

SVP Orientation Guide



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Welcome to Sudan!



Now put your feet up and have a chai!

The first few days and weeks of your arrival invariably involve an acclimatisation to new surroundings, particularly to the heat, life in souk Arabi, the flat, and the cultural mores of Sudan.

Most volunteers are torn in the first few days of arrival; they want to get out and see as much as possible, while simultaneously catching up on some much needed rest after long travel. It is generally possible to do both though pace yourself, as it's easy to become exhausted. Remember that you will have plenty of time to see and do everything during your stay in Sudan.

The main things that you will need to adjust to are the following:

The Sun, the heat and the dust

All three are ubiquitous and do take some getting used to. The sun is strongest and the dust most prolific in the summer months between April and July. For many, including the Sudanese, the heat can bring life to a standstill; it can zap you of energy and curtail your movements. Most people stay as close as possible to fans and A/C. It is likely you will want to do the same. Ensure that your water intake is adequate. In hotter months, at least 4 litres of water a day is required.

It is wise to plan your significant excursions in the early morning or the late afternoon/evening as this is when the heat is less intense. Make use of the night as well; Sudan is active until 11-12pm.

Unfortunately, it's not possible to escape the dust as it's everywhere. By keeping your bedroom door closed, wiping furniture, and sweeping floors regularly you can maintain a (temporary) semblance of control. Wash clothes regularly as dust quickly attaches itself.

The Souk

Since Al Waha shopping mall was built and the central bus station was split into three on the periphery of the Souk, Souk Al Arabi has lost much of its colour and vibrancy. These days, It's a rather drab area of Khartoum and can take some getting used to, especially if you are female where the majority of people are male traders and or transient people on route to the bus-stations. It does provide a fascinating snapshot of rapidly modernising Sudan amongst traditional Sudanese attitudes and customs.



The souk contains most of the small items you may need. It's safe to walk around the souk by yourself. It is worth spending some time wandering the streets of the souk to get your bearings, to witness the daily toing and froing and to practice your Arabic. Sit and have a tea and get to know the locals.

As few people live in the Souk, it becomes relatively empty at night. It's important that you have regular breaks from the souk as it's easy to tire of it.

Attention

As a foreigner, you are bound to get a lot of attention. Foreigners remain a novelty to the Sudanese. While the level of attention is nothing in comparison to other African or Middle Eastern countries, it is still an everyday reality and for some can take some getting used to.

If you are of a paler complexion, one of the first local words you will hear is Khawaja (European man) or Khawajiea (European female). These are not inherently negative words; they are stated as a result of aroused curiosity and typically followed with a smile or staring. Replying 'Sudani' to a 'Khawaja' call often evokes a good-humoured smile. While Sudanese men may stare at western women, they rarely sexualise women publically (further advice in the women's issues section).

Black market money exchangers will call 'change? dollar, dollar' or something similar and may pester you. A simple shake of the head or 'Mafi dollar' or even a simple 'no' is enough to close the conversation. Taxi drivers may be equally insistent of your custom.

Beggars, especially children, may target you. Beggars (adults and children) are rarely aggressive in their demands. A simple 'malish' (sorry) or 'Allah kareem' (God is generous) will send many on their way. Use your own discretion with giving money as it can encourage others to target you. However, there is a culture of giving small change to beggars (more in the cultural advice section)

It is likely that many people will be eager to talk to you, especially if they know some English. Unlike most developing countries, especially those with a tourism industry, these people will not want anything from you other than a polite chat. Enjoy.

Rubbish and hygiene

At some times of the day, the souq can look like a garbage dump, especially in the evenings where storeowners sweep their rubbish out onto the street. When it's particularly hot and contains food waste and sewerage flooding, this rubbish can stink. Street cleaners clear the rubbish most nights but this is not always the case. You will need to get used to the smells and navigating the piles of rubbish.

The hygiene standards of Sudan are likely to be worse than back home, especially in relations to toilets and food preparation. In saying that the Sudanese are generally rather clean people, with regularly washing a prerequisite in advance of the five daily prayers.

It's important to maintain your own hygiene and hand sanitizers are a good investment. Despite their best efforts, most volunteers will get diarrhoea or a stomach upset at least once during their first few weeks in Sudan. (See the health guide for further information). It's rarely serious and makes you more resilient in the future.

Unpredictability



In Sudan, nothing is certain. If you do not know that already, you soon will. The power and water may suddenly stop, an unexpected heavy rain may cause flash floods and close all transport links for a few days, an engagement made may be cancelled last minute, the alien affairs department may lose a critical document or the university may postpone its opening date for three weeks.

The Sudanese are used to living and working in such states of unpredictability in their daily lives. For foreigners, used to more order and regularity, it can be infuriating. Things that can take a matter of minutes back home can take days and/or weeks to resolve here.

The quicker you adapt to the realities of delays, cancellations and sudden changes, the quicker you will adapt to day-to-day life in Sudan. Try to keep a positive attitude and keep your plans fluid.

Fridays

Friday is the day of rest, family and prayer for most Sudanese and Sudan comes to a near standstill. Most businesses, including restaurants, bakeries, museums and shops will remain closed throughout the day, though some may open early morning or at night. Stock up on things you may need to get

you through Friday on Thursday, especially things like bread and other food staples. Friday afternoons are a nice time to walk around the Khartoum CBD as it's near deserted and peaceful. Al Waha is open on Fridays.

Keeping yourself busy....



The following are some suggestions about things to do to keep you active during your first few weeks, while your residency and your placements are finalised. Try to get out of the flat as much as possible to avoid cabin fever.

Connect with SVP Orientation Assistants

SVP is supported by a number of local Sudanese who are eager to meet volunteers and show them around the popular places of Khartoum. These young people have volunteered their services and have a genuine interest in foreigners and western cultures. They are also keen to practice their English language skills.

They are a wonderful source of cultural information, local knowledge and history. They will likely introduce you to their friends and families; establishing a local support and friendship network.

Our coordinators will introduce you to our orientation assistants soon after your arrival. Tell them what you'd like to see and do and they will try to accommodate. Accept invitations for tea and dinner with them and their friends.

Connect with Other Volunteers

Depending on when you arrive, there may be other volunteers residing at the flat. If so, it is a perfect time to form friendships with other volunteers that will be living in Sudan while you are here. They will also be a crucial support network. Likewise, departing or mid-placement volunteers are an excellent source of information about placements and life in Sudan. Quiz them and ask to be shown around, most will happy oblige. Volunteers will have also made a number of local contacts of their own, who will also likely make friends with.

Prepare for your classes

Read some of the teaching guidebooks in the flat (are also available on the SVP Google Drive) to get your head around facilitating discussion clubs; it does take some preparation to sustain a class for two hours. Ask other volunteers for guidance. Depending on the timing of your arrival, you will likely get a chance to sit in on another volunteer's classes.

Sample local cuisine

Consult the cuisine guide and/or ask for recommendations from volunteers and locals about the best places to head for a traditional Sudanese meal. If you're lucky you might get an invite to a homecooked meal.



Visit some sites and places of interest

Consult the site-seeing and activities guide for inspiration on places that may interest you. Volunteer favourites are Nuba Wrestling and the Sufi Zaker, both on Fridays afternoon.

Learn some Sudanese Arabic

Whatever your level of Arabic language skills, it's a great time to learn and utilise some Sudanese Arabic words. There are a number of language guidebooks and dictionaries in the flat to consult, as well

as courses with audio on the Google Drive.

Record your impressions of Khartoum in a diary, blog or an email to friends/family.

It is when you first arrive in a new place that you are most intensely aware of its new sights, sounds and smells. Recording your initial impressions can help you make sense of cultural differences and provides an important record to look back on, once you have been in Sudan for a while. Get writing!

Exercise

It's important to get regular exercise to maintain your health and good mood. Getting regular exercise can be difficult in Khartoum, where the heat is restrictive and activities like running are uncommon and likely to evoke stares and bemusement. Walking is the easiest form of exercise and can go a long way to maintain fitness levels. Many destinations such as the Botanical Gardens, Nile Street, Al Sunnit Park and even Amarat are in walking distance; though avoid midday walks, even in winter. One of our volunteers braved a midday walk to Amarat from the flat in April and suffered sunstroke and three days bedridden as a result. Drink lots of water.

Another option is to ask volunteers and locals if you can join a casual football game. These are typically played at night on astro turf. The Greek Club has a swimming pool (entrance fee) and drop in volleyball games in the weekend. There is a gym in Afra mall and Green Yard has a running track.

Head to Amarat for a break

If you are trying of the souk and Sudanese food or feeling homesick, take a bus to Amarat. While lacking in atmosphere, Amarat is an upmarket area with a number of decent though stipend-hostile

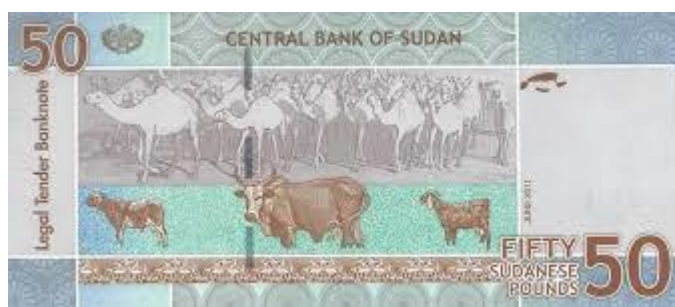
restaurants. Treat yourself to a meal. While we encourage our volunteers to immerse themselves in local culture, even the most dedicated of us need a treat on occasion.

Setting yourself up....

Even before you venture out into Khartoum, you're going to need to get the basic sorted.

Money

SVP will exchange your pounds/dollars/euros into local currency as soon as possible after your arrival. For your first exchange, give SVP £100 or \$100. 50 and 100 sterling/dollar/euro notes get the best exchange rate. SVP will exchange the money on your behalf. We do it via the Black Market as the rates are two times better, don't expect a receipt.



The exchange rate is volatile. As of October 2014: the exchange rate is about £1 = 13SDG. \$1 = 9SDG.

