



TALLER·**PORTOBELO**·NORTE

**2012 Taller Portobelo Norte  
3rd Annual Joie de Vivre Senegal Arts & Culture Tour  
Registration Packet**

**June 2 - June 10**

**[www.tasteofsenegal.com](http://www.tasteofsenegal.com)**



**TALLER·PORTOBELO·NORTE**  
2012 Senegal Arts & Culture Tour

Dear Participant:

We are so excited to be hosting your stay in Dakar, Senegal for the 2012 TPN Joie de Vivre Senegal Arts & Culture Tour from June 2nd to June 10th. Dakar is a vibrant and energetic city and we look forward to exploring it, and most importantly, having fun together!

This registration package contains the Registration Form, Participants Health Statement, Medical Waiver, Trip Itinerary, Packing List, Suitcase Limitations and Money Needs, Travel Checklist, Credit Card Authorization form, Things to Keep in Mind, Information about Dakar, and Essential Wolof Phrases. Please review everything thoroughly and send in all necessary documents asap.

Also, please check ASAP to be sure that your Passport and ID are valid and will not expire before or during your trip to Senegal. You **MUST** have a valid passport. Please send us a copy of your passport and drivers license with all of your signed forms.

We will forward your flight itinerary within 3 weeks of the departure date. Keep in mind that the flight is booked from Atlanta. If you are not in the Atlanta area and do not want to wait until to get a ticket, please book your flight to arrive into Atlanta the day before our departure to Senegal and depart from Atlanta the day after our arrival from Senegal.

Should you require any further information do not hesitate to call me at 404-516-315 or email me at [odeleye@tallerportobelonorte.com](mailto:odeleye@tallerportobelonorte.com)

Cordially,

Ms. Oronike Odeleye  
Administrative Director  
Taller Portobelo Norte  
404-516-3195  
404-393-2903 fx  
[odeleye@tallerportobelonorte.com](mailto:odeleye@tallerportobelonorte.com)



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**Taller Portobelo Norte Senegal Arts & Culture Tour 2012 Registration Form:**

Personal Data

Name \_\_\_\_\_  
Last First Middle

\_\_\_\_\_  
Date of Birth Sex Citizenship

Mailing address

\_\_\_\_\_  
Street City State Zip

\_\_\_\_\_  
Telephone E-mail

Room Preference: Double Occupancy  
Single Occupancy (+395)

Roommate Preference: \_\_\_\_\_

How did you learn about the Taller Portobelo Norte Senegal Arts & Culture Tour?

Authorization

I certify that all information in this application is complete and accurate. I understand that Taller Portobelo Norte reserves the right to dismiss any participant who does not meet the general behavior standards and that any applicant who is dismissed for any reason waives refund of all fees. Taller Portobelo Norte also reserves the right to cancel or revise the program as needed.

\_\_\_\_\_  
Signature of applicant

\_\_\_\_\_  
Date



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### Taller Portobelo Norte Senegal Arts & Culture Tour Participant Health Statement:

**To the applicant:** A cultural immersion program can be both physically and emotionally stressful. Please provide an honest evaluation of your physical health by answering the following questions. If you answer “yes” to any of the following questions, please explain below or on a separate sheet of paper, describing the details of the condition or treatment, including any medications taken. Please type or print neatly in black ink.

Name \_\_\_\_\_  
Last First Middle

- |  |     |    |
|--|-----|----|
| 1. Do you have any dietary restrictions or known food allergies?   | Yes | No |
| 2. Do you have any physical disabilities or impairments that might cause hardship as a result of a change in diet, strenuous travel, or that might otherwise affect participation in a cultural immersion program? | Yes | No |
| 3. Are you currently being treated for any physical/mental conditions?   | Yes | No |
| 4. Are you taking any medication?  | Yes | No |
| 5. Are there any concerns relating to your health or your family's health history that we should know?   | Yes | No |
| 6. Have you ever had any of the following?   |     |    |
| a. A surgical operation (or have you been advised to have one?)  | Yes | No |
| b. Treatment in a hospital or mental institution?  | Yes | No |
| c. A major illness such as rheumatic fever or tuberculosis?  | Yes | No |
| d. Allergies to medication?  | Yes | No |
| e. Other allergies?  | Yes | No |
| f. Disorders not specified above, including eating disorders?  | Yes | No |
| 7. Do you have any conditions that could affect your adjustment to a new culture or to the artistic program abroad?  | Yes | No |
| 8. Please explain any “yes” answers to the above questions on a separate piece of paper.   |     |    |



