



# Orientation Manual | South Sudan

Country Information for Trip Participants

# 1. Country Information

Full Name of Country- Republic of South Sudan

Population- 13,026,129 (July 2017 est.)

Time Zone- Sudan is in the East Africa time zone, GMT/UTC +3 and is 7 hours (8 hours during daylight savings time) ahead of the WR Baltimore headquarters office, which is in Eastern Standard Time.

Capital- Juba

Major Languages- Juba Arabic, English

Major Religions- Majority Christianity, Islam, Anamism

President's Name- Salva Kiir

Main exports- Agricultural, oil

Weather & Climate- South Sudan has a humid climate most of the year. The dry season generally runs from November to April when the weather is usually hot with temperature ranges from 18-44 degrees Celsius (64 – 111 degrees Fahrenheit), with nights being the cooler time. During the wet season, usually from April to October, temperatures are slightly cooler, and the nights can get a little chilly so that you might require a sheet to cover or even a light blanket. Juba gets a lot of rain. Do not store items on the floor in case of significant flooding. Always carry plenty of water. Becoming dehydrated can cause serious health problems very quickly.





## 2. Nation History

1899-1955 - South Sudan is part of Anglo-Egyptian Sudan, under joint British-Egyptian rule.

1956 - Sudan gains independence.

1962 - Civil war led by the southern separatist Anya Nya movement begins with north.

1972 - Government concedes a measure of autonomy for southern Sudan in a peace agreement signed in Addis Ababa.

1978 - Oil discovered in Unity State in southern Sudan.

1983 - Fighting breaks out again between north and south, under leadership of John Garang's Sudanese People's Liberation Movement (SPLM), after Sudanese President Jaafar Numeiri abolishes South Sudan's autonomy.

1989 - Military seizes power in Sudan.

1993 – Omar al-Bashir leads a coup and takes over Presidency (he remains today in 2017).

2002 - Talks in Kenya lead to a breakthrough agreement between southern rebels and Sudanese government on ending the civil war. The Machakos Protocol provides for the south to seek self-determination after six years - North-south peace deal

2005 January - North/South Comprehensive Peace Agreement (CPA) ends civil war; deal provides for a permanent ceasefire, autonomy for the south, power-sharing government involving rebels in Khartoum and a south Sudanese referendum in six years' time.

2005 July - Former southern rebel leader John Garang is sworn in as first vice-president. A new Sudanese constitution which gives the south a large degree of autonomy is signed.

2005 August - South Sudanese leader John Garang is killed in a plane crash. He is succeeded by Salva Kiir Mayardit.

2005 October - Autonomous government is formed in South Sudan, in line with the January 2005 peace deal. The administration is dominated by former rebels causing fragile peace

2006 November - Hundreds die in fighting centered on the southern town of Malakal - the heaviest between northern Sudanese forces and former rebels since the 2005 peace deal.

2008 March - Tensions rise over clashes between an Arab militia and SPLM in the disputed oil-rich Abyei area on the north-south divide - a key sticking point in the 2005 peace accord.

Independence referendum

2009 December - Leaders of North and South reach deal on terms of referendum on independence due in South by 2011.

2011 January - The people of South Sudan vote in favour of full independence from Sudan.

2011 May - North occupies disputed border region of Abyei.

2011 June - Governments of north and south sign accord to demilitarize the disputed Abyei region and let in an Ethiopian peacekeeping force.

2011 9 July - New state born – Independence day.

2012 September - The presidents of Sudan and South Sudan agree trade, oil and security deals after days of talks in Ethiopia.

2013 March - Sudan and South Sudan agree to resume pumping oil after a bitter dispute over fees that saw production shut down more than a year earlier. They also agreed to withdraw troops from their border area to create a demilitarised zone.

2013 July - President Kiir dismisses entire cabinet and Vice-President Riek Machar in a power struggle within the governing Sudan People's Liberation Movement.

Civil war

2013 December - Civil war erupts as President Salva Kiir accuses his former vice-president, Riek Machar, of plotting to overthrow him. Rebel factions seize control of several regional towns, thousands are killed and many more flee. Ugandan troops intervene on the government's side.

2014 January - A ceasefire is signed but broken several times over subsequent weeks, and further talks in February fail to end the violence that displaces more than a million people by April.

2014 April - UN says pro-Machar forces sack the oil town of Bentiu, killing hundreds of civilians.

2014 August - Peace talks begin in Ethiopian capital Addis Ababa and drag on for months as fighting continues.

2016 April - Riek Machar finally returns to Juba and is sworn in as first vice-president in a new unity government - but is sacked in July after further conflict and goes back into exile.