Store the remainder of your hard currency in the SVP flat in a sealed package/wallet with your name and the amount within

clearly displayed. SVP will exchange this into Sudanese currency as you request. Don't try to exchange it yourself, you will get poorer rate than a locals who does the transaction on your behalf.

If you prefer to change your money yourself, beware of changing currency on the black market and be especially cautious of itinerant moneychangers operating in markets and on the streets. You can easily convert your money into Sudanese pounds at banks or currency exchange bureaus, though the official exchange rate is a lot lower than on the black-market.

Enjoy yourself during your first few weeks but also be frugal with your money to preserve your cash and to prepare yourself for life on a stipend.

Due to trade embargoes, Credit cards and international ATM cards do not work in Sudan.

If you need money sent to you from overseas while you are in Sudan, it is best to use Western Union. Western Union or other similar money transfer companies are widely available in Sudan. There is an office in Al Waha. Be aware that if you are sent hard currency, it will most likely be paid out to you in SDG.

Mobile Phone: Simcard and Credit

SVP advises volunteers to arrive in Sudan with an unlocked phone. Once you arrive, all you will have to do is pop out your home country simcard and insert a local simcard. Having your phone already unlocked on arrival will allow smooth transition from one country to another and eliminate any waiting time unlocking the phone. Should you arrive with a locked phone or suspect that your phone is locked talk to the SVP coordinator. He will take you to a local store where it can be unlocked for a fee.

Once you have an unlocked mobile phone on hand, (you can buy phones cheaply here) SVP will get you a local simcard. You are expected to pay for the initial simcard and credit (the simcard itself is free). SVP prefers the MTN network, which allows for cheap calls between volunteers and SVP. All networks are pay as you go.

If you buy your simcard from the street, it is likely you will have to register your number at the MTN office in Al Waha Mall before it works. SVP will take you to do this. Sometimes the plastic simcard is too large to fit into your phone. The excess plastic can be easily cut away – don't cut the chip itself – to a microsim size and then fit into the phone.



On the street, men with cardboard box displays sell top up cards in SDG10, 20 and 50 variations. MTN is yellow, you will be understood if you ask for “MTN, 20 pounds” etc. He will give you a scratchy card with instructions in English or load the credit directly onto your phone. You can also purchase these scratchy cards in convince/grocery stores.

Make sure you provide your local number to SVP Sudan, who will also give your number to current volunteers.

Smart phone

Smart phones are common in Khartoum, as is a mobile internet culture, with What's App and derivatives widely used. Once you have set up a simcard for you smart phone it is an easy step to make your phone internet capable.

Turn on the mobile data setting on your phone, Beware that if you are on prepay top-up, the data consumption for internet will rapidly deplete your credit. The next step should you want internet on your phone is to get a plan from your network provider.

MTN offers 300sdg for six months coverage of good quality unlimited internet plus 20 minutes of free phone time to an MTN number. Cheaper data capped plans are also available.

Internet Dongle

ADSL and Wi-Fi are still not common in Sudan. Volunteers purchase a MDSL dongle that can be plugged directly into a USB port in a laptop or computer, providing instant access to the internet. Inform SVP if you require one and we will obtain one for you.



While there are a number of brand options, Sudani has the most stable and wide-reaching coverage. For all brands, the speed is fastest in central Khartoum and larger cities. Generally, speeds are variable throughout the day, with traffic congesting the network. At night, the speed is usually good enough for a video skype call or to download a movie or TV series.

Plans are prepaid, ranging from one day to one year. As of November 2014, it costs 221 SDG to purchase a dongle with an accompanying three month unlimited access plan. There are no bandwidth restrictions on Sudani plans.

Make a note of two things: the number of the simcard (written on the simcard inside the dongle) and also the password. If SVP purchased your dongle for you, your password will be 1234. You will need these when it's time to top-up.

Sudani will alert you with a pop up page when your credit has expired. Log in to your Sudani account via the pop up page with your simcard number and password. Find out the current cost of the plan you want under MDSL plans. The easiest way to top up is to either head directly to a Sudani shop or to purchase blue Sudani recharge scratch cards for the amount you require; these can be purchased in the same manner as MTN phone credit. Next log into your Sudani account and follow the instructions for top-up via scratch cards. Next purchase the plan you want. Discounts for plans of three months or more.

SudaniMDSL: <http://sudani.sd/publicone/Content/Internet/mDSL>

Insurance:

Remember to pay your insurance contribution if you haven't done so already. We'll send you a confirmation email which acts as a receipt and ensure you are covered.



The SVP flat

The SVP flat is located in the Nefeidi Apartment building, Shari' Hashim Bay (Hashim Bey Street), Souq al-Arabi in downtown Khartoum. Three useful local landmarks near-by are the gigantic and incongruous Al Waha Mall, Al-Masjid al-Kabir (the big/central mosque) and the Regency hotel – if you are near to any of these than the flat is only a short walk away.

The SVP Flat has hosted generations of SVP Volunteers. While certainly not beautiful, it is comfortable and remains priceless because of its central location and close proximity to bus stations,

restaurants and shops. It is a secure two-bedroom property, located on the third floor. The facilities are basic but adequate. Newly arrived volunteers reside at the flat until their placements are ready.

The flat contains:

- A living room: sofas, bookshelf, table, chairs, TV, fans,
- A kitchen: fridge, oven, microwave, pots, cutlery and utensils, mugs and a kettle,
- Four beds and two bedrooms (two beds to a room),
- Extra beds are available in the living room and on the balcony,
- A western style toilet and shower,
- An Iron and ironing board.

The flat acts as a base for newly arrived or departing volunteers and for volunteers in transition between placements. It is a meeting point for volunteers and all volunteers are welcome at any time.

Things to know about the flat.

- You need a key. We will give one. Volunteers must pay for replacements if lost.
- We are unable to change locks if volunteers lose key so be careful with them.
- The flat is non-smoking. Smokers please smoke on the balcony.
- Foreign currencies, passports and other valuables can be securely locked in the flat safe. You can access these as required.
- SVP does not have key access to the street door. For security reasons it is locked at night. It is important that volunteers return to the flat before the door is locked – roughly midnight. There is supposed to be a guard with a key but sometimes it is difficult waking him.
- Volunteers residing at the flat manage the flat, you are responsible for taking the rubbish out, purchasing replacement cleaning products, cleaning the flat and replacing any food items that you use in preparation of the next volunteers.
- The pipes follow their own logic, if you turn the tap on in the kitchen, the shower will also turn on.

Electricity

The flat has electricity and power cuts are relatively uncommon. SVP maintains reasonable electricity costs for newly arrived volunteers.

If the electricity goes out it could be because we have run out of credit and need to purchase more. To avoid delay, top up yourself and SVP will reimburse you.

Electricity is purchased via top up. The electricity meter is located on your left when you enter the flat, opposite from the kitchen door. It is a small white box. If there are no numbers displayed on the LCD screen then it is a general power outage. Keep an eye on the usage, and top up before it runs out!

If the screen displays 0.00 then it needs a top up. Next to the meter should be a typed piece of paper with the meter number on it: The number is 04193890466. You can also find out the number by pushing #4#, do this twice to ensure you have the right number written down.

Take the piece of paper with code written on down to the Internet café, which is immediately to your right as you enter the street from the stairs. Give them the number and tell them how much

you would like to top up. SVP has an allowance of 100 SDG per month for electricity. Any more than that amount volunteers need to pay for themselves. Conserve energy – especially the electricity guzzling ACs. If you end up paying to top up the electricity, keep the receipt so SVP can pay you back if within our allowance.

If there is a power cut, it sometimes triggers a switch in the right hand cupboard in the basement of the building. In such circumstances, you need to go downstairs (with a torch!) and flip the switch.

Gas

The Gas bottle for cooking is kept next to the stove in the kitchen. Turn on and off as required. Ensure that the bottle's tap is turned to off when you have finished cooking. In the event of gas running out, contact the SVP coordinator who will replace the bottle with a new one.

Water

The water in Khartoum is treated with chlorine and is ok to drink. Adjusting to the local water will give you much more freedom of movement during your stay in Sudan. SVP recommends that you slowly adjust to the local water.

However newly arrived volunteers should exercise caution. It is wise to drink bottled water for at least the first few weeks and then gradually introduce the local water. In the first few days, be cautious brushing your teeth and eating fruit and vegetables washed in local water.

The biggest issues with the water are its stale and brackish taste as well as its colour, which is always of a brownish hue.

Bottled ozone treated water is available everywhere and is cheap. You can also cleanse the mains water through boiling it or use purifying tablets.

The flat has mains water supply in the kitchen and bathroom. Unfortunately, mains water sometimes stops suddenly for unpredictable periods. It is important that you regularly stock up on water by filling up plastic water bottles with water when it is available. You will need this water for washing, cooking and cleaning if the main supply stays off for an extended period.

The washing machine does not need mains water to function; water can be poured in directly.

Emergency water is kept under the sink in the kitchen and in the cupboard outside the bathroom.

Keep the fridge well stocked with water to help you combat the heat!

Roommates

It is very likely that you will be residing at the flat with other newly arrived volunteers, as well as volunteers that are preparing to depart. Newly arrived volunteers have priority and first choice of sleeping options. Because space is limited, you may need to share a room with another volunteer. Single females will reside either alone or in a room with other single females.

Cleaning

Please be kind to those living in the flat with you. SVP Sudan does not have the resources or time to clean up after our volunteers. Maintain flat harmony and keep things clean and tidy.

Specifically this means:

- If you make a mess, clean it up.
- Don't leave your personal possessions lying around.
- If you cook food in the kitchen, do your dishes and put them away.
- Give the bathroom a quick mop-up of water after you have showered.
- Smokers: use an ashtray on the balcony and throw butts out every so often.
- SVP provides a rubbish bag – when full these can be thrown in the skip located just outside the flat on the main street. Ask locals if you cannot see it.
- Keep your personal belonging tidy and organised in as small an area possible near to your bed.
- Only use the balcony to dry your clothes.
- Give the flat a sweep and a wipe down with water every few days to keep the dust in check.
- Make sure you unplug the iron after you use it.
- Make sure you turn off the gas and clean the stove/microwave/kitchen after you use it.
- Discard rotten food as soon as possible.
- If you sprinkle when you tinkle, wipe/wash it off.
- If you drink all the tea and coffee, or use all the oil, please replace it.
- Empty the water overflow bucket under the kitchen sink daily or when required.
- It's tempting to open the flat to let in a flow of air – choose times of day and/or night when there is little wind to avoid coating the flat in dust.
- While SVP does pay for a cleaner, this is typically prior to the arrival of a new volunteer and after a significant dust storm. We expect volunteers to keep the cleanliness of the flat to a high standard and ready for the arrival of new volunteers.