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**Taller Portobelo Norte Senegal Arts & Culture Tour Participant Medical Waiver:  
This MUST be signed by applicant.**

AGREEMENT AND GENERAL RELEASE

1. In registering for participation in the 2012 Taller Portobelo Norte Senegal Arts & Culture Tour I, \_\_\_\_\_, assure Taller Portobelo Norte that I am cognizant of all the inherent dangers related to international travel, as well as certify to Taller Portobelo Norte that I am physically fit to travel and will take all of the necessary precautions to ensure my own safety and well being and that there is no reason known to me for not being able to participate in the 2012 Taller Portobelo Norte Senegal Arts & Culture Tour.

2. I also hereby acknowledge that international travel carries with it certain risks. These risks include, but are not limited to, lost or stolen belongings, regional illnesses, motor vehicle accidents, bodily harm and/or death. I certify that I will take all the necessary precautions to ensure my own safety.

3. GENERAL RELEASE I hereby agree that the Taller Portobelo its owners, officers, agents, supervisors, instructors, employees, successors and assigns may not be held liable in any way for any occurrence in connection with traveling, receiving instruction, any physical actions, or use of the facilities or equipment of the Taller which may result in injury, death or other damage to myself. In consideration for being permitted to engage in the 2012 Taller Portobelo Norte Senegal Arts & Culture Tour and the use of the facilities, I hereby release Taller Portobelo Norte, its owners, officers, agents, supervisors, instructors, employees, successors and assigns, from any and all causes of action, debts, controversies, and claims in connection with injuries, death or damage to myself, which I, my dependant, my heirs, executors, administrators, successors and assigns ever had, now have or hereafter may have. Furthermore, I do personally assume all risks in connection with the aforesaid use, for any harm, injury or damage which may befall me or my personal property while engaged in the use of the facilities, services or equipment, including all risk connected therewith, whether foreseen or unforeseen, and further save and hold harmless the said corporation and persons from any claims, including but not limited to any claims or liabilities arising out of the negligence of the aforesaid corporation, agents, offers, supervisors, instructors, employees, successors and assigns, by me, my dependant, my family, estate, heirs or assigns.

4. I have read this document and I have received answers to any questions I might have about this document. I understand what I am signing and give my consent to these conditions. The provisions herein, when signed and accepted, shall constitute the entire agreement between us and cannot be changed, modified or discharged orally. This agreement shall remain in effect until I have actively ceased any activity with Taller Portobelo Norte and I have also given 30 days written notification of intent of being released from this waver.



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### **Medical Waiver Continued:**

5. I acknowledge that Taller Portobelo Norte has advised me as to the vaccinations recommended by the Center for Disease Control. I confirm that I will follow or not follow their recommendations at my own risks and will not hold Taller Portobelo Norte, its owners, officers, agents, supervisors, instructors, employees, successors and assigns responsible for the consequences of taking or not taking the prescribed medications.

**Vaccination Recommendations:** Currently, no immunizations are required for entry into Senegal. However the following list are vaccinations that the CDC recommends. To have the most benefit, see a health-care provider at least 4–6 weeks before your trip to allow time for your vaccines to take effect and to start taking medicine to prevent malaria, if you need it. Even if you have less than 4 weeks before you leave, you should still see a health-care provider for needed vaccines, anti-malaria drugs and other medications and information about how to protect yourself from illness and injury while traveling. Before visiting Senegal, you should consider getting the following vaccinations and medications for vaccine-preventable diseases and other diseases you might be at risk for at your destination:

**Routine** - Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.

**Yellow Fever** - CDC yellow fever vaccination recommendation for travelers to Senegal: For all travelers  $\geq 9$  months of age. Senegal requires travelers arriving from countries where yellow fever is present to present proof of yellow fever vaccination. Vaccination should be given 10 days before travel and at 10 year intervals if there is on-going risk

**Hepatitis A or immune globulin (IG)** - Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection (see map) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with “standard” tourist itineraries, accommodations, and food consumption behaviors.

