



Sample Summer 2025 Itinerary

The itinerary is subject to change due to local holidays, special interest activities, school schedules including end-of-year exams, traffic constraints, etc. Flights are likely as written, but not confirmed.

www.viveexperience.com

katy@viveexperience.com

French Educator Program: Senegal

Day 1: Washington DC (Sunday)

- 14:30 Participants arrive at IAD airport by this time, or earlier.
- 18:30 Depart from IAD.

Day 2: DSS/Dakar airport to Toubab Dialaw (45 min) (Monday)

- 07:00 Arrive in Senegal (DSS). Go through immigration and customs, use restrooms.
- 08:00 Katy and our local guide will greet the group at the airport for transfer in our private coach.
- Check in at our art center hotel, a magical location overlooking the ocean.
- Practice a little Wolof for greetings.
- Enjoy your first Senegalese meal together at lunch.
- Participate in a hands-on activity to learn about Senegalese products, perspectives, and practices through a specially-designed cultural orientation while you explore the local village and people. Share your experiences together with the group.
- Try your hand at batik with a local workshop.
- 19:00 View the sunset from our dining area and then have dinner together to wrap up our day,
- 21:00 Settle into your rooms for an early, good night's sleep in Toubab Dialaw.

Day 3: Toubab Dialaw (Tuesday)

- 07:30 Enjoy a breakfast with baguette, local teas and coffees as well as jams and spreads.
- 08:30 Depart for local high school.
- Visit a local high school in a neighboring village and spend time with students and the teachers, observing classes and engaging in small-group and 1-1 conversations.
- Return to the hotel, and clean up for lunch.
- Lunch at the hotel.
- Complete the second portion of your batik project.
- Practice a little Wolof and the art of bargaining. Then head out to bargain with local artisans selling fabrics, jewelry, wood carvings, drums.
- Engage your brain in a hands-on lesson of djembé [drumming](#) with some local experts.
- Go for a walk by the ocean to see the local fisherman's pirogues.
- 19:30 Dinner at the hotel.
- 21:30 Spend the night in our lodging in Toubab Dialaw.

Day 4: Toubab Dialaw - Saly - Somone (Wednesday)

- 07:30 Enjoy a breakfast with baguette, local teas and coffees as well as jams and spreads.
- 08:15 Check out of the hotel and pack all bags onto the bus.
- 08:30 Depart for a prestigious educational soccer training center, [Institut Diambar](#) in nearby Saly.
- Meet with the instructors and students, and tour the class rooms, fields, and dormitories.
- Leave Institut to do some shopping at a local supermarket and its products.
- Leave for Somone hotel on the Petite Côte.
- Check in at the hotel and have lunch.
- Workshop with Abdou from St Louis.
- Head back to the hotel.
- 19:30 Dinner, and relax by the ocean in Somone.

Day 5: Somone (Thursday)

- 07:30 Enjoy a breakfast with baguettes, local teas and coffees, boiled eggs, fruits.
- 08:30 Head south to Joal-Fadiouth.
- Discover Léopold Sédar Senghor's childhood home, the giant baobab in the back garden.
- Tour the seashell island and the Catholic-Muslim cemetery with a pirogue/walking tour. Visit a sacred baobab and learn about the local social structures of the neighborhoods in Fadiouth.
- Enjoy lunch under some thatched roofs along the mangroves of Joal Fadiouth.
- Leave for our hotel.
- 18:00 Arrive at our hotel in Somone.
- 19:30 End the day with dinner and a *soirée culturelle* at our hotel in Somone.

Day 6: Thies to Dakar (vendredi)

- 07:30 Enjoy a breakfast with baguettes, local teas and coffees, boiled eggs, fruits.
- 08:15 Check out of the hotel and pack all bags onto the bus.
- 08:30 Depart for and head to Thies, the 2nd largest city in Senegal.
- Meet up with university students pursuing their Master's degree in tourism in Thies. Visit the men's and women's dormitories, visit the sacred baobab, and hear about their studies.
- Enjoy lunch in Thies; possibility to invite some university students to join us.
- Drive to Dakar.
- Check into our Dakar hotel. Do a quick walking tour of the neighborhood and enjoy the pool.
- 19:30 Dinner at the hotel for a quiet evening in Dakar.