Etiquette

Be thoughtful of and considerate to other volunteers living in this small space with you. Respect privacy and be quiet after midnight. Be gentle on newly arrived volunteers who may be jetlagged and/or adjusting to the heat.

Laundry

While the flat does have a washing machine if the mains water is out for an extended period and you would prefer a thorough wash, dry and iron, it is possible to pay a local to do it. The cost is generally cheap and you will have your clothes back within 24 hours.

Note: the laundry will refuse to wash any clothing that is feminine in design or style– shirts, blouses and or scarves will be refused - pants, shirts and t-shirts are fine. Similarly, never give any undergarments for washing: you need to wash these yourself.

The closet laundry to the flat is in the blue building directly opposite from the flat balcony. Take your bag of clothes and head to the building; a local will invariably guide you through the process.

The Washing Machine

The washing machine is a fickle beast and you need to be very gentle with it. Never put more than half a load in at a time and if your clothes are very dirty rinse them in the shower or sink to remove excess dirt. The washing machine will stop mid cycle if you overload it with heavy items and/or try to

wash very dirty clothes. If you move the washing machine during a cycle, the sensor will knock out and you'll need to drain the water by hand.

Ensure that a bucket is placed under the water supply tap that leaks and is emptied when required.

Guests

The flat is generally off limits to locals except for those with close and established SVP relations. This restriction is in place so that newly arriving volunteers have space to acclimatize and for privacy reasons – volunteers, especially female volunteers, should feel comfortable wearing clothing they may wear at home. The flat should act as a kind of ex-pat embassy.

It is very unusual for unmarried females and males to reside together in Sudan. Volunteers should refrain from discussing this with locals.

If you do decide to bring a trusted Sudanese friend to the flat, then it is crucial that you give other volunteers residing at the flat fair warning, so that they can dress to Sudanese standards, tidy up and close their bedroom doors.

Maintenance

The Nefedi group provides the SVP flat rent-free. Volunteers need to be respectful of the flat and its contents – you are expected to pay for damages that you cause that are not a result of general wear and tear. Be aware that windows are very likely to break in high winds.

A downside of Nefedi's generous patronage is that expensive repairs or replacements take a very long time to negotiate with them. SVP has a very small budget for minor repairs and flat necessities. Please be careful with the things we do have.

'Borrowing'

As a rule, what is in the flat when you arrive must stay in the flat, including sheets, pillows, teaching books, cutlery, mugs and pots and pans. Please do not be tempted to take these with you to your placement accommodation. We have worked hard to get what we have and need it to ensure the comfort and peace of mind of newly arrived volunteers. If you do need something at your accommodation talk to us and we'll see what we can arrange.

Vermin

Unfortunately, most buildings in Sudan host mice and rats, this is especially so in Souk al Arabi. Vermin are remarkably agile and can make their way into the flat via the balcony or an open window or door. If you do suspect the presence of a mouse or rat, alert SVP immediately and we will lay traps to catch it.

Vermin are attracted by the presence of food, foodwaste, dirty laundry and/or puddles of water. Their presence can be reduced with vigilance and some basic precautions. Always clean up after yourself when using the kitchen, wash dishes to remove food waste, and store any food products, including sugar in air tight containers (plastic bags are no obstacle). Store all perishable food in the refrigerator and clean up any spills, especially from soda drinks. Avoid leaving dirty laundry around and dispose of rubbish frequently. Keep doors and windows close as much as feasible to stop them entering.

While no one likes the presence of vermin, it is easy to deal with them.

Mosquitos

Mosquitos are most likely to enter the flat in the evening and at night. Keep bedroom doors and windows closed whenever you have a light on in the room to avoid attracting them. While most Khartoum mosquitoes do not contain malaria, there presence in a room can ruin an otherwise good night's sleep.



The Immigration Process...



The following documents the steps involved in the immigration process of all SVP volunteers. Without unexpected delays, the full process takes two – three weeks to complete.

Ministerial Notification/Registration

SVP informs the Ministry of Higher Education or the Ministry of General Education, as well as the Minister of Internal Affairs in writing about your arrival. The education ministry that grants your visa writes a letter to the Alien Affairs Department requesting residency. Volunteers are subsequently registered.

Application for Residency Permit

SVP completes the necessary forms and then requests the Alien Affairs department to grant the volunteer residency.

Residency Permit Blood Test

All foreigners seeking residence in Sudan must submit to a blood screening for HIV. SVP will arrange this for you. We will require you to accompany us to Alien Affairs to take the test. If we have arranged the date of the test, you must give it priority over all of your other activities and you must be available and ready to be escorted there at the time requested.

The blood test is generally quick and painless, especially if you arrive early in the morning before there are queues. Nevertheless, it is a strange experience and can be unnerving because the test is conducted in public.

You will stand in a queue and when it is your turn, the nurse will check your face with your passport photo and write your name on the vial. She will then insert a sterile needle into your arm and collect a small amount of blood. The actual test takes less than five minutes.

Chairs will be made available to you if you feel faint and soft drinks can be purchased outside to bolster your nerves.

The results will typically take two working days to arrive.

Residency Permit Finalisation

Once the blood test results are back, SVP finalizes residency. Your passport will be returned to you with your residency permit attached.

SVP ID Card

SVP applies for an official ID card written in English and Arabic that details your status in Sudan and the ministry that sponsors you. For this, we require a passport style photo. It looks like this:



This is

really handy for ID instead of having to carry your original passport.

Embassy/Consulate Registration

Our emergency plan requires you to be registered with your embassy or consulate. Commonwealth nationals can register with the British Embassy. You can do this by visiting the embassy or in the case of many embassies do this on online.

Tax Exemption

SVP applies for tax exemption on your behalf so that when we apply for your exit visa you do not get a nasty surprise when you leave.

Travel and Photography Permit

Once you have your residency, you will also need a travel and photography permit. Svp gets this for you as part of your immigration processing. The travel permit allows you to travel outside of Khartoum State and is often a requirement at state borders or even before you are allowed to board a bus to another state from Khartoum. While it is not always required in the Northern State, it is still a legal requirement and better to have on you than risk being stopped and sent back on your journey. It looks like this:



22/02/2014

REPUBLIC OF SUDAN

MINISTRY OF TOURISM, ANTIQUITIES & WILDLIFE

GENERAL ADMINISTRATION OF TOURISM

INFORMATION & PROMOTION ADMINISTRATION

جمهورية السودان

وزارة السياحة والآثار والحياة البرية

الإدارة العامة للسياحة

إدارة الإعلام والترويج

TRAVEL AND PHOTO PERMIT

تصريح مرور وتصوير

NAME..... Timothy James McVicar الاسم
 PASSPORT NO..... LH 334580 رقم الجواز
 NATIONALITY..... New Zealand الجنسية
 DATE OF ENTRY..... 19th February 2014 تاريخ الوصول
 PERIOD OF STAY..... 12 months مدة الإقامة
 OCCUPATION..... Volunteer Teacher الوظيفة
 DESTINATION..... Khartoum, Gezera, Nile Valley State, The northern state, Kassala, The Red Sea state, Sinnar, Dender national Park, Obeid, The White Nile state, Gadarif المواقع المراد زيارتها

TOURISM COMPANY..... Ministry of Higher Education الشركة المفضلة
 ADDRESS IN SUDAN..... El-baladeya street, Khartoum, Sudan العنوان
 TO MAKE FILM ON THE FOLLOWING Touristic sites
 SUBJECTS..... Nature, and Archaeological Places الموضوعات المراد تصويرها
 TYPE OF CAMERA AND GAUGE..... Normal Camera STILL (CAMERA). نوع الكاميرا
 SIGNATURE..... [Signature] التوقيع

THIS PERMISSION IS GIVEN ON THESE CONDITIONS:

Military areas bridges, train stations, broadcasting and public utilities such as water gas, petrol and electricity works are not be filmed.
 Slum areas, beggars and other defaming subjects are not to be photographed, all photography of private show (making films for public show is given in certain conditions). Applicant should inform government authorities i.e. local government inspector, town clerk. Executive officer of general authority before actually start filming.

تتمتع الإذن بموجوب الشروط التالية:

- 1/ لا يتم تصوير المناطق العسكرية والكباري ومحطات القطارات والإذاعة والتلفزيون ومرافق خدمات المياه والغاز والبرق والكهرباء.
- 2/ كما لا يتم في الاعتبار عدم تصوير المناطق غير المشرفة (القمامة والشحاذون..... الخ). تمنح رخصة خاصة لكاسبريات الفيديو والتصوير التجاري من السلطات المحلية

SIGNATURE OF APPLICANT.....
 DATE.....

Your permit will be valid for 12 months from the date of your arrival in Sudan. The destinations listed are the states and cities that foreigners are permitted to visit. These are Khartoum State, Gezira State, Nile Valley State, Northern State, Kasalla State, Red Sea State, Sinnar State, White Nile State and Gadarif State. The city of El Obeid is the only permissiable area in North Korofan. Travel to South Kordofan, the states of Dafur and Blue Nile State is not permitted. Dinder National Park on the Ethiopian Border is permitted.

The photography permit allows you restricted permission to take general personal photos in Sudan. Note however there are some exclusions:

- military and government infrastructure, including bridges, train stations, public utilities including broadcasting towers, gas and electrical works.
- Defaming subjects: photos of poverty and or beggars: anything that could represent Sudan in a bad light.

These restrictions are enforced so be careful about what you take photos of. Ask permission first.