**Hepatitis B** - Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission (see map), especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).

**Typhoid** - Recommended for all unvaccinated people traveling to or working in West Africa, especially if visiting smaller cities, villages, or rural areas and staying with friends or relatives where exposure might occur through food or water.

**Meningococcal (meningitis)** - Recommended if you plan to visit countries that experience epidemics of meningococcal disease during December through June.





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**Dakar Itinerary**

*Liable to change without notice at TPN's discretion*

**Saturday, June 2nd**

Depart from Atlanta

**Sunday, June 3rd**

Arrive in Dakar

Airport assistance

Transportation to hotel

Rest

Lunch/Orientation

Walking tour of area around hotel

Dinner

**Monday June 4th**

Breakfast

Bus Tour of Dakar

Lunch

Sandaga Market

Shopping

Dinner

**Tuesday, June 5th**

Ifan Museum

National Gallery of Arts

Artist Village

Lunch

Beach

Dinner

**Wednesday, June 6th**

Breakfast

Depart Dakar

Arrive in Pink Lake

Depart Pink Lake

Arrive in Dangane

Cooking Class

Lunch

Beach/Sightseeing

Dinner

**Thursday, June 7th**

Breakfast

Sightseeing

Lunch

Depart for Toubab Dialaw

Sobo Bade Artist Colony

Dinner

**Friday, June 8th**

Breakfast

Sobo Bade Artist Colony

African Dance/Drum/Batik Class

Lunch

Beach/Sightseeing

Dinner

**Saturday, June 9th**

Breakfast in hotel

Depart Toubab Dialaw

Arrive in Dakar

Ferry to Goree Island

Tour of Goree Island

Lunch

Return to Dakar

Dinner

Nightclub

**Sunday, June 10th**

Depart Dakar



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**TPN Arts & Culture Tour Packing List:**

Medications  
Allergy/Sinus  
Diarrhea  
Anti-bacterial  
Headache  
Sunburn  
Vitamins  
OFF/Citronella  
Toiletries  
Soap  
Shampoo  
Conditioner  
Deodorant  
Toothpaste  
Sunscreen  
Sunglasses  
Feminine products  
Towel  
Wash Cloth  
Casual wear  
A few "dancing" outfits  
Long, thin pants  
Jeans  
T-shirts  
Bathing Suit  
Sarongs  
Flip-flops  
Sneakers  
Sandals  
Notebook/Journal  
Backpack  
Small purse/bag  
Film/Camera/Chargers  
Laptop/Circuit Breaker  
Passport & Copy

Pocket Calculator  
Drivers License/ID & Copy  
Credit Cards & copy  
Health Insurance Card & Copy  
Emergency Contact Info  
Ipod/Music  
Umbrella  
Jacket/Sweater w/ hood  
Watch/Alarm

**Suitcase Limitations**

1 Rolling Suitcase w/ luggage ID tag  
1 extra bag (for packing souvenirs)  
1 backpack/overnight bag

**NOTE:** When packing please bring clothes that will be comfortable in the hot, muggy, tropical climate. Keep in mind, however, Dakar is not a resort or "tourist" town - walking around with a big camera bag and Bermuda shorts will not help you blend into the community. Bring neat and modest clothes. Senegal is a Muslim country. Women should refrain from wearing exceedingly tight or revealing clothing.

If you have outfits that you like, Senegal is a great place to get them copied. We will be traveling to different markets where you will be able to buy fabric, drop off the item you want replicated, and have it made affordably and quickly.

