

AFRICAN FORUM FOR RESEARCH AND EDUCATION IN HEALTH (AFREhealth)



**African Forum for Research
and Education in Health**
Limited by Guarantee

8TH ANNUAL SYMPOSIUM; 22 – 24 SEPTEMBER 2025

HOST: UNIVERSITÉ ROSE DIENG FRANCE-SÉNÉGAL (URDFS)



INFORMATION BOOKLET FOR PARTICIPANTS

1.0 INTRODUCTION

Dear Colleagues,

We look forward to welcoming you to the 8th Annual AFREhealth Symposium in Senegal. Senegal, represented by the Rose DIENG France Sénégal University (URDFS) is happy to host this symposium.

Senegal is situated at the westernmost point of the African continent, between latitudes 12.5° and 16.5° North and longitudes 12° and 17° West. The country has a 700 km coastline along the Atlantic Ocean to the west. Its capital city is Dakar.

Rose DIENG France Sénégal University (URDFS) is a public higher education institution committed to academic excellence and innovative teaching. Its diverse programs, developed in collaboration with the socio-economic sector, adhere to international standards, placing learners at the centre of the **training-business-research** system.

2.0 CONFERENCE VENUE

The conference will take place in Saly, Senegal, a vibrant seaside resort area situated along the Petite Côte, south of Dakar.

3.0 CONTACTS OF LOCAL ORGANISING COMMITTEE MEMBERS

Name	Designation	Email
Pr. S. M. GUEYE	Chair	direction@urdfs.edu.sn
Khady DIALLO	Member	khady.diallo@urdfs.edu.sn
Moussa KANE	Member	moussa.kane@urdfs.edu.sn
Seynabou DIOUF	Member	nabou71@yahoo.fr
Dieynaba NIANG	Member	dieynaba.niang@urdfs.edu.sn
Oumou BA	Member	oumouba.ndiaye@urdfs.edu.sn
Khady NDIAYE	Member	khady.ndiaye@urdfs.edu.sn
Marie G. AGBOTON	Member	mariegrace.agboton@urdfs.edu.sn

