

## RULES OF STAY IN SENEGAL

The rules are flexible according to individual agreement, but it protects your safety and so, if at all possible, please adapt.

Be open and kind.

Participation in the programs you have paid for is mandatory, so please always arrive on time for the workshop, our lecturers also come on time and they feel sad when the number of participants in the workshop decreases day by day.

Be on time for every meal as well.

At breakfast we will always have a daily meeting about what is needed...

Don't go barefoot except on the beach.

Don't go to the beach alone and don't swim in the deep, the Atlantic stretches out to sea.

Drink your "prevention" shot in the morning on an empty stomach before breakfast.

Wash your hands with soap and water or hand sanitizer before each meal.

Carry your drinking water bottle with you to the workshops and to the sea.

Wear a head covering to the sea and on excursions due to the sun's rays and sunglasses.

Do not pet any animals or children.

Treat small wounds and blisters immediately with disinfection and seal them.

Do not take African guests into your room for any reason.

If you have prepared gifts for African artists, do not give them immediately, but after consulting with me and keep them until the end of your stay.

Lock the rooms even if you only go to the workshop and the room is in sight.

Take an exercise mat to the beach (if there is yoga in the afternoon) and some small SFR money to buy fresh juice or souvenirs.

If you want to take notes, bring a writing instrument.

Keep an eye on the camera and phones you're taking pictures with.

Always carry a flashlight after dark.

Keep cell phones and Wi-Fi access to a minimum, instead try to be mentally present where you are in each moment,

may you take away the memories of this exceptional holiday (remote solution of problems in you in your home country).

Don't throw anything that doesn't belong in the toilet, including wet wipes.

Use toilet paper as little as possible, try to learn to use the Arabic method on the toilet.

Please do not discuss personal problems with me, I am not a psychologist.

Drugs and alcohol (except morning prevention) are not welcome.

Talk less, observe and listen more

keep your eyes and heart open...

I look forward to staying with you (if you follow these rules

:D)

Monika