Feel free to bring things to barter with in the markets. Some popular items are: sneakers, jeans, gently used adult and baby clothing, small electronics (ipods/etc.) American branded items - Nike, Addidas, Polo, etc., makeup (for dark skinned women) CD's of R&B, Reggae and Rap Music, and medical supplies.

**Money Needs**

Cash - easier and more affordable to exchange than travelers checks.  
Souvenir Shopping  
Daily Dinner (\$15+ per day)  
Nightclub Entry Fees (\$5 per day)  
Emergency Money  
Tips for Tour Guide + Driver



**TALLER·PORTOBELO·NORTE**  
2009 Taller Portobelo Norte Art Colony

**Fee:**

\$3950 per person

**Fee Includes:**

Roundtrip Airfare from Atlanta

*Please contact us if you would like your ticket booked from another city. Additional charges may apply.*

Double Occupancy Hotel Accommodations

Daily Breakfast & Lunch - does not include drinks

Ground Transportation & Ferries

English Speaking Tour Guides

Tour of Dakar

Visit to Pink Lake

Overnight Trip to Dangane

Overnight Trip to Toubab Dialaw + Sobo Bade Art Colony

Cooking Class

Batik or West African Dance or Drum Class at Sobo Bade

Day Trip to Goree Island

**Not Included:**

Dinner + Drinks

Nightclub entry fees

Souvenirs

Tour Guide and Driver Tips

Trips not outlined in itinerary

**Travel Checklist:**

- \$200 Nonrefundable Deposit Due: Friday, March 16th 2012
- Completed & sent TPN your completed Health Statement form
- Completed & sent TPN your signed Medical Waiver
- Sent TPN a photocopy of a valid US passport.
- Sent TPN a photocopy of drivers license
- 1/2 Payment Due: Friday, April 20th 2012
- Packed 1 checked bag, 1 extra bag and a backpack/overnight bag ONLY
- Balance Due: Friday, May 18th 2012
- Left a copy of your travel itinerary with someone in the US



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### Things to Keep In Mind:

**How we work:** Taller Portobelo Norte is an independent organization of young artists and scholars that strive to create bridges across the cultures and languages of the African Diaspora through trips and workshops centered around arts and cultural events. We are not a commercial travel agency. **We are learning as much through the process of creating this program as you will be through embarking on it.** We are always open to your constructive suggestions. Communication is key - PLEASE let us know your thoughts, challenges, feelings and needs in the moment – and we'll do our best to work it out!

**How we'd like you to work:** The 2012 Taller Portobelo Norte Senegal Arts & Culture Tour you are embarking on is an independent cultural experience. You are going to LIVE in Senegal for 7 days. The difference between living and visiting a place is central to the way that we operate, and the way we would like you to think and move on the ground in Senegal. The rain, bugs, heat, beaches, good food, loud music and colorful buses that are the daily good and bad times of the local population will be yours too. We do encourage you to bring the clothes, music, thoughtfulness and downright good home manners that you would use in your everyday life to Senegal. We at Taller Portobelo Norte strive to always operate our programming in a way that is appreciative of the host culture and traditions, and is, above all else, mutually beneficial.

**Senegalese Customs:** Please keep in mind that Senegal is a Muslim country. Women should refrain from bringing clothing that is exceedingly form fitting or revealing. Bikini bathing suits at the beach are fine and American style nightclub clothing is also acceptable.

Greetings are crucial in Senegal and their importance should never be underestimated. Exchanging greetings each time you meet someone, even if it is later in the same day, is pivotal to maintaining good relationships. You are expected to exchange lengthy inquiries into the health and well being of the other person and their family before asking any other question or beginning a discussion. If you ask to speak to someone without going through the ritualized greeting process, you may be told "They went to learn how to greet", which is basically a polite way of pointing out that you were rude.

Greetings may vary among the various ethnic groups, there is however, a common thread of courtesy where people take time to inquire about the health and welfare of family members. It is customary for these questions to be asked over a prolonged handshake. Women should not, however, extend their hand to a man unless he extends his hand to be greeted first. Very religious men/women may not shake hands with the other sex.