4.0 HOST COUNTRY OF THE AFREhealth CONFERENCE

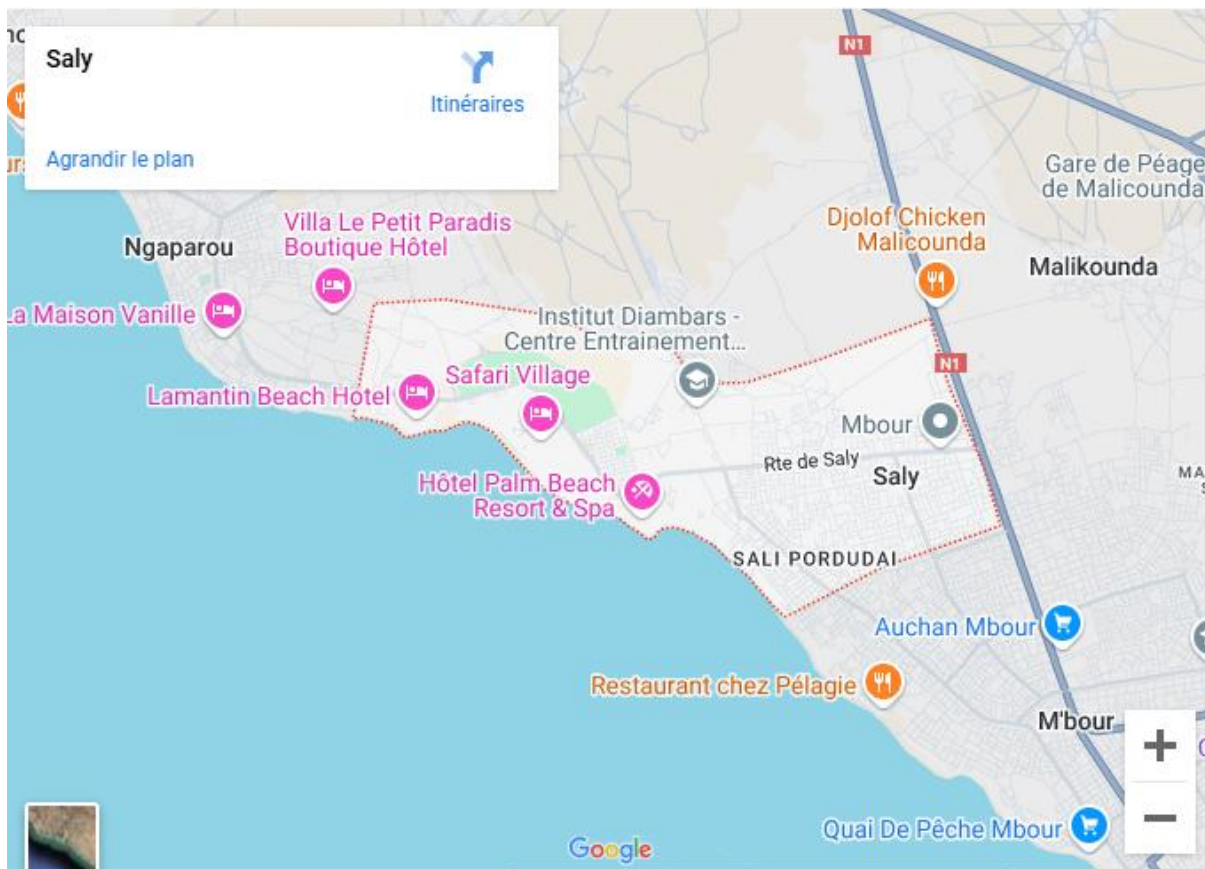
Senegal, located at the westernmost tip of Africa, boasts a 700 km Atlantic coastline. Its capital, Dakar, sits on the Cape Verde Peninsula and serves as the country's administrative hub and main gateway to the continent, just a five-hour flight from Europe.

5.0 CONFERENCE SITE

We look forward to welcoming you to Saly, a popular seaside resort area on Senegal's Petite Côte, located in Mbour within the Thiès Region, just a short distance from Blaise Diagne International Airport (AIBD). Once a Portuguese trading post, Saly Portudal now offers a vibrant mix of restaurants, a golf course, and a bustling craft market.

To the west, Saly Nord features palm-lined beaches, while the eastern area, Saly Niakhniakhal, is known for its lively beachfront with restaurants and villas. The coastline is also a hub for deep-sea fishing, with boats returning daily with catches like marlin and tuna.

The area boasts 17 hotels and 33 residences, offering around 10,000 beds, along with numerous restaurants, nightclubs, shops, and an impressive 18-hole golf course (Par 72 – 6,038m) located just steps from many accommodations.



6.0 WORKING HOURS

Official working hours in Senegal are from 8:00 AM to 5:00 PM, Monday through Friday.

7.0 SMOKING POLICY

Smoking has been legally prohibited in public places since 2016, and the sale of tobacco to minors as well as within 200 meters of schools and hospitals is banned.

8.0 POPULATION

Senegal is home to a population of just over 18 million people.

9.0 LANGUAGE

French is the official language used in business and education, while Wolof is the most widely spoken traditional language. Senegal's rich ethnic diversity is reflected in its wide range of languages, dialects, and cultural traditions.

10.0 RELIGION

Approximately 94% of Senegal's population is Muslim, 5% is Christian (primarily Catholic), and around 1% follow indigenous beliefs.

11.0 CLIMATE

Senegal experiences a tropical climate, marked by heat and humidity. The rainy season lasts from May to November, accompanied by strong southeasterly winds. The dry season, from December to April, is dominated by the Harmattan—a hot, dry wind that often carries dust and sand.

12.0 WEATHER IN SENEGAL IN SEPTEMBER 2025

September in Senegal is typically hot, with temperatures ranging from 27°C to 30°C. Be sure to stay hydrated and seek out shade or air-conditioned spaces to keep cool. Rain is common during this month, with 8 to 15 rainy days expected, so an umbrella and waterproof footwear will be useful to stay dry.

