced by meat.

Another favorite is "Yassa Poulet": grilled chicken, marinated in thick onion and lemon sauce.

"Yassa Poisson" is a variation with fish, and "Yassa Boeuf" with beef.

"Mafe" is a meaty ground nut sauce, served with rice.

Locally produced juices include "bissap" (hibiscus), "gingembre" (ginger) and "bouye" (baobab fruit).

"Café Touba" is a spicy coffee.

Shopping

Visitors to Senegal may want to go to some of the colorful markets. They are abundant with a range of bargains from food to handmade crafts. Most markets sell wooden carvings, traditional fabric, embroidery, pottery, necklaces of clay beads and costume jewelry of wood or various seeds. There is a craft village close to the hotel, as well as at Soumbedionne, where the visitor can watch craftspeople at work and buy their handicrafts, such as African gaming boards, masks, statues, musical instruments, metalwork, including copper pendants, bowls and statuettes.

Shopping hours: generally Monday-Saturday 8.30-12.30 and 15.30-19.30. Few shops open Sunday morning, others are closed Monday.

SOME RESTAURANTS IN DAKAR

At Almadies, in the hotel Meridien area



- Le Mogador, Street des Almadies, Tel 338200402
- Chez Fatou Kim, Street du Meridien, Tel 775462636
- Le Lodge, Street OCI, Tel 338690345

Downtown Dakar, at Plateau

- Le Montélimar, Street Carnot 45, Tel. 338220607
- Big Five, Street Victor Hugo 24, Tel. 338220817
- Le Plaza, Street Raffanel 71, Tel. 338222768
- Le Toucouleur, Street Moussé Diop 122, Tel. 33 821 51 93
- La Case Créole, Street Djily M'Baye 21, Tel. 33 823 40 81
- Le Dagorne, Street Parent 4, Tel. 33 821 88 87

Downtown Dakar, at Corniche Est

- Le Niani, Corniche East, Tel. 33 822 60 71
- Le Terrou-bi, Corniche West, Tel. 33 822 42 27
- Le Lagon II, Corniche East, Tel. 33 823 74 42

In Point E or Sicap Amitié or Fann Mermoz

- Les Gourmandises, Street 3 at Point E, Tel. 33 824 84 05
- Jardin Thailandais, Bld du Sud 10 at Point E, Tel. 33 825 58 33
- Mini Resto, Sicap Amitié III, Tel. 33 821 51 93
- Shéhérazade, Fann Mermoz, Tel. 33 860 13 83

Security conditions

Senegalese people are known for being very hospitable. However we recommend that you take the necessary precautions to keep your belongings safe and avoid having important objects (jewels, valuables, money) and documents beside you, especially when you need to leave the hotel.

For more information about Senegal, we invite you to visit:

www.ausenegal.com and www.senegalaisement.com.

CONTACTS

For any phone call to Senegal, dial the country code (+221) first followed by the phone number.

For any questions and help regarding the logistics of the workshop, please do not hesitate to contact:

Adeline Aubry: Cell: (+221) 77 450 61 92, Email: adeline.aubry@undp.org

Mrs. Khady Gueye: Cell: (221) 77 642 52 50, Email: nkhady.gueye@gmail.com