Day 7: Dakar / Gorée / Dakar (samedi)

- 07:00 Enjoy a buffet breakfast with baguettes, croissants, pain au chocolat, local teas and coffees, eggs, fruits.
- 08:00 Depart to head to the port to take the ferry to pedestrian Gorée Island.
- Take the ferry to Gorée to visit the Slave House and other monuments.
- Rest during a simple lunch on the island.
- Return to the mainland.
- Visit the Musée des civilisations noires.
- Leave for our Dakar hotel.
- Arrive back at the hotel.
- 20:00 Dinner at the hotel or nearby restaurant.

Day 8: Dakar (dimanche)

- 07:30 Enjoy a buffet breakfast with baguettes, croissants, pain au chocolat, local teas and coffees, eggs, fruits.
- 08:30 Depart to Marché HLM.
- Explore the market and buy some local fabrics.
- Continue to the Marché Artisanal next to the urban fishing village of [Soumbédioune](#).
- Enjoy lunch on the westernmost point of Africa.
- Attend an informal concert of some famous Senegalese musicians at a restaurant overlooking the ocean.
- Return to the hotel to rest; meet up with a local tailor who can sew your designs into outfits before we leave.
- 20:00 Dinner at hotel.

Day 9: Dakar (lundi)

- 07:30 Enjoy a buffet breakfast with baguettes, croissants, pain au chocolat, local teas and coffees, eggs, fruits.
- 08:00 Depart for the Dakar neighborhood of Ouakam.
- Discover a weekly open-air market and make purchases for preparing lunch.
- Meet a local Senegalese family in their home, and participate in an informal cooking class.
- Afterwards, chat while you sip some Senegalese *ataaya*, or [thé à la menthe](#).
- Visit one of the beautiful mosques of Dakar to learn more about Islam in Senegal and the Monument de la Renaissance Africaine.
- Go to a local *centre commercial* for anything you might need at the supermarket and discover a local bookshop focusing on African books and games.
- Return to the hotel for a rest.
- 20:00 Dinner at the hotel or nearby restaurant.

Day 10: Dakar (mardi)

- 07:30 Enjoy a buffet breakfast with baguettes, croissants, pain au chocolat, local teas and coffees, eggs, fruits.

- 08:30 Meet with an environmental activist.
- Join him and other locals in a neighborhood clean-up.
- Enjoy lunch at a salon de thé in Ngor with their fair trade shop.
- Visit Africulturban after lunch to meet with graffiti artists, rappers, and hear about their social movement.
- Head back to the hotel.
- Meet up with the tailor at the hotel to see if any alterations are needed.
- 19:30 Dinner at the hotel in Dakar.

Day 11: Dakar (mercredi)

- 07:30 Enjoy a buffet breakfast with baguettes, croissants, pain au chocolat, local teas and coffees, eggs, fruits.
- 08:30 Depart to downtown Dakar sites on a bus and walking tour of downtown Dakar.
- Visit the Catholic cathedral.
- Tour the inside of an impressive nearby mosque.
- Enjoy a local lunch of Senegalese food at a long-standing restaurant in downtown Dakar.
- Stroll the aisles of a large bookstore such as Librairie Quatre Vents; explore nearby shops and boutiques.
- Return to the hotel, see your final clothes from the tailor; prepare ready for a fun night out.
- Enjoy dinner and a cultural event at a local landmark.

Day 12: Dakar to Saly (1.5 hr) to DSS (30 min) (jeudi)

- 07:30 Enjoy a buffet breakfast with baguettes, croissants, pain au chocolat, local teas and coffees, eggs, fruits.
- 09:15 Check out of the hotel and pack all bags onto the bus.
- 09:30 Leave Dakar and head to la Petite Côte.
- Lunch in Saly.
- Enjoy a leisurely afternoon relaxing at the hotel in Saly. There will be opportunities for last-minute souvenir shopping, exploring a local artisanal shop, and downtown boutiques and cafés.
- Share your experiences in our group discussion "*l'arbre à palabre*".
- 19:30 Dinner at the hotel.
- 21:00 Pack up and get ready for an early morning departure tomorrow!