Once you have your officially signed travel permit (the example is not signed) print numerous copies and take these with you when you travel. It's good to have a few copies on you at all times in case you are stopped or an overly zealous guard asks to see your photography permit. Police and border control often have to make copies of your travel permit; you can save yourself a lot of time by just handing them a copy.

Return of Passport

SVP will return your passports to you once your residency visa is attached to your passport. For peace of mind, immediately make copies of your residency visa.

Documents to Carry with You at All Times

You should carry the following with you at all times:

- SVP ID Card,
- Photocopy of passport and residency permit,
- Photocopy of travel and photography permit

Exit Visa

You will need an EXIT VISA to leave Sudan. This will be arranged by SVP. It can take as long as **four weeks** to get the visa, so please ensure that you inform SVP of your departure plans well in advance. Alien affairs will not speed up the process if you have an impending flight. The visa can be obtained without you, but your passport will be needed.

Return flights **must** be confirmed 10 days to a week ahead of departure.

Transport...



Khartoum is a flat sprawling city and the quicker you make use of the public transport the easier and cheaper you will be able to get around. Navigating the network all seems very complex at first but other volunteers or SVP staff will help you get the hang of it quickly. The most common form of transport is by public buses (*haaf-la*) or minibuses.

The SVP flat is equidistant to the three major bus stations.

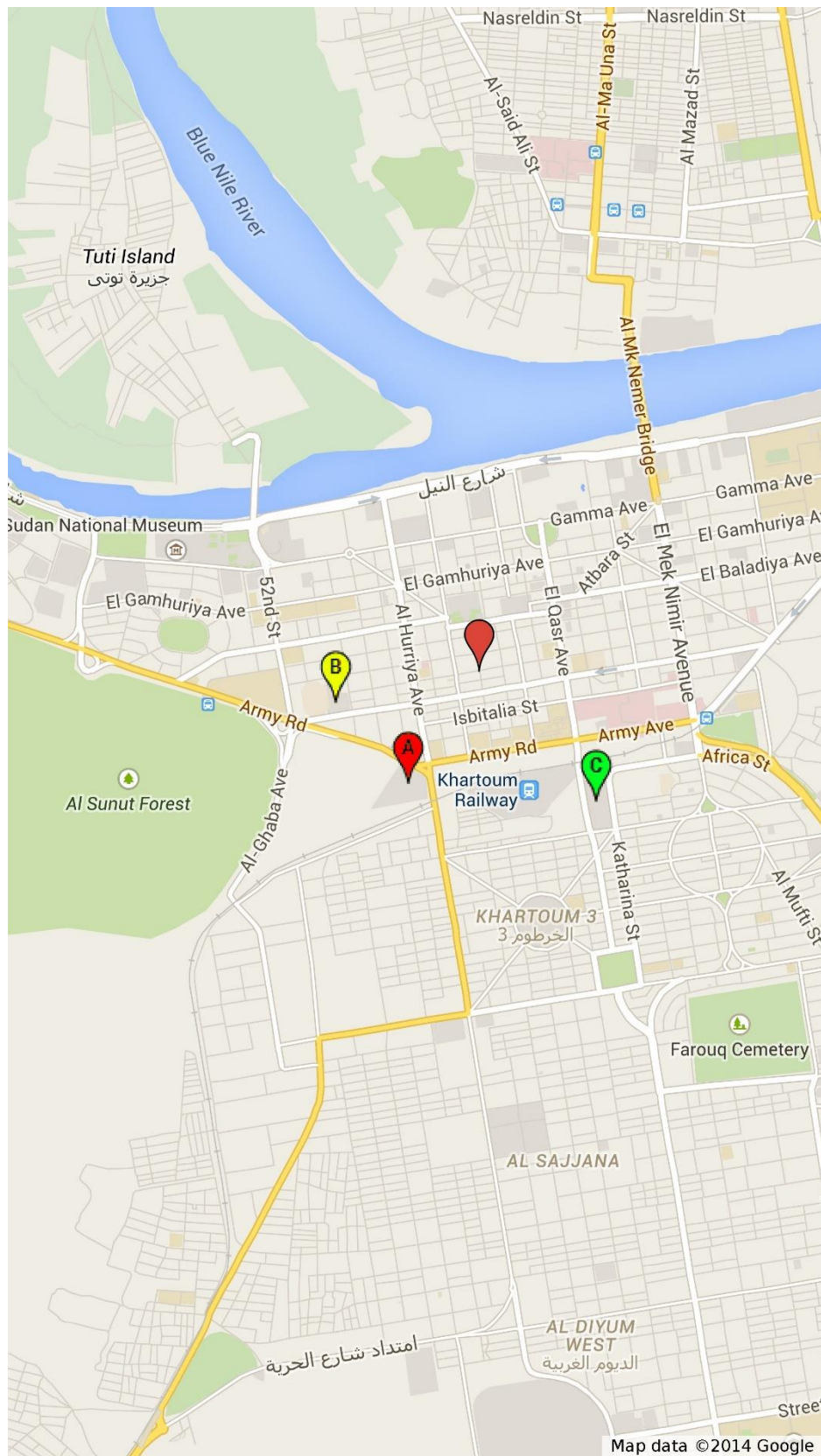
Arabi/Jackson: The biggest and most important bus station. From here, you will be able to find a bus or at least a link to every destination in Khartoum, Omdurman and Bahri. Don't bother trying to find the bus you need by yourself as both the Arabic and English signage is poor.

Estad: Estad (Stadium) is near Arabi and beside Khartoum Stadium. It serves points to Omdurman and Bahri.

Shewani: Shewani was intended as the station for buses to Bhari: Amarat, Arkowet and Rayiad. However, it is currently underutilised and it is better to head to Arabi for departures to the above destinations.

When you arrive at a station, just start saying the name of your destination and someone will point you in the right direction. Regardless of where you are in Khartoum, you can use these stations as a return destination to the flat. The min bus station in Omdurman is Shuhada.

Location of Bus Stations



- A) Jackson
- B) Estad
- C) Sherwani

Bus/Minibus



The public transport network in Khartoum is congested at the best of times. Buses and roads are constantly overcrowded, especially during peak hours (7- 9am and 4 -6 pm). A simple ride across a bridge to Omdurman regularly takes over an hour due to traffic jams or a breakdown on a bridge. The Sudanese lose their calm and polite exteriors when it comes to getting on a bus: be prepared to push and grab to secure a seat! Once you are on the bus, a more relaxed atmosphere ensues. If you are uncertain where to get off, ask other passengers, they will help you out.

Using public buses is an art form, which you'll learn in time and there will be someone in Khartoum to show you how.



How to get on and off a public bus or minibus

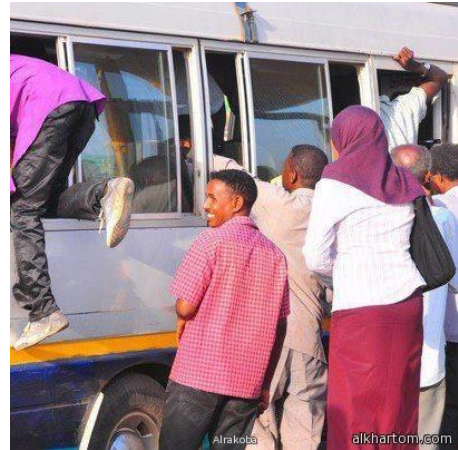
At a station or a stationary vehicle: Buses leave when full. Depending on the popularity of your destination, it's possible you may have to wait a while. It's a first in first serve policy.

Getting on and off on route: Figure out in advance a main road from which to catch a bus in the direction you are heading. Stand in a clearly visible spot or head to a place where other people are waiting.

As the bus approaches look towards the conductor hanging from the door. Either he will yell out the name or uses hand signals to show where the bus is heading. If unsure, ask others that are waiting or passers-by to help with directions. Try to find out in advance a major hub near your destination and say it to the conductor. You will either get a head nod or shake as a response. If it is not busy, the conductor may take the time to give you instructions on how to get to your destination, especially if a rickshaw or another bus is required.

Once on-board, find a vacant seat. The conductor will click his finger and thumb when it's time to pay. It's unlikely the conductor will try to charge you more though make it clear if you are only going a short distance or will be charged full fare.

When you need to get off click your fingers loudly to get the conductors or the drivers attention. If this fails, you will need to make a hissing sound, unnerving for some! Wait until the bus stops before you depart.



Amjads

The quickest and most efficient means of transport is an amjad (minibus). Amjads are everywhere and available for personal hire. Moving amjads can be hailed or simply approach an idle one. Individuals rather than companies own amjads. Drivers generally have minimal English.

Agree on two things before you get in.

The **destination**: Ensure that the driver knows where you are heading. Often drivers will assume they know where you are going and then drop you off nowhere near where you intended. It is better to spend some time clarifying where you are heading before agreeing to a ride. Call the SVP coordinator or another Arabic speaking friend if you are unsure, or if at any point of the journey, you think you are heading in the wrong direction. You will also commonly find that while the driver claims he is adamant he knows where you are heading, he will begin asking people out of the window for directions once near to your destinations.

The **price**. Try to get an estimate of the standard price from a local before you begin your journey. You can expect a drop of up to 20 – 30 percent on the first price offered by the driver. A useful strategy is to walk away. If the price quoted by the driver is too high, they will typically concede when they see you are not going to budge. If they call your bluff, it may genuinely be that your request is too low.



Taxis

Well-worn yellow taxis plod many of Khartoum roads. They will always cost more than amjads as the fuel costs are greater. Sometimes they are more convenient, especially for trips to the airport where amjads are denied entry. On certain routes, it's possible to share the costs with other passengers heading in the same direction. The same rules for amjads apply with regard to price and destination.



Rickshaws

Useful for short distances that are not covered by public transport links. Rickshaws are forbidden in central Khartoum, they are also not permitted to cross the bridges over the Nile. They are common in Omdurman, Bahri and other Sudanese towns and cities. They are significantly cheaper than taxis and amjads but be prepared to debate the price. They are best option for short distances.

