

Travel Guide: Medina, Kaolack

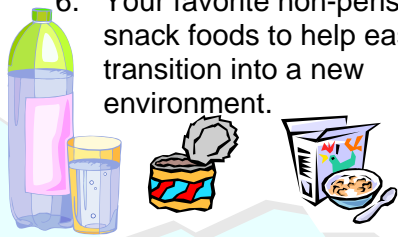


Inshallah, you are about to embark on a wonderful journey of spiritual fulfillment and enlightenment. The following information is given to help with the more practical aspects of your trip. Please review carefully for assistance in making your trip easier.

PRACTICAL PREPARATIONS

Take along the following non-perishable items to supplement your diet in Medina:

1. Canned tuna & other canned meats
2. Oatmeal, grits, & other cereals
3. Peanut butter and jelly
4. Pancake mix
5. Powdered drink mixes (Gatorade is helpful in preventing dehydration in this hot climate)
6. Your favorite non-perishable snack foods to help ease your transition into a new environment.



The following items are basic essentials that are either hard to find or very expensive in the area you are traveling to. Taking them along with you will benefit you when the need arises:

1. Sheets, pillowcases, and towels
2. First Aid Kit with Imodium, Tylenol, etc.
3. Flashlights-rechargeable or w/ batteries
4. Toiletries (toothpaste & brushes, deodorant, soap, lotions, shampoo)
5. Insect repellent (i.e. Off; Skin-So-Soft)
6. Supply of comfortable clothing and underwear to fit the temperature:
 - ❖ During the winter months, the temperature can reach a cool 60 degrees during the night and early mornings.
 - ❖ The temperature is approx. 90 degrees or higher during the rest of the year.
 - ❖ Umbrellas and ponchos are needed for rainy season which occurs during the fall months.

TRAVEL TIPS

1. Make copies of your passport to leave at home with a family member.
2. Register with the American embassy upon arrival.
3. Bring an extra supply of any prescribed medications.
4. Before traveling, check with the American embassy for information on travel regulations, i.e. visas, using a one way ticket, etc.
5. Keep all travel documents, monies, and other valuables on your person at all times.
Do not store these in your luggage!



Cost of Living (Approximately)

1. Housing: On average, a 4BR home rents for \$300 a month.
2. The following traditional Senegalese meals is calculated below to feed 9 people in American currency in one day:
 - Breakfast: Bread, butter, & tea with sugar \$5.00
 - Lunch: Chebagin (Fish, rice, w/ vegetables) \$15.00
 - Dinner: Chicken, salad, & bread \$30.00/ Meat, salad, & bread \$20.00
3. Household Cook: \$50 a month
4. Housekeeper: \$50 a month
5. Wash Lady: \$5 a load
6. Be prepared to purchase items such as mosquito nets (), foam mattresses (\$60 each), and other household items.
7. Note: All appliances must comply with a 220 voltage outlet.
220 Store Location: North Druid Hills RD in Decatur, GA



Area Real Estate Agent: *Bombay Cisse, Medina Baye, Kaolack*

Quran School Schedule

Quranic study consists of intensive Quranic recitation and memorization.

- ✚ Class: Fajr- 9am
- ✚ Breakfast: 9am-10am
- ✚ Class: 10am-1pm
- ✚ Lunch: 1pm-3pm
- ✚ Class: 3pm-6pm
- ✚ Break: 6pm to Maghrib
- ✚ Class: Maghrib -10:30

