

DIASPORIC SOUL
HERITAGE & HEALING EXPERIENCES

2026 · THE SENEGAL EXPERIENCE

PACKING & PREP GUIDE

Everything to bring, book, and do before you board.



WELCOME

NEGEDEF! Greetings from Diasporic Soul.

Your Diasporic Soul Heritage & Healing experience integrates culture and contemplative practice so you can deepen your capacity for self-awareness, self-care, healing and restoration, resilience and resistance. This guide carries the practical details; read it once now, and again as you pack.



This is not a checklist to survive — it is preparation so that nothing practical stands between you and being fully present when you arrive.

ARRIVAL

We meet you at the airport — every time.

We track your flight online to confirm your arrival, so alert us on WhatsApp if you are delayed. Once inside the terminal you'll clear Immigration and Customs and collect your bags. Immigration may ask where you are staying.

Tell them you are staying at the **Tangor Guest House in Sebikhotane**.

When you exit, come straight out. We'll be waiting just beyond the sliding doors, by the car-rental counters and ATMs — you are only one exit from Blaise Diagne (DSS) International Airport.

WHERE YOU'LL STAY



Tangor Guest House
Route National
Sebikhotane, Dakar, Senegal

Tangor Café landline	+221 33 836 5448
Phyllis	+1 513 430 6004
Eddy	+221 77 850 8041

Thiebbu Jenn: Culture, Community & Connection

Senegal is a communal society where relationship is always more important than task. Inquiries about your well-being and your family are part of nearly every interaction. Senegalese *teranga* — hospitality — may remind you of relatives back home who ask after everyone and offer you tea the moment you arrive.

Community, Culture & Communication

The Tangor Guest House sits in a rural, rapidly growing suburb outside Dakar, in a predominantly Muslim community. You'll hear traffic, animals, children, and — most certainly — the call to prayer. It is truly what Sebi sounds like. The guest house occupies the upper level of a communal, multigenerational home, above the street-level Café and the family residence.

As you practice *svadhyaya* (self-study), notice when you need a moment to center and ground, and when you need rest. As recovering high-effort copers, we balance movement with stillness: restorative yoga, and scheduled free time. Naps are encouraged. Put another way, as Tricia Hershey reminds us — **rest is resistance.**

Senegal's national language is Wolof, not French. Ethnic group, education, and location shape which languages a person speaks — the Serer alone comprise seven distinct groups, each with its own variation. In Sebikotane you may be greeted in both Serer and Wolof; in Joal Fadiouth, birthplace of Senegal's first president Léopold Senghor, the Serer differs again. Eddy and Phyllis, the staff, family, café patrons, and complete strangers will all help you. Eddy's Yaay (mother), the family matriarch, holds court on the café terrace and will help with your greetings — she speaks Serer, Wolof, French, and some Italian.

You'll also be greeted in Arabic, given Senegal's large Muslim population. The greeting sequence typically opens in Arabic, then moves to Wolof and French. Relax and stay open, and you'll leave with some Wolof and French — and maybe a little Serer.

XAALIS: Culture & Currency

Most of your expenses are covered — all on-site meals, lodging, and excursions are in your package. You'll still want local currency (CFA francs) for toiletries, snacks, souvenirs, and gifts.

Check whether your bank charges international withdrawal fees. You can draw cash from banks as we travel using a US debit card, or bring US dollars to exchange — fifty- and hundred-dollar bills get the better rate. A US credit card usually won't work outside large chain stores in Dakar.



WHAT YOU MIGHT BRING HOME

Art, fabric, tapestries, and paintings; instruments; stone and wood sculpture; jewelry; hand-crafted baskets; teas; shea butter — and much more.

Gratitude & Gifts

A team of about eight people makes this work happen — the women who work with us full-time, our farm hands, a driver, and at least one guy Friday. As a group, you can decide together how you'd like to tip the team.

We encourage guests to bring a gift for Yaay, Eddy's mom and our matriarch — chocolates, and fragrance-free soaps, lotions, or hand creams are lovely. Feel free to bring gifts for others you'll meet, too. Institutional promotional items — key chains, lanyards — are ideal, and lend themselves to photo ops if you're making the case to bring family, colleagues, or students next time.

Food & Beverages



A note on meals

Your experience includes all meals and beverages at the Tangor Guest House and Café. When we're out and about you may want snacks — you'll find packaged food in the local boutiques here in Sebi Fas and wherever we stop on excursions. Seasonal and imported fruit is everywhere, as are peanuts and cashews.

You may wish to pack protein or snack bars, and any supplement you'd mix with fruit, veggies, milk, or water as a meal replacement.

Diet: veganism and vegetarianism as practiced in the US are less common here, though many dishes can be made without animal protein. Consider where you can be flexible — for instance, whether you can eat a meal cooked in contact with fish, chicken, or beef even if you don't eat those. Tell us your needs and we'll do our best.

We do not drink or serve alcohol and ask that you not consume it during your stay — it doesn't lend itself to the self-awareness this work asks of us. We also discourage smoking of any kind.

Climate, Culture & Clothing

Bring comfortable clothing. It is hot most of the year — dress for 90°F and up. Evenings can be chilly in winter and early spring, and it gets cool on boats, at the ocean, and on rainy days, so pack a long-sleeve tee, jacket, or sweatshirt. Tee shirts and jeans work year-round, as do linen or cargo pants and shorts.