Sudanese Cuisine

Sudanese cuisine varies by region and reflects the cross-cultural influences upon Sudan throughout its long history. In addition to the influences of the indigenous African peoples, Arab traders and settlers influenced the cuisine during the Ottoman Empire. The Ottomans introduced spices such as red pepper and also garlic. Other influences are noticeable in the presence of Levantine and Egyptian dishes, as well as Indian and Ethiopian Cuisines in the East.

A wide variety of stews exist in Sudan, often paired with a staple bread or porridge. Fish dishes are also popular.

Sudanese food in the north is simpler, whereas foods further south reflect the influence of surrounding areas, such as the Yemeni influenced *mokhbaza* (banana paste) of eastern Sudan.



Popular local meals include:

- **Fuul:** Bean stew typically served with tomatoes, onion and cheese and eaten with bread (v).
- **Fetah:** Bread ripped into chunks and mixed into *addis*, *fuul* or *shorba*.
- **Addis:** Lentil stew (V)
- **Kisra:** a thin pancake like bread, served with one of the stews below.
- **Gurassa:** a thick pancake like unleavened bread, served with one of the stews below.
- **Asiida:** a thick porridge made from millet – the staple food of central and western Sudan.
- **Shayya:** fried lamb/mutton
- **Kibda:** fried liver
- **Shorba:** meat broth
- **Felafil/tamier:** balls of deep fried, ground chickpea
- **Samak:** fish, normally fried whole though some places serve in fillet pieces. Sometimes served in a stew.
- **Shatshouka:** spiced scrambled eggs and tomatoes. (V)
- **Regalia :** spinach and vegetable paste/stew.
- **Shatta:** hot spice

Kisra, **Gurassa** and **Asiida** are served *Bi mullah* (with stews/sauces). The most common of these are:

- **Tagalia:** gravy meat stew. The most common and local favorite.
- **Bamia** thick stew of okra (V)
- **Mulokhia:** a green syrupy sauce made from the leaves of *Molokhia* (like spinach). (V)
- **Lahma/sharmout:** meat stew

- **Robe:** traditionally made from fermented milk (v).

A former SVP volunteer provides an excellent overview of Sudanese food and recipes:

<http://marktanner.com/sudan-recipes/index.html>

The Embassy of Sudan to the USA provides further information:

http://www.sudanembassy.org/index.php?option=com_content&id=39&Itemid=57

Restaurants near the SVP flat

Two things make your restaurant choices near the flat simultaneously plentiful and limited. Firstly, the flat is located in Souq al Arabi, central Khartoum, ensuring local eateries abound catering for the tens of thousands that visit and work in the area daily. A major limitation however is that Arabi is not a residential area so restaurants tend to close early.

Secondly, restaurants in the area come and go over night making it difficult to provide any stable ongoing information. The following, however, are enduring and are the best choices, serving cheap –stipend friendly- hearty food that is prepared relatively hygienically.

English comprehension will be low in most of these restaurants as foreigners are not the market clientele. If you do not have the Arabic names of the food that you want in your head, walk around and see what over people are eating, identify a dish you would like to order and point it out. People will not be offended and will find it humorous teaching you the name.



El Masry Mat'am: There is an Egyptian restaurant across the street from the flat that provides cheap and cheerful food such as fried chicken, kofta with rice and tamer or burger sandwiches and fresh juices. The food is not remarkable but it is convenient. Takeaway available.



Noon: Noon is an institution, a buzzing hive of activity, popular with local South Sudanese and Ethiopians. Popular dishes include fuul, potato and meat stew, fried chicken and rice along with a variety of burgers and sandwiches.

Upstairs is a coffee shop with a diverse, poor and comparatively liberal clientele. Takeaway available. Volunteers differ about the quality of the food. Open during Ramadan, it has the longest and latest opening hours of all restaurants listed. Opposite the Regency Hotel, on the corner of Shari' al Quasser and Army.



Khartoum Town: Khartoum Town is an enduring restaurant that sells tasty and cheap Sudanese cuisine. Go here to get your Tagalia, Gurrasa, Kissara, Robe and Mulokhia.

Takeaway available.
Right behind Masjid Kabir (The Grand

Mosque) and near to Al Waha side entrance.

Hashim Bey: A new restaurant which is doing everything well. Clean, efficient and with high quality tasty foods, the drawback is the early closing time: 6pm. Upstairs, near the gold market.



Aizhra Restaurant. Popular with locals, serving the best shawarmas and sandwiches in the Souq. As it's very busy, takeaway is best.

Street Restaurants South of the Flat: Leaving the SVP flat walk straight down in the opposite direction of Al Waha for about 100m and you will find a bustling hive of restaurants serving fuul, shatshuka and meat (lamb and chicken). Remains the best option of restaurant choices near the flat (Open late).



Expensive Options



Syrian Castle Restaurant: Opposite Noon and beside the Regency hotel. Clean and good quality Syrian restaurant, serving Syrian staples, such as Arabic sharwema (plate sharwerma cheaper than the mandi option) The pizzas are good but it's better, cheaper and tastier to get a pastry with zatar and/or mozzarella, you can get three for the price of a pizza. Fresh hummus is also available. Takeaway available. English Menu. Except for the specifically Syrian options, you can find everything else cheaper elsewhere.



Mamamia Restaurant, Hotel Horizon: The first floor of Hotel Horizon is a restaurant that tries to cater to all tastes, with Sudanese and international dishes. Its speciality is Malaysian and Indian cuisine. Pleasant enough but certainly would not win any awards. Close to the flat, on the large roundabout on Army road on route to estad or Jackson/Arabi bus stations. www.horizonsudan.com/menu-card/

Papa Costa: Opened 60 years ago and still running. Has seen better days. The food is generally bland and overpriced but it is the most western-restaurant of the options available. Nice Atmosphere. Music

on Thursday night and can attract a speckled ex-pat crowd, though with a minimum charge applied. Walk to Shari Al Jamhariya – the second main street behind Al Waha. Walk in the direction of Jama Khartoum for 700 meters or so. It's on the left. Look out for the red signage. English Menu.



Standouts in Other Areas:

SVP does not recommend restaurants like Al Housh, Tangerine, Ozone, Italy Pizza, Solitaire or many of those found in or around Amarat or in hotels, which all feature in guidebooks or online sites such as Trip Advisor. They are expensive and cater to the Sudanese elite, tourists and the ex-pat bubble – the expats that come to visit/work in Sudan but spend their time with other foreigners and do not achieve the integration with the culture that SVP promotes. They will also put a serious dent in your stipend. Local food, local people, will always be better. Try to only go to these places if you are suffering from homesickness or in need of a treat. There is plenty of time to eat western foods when you are back in your home country.

The following are some enduring restaurants that balance expense with quality and/or novelty.



GAD: Egyptian Fast Food chain providing extensive list of international and Egyptian food. A Similar option is the Dodi's chain. Popular with departing volunteers as near the airport. Airport/Africa Road.

Hadramawt Restaurant: This Yemeni restaurant offers the traditional salta, fahsa, mandi, lahmhanith and fatah for desert. Delicious. Shari 47, Khartoum 2.



Habesha Ethiopian restaurant: Good atmosphere, good food and very affordable. The restaurant is on two floors (there is a pleasant internet cafe on the 3rd floor), upstairs is livelier with Ethiopian pop on the plasma screen. A good choice if you are looking for somewhere with music playing and a bit of atmosphere. Shari' Mamoun Beheiry, Arkawet area, 1km east of Afra Mall.

41 Ice Cream: A local institution. The first ice cream shop in Sudan. It remains a local institution. Shari'41, Amarat.

Laziz: Very popular with locals and reasonably priced. Offers Sudanese variants of international cuisine. Dine in and takeaway available. Amarat.



on the Osama Douad Roundabout. Badr Park, block 4, corner Shari' Al Jazeera 55, Khartoum 2.

Tandoor Inn: Indian and Chinese restaurant with extensive menu. Pleasant outdoor eating. Near Ozone



Kandahar, Souq

Libya: Eating at Kandahar in Souq Libya is probably the most unique and authentic culinary experience in Khartoum. The format there is rather different firstly, you choose the meat that you want cooked, usually a choice between camel meat and lamb, you then

hand over the meat you have chosen to be cooked and prepared as part of a meal. Kandahar is one of the few places in Khartoum where you can find camel meat. It is located in Souq Libya in the peripheries of Omdurman. To get to Souq Libiya take a bus from Souq Shabbi, Omdurman.

Other worthy mentions include monalizas, a very popular local eatery and the many fish restaurants. Have a local take you.



Ramadan: While many of the above restaurants close during daylight hours during Ramadan, there are still a number of options for non-fasters. If they are not closed for refurbishments/ staff holidays. Restaurants will open after Maghreb prayers/Iftar.



Noon remains open throughout serving South Sudanese, foreigners and non-fasting Sudanese. The Evangelical Church on the corner of the former UN square and near Comboni College organises a huge covered area with temporary restaurants, coffee and tea ladies. It is behind the church and partially hidden, requiring entry through an alleyway. Follow the locals. The environment is like that of a festival for the hundreds of people present and offers a marked contrast to the eerie stillness of midday Ramadan in Khartoum.

Ramadan also a perfect time to experiment with local spices and ingredients at the SVP flat. You will also receive invites to the itfar feasts occurring at sunset. If you are planning on fasting and it is your first time, consider just restricting food intake. The lack of water for such long periods can be excruciating and cause dehydration.



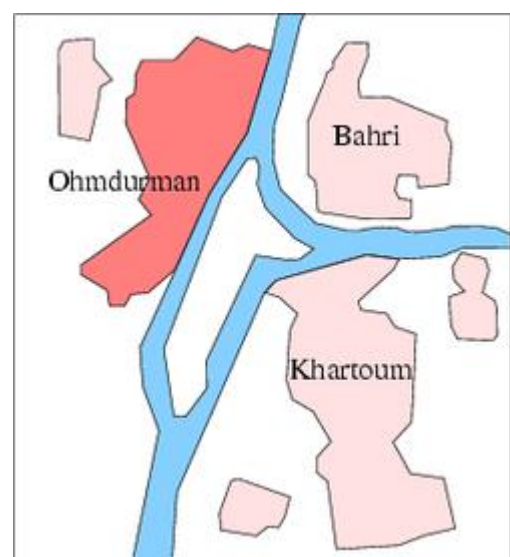
Sightseeing around Khartoum

The following is a list of some of the things to do and see in Khartoum and Omdurman while you wait for your residency permit to be completed and before you go to your placement. Have a look through them and have a talk to SVP Sudan and our orientation assistants about places and/or sites that interested you.