2017 February - A famine is declared in parts of South Sudan in what the UN describes as a man-made catastrophe caused by civil war and economic collapse.

2017 May - President Kiir declares unilateral ceasefire, launches national dialogue. To date the ceasefire has not been fully observed. It is extremely difficult to determine whether or not the main government and main opposition groups are indeed following it given the number of splintered armed groups involved in inciting violence.

2017 Dec - The conflict enters its fifth year with little hope for peace, continued violence and displacement, and increasing donor fatigue.

### **3. World Relief History in Country**

Since 1998, World Relief (WR) has worked with local communities in South Sudan (previously southern Sudan) to provide services to war-affected populations. Over the past two decades, WR has proven its flexibility in doing both humanitarian relief and development work depending on the conflict and conditions in varying parts of the country. WR's initial services were focused on providing lifesaving health services in conflict-affected areas.

Over the years, WR has expanded other emergency services including Nutrition, Agriculture, and Education, primarily on the frontlines of the current war. Additionally, WR has launched two CEZ in Western Equatoria State, which has been largely isolated from conflict though demonstrated great development needs.

### **4. World Relief's Current Programs in Country**

#### **Church Empowerment Zone Model**

WR South Sudan started its first CEZ in Ibba County in (former) Western Equatoria State in February 2015. The first areas of intervention to be integrated into and owned by the Ibba CEZ are Agriculture and Savings for Life. Through those programs, WRSS strives to build the capacity of beneficiaries to improve their own nutritional status, increase food security and generate income and assets from agriculture and savings. WRSS also plans to launch a Disaster Risk Reduction pilot program into Ibba CEZ in 2018.

In the latter half of 2017, World Relief launched its second CEZ in Maridi County, which borders Ibba County to the east. That CEZ is in the initial phase of preparing and mobilizing church leaders to form the Church Network Committees and reach further into their congregations and communities. WRSS hopes to introduce Savings for Life in Maridi in FY18.

#### **Emergency Nutrition**

The ongoing conflict in South Sudan has exacerbated the food insecurity situation, especially in areas where people have had to flee their homes, leaving behind their farm fields and food supplies. With funding from the United States' Office for Foreign Disaster Assistance as well as support from UNICEF,

South Sudan Humanitarian Fund, and the World Food Program, WRSS operates Community-based Management of Acute Malnutrition programming in Koch County and Bentiu PoC in Unity State and Fangak County in neighboring Jonglei State. Services including screening and treatment for children under 5 years old as well as pregnant and nursing mothers. Additionally, mothers and caretakers of young children are reached with nutrition education. When parts of Unity State were declared to be in famine in February 2017, WRSS was well-suited to respond to the “famine-likely” situation in Koch County.

### Emergency Health

One of the largest constraints to health services in South Sudan, in addition to insecurity and infrastructure challenges, is the lack of consistent services, due to lack of funding for medical personnel salaries, medical supplies, and drugs. In partnership with the South Sudan Health Pooled Fund and South Sudan Humanitarian Funds, WRSS is working with County Health Departments in Koch, Guit, Mayom, and Abiemnom Counties to build staff capacity and strengthen health systems in order to provide curative services to people in these counties, and overall estimated coverage area of 389,000 people.

Additionally, WRSS is responding to the health needs of displaced persons who have fled their homes in Unity State (One of 10 states in South Sudan) and taken residence in the Bentiu Protection of Civilian’s (PoC) camp. With funding from the United States’ Office of Foreign Disaster Assistance, WRSS is providing primary health services, including 24-hour maternal and child health services to roughly 30,000 people in Sector 2 of the PoC.

### Food Security and Livelihoods

In addition to addressing malnutrition, WRSS seeks to reverse the trend of dependency on general food distribution in conflict-affected areas by supporting agriculture and livelihoods in Koch County in Unity State and Fangak County in Jonglei State. With funding from the United States’ Office of Foreign Disaster Assistance and support from the United Nations Food and Agriculture Organization, WRSS supports 9,200 farmers with seed and tool inputs and training on improved farming techniques, with the goal of increasing households’ yields and nutrition status. With these partnerships, WRSS also provides 2,500 fishing workers with fishing kits and trainings.

