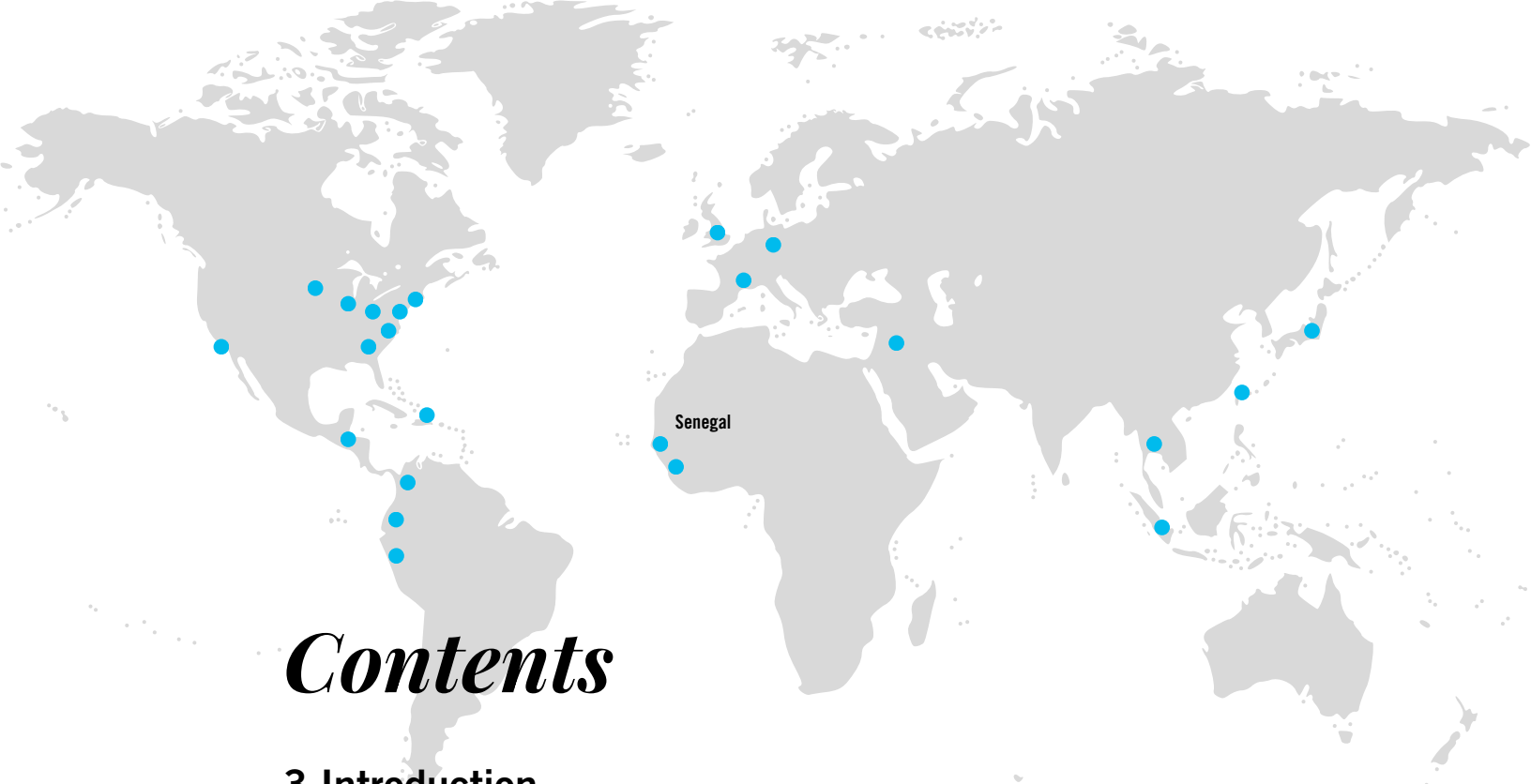




# *Senegal*

ENVISION HANDBOOK





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# *Introduction*

## **ABOUT THE SITE**

Envision Senegal, opened in 2024, is currently one of Envision's newest sites. We are located in a vibrant city about 45 miles from Dakar, the capital of Senegal. Historically, this location has been considered a crossroads. As a railway junction point, it brings many people from many different places together and is a growing hub of transport, commerce, and culture.

# *Ministry*

As a new site, we are in the early stages of development. We're in the process of building relationships and making connections with ministry partners. Our close proximity to others engaged in ministry in this location provides a variety of opportunities for short-term participants to engage in and experience what God is doing in this part of the world.

- Sports (soccer)
- Medical
- Eye clinics
- Agriculture
- English—all levels
- Urban community development
- La Grâce (a girls' vocational training center)—sewing, cooking, hospitality

We have a heart for the development of people and discipling. We pray that those who spend time here will be eternally impacted by their experience. Where and how you choose to spend the rest of your life is between you and God . . . but we trust and pray that both will be influenced by your time with us.



# *General Information*

## **HOUSING AND FOOD**

The house we live in can lodge up to 10 people. A/C units are in each of the bedrooms. There are kitchen facilities, filtered water, screened and glass windows, fans, linens and towels, hot and cold water, laundry facilities and 220v electricity with European-style plugs. Please contact us ahead of time if you have food allergies. Specialty foods can be very difficult to find in West Africa. Peanuts are a main crop here in Senegal and could create a serious health risk for those with peanut allergies.

## **CLIMATE**

From November through April, it is cool and dry, with highs in the 90s and lows in the 60s and 70s. During this time, the Harmattan wind blows in from the Sahara Desert. Everything is dusty, and there is no rain. The nights are quite chilly. The rest of the year becomes more humid with some rain. Temps may be in the 80s and 90s both day and night.