KHARTOUM



Khartoum is one of three sister cities, built at the convergence of the Blue and White Niles: Omdurman to the north-west across the White Nile, North Khartoum (Bahri), and Khartoum itself on the southern bank of the Blue Nile. Khartoum has a relatively short history. It was first established as a military outpost in 1821, and is said to derive its name from the thin spit of land at the convergence of the rivers, which resembles an elephant's trunk (khurtum). Khartoum grew rapidly in prosperity during the boom years of the slave trade, between 1825 and 1880. In 1834 it became the capital of the Sudan, and many explorers from Europe used it as a base for their African expeditions. Khartoum was sacked twice during the latter half of the 19th century -- once by the Mahdi and once by Kitchener when the Mahdi was ousted. In 1898, Kitchener began to rebuild the city, and designed



the streets in the shape of the British flag, the Union Jack, which he hoped would make it easier to defend. On the opposite bank of the Nile, North Khartoum was developed as an industrial area at about the same time.

Nile Street(Shari' Al-Nil) الخرطوم النيل شارع to University Street (Shari' Al Gam'a)

Nile Street is one of the oldest streets in Khartoum and was the area where the Colonial rulers has their houses; the Republican Palace, the University of Khartoum (the former Gordon College) and many Government Ministries are found here. The remains of an avenue of Mahogany Tress shade much of the street. The older houses are situated near Omdurman Bridge (Hilton, Grand Hotel) and the National Museum. Because of the shade and the river, Nile Street is a popular place for people to walk or sit. With the extension of Nile Street to Manshia complete, the stretch of road between EL Mak Nimir and Manshia bridges has become the place to be during the evening. Innumerable tea ladies cater to the needs of the crowd enjoying the grass while watching the road and the river. Places of interest along Nile Street include (Walking from west to east):

Al-Mogran: the confluence of the two Niles (the Blue the White). The Morgan is home to gardens and greenery, as well as an amusement park.Be discreet taking photos from the bridge, do not photos of the buildings on the opposite side of the bridge: the national assembly. Best spot is behind the amusement park on the bank. Shari' Al-Nil



Chinese

Friendship Hall: A giant concrete block, the Friendship Hall is one of Sudan's most important buildings, hosting all kinds of political meetings and international conferences. Constructed by Chinese architects in the early 1970s and meant as a symbol of the ties between Sudan and the communist state, when Sudan was briefly flirting with communism. The Hall holds various cultural events, trade fairs, craft exhibitions and so on. There is a huge cinema next door.Shari' Al-Nil.

The National Museum: Near the friendship hall and west of the Burj el Fatih Hotel, it is the largest museum in Sudan with a wealth of artefacts and antiques from Sudan's long history and prehistory. Upstairs are frescoes and murals from the ancient Nubian Christian period.The gardens contain two reconstructed temples relocated from Aswan. Near the friendship hall and west of the Corinthia Hotel.Shari' Al-Nil.9am – 630pm. 9am – 12pm Friday. Closed Mondays. Small Entrance Fee.





Corinthia (known as the Gadaffi Egg, formerly Burj el Fatih): Iconic building. Take a lift to the top floor, which has a great view of the city, the confluence of the Blue and White Niles, and Tuti Island. Located on Shari' Al-Nil.

Nile cruise: several boats moored by Tuti Bridge offer cheap shared cruises on the Nile. Shari' Al-Nil

Tuti Island is in the centre of the three cities and the confluence of the Blue and White Nile. Tuti Island is a welcome escape from the congestion and bustle of Khartoum. Enjoyable to wander through fields, stroll along the banks of the Nile and watch the eagles soar. It's also a great place to watch the sunset. A walk around Tuti Island, can take

about four hours. The

less populated northern section is pretty, with its shady lanes, and irrigated fields, and there is a great little coffee stall under a tree on the western side. Tuti can be reached in the traditional way by ferry or simply by walking across the Tuti Suspension Bridge opposite the Corinthia.



out spot: the clubhouse was one of Kitchener's gunboats, still present. Located on Shari' Al-Nil near El Maknimer Bridge and opposite the St Mathew's Cathedral.

The Blue Nile Sailing Club:



Khartoum/St Mathew's

Cathedral: Large cathedral located opposite the Blue Nile Sailing Club 5mins walk from the Republican Palace. Shari' Al-Ni. Mass in English at 9.30am on Sundays. Open to the public to view

Caution: Part of Shari' Al-Nil (in front of the Republican Palace, facing the Nile) is blocked to pedestrians. Once you reach the Republican Palace, you will need to detour to Shari Gam'a, past the Republican Palace Museum and then right again (if you are coming from Blue Nile Sailing Club/Left if from Corinthia) to return to Shari'a AL Nil. A guard will stop you and redirect you if you fail to see the turn off.



Republican Palace Museum –This Museum is located in the grounds of the Presidential Palace and is housed in the impressive century old Palace Cathedral. The palace contains many relics and pieces related to Sudan's administrative and modern political history, from paintings of Sir Gordon Pasha to the Presidential cars (Rolls Royce and Bentleys) of more recent rulers and foreign dignitaries such as Haile Selassie and Queen Elizabeth. Shari' Al Gam'a. 9 am– 1pm; 4pm – 6pm.

Closed Monday, Tuesday and Thursday.

Ethnographic Museum – Regarded as Khartoum's finest museum, it explores the various cultures and traditions of Sudan's numerous ethnic groups. Displays range from intricate handicrafts to models of traditional homes. On the corner of Shari' El Mak Nimr and Al Gam'a. 830 – 12, 4 – 6. Closed Monday. 8: 30 a.m. to 5 p.m. Small entrance Fee. (As of Oct 2014, Has been closed for the last six months)



University of Khartoum (Gam'a Khartoum) The University of Khartoum (founded as the Gordon Memorial College) is the oldest and biggest university in Sudan. It is a classic example of fine architecture no longer seen anywhere, especially at the faculty of economics and social sciences; the buildings are very old yet in the best of shape. Shari' Al Gam'a.

Natural History Museum – 'The Dead Zoo' begins with an exhibition of stuffed animals and half-dead snakes, crocs and local species of animals in the back. Near Khartoum University, Shari' Al Gam'a. Tues – Sun 8:30 - 6. Closed Monday.



Other areas

Nuba wrestling - Every Friday afternoon/evening (430ish) two teams of wrestlers battle it out in front of several hundred spectators. Small entry fee. Go to Estad bus station, catch bus to Haj Yousef/Al Wehadi. From the souq ask for Mmusara't Elnuba (Nuba wrestling). Either walk or get a rickshaw.



Commonwealth War Graves Cemetery: Allies vs. Italians in Sudan, Eritrea and Ethiopia. Remembrance Day: 11 Nov. Corner Shari' Army, Africa and El Maknimir. Near the Greek Club and Al Ansar Bus Station. Saturday to Thursday: 7.00am - 2.30pm. Closed Friday.



Green Yard:

Local hang out for

Sudanese youth and families. It is a popular place on Thursday and Friday nights. Features well maintained green grass (a novelty in Sudan), a water feature, and a stage. Small entrance fee. Nestled between Amarat and Ryiad. On Shari Africa. Very Near Afra Mall.

Al-Sonit Forest – A rather large forest and place of peace in the centre of Khartoum. A nice place to get away from the hustle and bustle of the souk, popular with Sudanese couples. Near Khartoum Stadium (Estad). From the flat walk in the opposite direction of Al Waha mall to the first main road, turn right and walk past Khartoum Stadium. Across the intersection, you will find an entrance to the forest. Continue walking in the direction of the White Nile and you will eventually end up there. The banks of the Nile are a nice cool place, with monkeys in the trees and a great spot to watch the sunset. It's possible to catch a back to Jackson from the bridge.



Afra Mall—It's odd to

list a mall as an

attraction but this popular mall shows in microcosm how traditional Sudanese culture mixes with modern sensibilities. Lots of imported western products and consequently expensive. There's a gym, Sena supermarket, a bowling alley, a food court and a cinema. South of Arkweet, at the major intersection on

Shari' Africa.

Race Course – Nady Al Froseaa: Horseracing is a very popular pass time in Sudan. The races are held every Friday afternoon. The highlight of the racing calendar is the national derby, which takes place in June. The race course is easily accessible (behind Souk Al Shabbi). If you get stuck, ask for iSobag el Haili.





Botanical Guardians: A small botanical gardens, in the heart of Khartoum. Well maintained and extremely peaceful. Located in the Al-Mogran District. It is in walking distance from the flat. Head to Al Waha mall. ON the left of the mall is the Al Neelian Main Branch bank. Follow the road on the left (Shari' Al Balidiya) and continue walking until you pass Sundan Institute of Science of Technology. It's about 300 meters to the right. Ask a local when you pass SUST.

Souvenir Square: Largely deserted area that houses a number of souvenir shops for the rare traveller that passes by. A museum like feel of its own. The place to stock up on croc head ashtrays, swords and even taxidermied crocs. This area was once home to many bars and nightlight and was a hive of dissent frequented by Sudanese intelligencia. Walking distance from the flat. Corner of Shari' Al Quasser and Al Jahmihouriya.



Cinemas – There are two cinemas in Khartoum. The first cinema is next to the 'Friendship Hall'. This shows relatively new Bollywood Hits 3 times a day. The newest cinema is located in Afra mall featuring Egyptian Hits and very occasionally Hollywood movies.

OMDURMAN

Depicted as an icon for nationalism and diversity, Omdurman features in numerous poems and songs. The unofficial national capital of Sudan. People go to Khartoum to work but Omdurman is where life is lived.