### Education in Emergencies

Children’s education in South Sudan is marred by low enrollment rates, poor school infrastructure, and low participation from girls, all of which have been worsened by the ongoing conflict in the country. In partnership with UNICEF and South Sudan Humanitarian Funds, WRSS is currently supporting primary schools in Koch and Guit Counties and in the Bentiu Protection of Civilians (PoC) camp. Through these schools, WRSS reaches more than 15,000 children and supports about 130 teachers. The EiE program also supports Early Childhood Development centers at nutrition centers. WRSS hopes to expand the education program to Ibba in FY18.

## 5. World Relief Staff Profiles

	<p><b>Ric Hamic, South Sudan Country Director</b></p> <p>After completing graduate school at Eastern University, Ric volunteered for World Relief DR Congo as his first international assignment (2013-2014). He gained additional experience serving as an Area Coordinator for Samaritan's Purse in Southern Unity State, South Sudan, overseeing a multi-sectoral humanitarian response (2014-2016). Ric served vocationally in local churches for seven years in his home state of Alabama and completed seminary (MDiv, Missional Studies) before choosing international service. Most recently, Ric was based in Nairobi as WR's DRR Advisor, supporting multiple country offices (2016-2018)</p>
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## 6. Culture

### Dos & Donts

Guests: If you are a guest in a Sudanese home, you can expect to be offered small refreshments. They will not ask if you'd like anything, they will simply offer it. It is polite to try what they offer. Please do not refuse their hospitality.

General: do not point with your finger at a guest; this is considered grossly disrespectful. Instead, one should extend one's hand, palm downwards, and motions towards oneself.

Timing: The Sudanese in general, because of their climate and their culture, do not have the sense of timing that the westerner does. Therefore, one should not be upset if a stated appointment, say at 4 o'clock, is not fulfilled until 4:30 or 4:45.

### Table western vs. eastern

Men and women typically eat apart from each other. Food is usually eaten with the hands (one reason for the custom of washing hands before and after every meal), and all Sudanese eat with only the right hand.

### How men and women interact

In the cities, you can see men and women walking and talking together and sometimes holding hands. In the villages life is much different between the sexes. Most women walk behind the man and are often carrying most of the heavy items. Men and women would never hold each other's hands. More likely you will see two men holding hands as a mark of friendship.

### Public Holidays

Date	Holiday Name	Holiday Type
Jan 1	New Year	Public Holiday
Jan 9	Peace Agreement Day	Public Holiday
Feb 14	Valentine's Day	Observance
Mar 8	Int' Women's Day	Observance
Mar 20	March Equinox	Season
Apr 1	Easter Day	Public Holiday
May 1	May Day	Public Holiday
May 16	SPLA Day	Public Holiday

Jun 15	Eid al-Fitr	Public Holiday
Jun 21	June Solstice	Season
Jul 2	Mother's Day	Observance
Jul 9	Independence Day	Public Holiday
Jul 30	Martyrs Day	Public Holiday
Aug 22	Eid al-Adha	Public Holiday
Aug 27	Father's Day	Observance
Sep 23	September Equinox	Season
Nov 11	Grandparents' Day	Observance
Dec 21	December Solstice	Season
Dec 25	Christmas Day	Public Holiday
Dec 28	Republic Day	Public Holiday
Dec 31	New Year's Eve	Public Holiday

### Church Services

Church buildings vary depending on which part of the country you are in, but most are simple. They tend to be one large room made of brick, mud, or sticks with a cement or dirt floor. "Pews" are often cement, wood or dirt piled up to make a bench. Men usually sit on one side of the church and women sit on the other side, but visitors do not need to follow this practice. A place of honor is often reserved in the front of the church for visitors or elders. A typical church service is between 2-4 hours.

### Dress

Traditional Dress in the north is influenced by the customary Muslim practices. Long, loose dresses are worn by women and long robes by men. Head coverings are common and often is worn under a skull cap by men. The southern region is predominantly Christian. Long loose clothing is worn in the south as well but there is a stronger influence of western style clothing.

Tourists should abide by the following parameters: Female travelers should dress modestly at all times—short clothing is inadvisable. Showing too much of the leg or having low cut tops may suggest questionable virtue. It is also best to limit the amount of makeup and jewelry worn.

A man preaching should never wear shorts. Also, earrings are not appropriate for men. Tattoos are associated with witchcraft in many areas and should be covered to avoid communicating an unintended message

## 7. Societal Structures

### Family Structure

Family Ties: The westerner should know that the Sudanese have a very strong sense of family responsibility. Much of the social life of the Sudanese is involved with visiting families and receiving reciprocal visits. During family festivities such as weddings, a Sudanese will, because of his concern and respect for his family, put family obligations above others. It is also not unusual for a Sudanese guest to bring along a relative to dinner if the relative has come for a visit to the Sudanese house.