## AIRPORT AND ARRIVAL INFORMATION

Please schedule your flight to arrive in Dakar, Senegal. We recommend Air France or Delta. The Delta flight is direct from JFK in New York to Dakar. The Air France flight goes through Paris.

When you land, you will follow signs to Passport Control, where you will present your **passport** to the official at one of the entry booths. The officials are behind glass booths and wear uniforms (please be cautious in giving your official documents to anyone other than these officials). At the time that you present your documents, you will be asked for at least five fingerprints on one hand (possibly both hands). A picture will be taken of your face. The officer will ask you for the name, address, and phone number of where you will be staying in the country. We will provide your team with that information before your departure.

While you are waiting in line for Passport Control, someone in a white lab coat may ask to see your yellow health card. Give the card to them, and they will find the information they need. **Be sure to get your yellow health card back.** It's best to have all documents together and easily accessible.

After your passport is stamped, there is one last passport check around the corner before going to the luggage carousel.

If you need a luggage cart, they will be on the left after the last passport check and before the carousel. They are free. After getting your luggage, follow the crowd through the airport store (they sell candy and perfume) to the exit where all suitcases, carry-ons, backpacks, etc. go through an x-ray machine. Pick up your luggage and proceed to the exit. Someone will be outside to meet you.

Here are a few reminders before exiting the airport:

- Keep a close eye on personal items—like phones, money, purses, backpacks, and other valuables.
- Do not give money to anyone.
- Please don't take pictures of airports, government buildings, or officials while in Senegal.
- Try to remember to use your right hand when handing anything (i.e. passport, documents, money) to another person, as the left hand is considered unclean.



## VISAS

Americans do not need visas to get into the country but are required to get a residency permit if they are staying longer than 90 days.

## MONEY

Plan to bring spending money for souvenirs, gifts, and snacks. We will help you exchange money for the local currency. U.S. dollars in denominations of 50/100 (newer bills) are best. For summer interns, we consider \$200–300 to be adequate. ATM machines are available to get cash but are not always reliable.

## COMMUNICATIONS/SOCIAL MEDIA

Please be mindful when taking photos and posting on any form of social media. In general, other international workers and people from the local context do not want to be photographed or have social media exposure. Wi-Fi is fairly reliable, though internet speeds vary from place to place. Local SIM cards may be purchased for a small fee if a phone is unlocked from an American cell phone service. You may want to consider purchasing a special international plan during the time of your trip.

## ACCESSIBILITY, HEALTH, AND VACCINATIONS

These vaccinations are **recommended** by the Center for Disease Control ([cdc.gov](http://cdc.gov)) for anyone traveling to Senegal:

- DTP, flu, MMR, shingles, polio (routine vaccines)
- Hepatitis A
- Hepatitis B
- Typhoid
- Meningitis
- Yellow Fever (If direct travel from the United States, vaccine is not required)

Malaria prophylaxis—It is strongly advised that you take malaria prophylaxis while in Senegal. This is a medicine, not a vaccine. There are several options. Depending on the type your doctor recommends, you might need to begin taking the medicine seven days before the trip and 30 days after returning home. Please ask your doctor to determine the best medication for you.



# *Suggested Packing List*

- Clothes
- Shoes/sandals
- Flip flops (shower shoes)
- Modest swimsuit
- Sunscreen
- Bug spray
- Malaria meds
- Prescription meds
- Preferred meds for pain, allergy, digestion, nausea, etc.
- Hat
- Flashlight/headlamp
- Snacks
- Toiletries
- Water bottle
- Bible, journal, pen
- Spending money in USD/ATM card
- European plug adapter

## **SUGGESTED DRESS CODE**

Though the times are changing, typical Senegalese culture is very modest regarding clothing. We request that you respect local sensitivities and dress conservatively. Dressing up is always better than dressing down. Loose fitting, lightweight, cotton clothing will be the most comfortable. Consider bringing a light jacket for the evenings and the trip on the plane.

### **Women**

- Maxi-length or ankle-length skirts
- Modest tops (no belly shirts)
- Loose-fitting pants or capris for non-ministry related activities
- Athletic clothes for exercising
- Shorts to wear in the house or under your skirts for work projects

### **Men**

- Long pants
- Polo shirts, collared shirts, or nice T-shirts when out and about
- Athletic clothes for exercising
- Shorts to wear in the house

# *Schedule*

## **TEAMS**

Schedules for teams will vary according to the makeup of the team arriving as well as the Envision team on the ground. A schedule will be developed in cooperation with Envision staff, team leaders and ministry sites. However, plans can change very quickly.

## **INTERNS**

Interns that come to Envision Senegal will have the opportunity to see most of the C&MA ministries in the country, be involved in different ones (possibilities listed above under “Ministry”), and learn what discipling is all about, as well as how to be a leader in God’s Kingdom work. Flexibility is crucial here, so a general schedule will be set up with the intern and Envision staff.

# *Cultural Sensitivity and Awareness*

*Téranga*, which means *hospitality* in Wolof, is very important. The Senegalese place a high value on being welcoming and hospitable. Circumstances might be difficult, but they almost always find a reason to smile. Most everyone makes mistakes with language and/or culture. Giving yourself grace to learn from it and in some cases, laugh about it, is crucial. Senegalese are fond of joking and will appreciate those trying to learn their language and culture.

You’ll find that most people are open to discussing their religion as well as yours. Relationships are very important—more important than time—so try not to be in a hurry when talking with someone. Over 40% percent of the population is between the ages of 1 and 14, giving this country a young feel. There is also a high respect and regard for those who are older and have experienced much in their lives.





## *Contact Info*



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