Souq Omdurman–The largest souq in Sudan and one of the largest in Africa. It is a massive sprawling market that offers most things you could want, and many things you don't. Gold, beads, leather shoes, croc handbags, ivory candlesticks, handcrafts. It is also a lively and enjoyable place to pass an evening walking through the labyrinth of alleyways. Some say it is most interesting on Friday morning. Take a bus from Estad or Jackson to Shuhada Bus Terminal. It is very near to the terminal.



Bait - al- Khalifa (House of the Khalifa) - This was the residence of the Khalifa Abdullah Ben Mohamed, who succeeded the Mahdi. The ground floor of the residence was built in 1888 and the upper floor in 1891. It became a museum in 1928. It contains relics from Mahdiyya battles, including guns, war banners and suits of mail. An interesting



collection of photographs depicts the city of Khartoum at the time of the Mahdi's revolt and its subsequent occupation by the British. Opposite the Mahdi's tomb and walking distance from Souq Omdurman. Small Entry fee. English speaking guide extra. Closed Monday.



Tomb of the Mahdi - On the death of the Mahdi in 1885, his body was entombed in a silver-domed mosque in Omdurman. This was completely destroyed by Kitchener in 1898, when the Mahdi's body was burned and his ashes thrown into the river. In 1947 the Mahdi's son had the mosque and tomb rebuilt. Not surprisingly, it is closed to foreigners, but can be viewed from the outside. Walking distance from the Souq. You will probably see it as you go past on the bus -

look out for the big silver dome.

Sufi Dhikr at Sheikh Hamad-el-Nil's Tomb - On Fridays a few hours before sunset (except during Ramadan) Omdurman Sufis (aka whirling dervishes) perform their religious prayers – a dance with drumming and chanting. Tourist friendly. Ghobba al Hamed al-Nil: about 2km south of the Omdurman souq near Ahlia University. Go to Suoq Shabeie and then take a bus for Hamid Al-Nil.



Shari' Al Nil (Omdurman)



It's a pleasant walk along the Omdurman side of the Nile from the Al Mourada Fish Market, passed Shambat bridge to Abu Roaf, further if you have the energy. Catch the bus to Shuada from Estad, Look for the National Assembly soon followed by the Holy Quran University (not the giant Masjid). Get off the bus just after the university, where the road separates and walk down the road that follows the Nile. To get back, cross the road at Abu Roaf and stop a bus heading to Arabi. Sites to see along the walk include:



El Mawrada Soug Fish Market: Famous for its fish market along the banks of the Nile. Al Mourada is one of the old historical neighbourhoods in Omdurman. Anglers and local merchants sell their fresh catch. It is also home of Al-Mawrada football club. There is also a family park nearby.



Mahdi Fortifications. All along Shari Nile are remnants of the wars between the Mahdi and British forces, including old mud fortifications. Also of interest are the Mahdi Mansions, impressive buildings that still fly the Mahdi's flag.



Omdurman National Theatre. Omdurman national theatre. Sudanese actors and actresses regularly practice outside and are happy to let you sit and watch.

Omdurman boat builders yard – Here is it possible to see traditional boat boats being made by hand, the way it have been done for centuries.



Located on the Shores of the Nile in the Abu Roaf quarter of Omdurman near Shambat Bridge. Follow directions to mourada and walk along the Nile for fifteen minutes.

Watch a football match - Local football, Al Hilal & Al Merreikh both have their stadiums in Omdurman. Even if you are not a football fan, witnessing the hysteria of typically reserved Sudanese is a sight in itself. Tickets vary depending on VIP but are relatively inexpensive.



Al Moheli Souq (The Camel Market) -

Just outside of Omdurman there is a camel market, where merchants come to buy and sell their desert animals. Camels offered in this market are brought mainly from western Sudan and subsequently are usually herded overland to markets in Lower Egypt. The white or paler coloured camels are the more desired and therefore highly prized, and many of the camels wear leather kitabs, talismanic pouches containing prayers to protect to the animals on their long walk to the souq. Try to ride on camels and if you



you speak enough Arabic, you can try to find out when and where the next camel race is. Camel meat, and its spiced uncooked liver are considered delicious delicacies to many Sudanese. Best on Wednesday and Saturday mornings and you should aim to get there by 7am. Take a bus from estad to souq Omdurman then to Souq Libya (a similarly giant souq). From Libiya you can get an amjad to Al Moheli Souq.



Omdurman Park - bigger version of Mogran Theme Park. To get there, take a bus to Sawra and ask the driver or conductor to drop you off at the park, which is on the right hand side a short distance after the Abdel Karim Centre.

Cultural Centres

Goethe Institute. Offers German courses, cultural events (music, art, literature, conferences, movies). Shari' Al Nugumi. Block 6/3/6. <http://www.goethe.de/khartum>



Centre Culturel Français. Offers French courses, Sudanese Arabic courses, a library, art exhibitions and cultural events (music, art, movies. literature, conferences). Off Shari' Al MekNimir. <http://www.ccfkhartoum.info/ccfkr/profile.htm>



British Council. Offers English courses, cultural events (music, art, literature, conferences, movies). <http://www.britishcouncil.org/africa-sd-contact-us.htm>. Shari' Abu sin.





Rashid Diab Arts Centre: Leading arts centre in Sudan. Promotes Sudanese art & culture, support young artists. Includes an art gallery, exhibition space and offers painting workshops and seminars.

info@rashiddiabartscentre.net El Greif-West, Block 83

Film festivals. The European Union and the Embassy of Venezuela organize yearly film festivals (Typically in November). The French Cultural Centre offers free weekly projections. Occasionally there are screenings at the Goethe Institute.

Clubs

- **Greek club.** The hideout of Sudan's Greek community, it is open to the public and offers sports facilities (tennis, volleyball, basketball, football, running), a swimming pool (entrance fee) and basic food and drinks. Khartoum 2, entrance off Shari' Mak Nimir. Near Musalamia Bridge 015467577
- **Coptic club.** Where the Coptic Orthodox Christians socialize, this is especially true for the youth. This is where a major part of the Coptic Orthodox Christians hold their wedding and engagement celebrations. Shari' 11, Amarat
- **German club.** Nothing especially German, a basketball court, a garden in the shade of trees and a swimming pool. Shari' 1, Amarat. Open all week and busiest on Fridays. +249 91 276 6090
- **Indian club.** Omdurman. The centre of the capital's large Indian community social life, it organizes events for Indian festivals. Al-Masalma, Omdurman.
- **The International Community Club.** Opposite the Commonwealth War Cemetery, Khartoum. 0183 770 114

Live Music

- **Concerts.** The Sudanese music scene is active. Artists of the moment play live in clubs, mostly on weekend evenings. Look for the posters that dot the walls, or ask the locals. Al Waha regularly holds performances by well-known Sudanese Bands and Singers.
- **Weddings.** It is common for Sudanese to hire star musicians to perform one or two of their favourite pieces at wedding ceremonies. The footage of the performance usually ends up as an unofficial video clip on Sudanese TV channels.

Health and Sickness



To maintain good health, it is important to exercise regularly and try to eat a fresh and as varied diet as possible, including many fruits and vegetables. Keeping your body and mind in shape will help ward off many of the common illnesses volunteers fall prey.

It's a good idea to establish a reliable medical contact when you first arrive in Sudan.

Below is a brief description of some of the more common illnesses that volunteers catch while in Sudan. These include traveller's diarrhoea, dehydration, sunstroke and insect bites. Far less common and potentially more serious are malaria, dysentery, giardia and yellow fever.

Seek immediate medical advice if you suspect you might have picked up any of the following.

Traveller's diarrhoea

Most volunteers get traveller's diarrhoea at least once soon after arrival. It is largely unavoidable and typically not too serious - caused by exposure to contaminated food and water. The bacteria that causes diarrhoea are also found on everyday items, including money, door handles and toilet seats. While locals have a tolerance, newly arrived foreigners have not yet developed a resistance.

Onset is rapid and begins with abdominal cramps. Traveller's diarrhoea can last from a few hours to two to three days. Local water is a common culprit; it is best to begin with bottled water for drinking, washing food and brushing teeth. Wean yourself off the bottled water over the next few weeks and gradually introduce local water to build immunity.

Choose the place you eat with care, try to eat fresh foods and avoid restaurants that do not have a regular turnover of customers or look as if the food has been sitting around for long periods. Wash your hands with soap, lemon or antibacterial wipes before eating.

Most medical experts say that Imodium should be avoided unless necessary: while it might stop diarrhoea in the short term – useful when traveling a long distance on public transport – it can delay the restorative process and cause lingering abdominal cramps.

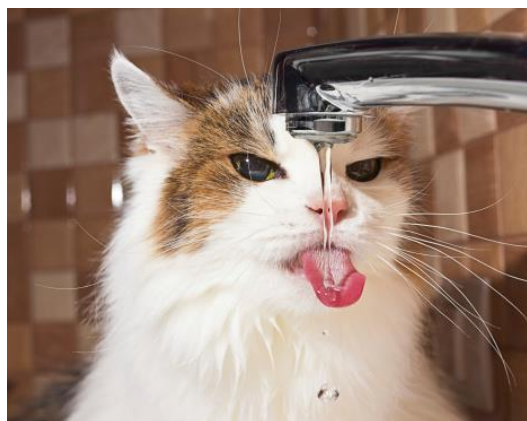
It's important to replenish the lost electrolytes by way of oral rehydration salts or flat lemonade when diarrhoea ceases.

The good news is that after your first few bouts of sickness, you are likely to develop a tolerance.

Colds/Flus

Most volunteers catch a cold or minor flu during their first few months in Sudan. Like traveller's diarrhoea, it is caused by exposure to foreign germs to which your body does not have immunity. Seasonal cold and flu are also common in Sudan. Treat colds and flu the same as you would in your home country but be especially vigilant to maintain adequate water intake. For flu, take bed rest.

Be aware that malaria's initial symptoms are very similar and can be confused for a simple cold or flu. If your cold/flu develops into a fever that reduces only to reappear in a few days' time, it might be worthwhile to have a blood test for malaria.