### Government structure

Representative democracy with a presidential system

### Economy

As a result of the nomadic way of life and insecurity, there has been no wide-scale agricultural use of the land. The south has enormous areas of grazing land and sufficient rainfall to successfully promote agriculture.

### Literacy & Education

27% of South Sudanese people 15 years of age or older can read and write. 17% of women in the nation and 20% of men in the nation are literate. Educational attainment is extremely poor due to the lack of schools, qualified teachers, and materials. Half of the population live below the poverty line. Teachers and students are also struggling with the switch from Arabic to English as the language of instruction. Many adults missed out on schooling because of warfare and displacement.

### Ethnic Groups

There are two ethnic groups in South Sudan, the Dinka and the Nuer, along with a number of other smaller groups. Though the current conflict can not be attributed to ethnic differences, it has used a lot of ethnic rhetoric to encourage conflict at local levels. It is never appropriate to ask someone which ethnic group they belong to. The south is strongly tribal in its make-up and lacks the sense of national identity that is found in the north.

There are approximately 60 indigenous ethnic groups in South Sudan. Nilo-Saharan languages are spoken by 40% of populants. Nilo-Saharan languages include both Nilotic (of the Nile) and non-Nilotic. The Dinka people make up the largest ethnic group and are part of the Nilotic group. The second largest ethnic group is the Nuer People. Also predominant are the Luo, Shilluk and Toposa Peoples.

### Living Conditions

South Sudan, independent from Sudan since July 2011 after decades of civil war, is one of the world's poorest countries and ranks among the lowest in many socioeconomic categories. Problems are exacerbated by ongoing tensions with Sudan over oil revenues and land borders, fighting between government forces and rebel groups, and inter-communal violence. Most of the population lives off of farming, while smaller numbers rely on animal husbandry; more than 80% of the populace lives in rural areas. The maternal mortality rate is among the world's highest for a variety of reasons, including a shortage of health care workers, facilities, and supplies; poor roads and a lack of transport; and cultural beliefs that prevent women from seeking obstetric care. Most women marry and start having children early, giving birth at home with the assistance of traditional birth attendants, who are unable to handle complications.

Almost 2 million South Sudanese have sought refuge in neighboring countries since the current conflict began in December 2013. Another 1.96 million South Sudanese are internally displaced as of August 2017. Despite South Sudan's instability and lack of infrastructure and social services, more than 240,000 people have fled to South Sudan to escape fighting in Sudan.

### Day in the life snapshot

The day begins as soon as the sun has risen. Businesses are open from 7:30 to 4:30, with a break around 12:30 for lunch and an afternoon nap. Most shopping is done in an open-air market, where you can find almost anything. Produce, fish, clothing, household goods, even furniture can be purchased along the road or in organized market areas.

## 8. Before You Go



## Visa

As visa information is subject to change from year to year, please refer to the most recent requirements published on the South Sudan Embassy website [here](#). The visa for American travelers costs \$160

## Preventative Care/ Vaccinations

As visa information is subject to change from year to year, please refer to the most recent requirements published on the CDC [website](#).

## Packing List

### Clothing Guidelines

Please be aware of and sensitive to cultural differences when preparing for your trip, using the following guidelines to inform your packing choices. Please keep in mind that it is especially important to dress modestly. If you are coming for only a short time, it is to your advantage to pack light. When considering luggage choice, please note that South Sudan can be very dusty and your bag will get dirty and roughed up. Please bring bags that can handle the wear of the field.

#### Women:

Skirts are acceptable everywhere—make sure they are a few inches past the knee or more. Light weight and quick drying are best in Juba's climate.

Long trousers or capris are acceptable, but uncommon among local women. Do not wear shorts.

Steer clear of tank-tops and tight fitting clothing.

#### Men:

Wear comfortable, light-weight trousers and shirts.

In general, only school boys wear shorts, although it is becoming more common to see men exercising or relaxing in shorts in Juba. Shorts are not acceptable when attending church or any other formal gathering.

Tank-tops and muscle shirts are generally not worn.

It is important to dress up for church and other meetings, as it is a sign of respect.

#### Both:

While comfort is important, it is also important to look your best. What you wear sometimes communicates a lot more than what you say. Looking too relaxed and “campy” can send the wrong message. Keep in mind that you are not going back-woods backpacking.