Our weather forecasts provide a reliable outlook for what to expect.

13.0 HISTORICAL AVERAGE TEMPERATURES IN SEPTEMBER 2025

lun	mar	mer	jeu	ven	sam	dim
1  28° /25°	2  27° /25°	3  27° /25°	4  28° /25°	5  27° /24°	6  27° /23°	7  27° /24°
8  28° /26°	9  28° /27°	10  28° /26°	11  28° /26°	12  28° /26°	13  28° /27°	14  28° /27°
15  29° /27°	16  28° /26°	17  27° /26°	18  28° /26°	19  28° /27°	20  29° /27°	21  28° /27°
22  29° /26°	23  28° /27°	24  28° /27°	25  28° /26°	26  28° /26°	27  29° /27°	28  29° /27°
29  29° /27°	30  29° /27°					

14.0 COMMUNICATIONS

Senegal's international dialing code is +221. To make international calls from Senegal, dial 00 followed by the destination country code (e.g., 00233 for Ghana). There are no area codes, and the country has a well-developed telephone network, supported by four telecom operators accessible by subscription :

- Sonatel mobiles (Orange label)
- Free mobiles- part of the AXIAN Télécom group;
- Expresso télécom- an African telecommunications services company and subsidiary of the Sudanese Sudatel Télécom Group (STG);
- Promobile- the first mobile virtual network operator in Senegal, launched by Sirius Télécom SA.

Internet is generally available and accessible in most hotels in Senegal.

15.0 CURRENCY

The official currency used in West Africa is the West African CFA Franc (XOF), which is subdivided into 100 centimes. It is fixed to the euro at an exchange rate of 1 euro = 655.957 CFA francs, or 100 CFA francs = 0.152449 euros. ATMs are accessible in Dakar, though banking facilities are generally limited in other parts of the country.

Credit cards are accepted primarily in major tourist areas, with American Express being the most common. Note that a commission may apply, and travellers' cheques can be exchanged in Dakar.

16.0 CREDIT AND DEBIT CARDS

Credit cards can be used for some purchases, though their acceptance is generally limited to hostels, large hotels, restaurants, and car rental services. Visa, Mastercard, and American Express (Amex) are the most widely accepted across the country, with Mastercard also being usable in many locations. Cash withdrawals using credit cards are possible at banks in major cities and tourist areas. Since banks and card issuers typically apply standard exchange rates, withdrawing cash from ATMs is often more cost-effective than exchanging traveller's cheques.

17.0 ELECTRICITY

The standard electrical supply is 220 volts AC at 50Hz. Power outlets typically use two-pin round plugs.

18.0 INSURANCE AND LIABILITY

Participants are strongly encouraged to secure their own travel and health insurance to cover any unforeseen circumstances, such as illness or personal issues.

19.0 TIME ZONE IN SENEGAL

The local time zone is GMT.

20.0 TIPS

A service charge of 10-15% is applied in large hotels and restaurants. Taxi drivers do not usually ask for tips.

21.0 PUBLIC TRANSPORT

Public transport is the primary means of local travel and includes:

- Buses for city routes
- Coaches for travel between cities
- Small vehicles used for public passenger transport
- Taxis and shared taxis, commonly known as *clandos*

In Saly, taxis and clandos are readily available. Most taxis are not equipped with meters, so it's advisable to agree on the fare before starting your journey.

You can also conveniently book a taxi online using the **Heetch** or **Yangoo** Apps, available for download on both the Google Play Store and Apple Store.

22.0 VISA

To enter Senegal, travelers must have a valid passport and a visa. Visas can be obtained from Senegalese embassies or consulates abroad, or upon arrival at the airport. If opting for a visa on arrival, please ensure this is arranged and confirmed before your travel.

23.0 NAME BADGES

For security purposes, participants will be required to wear their name badges at all times throughout the event