As indirect communicators, the Senegalese use a lot of proverbs, sayings, analogies and metaphors when speaking, especially if what they have to say is delicate in nature. It is believed that such a style is more polite and demonstrates greater courtesy than being "straight up". Passive silence is also employed on occasions in order to avoid conflict. If people go quiet for no apparent reason, raising a non-controversial



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subject will allow communication to continue.

Communication should remain positive at all times. Conversations generally only begin after extensive inquiries into the health and well-being of the other person and their family members. Even if everything is not going smoothly in your personal life, respond to such polite questions in a positive manner. It is important not to rush the greeting process since your goal is to be considered a friend.

Eye contact is not pervasive, in fact making direct eye contact throughout a greeting and conversation may brand you as arrogant. The Senegalese tend to lower their gaze while conversing, especially when speaking with someone senior to themselves in age or position.

When communicating information, the Senegalese tend to start with the overall idea and gradually get into the details, using what may appear to be a circuitous route. Since they think in terms of context, they search for the rationale behind behavior. They examine behavior in its total context, not merely what they have observed.

Gifts are not really a big part of Senegalese culture, however, it is customary to give a small gift when invited to someone's home for a meal. A box of chocolates, French pastries or a nicely packaged fresh fruit make good gifts. Gifts should be presented with both hands. Never use the left hand for passing something to someone, greeting or eating. It is considered unclean and a sign of disrespect.

Senegalese table manners can be somewhat formal. If dining in someone's home you should wait to be shown to your seat. Seating is often a matter of hierarchy. A washing basin will be brought out before the meal is served for people to wash their hands. Food is often served from a communal bowl so remember to use your right hand only. If you use your left hand no one else will eat the meal. Eat from the section of the bowl in front of you. Never reach across the bowl to get something from the other side. As is true of a meal at your grandmothers house, be expected to be urged to take samples. It is polite to sample each dish that is presented. Leaving a little bit of food on your plate or your section of the communal bowl indicates that you have been looked after.

Women and men may eat at separate tables in the same room or they may eat in separate rooms. If the meal is served on the floor or a low table, sit cross-legged. Try not let your feet touch the food mat. Do not begin eating until the eldest male does.

**Culture Shock:** Culture shock is experienced by all foreign travelers, to some degree, even if they have previously been abroad. Most people adjust quickly. One of the most important dimensions of your foreign experience is your ability to meet and cope with this syndrome.



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Culture Shock is brought on by anxiety that results from losing all our familiar signs and symbols of social interaction. These signs and cues include the thousand and one ways in which we orient ourselves to situations of daily life; when to shake hands and what to say when we meet people, when and how to give tips, how to make purchases, when to accept and when to refuse invitations, etc. These cues, which may be words, gestures, facial expressions, customs or norms are acquired by all of us in the course of growing up, and are as much a part of our culture as the language we speak or the beliefs we accept. All of us depend, for our peace of mind and for efficiency, on hundred of these cues, most of which we are not consciously aware.

When an individual enters a strange culture, all or most of these familiar cues are removed. He/She is like a fish out of water. No matter how broad-minded, tolerant or full of good will he/she may be, a series of props have been removed. This is followed by a feeling of frustration. First people reject the environment which causes the discomfort. The ways of the host country therefore, are bad because they make us feel bad. Another phase of culture shock is regression; the home environment assumes great importance. To an American, everything American becomes irrationally glorified. All the difficulties, problems, negative features, etc., are forgotten and only the good things back home are remembered.

Some symptoms of culture shock are excessive concern over cleanliness and the feeling that what is new and strange is dirty (drinking water, food, dishes, bedding); feeling of helplessness and desire for dependence on another American; irritation over delays and other minor frustrations out of proportion to their cause; refusal to speak the language; excessive fear of being cheated, robbed, or injured; great concern for minor pain or skin eruptions; finally, the great desire to be home, in familiar surroundings, able to talk to people who "make sense."