Temperatures are warm during the day, and the humidity is generally high in Juba. The evenings cool down slightly—bring one warmer article of clothing.

It is advisable to wear long sleeves, long pants, and socks at night as protection against mosquitoes.

Mosquito repellent is also advised.

Light layer for cool evenings (windbreaker, rain jacket, long-sleeve shirt)

Comfortable, sturdy walking shoes / sandals / boots for daily wear

Sandals / flip-flops for shower

Sleepwear – lightweight, one set

Swimsuit

Hat / sunglasses

Toiletries

Sun block and chapstick with SPF 15-30 (you are closer to the Equator here)

Insect repellent with DEET (9-35%) (airlines require non-aerosol) – this is an important protection

Small flashlight

Battery operated or wind-up alarm clock or watch with wake-up feature

Ear plugs / eye mask

Adapter and converter if necessary

Money belt or neck pouch: Large amounts of cash and important documents (passport, airline ticket) should be kept in an interior pocket, or a money belt or pouch of some kind UNDER clothing - not the kind worn around the waist, which is very inviting to theft. This pertains especially to transit through and in Nairobi, although theft is becoming more common in Juba.

Camera, extra batteries if desired although it is not recommended that you bring expensive camera equipment

Suitcase locks for leaving baggage

At least one picture of your family / friends to show people you meet (be mindful of clothing in pictures and make sure settings aren't extravagant)

Bible, journal, and pen

Medications

Anti-malaria pills (consult with your doctor)

Band-aids, eye drops, other misc. first aid supplies

Umbrella

Hobby things- anything that makes you happy: camera, books, cards, music, games, etc.

Comfort foods such as cup-o-soup, granola bars, dried fruit, nuts, herbal teas, decaf coffee etc.

Cash (Credit cards are not used, ATMS are not available, and traveler's checks are not accepted). Bring new (preferably 2010 or newer), clean, U.S. 50 or 100 bills which can be exchanged in country. All expenses will be covered except for personal purchases, restaurant dining and souvenirs. \$100-200 should be plenty and can be changed in country by World Relief staff).

## Electricity & Voltage

Electricity in Sudan is 230 Volts, alternating at 50 cycles per second. If you travel to Sudan with a device that does not accept 230 Volts at 50 Hertz, you will need a voltage converter. The type of plug Sudanese outlets generally accept are three pronged, with square prongs (UK Standard). If your appliance plugs have a different shape, you will need a plug adapter.

## Recommended reading & helpful websites

### News Sites

AlertNet – Sudan Conflict - [http://www.alertnet.org/db/crisisprofiles/SD\\_PEA.htm](http://www.alertnet.org/db/crisisprofiles/SD_PEA.htm)

BBCNews: Special Report-Sudan Conflict

[http://news.bbc.co.uk/2/hi/in\\_depth/africa/2004/sudan/default.stm](http://news.bbc.co.uk/2/hi/in_depth/africa/2004/sudan/default.stm)

<http://www.sudantribune.com/>

### South Sudan Suggested Reading List:

South Sudan: Colonialism, Resistance and Autonomy by Lam Akol

Sudan: Race, Religion, and Violence by Jok Madut Jok

Breaking Sudan: The Search for Peace by Jok Madut Jok

The Root Causes of Sudan's Civil Wars: Peace or Truce by Douglas H. Johnson

Next Time They'll Come to Count the Dead: War and Survival in South Sudan by Nick Turse

Inside Sudan: Political Islam, Conflict, and Catastrophe by Donald Petterson

God Grew Tired of Us: A Memoir by John Bul Dau; also a documentary film by the same name

They Poured Fire on Us from the Sky by Alphonsian Deng, Benson Deng, and Benjamin Ajak

The Extraordinary Life of a Sudanese Refugee by Alek Wek

What is the What by Dave Eggers

## 10. In Transit

### Information to carry

Passport  
Extra passport photos  
Visa  
Invitation letter  
Flight itinerary  
Names, addresses, important phone numbers, email addresses of family members  
International Certificate of Yellow Fever Immunization  
Documentation of any and all health conditions  
Driver's License/Photo ID

### Customs Info

*Destination in South Sudan: Juba  
Purpose of Visit: Visitor  
References in Sudan:  
Mr. Hillary Muni ,(WRSS Human  
Resources Manager )  
Box 41, Juba, South Sudan  
+211 955 255 586 and  
+211 977 205 400*

### World Relief Country Address

Juba Office Address: World Relief, Box 41, Juba, Southern Sudan.  
The physical location is Hai Cinema , Juba, South Sudan.  
U.S Embassy Address, Phone Number, Hours of Operation

All citizens living or traveling in South Sudan are encouraged to register with the nearest U.S. Embassy or Consulate through the Department of State's website, <http://travel.state.gov>, to obtain updated information regarding travel and security within Sudan. By registering, American citizens make it easier for the Embassy to contact them in case of emergency.