Cargo pants and shorts keep your hands free and your essentials close. Expect to get wet or dirty on excursions, so bring shoes or sport sandals you can walk in and won't mind getting messy. Bring something to practice yoga in. Senegal sits in the Sahel, so the terrain is largely sand; walkways and streets vary and much of our movement is outdoors.

Senegal is largely Muslim and, while not especially conservative, not a place where people bare a lot of skin. Many women cover their heads and shoulders; men and women often wear traditional robes. Beach and tourist areas are more relaxed. Out of respect, short shorts and skirts are strongly discouraged — carry a drape or long-sleeve layer for visits with elders or folks affiliated with Islam. Dresses are great in the heat.

Bring a backpack or cross-body bag for electronics, ID, water, and snacks on excursions, plus an insulated, refillable water bottle. Rainy season is hot and humid — plan for it.

Protect Yourself

Get travel insurance that covers more than a canceled trip — choose a policy with medical and evacuation coverage in case you're hurt or fall ill. Insurance reimburses you; it doesn't pay the provider directly. Allianz Travel is one option. Keep a PDF of your policy on your phone and share a copy with a family member who could help.

Make sure a relative or friend you trust has access to one of your credit cards for a travel emergency — meaning they could, if needed, buy a plane ticket and travel to you, or wire money to cover expenses.

BEFORE YOU TRAVEL — CDC

Malaria is a risk in Senegal, especially in rainy season (July–October). Even outside that window, the CDC advises prescription medicine before, during, and after your trip. Your doctor can help you choose. Whether or not you take it, pack mosquito repellent you're comfortable wearing daily — the pharmacies here are impressive and you can buy more, and the house provides mosquito-repelling incense at night.

Health & Vaccines

Confirm the current CDC guidance with your doctor — this is a summary, not medical advice.

Routine vaccines	Be up to date: MMR, Tdap (diphtheria-tetanus-pertussis), varicella (chickenpox), polio, and your yearly flu shot.
Malaria	Prescription medicine before, during, and after — plus daily mosquito repellent.
Hepatitis A	Recommended; possible through contaminated food or water. We insist on bottled water for drinking and dental care, which we provide.
Typhoid	Recommended for most travelers, especially in smaller cities or rural areas. Less of a concern here since most meals are in our home and café.
Yellow Fever	Recommended by the CDC, as yellow fever is a risk in Senegal.
COVID-19	Guidelines change — check for current protocols before you travel.

Current Connections

WiFi is available at the Tangor Guest House and Café so you can stay in touch. Off-site, WiFi is largely non-existent — and that's okay. You're here to rest and restore, so unplug as much as you can. You don't want to miss anything while staring at your phone.

If you want in-country mobility, you have two options:

- Use your current provider's international package for voice and data.
- Buy a SIM card from Orange for data and voice when you arrive.



WHAT IT COSTS

A data-and-voice package runs about 2,500 CFA — under \$5 US — bought on arrival, and includes a local phone number. A voice-only SIM is about 1,000 CFA, a bit under \$2 US.

PACKING LIST

Tick these as you pack — then leave room for what you'll carry home.

CLOTHES

- ☐ Light-weight cargo pants / shorts with pockets
- ☐ Jeans | light-weight pants
- ☐ Tee shirts | tanks — including DS tees
- ☐ Sports sandals | sneakers
- ☐ Hat / visor
- ☐ Sunglasses
- ☐ Light-weight jacket | long-sleeve tee
- ☐ Sleepwear | loungewear
- ☐ Comfortable clothes for yoga
- ☐ Flip flops | Crocs
- ☐ Scarf | fabric to cover
- ☐ Face masks

ELECTRONICS

- ☐ Phone charger | battery pack
- ☐ Flashlight | emergency light
- ☐ Power adaptors
- ☐ Camera

MISCELLANEOUS

- ☐ Insulated water bottle
- ☐ Bookbag | tote
- ☐ Snacks | supplements
- ☐ Cash for exchange | ATM card

PROGRAM MATERIALS

- ☐ Journaling supplies
- ☐ *We Got Soul, We Can Heal*
- ☐ Yoga mat, eye pillow & strap

TOILETRIES

- ☐ Small tissue packs for excursions
- ☐ Wipes — toilet and / or disinfecting
- ☐ Mosquito repellent
- ☐ Anti-itch | allergy cream and medicine
- ☐ Toothbrush, toothpaste, mouthwash
- ☐ Hair products
- ☐ Sunscreen
- ☐ Prescription medications
- ☐ Soap | bath wash & hand sanitizer
- ☐ Lotion
- ☐ Small first-aid kit — antibiotic cream, Imodium, etc.

ANCESTRAL OFFERING

Bring a gift or offering for your ancestors. Our visit to Gorée Island is an ideal time to make one. Small family heirlooms or symbolic items from nature or your personal or family history are options; food items such as black-eyed peas or fruit can be secured here in Senegal.

- ☐ Gift or token of appreciation for Yaay

We look forward to **your visit with us.**

Review this guide alongside your packing list. As you pack, leave room for the gifts and souvenirs you'll carry home — and for everything this journey will give you that has no weight at all.

STAY IN TOUCH

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Remember. Reconnect. Restore. Reimagine. Return.