**Phases of culture shock are usually as follows:**

- #1. Honeymoon Phase:** fascination with the new place, cordial to inhabitants
- #2. Hostile Phase:** hostility and aggressiveness towards host country, its inability to understand you, its refusal to help, its lack of concern for your problems.
- #3. Grin and Bear it Phase:** continued difficulty, but willingness to tolerate it. Visitor begins to become interested in the host country. His sense of humor returns. He sees another American "worse off" than he is; therefore, his self-confidence improves.
- #4. Effective Adjustment Phase:** visitor accepts the customs of the new country as just another way of life. He begins to accept and even enjoy the new things. When he returns home, he may actually miss the very things that caused stress in the first place.



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### **Ways to combat Culture Shock:**

Keep the following suggestions in mind when planning your trip and travelling:

**Flexibility:** Don't have rigid ideas of what to expect. For example, don't expect ice with every beverage or a hot shower every day.

**Adaptability:** Things abroad will not be the same as they are at home. Can you adapt to waiting or to a continental breakfast every morning?

**Objectivity:** Be slow to make judgements about the habits and customs of the people in the host country. For example, just because they do something differently from what you might, does it mean that their methods are inferior? Please remember that their customs have grown out of their own experiences just as your customs have grown out of your cultural experience.

**Consideration:** Try to coordinate your activities with those of others on the trip. You cannot consider only yourself. For example, will it annoy others if you take a shower at midnight? If a bus is scheduled to leave an excursion city at 1:00P.M., do you have any right to get there at 1:05P.M.?

**Sense of Humor:** You should be able to laugh at yourself. The difference between a crisis and an adventure is your own wise reaction to it.

**Curiosity/Eagerness to Learn:** You can walk around with your eyes closed, cluster into little groups with other Americans, or use every moment to try to learn the culture you are in.

**Preparation:** The more you know about the places you will visit, the more you will be able to absorb and understand, and enjoy.

**Enjoy Yourself:** Be ready for new activities, new friends, and new experiences.



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### **Information about Dakar, Senegal:**

Dakar, the capital of Senegal, is a modern city of 1.5 million with beautiful contemporary buildings and some historical colonial houses. It is a vibrant city with active open-air markets, cafe terraces, a wide range of hotels, delicious food and a great night life. You can discover Dakar by taking a walk along the ocean or the busy city streets. Art lovers will find an abundance of galleries, artists' studios, museums, and festivals. Senegal is a shopper's paradise and exquisite crafts can be found in markets, on the streets, and in stores everywhere in Dakar.

Situated on the tip of the Cap Vert Peninsula, the modern capital teems with life and boasts luxurious hotels, a wide range of restaurants, beaches and watersports, a casino and an active nightlife scene. It is also one of the busiest ports for cruise ships in Africa.

Dakar is Senegal's largest city and its administrative, communications, and economic center. Manufactures include refined sugar, peanut oil, fertilizers, cement, and textiles. Flour milling, oil refining, and fish canning are other important industries. The city is the busiest port in W Africa, serving Mali and Mauritania as well as Senegal, and has modern facilities for handling and storing goods. The Univ. of Dakar (1949), the National School of Administration, a school for librarians, and a UN-administered institute of economic development and planning are in the city. It is also the site of the famous Institut fondamental d'Afrique noire, which promotes scholarly research in many fields. The city hosts many international conferences on artistic and scholarly topics. Dakar's Yoff international airport is the main stopping point for flights from Europe to South America.

After three centuries of French colonial rule, Senegal became independent in 1960. Before independence the city of Dakar was the capital of French West Africa, which included nine French-speaking states, and Dakar has been the capital of the independent Republic since then. The country retained strong ties with France and the French influence remains in the architecture of the city, where well preserved colonial buildings, the monumental government house and café terraces stand testimony to its history.

As the nearest African country to the United States, Senegal became the most important slave depot in West Africa and the island of Gorée, just two miles offshore, was the center of the slave trade. For nearly four centuries thousands of men, women and children were kept locked in cells on the island, the 'Door of no Return', before being shipped to the Americas. Today Gorée is a UNESCO Historical Monument and visitors can experience the horrors of its past in 'La Maison des Enclaves' with its cells, shackles and the slave dealer's apartments, as well as at the many museums housed in former slave houses, and the forts built to protect the lucrative business.