Day 13: DSS to IAD (vendredi)

- 05:45 Rise early, and load the luggage in the bus.
- 06:00 Depart from the hotel.
- 07:00 Arrive at DSS.
- 09:00 Departure on United, direct flight to IAD.
- 13:55 Arrive at IAD.
- Everyone will have to go through immigration and customs, so participants will schedule their own flights home from IAD for later that afternoon.

Last updated January 24, 2025

Guides, transportation and entrance fees are included in the price of the trip.

- **All participants** will be French teachers, instructors or professors. Visas are not required for entry for US and Canadian citizens and Western European nationals. Other nationalities are responsible for obtaining their own visa for entry if needed. All travelers must provide proof of purchase of travel insurance for the duration of the trip.
- **Curriculum design by participants** will be a focus of our trip and activities. Travelers may collaborate before, during, and after the trip to design lessons and units to share with other French teachers.
- **College credit** is available for an additional fee for curriculum design projects and/or research.
- **The itinerary** provided is a representative sample of activities, and will be updated and adjusted as necessary according to the interests and needs of the participants, as well as local constraints.
- **Lodging** is typically double-occupancy rooms located in Senegalese hotels or guest houses with WIFI.
- **Meals:** All meals and one drink per meal will be included daily. A typical breakfast may include eggs, baguette, coffee, tea. Lunch/dinner will include choices such as mafe, thieboudienne, yassa, brochettes, and sandwiches. Additional drinks may be purchased at an additional cost. Salads / fresh vegetables should be avoided.
- **Weather:** Expect sunny days with typical temperatures of 80s-90s. Summer trips will be hotter and more humid than Spring Break trips.
- **Health:** Check your vaccination needs and take anti-malarial medicine as directed by your physician.
- **Allergy alert:** Peanut oil is typically used for cooking, and peanuts are a ubiquitous snack. We recommend reconsidering travel to Senegal if allergic to peanuts or groundnuts.

Trip Includes:

- ✓ Round-trip economy airfare to/from Washington D.C. (IAD) or other city TBD to Dakar, Senegal (DSS) with standard luggage (1 checked bag of 23 kilos) + carry-on (departure city may vary for Spring Programs)
- ✓ All meals: breakfast, lunch, dinner + 1 drink per meal
- ✓ Bottled water daily (for drinking, teeth-brushing)
- ✓ Several pre-departure meetings via Zoom
- ✓ All ground and water transportation (private air-conditioned bus, public ferry, private pirogues)
- ✓ Double-occupancy lodging with air-conditioning and/or mosquito nets with occasional triples and/or singles
- ✓ One-on-one and small group conversations with students, families, educators, researchers, and experts in family and educational settings
- ✓ Collaboration and design of teaching materials to be used and shared upon our return
- ✓ Multilingual guides and chaperones
- ✓ All cultural visits, entrance fees for sites mentioned in the itinerary, including [UNESCO World Heritage sites](#)
- ✓ Conversational Wolof lessons and cultural orientation
- ✓ Supplies & workshop fees for drumming and batik

Trip Does Not Include:

- ✗ Transportation from your home to US departure airport
- ✗ Costs with obtaining a passport valid for 6 months past the trip dates nor any costs associated with acquiring visas if required
- ✗ Any lodging or other costs associated with transiting in the USA
- ✗ Additional baggage fees imposed by airline
- ✗ Medical expenses such as [vaccinations](#) and malaria prophylaxis
- ✗ Required insurance from a provider such as [AllianzInsurance](#), [AAA](#) or [WorldNomads](#). Proof will be required to participate
- ✗ Souvenirs and snacks must be purchased on your own