



# Welcome in Dakar !



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Planning in a liquid world with tropical stakes:  
solutions from an EU-Africa-Brazil perspective



*This project has received funding from the European Union's Horizon 2020 research and innovation programme under Grant agreement No 734271*

You will be coming for one or several months in Recife to work as part of PADDLE project. We are glad to facilitate your arrival!  
This booklet should help to answer your questions regarding your trip. Please do not hesitate to contact us for any further question.

### *Your contacts:*

#### Regarding scientific issues

Marie Bonnin, [marie.bonnin@ird.fr](mailto:marie.bonnin@ird.fr), +33 (0)2 90 91 55 54  
Only in case of emergency: +33 (0)6 07 32 06 78

#### Regarding administrative issues

Odeline Billant, [odeline.billant@ird.fr](mailto:odeline.billant@ird.fr), +33 (0)2 90 91 55 56  
Only in case of emergency: + 33 (0)6 28 51 83 64

#### Project team

[paddle@ird.fr](mailto:paddle@ird.fr)

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## Living in Dakar

### Arriving at the airport

The new airport (Aéroport International Blaise Diagne) is around 50km away from Dakar. The simplest way to travel from the airport to the city is to take the taxi. It should cost around 25 000 XAF (highway fee, 3000 XAF included). You can also ask your accommodation contact to organise the transfer, especially if you arrive late at night.

### The currency

The currency is the "Franc CFA" (XAF).

In November 2018, 1€ = 655,96 XAF.

The best would be to get some cash directly at the airport (before you go out, on the right). Cash machines are also available in town. Few shops accept payments by card.

### Your housing

**You are in charge of booking your accommodation.** You have plenty of options. Here are a few:

- Usual booking websites  
For example: [Airbnb](#), [Abritel](#), [Booking](#), [Homelidays](#)
- Here is a list of Hotels you can refer to, with approximative price.  
There are comments online for these options in websites such as Tripadvisor.

List of potential housing options		
La Demeure	76€	<a href="http://www.lademeure-guesthouse.com">http://www.lademeure-guesthouse.com</a>
La Résidence Dakar		<a href="http://www.laresidencedakar.com">http://www.laresidencedakar.com</a>
La Madrague	76€	<a href="https://www.hotel-madrague.com/en/">https://www.hotel-madrague.com/en/</a>
Quicksilver Boardriders		<a href="https://www.quiksilver-boardriders-dakar.com">https://www.quiksilver-boardriders-dakar.com</a>

- There is Teachers' house in UCAD with correct studios at around 50€/night.

There are many areas you can live in, in Dakar. The neighbourhoods "Les Almadies", "Mamelles" and "Ngor" are relatively safe. Although far away from city centre (Le Plateau), it is easy to go to the university from there.

### Telephone

It is very easy to get a SIM card in Dakar. You need to go to an Orange or Tigo shop. It costs 1000 XAF. You then need to recharge (you can buy some anywhere). With Orange, there is a monthly 250 Go connexion for 2500 XAF. You can also buy an international option and keep your original SIM.

The international indicator is +221

## Electricity

French chargers don't require any adaptor in Senegal. If that helps!

## Eating

There are plenty of delicious Senegalese dishes to test: Mafé, Yassa, Brasé, Thiebou Diem (fish or chicken)...

## Transport

There are plenty of taxis in town (black and yellow). You need to set the price before going in. As a benchmark, a taxi from Mamelles to UCAD should cost around 1500 XAF.

## Health and safety

The simplest is to discuss with your doctor for medical advice.

Yellow fever vaccine is compulsory to enter the country. You should also beware of mosquitoes, as they can transfer other illnesses. Repellent, mosquito nets and AC are good protection means.

In case of fever, never use aspirin, as it can be a haemorrhagic fever

Tap water is non-potable.

Depending on the neighbourhood, you can walk safely walk around at night (and day). Nevertheless, please keep in mind to avoid carrying with you backpacks, cameras or any sign of wealth.

## Working in UCAD

The project's focal point in UCAD is Ibrahima LY, prof. of environmental law. Please put [paddle@ird.fr](mailto:paddle@ird.fr) in copy of your first exchanges

- **UCAD: Ibrahima LY** [ibraly2005@yahoo.fr](mailto:ibraly2005@yahoo.fr)

## Culture/Week-end

There's plenty to explore around Dakar during weekends. Travel guides are excellent references!

## Emergency numbers

- Police, commissariat du Plateau: 33 822.2976
- Police municipale: 33 823.6025
- SOS médecin: 33 889 15 15
- SAMU: 33 824 24 18
- French embassy permanence: 338 395 262 (**emergency only**)

## Administrative issues regarding your mobility

As a reminder, the European Programme Horizon 2020 finances PADDLE. Therefore, we need to keep supporting documents.

### Before you leave

There are a few steps, compulsory to follow:

- Please inform the project team of your secondment plans at least one month before you leave ([paddle@ird.fr](mailto:paddle@ird.fr)).
- Fill in the Risk assessment form and send it to Odeline Billant. This is a legal obligation.
- Write a few lines on your WP's padlet explaining your planned objectives and case studies
  - WP2 : [https://padlet.com/marie\\_bonnin/m9l382hmzgtr](https://padlet.com/marie_bonnin/m9l382hmzgtr)
  - WP3 : [https://padlet.com/marie\\_bonnin/wflxswtfg4h4](https://padlet.com/marie_bonnin/wflxswtfg4h4)
  - WP4 : [https://padlet.com/marie\\_bonnin/3hqak94qktmf](https://padlet.com/marie_bonnin/3hqak94qktmf)
  - WP5 : [https://padlet.com/marie\\_bonnin/lcgq13p5r9td](https://padlet.com/marie_bonnin/lcgq13p5r9td)
- Enter your secondment in the EU portal. If you don't know who does so in your institution, reach out to [paddle@ird.fr](mailto:paddle@ird.fr)

### During your secondment

#### Attestation of secondment

This document is available on the project website. Don't forget to fill in, sign, and make it sign by someone in your host institution.

#### In preparation of a potential audit

In reference to the 5th Chapter of the Grant agreement, each beneficiary is responsible in front of the EU of the utilisation of his/her funding. In case of an audit of the PADDLE project, we have to be able to prove your secondments' realisation, up to several years after the end of the project.

You have to keep all documents proving that

- you went to your secondment's localisation
- you stayed there 30 days
- you received 2000€ from your institution for travel costs

Therefore, we highly recommend that you keep, at minimum, the following supporting documents' originals, and it is highly recommended to make copies of your:

- boarding pass
- accommodation invoice

### After your secondment

Please send less than 10 days after the end of your secondment the Attestation of secondment filled in and signed to