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Senegal is a secular republic with a strong presidency, bi-cameral legislature, reasonably independent judiciary, and multiple political parties. Senegal is one of the few African states that has never experienced a coup d'état. Power was transferred peacefully, if not altogether democratically, from Senghor to Diouf in 1981, and once again, this time in fully democratic elections, from Diouf to Wade in March 2000.

President Wade has advanced a liberal agenda for Senegal, including privatization and other market-opening measures. He has a strong interest in raising Senegal's regional and international profile. Senegal continues to play a significant role in regional and international affairs, including its successful brokering with the African Union of the June 4, 2009 agreement among the three main parties to Mauritania's crisis regarding a return to constitutional order in Nouakchott.

Dakar has a hot semi-arid climate with a short rainy season and a lengthy dry season. Dakar's rainy season lasts from July to October while the dry season covers the remaining eight months. Dakar between December and April is usually pleasantly warm. Nights during this time of the year are comfortable. Between May and November, the city becomes decidedly warmer, though not unbearably so.

Senegal is a country of attractive, friendly and outgoing people, among whom the tall and stately Wolof are renowned. In July 1995, the population was estimated at over 9 million and is composed of numerous ethnic groups as well as various nationalities. Each of these groups contributes to the liveliness and diversity of Senegalese traditions and culture. While each group originally belonged to a particular region, today many factions of these groups live in major urban areas, particularly in Dakar. Europeans and Lebanese, a sizable community of Cape Verdians, many Guineans and some Mauritians, not to mention employees and dependents of about 60 diplomatic and international organizations live in Senegal.

French is the official language of the country while Wolof is the most widely spoken African language. The people of the Casamance (southern region of Senegal) are the most polyglot, some speaking as many as five or six languages in addition to Wolof.

The city of Dakar supports a population of over 1.3 million people. The main ethnic groups in the region are Wolof, Mandinka, Peula, Diara, Soninke and Serer. Over 80% of the population follow Islam. The remainder are Christians and practitioners of traditional religions.



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## Some Essential Wolof Phrases

Na nga def. – Hello. (singular)  
Na ngeen def. – Hello everybody. (plural)  
Jaam nga fanane. – Good morning.  
Jamm nga yendoo. – Good afternoon.  
Fanaanal jaam. - Goodnight.  
Ba beneen. – Goodbye.  
Su la nexee. – Please.  
Jai-rruh-jef. - Thank you.  
Agsil. – You're welcome. (singular)  
Agsileen ak jaam. - You're all welcome. (plural)  
Baal ma. - Sorry./Pardon.  
Wau. – Yes.  
Deh-det. – No.  
Jaam nga am? – Have you peace? (How are you?)  
Jaam rek. – Peace only. (I'm fine.)  
Yow nag? – And you?  
Naka-nga sant? – What's your first name?  
Maa ngi tudd ... . – My name is ... .  
Fan nga dahk? – Where do you live?  
Fan nga joghe? – Where are you from? (singular)  
Fan ngeen joghe? - Where are you all from? (plural)  
Maa ngi joghe les USA. – I'm from the USA.  
Deg nga Angale? – Do you speak English?

Deg nga Faranse? – Do you speak French?  
Angale rekk laa degg. – I speak only English.  
Degg naa tuuti Faranse. – I speak a little French.  
Mahn deggumah Wolof. – I don't speak Wolof.  
Mahn deggumah Faranse. - I don't speak French.  
Degguma. – I don't understand.  
Dama bahggoon ... . – I'd like ... .  
Fahn la ... ? - Where is ... ?  
Soreh na? – Is it far?  
Cha kanam. – Straight ahead.  
Chammoon. - Left.  
Ndeyjoor. – right.  
Dugghal waay! – Get in!  
Lii naata? – How much is this?  
Seer na torob. – It's too much.  
May ma jaam! – Leave me alone!