### Upon Arrival

Your first task is generally to complete an immigration form and get your passport stamped, but people tend to huddle rather than form a line, so this is a bit chaotic. The next task is to collect your luggage. There is no carousel in Juba airport. Luggage is collected in a frantic and chaotic way from an opening in the wall.

Finally, you need to take your luggage to the customs counter, which is in the same area. Be ready to open your bags for inspection, even if you have nothing to declare. The customs official will make chalk markings or put a sticker on your luggage after inspecting it. Before leaving the customs area, there is usually an official checking of luggage for this mark or sticker.

Make sure that all your South Sudanese paperwork is done according to the book and that every single bit of it is perfectly legible (no smudgy stamps or blotches of ink).

## 10. During the Trip

### Communications

Internet is provided for in hotels.

### Photography/Videography

There are lots of good photos to be taken in Juba; however, it is courteous to always ask before taking a photo of a person or their property. If you have a digital camera, showing someone their photo tends to generate lots of amusement. Conversely, taking photos without asking permission is insulting and may

result in angry gestures or, in the market, an angry crowd, and even having one's camera confiscated by police or soldiers

### Food & Water

Meals are eaten communally around the same bowl where meat, vegetable, salad, and sauce dishes are placed. Flat bread or a stiff millet porridge known as asida or kiswa is eaten with the main dish. For eating, South Sudanese use their right hand only.

### Health & Safety

*Security:* All visitors will receive a full briefing from the World Relief Security Manager upon arrival. There is currently a curfew in Juba between the hours of 7pm and 6 am, so that you need to be inside the hotel/residence compound by 17pm.

It is generally not safe for foreigners to walk around Juba due to the high rates of petty crime. The Security Manager may approve for you to walk to a few nearby restaurants (within a five minute walk). In that case, no purses, backpacks, or bags of any kind should be carried. Cell phones and valuables should be left behind, and visitors should carry only the money needed for their trip in their clothes pocket. When traveling by vehicle, only small bags should be carried, and large electronics or other valuables should be left behind.

To avoid getting sick, drink bottled water (provided by World Relief) and only eat food that has been fully cooked. As a rule, boil it, cook it, peel it, or forget it. Food purchased from street vendors can be risky; it is best to stick to restaurants and home-cooked food. Even then, avoid fresh salads (unless you know how they were prepared), drinks with ice in them, and dairy products—basically anything that has been touched by unsafe water.

*Medical facilities:* Should any illness or emergency occur on trip, contact the following immediately. Do not travel to a local medical facility without the direction of WR Staff.

Burundi Country Director, Jean Nyandwi

Trips and Events Manager, Bethany Seremet

### Money & Expenses

*Currency:* South Sudanese Pounds - Exchange rate ([link](#))

*Estimated spending money:* Bring only foreign CASH into South Sudan, preferably US Dollars, and these must be from 2010 or later. Travelers' checks, credit cards and automatic teller machine cards are NOT used in South Sudan

### Accommodations descriptions

You will be staying at/in hotels and guesthouses. Towels will be provided in most hotels. Hotels usually have restrooms inside of your room, but in some guesthouses toilets and showers are located in a public space and shared with other guests. Because electricity and water supplies are unreliable, be prepared for the possibility of cold showers or no water at all. You will usually be given candles at hotels in case the electricity goes out. In places without electricity, you will use hurricane lamps that burn kerosene. Take note that tips are not included in hotel and restaurant bills, so tipping is at the client's discretion.

### Laundry

Laundry services will not usually be available during the trip. Be aware that hotels may offer a laundry service, but since clothes are dried outside this service may take several days. It is considered rude to ask staff to wash undergarments- best to pack enough for the entire trip.



## Helpful words and phrases

### Basic Arabic Words

Salaam alaikum	Good morning
alaikum asalaam	(reply) good morning
Kayf	How are you?
Tamam	Good
Ana kwais	I'm well
La	No
Be kam?	How much?
Shukran	Thank you
Skukran jazeelan	Thank you very much
Inta kwais	Are you well?
Aywa/ naam	Ok/yes