Dehydration

Sudan's heat can quickly cause dehydration. Drink many fluids daily, especially in the summer months when up to four litres is necessary.

Symptoms of dehydration include thirst, restlessness, irritability and a headache. If you have recently been sick or undertaken strenuous physical activities then rehydration salts may be required.

Heatstroke/Sunstroke

Sun and Heatstroke can happen relatively fast in Sudan. Even walking for short periods under the midday sun can result in symptoms. It occurs when the body can no longer keep cool, resulting in a rapid increase in body temperature. Symptoms include headaches, nausea, dizziness and blurred vision.

Try to keep to shaded areas whilst outside and to drink plenty of water. Minimize your outdoor activities during the middle of the day between noon and 4pm, as this is when the sun is strongest. Wearing a sunhat, sunglasses and light, loose-fitting clothes also helps, as does sunscreen.

If you feel sunstroke coming on, stop all physical activity and head to a shaded area, ideally with AC and/or a fan to recuperate. If possible, sleep it off. You may also want to take a couple of painkillers.

Insect bites

Sudan has its share of creepy crawlies, most of which are harmless. Some such as ticks, fleas and bed bugs bite. In rural areas, DEET insect repellent is a wise investment.

Bed bugs are a very rare occurrence. They are annoying rather than dangerous. Volunteers often confuse an itch from a mosquito bite for bed bug bites. If you suspect bedbugs look for the tell-tale exoskeletons for confirmation: spray with repellent or discard the infected bedding and/or mattress.



Dysentery

Dysentery is an infection of the intestines that causes diarrhoea containing blood or mucus. It also frequently includes uncontrollable vomiting, nausea and stomach

cramps. Volunteers rarely report dysentery infection though it is more likely with volunteers living outside of Khartoum. Infection can last from a day to a week.

Infection occurs through exposure to infected water, food and/or contact with unsanitary surfaces. Follow the same preventative and recovery measures for traveller's diarrhoea.

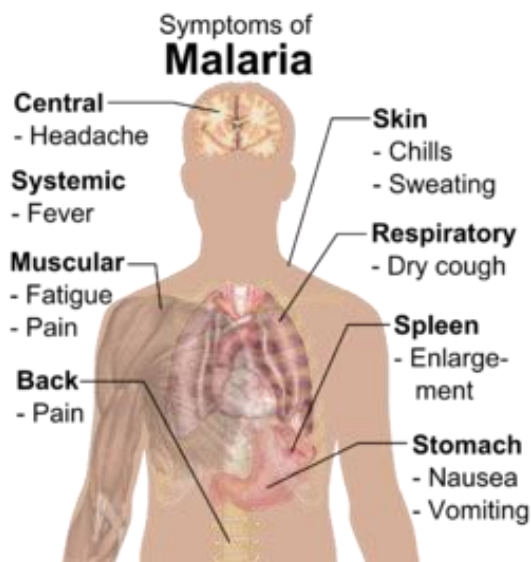
You should seek immediate medical advice if you notice blood in your stool or if other symptoms last longer than a day. Note that extended vomiting and diarrhoea can rapidly lead to dehydration, which may require hospitalisation and a water drip.

Giardia

Giardia (giardiasis) is an intestinal infection caused by a microscopic parasite caught in areas with poor sanitation and infected water. Symptoms include abdominal cramps, bloating, vomiting, nausea and watery diarrhoea. While waterborne, it can also be transmitted through food, dirt and person-to-person contact.

It's difficult to distinguish giardia infection from traveller's diarrhoea and/or dysentery. Infection is typically discovered when antibiotic treatment for diarrhoea does not work. Without treatment, it can last anywhere between two to six weeks but with a correct doctor's diagnosis and treatment course the parasite can be killed quickly. Intestinal problems can be ongoing after infection.

Use safe hygiene practices and precautions to minimize the risk of infection.



Malaria

Malaria is a mosquito borne infectious disease that is prevalent in Sudan. **Not all mosquitoes carry malaria**, only an infected female Anopheles mosquito can transmit malaria to humans. If untreated Malaria can be fatal.

There is a risk of malaria in all areas of Sudan. As there is no vaccination, you need to be vigilant and minimize the risk of a bite from infected mosquitoes. As well as the anti-malarial proscribed by your doctor, wear loose-fitting clothes that covers the skin and spray exposed areas of skin with repellent, particularly at dawn and dusk when mosquitoes are most active. Close bedroom doors when you are in your room and when lights are on to avoid attracting mosquitoes. Use a mosquito net. Discard any stagnant water in or near your accommodation, which acts as a breeding ground.

It takes 10 to 20 days for symptoms to appear (though sometimes as long as a year) after a bite from an infected mosquito. If you have symptoms suggestive of Malaria, even if you are on a course of anti-malarials, seek **medical advice immediately** and have a blood test. Early diagnosis and treatment is essential to ensure a full recovery.

Avoid scratching mosquito bites; apply hydrocortisone cream or calamine lotion to reduce itching.

Yellow fever

Yellow fever is a serious viral infection spread by the *Aedes aegypti* mosquito. Symptoms include fever, headache, nausea, muscle cramps and jaundice.

Sudan has periodic outbreaks of Yellow fever; the last reported to the World Health Organization was towards the end of 2013. Following the same preventative measures for malaria to avoid exposure in the event of an outbreak.

Yellow fever can be prevented with a vaccination, which you can get in Sudan if you do not have it already. It's not necessary unless an outbreak occurs.

Snakes / Scorpions /Spiders

It is unlikely a snake or scorpion will bite you during your day-to-day activities in towns and cities. The risk is greater when going for walks in rural areas or desert regions. Avoid walking in long grass or in forests without proper protective footwear that covers the feet up to the ankles. The same applies to sandy areas; avoid picking up loose rocks or walking on, which may house scorpions. Shake out bedding regularly if camping in rural areas.

Most Sudanese scorpions and snakes in Sudan are not poisonous though a bite can be extremely painful. If bitten, seek immediate medical assistance.

Schistosomiasis

Schistosomiasis is a bodily reaction to a parasitic worm found in fresh water that contains the parasite. Schistosomiasis is contractible from many fresh water areas in Sudan. Many reservoirs have warnings advising locals to stay clear and avoid prolonged exposure.

Symptoms can occur a few weeks after infection and include flu like symptoms and a high temperature, skin rash and/or a cough. In extreme infections, it causes the passing of blood soaked stools.

Treatment is straightforward through a course of the drug Praziquantel, which enables the body to break down the parasite. To be on the safe side, avoid swimming in the water.



Mental Health

Living in a foreign culture can sometimes be stressful and involve a sense of isolation and alienation from the familiar. If you are starting to feel this way, it's important to be proactive and try mitigate these feelings.

Perhaps get in contact with friends and family back home. Not only will they keep you up to date with hometown events but also they can offer a sense of perspective and help you externalize some of your thought processes. Similarly, get in contact with other volunteers for a chat about your experiences, and to plan trips or events together.

Be careful not to become overwhelmed with social events as this can lead to exhaustion. Politely decline those you are not interested in, or postpone those that can wait. Make time for yourself to recharge: read a book, watch a movie or apply to graduate school. At the same time, watch for signs that you are isolating yourself from the local community. Spending long periods alone will eventually make you miserable. You may just need a break from your immediate environment, Minor changes to routine or short excursions are a great way to recharge and be reinvigorated again; plan an excursion somewhere for the weekend.

If you find yourself stagnating, plan some things you would like to achieve or do in the next few months while in Sudan.

Eating a varied diet and exercising regularly is critical to maintaining a positive mood.

Insurance

SVP Insurance exists for the safety and personal wellbeing of volunteers. Bluefin Insurance underwritten by Lloyd's UK, insures SVP and volunteers. Coverage is for all formally accepted volunteers from the time they depart their residence on route to Sudan until the time that they return. Coverage is for all nationalities.

Because insurance is expensive, we ask volunteers to contribute the first three months of their coverage. After the first three months, SVP covers the costs for the remainder of a volunteer's time in Sudan. If you require the insurance, then please pay in US dollar and or pound sterling upon your arrival in Sudan. Currently the contribution is £80 or \$140. Payment formally activates the policy.

SVP has secured coverage for Sudan, which is excluded in most insurance policies. Coverage is for all areas of Sudan excluding the five conflict zones of South Kordofan, White Nile State and the Darfur States. Uniquely, it includes insurance for hijack, kidnap and political repatriation and evacuation.

SVP insurance is generally reserved for serious claims of illness, accident and/or repatriation. Excess on any claim to the insurance company is £150 pound sterling; an amount rarely reached in general charges in Sudan. SVP itself places restrictions on non-emergency claims of less than SDG 350: If the claim is less than SDG 350, the costs fall to the volunteer. Volunteers must contribute the first SDG 350 of any claim.

If you do not have enough money to cover these initial costs, contact SVP Sudan as we may be able to provide you a loan, which you can pay back later.

Claims Procedure:

Emergency: In any and every emergency scenario SVP representatives need to be contacted as soon as possible. We will immediately alert the insurance company to the situation and liaise on the volunteer/s behalf with the company.

If the emergency involves hospitalisation, SVP needs the contact numbers of the overseeing doctor and the hospital the volunteers is admitted as the insurance company will need to be in direct contact with them to oversee the volunteers care and claim.

The insurance certificate notes that failure to alert the insurance providers within a reasonable time can prejudice a claim: it's very important to inform SVP as soon as possible.

Evacuation and Repatriation due to Political Instability: insurance covers expenses related to the evacuation of all volunteers if the British Foreign and Commonwealth Office orders an advisory for all government personnel to immediately depart Sudan.

Advisories are posted here: www.gov.uk/foreign-travel-advice/sudan

Non-Emergency Accident or Illness: For all non-emergency claims, volunteers need to make initial payments themselves. It is essential that you collect all receipts of costs for an illness or accident. Receipts may include doctor's visits, medications, hospital charges and transport charges. Without receipts we are unable to make a claim, potentially leaving you out of pocket, so do endeavor to collect them. SVP will then reimburse you and claim on your behalf from the insurance company. Please also note that the company will not pay out for claims that it deems are exorbitant in relation to standard local rates for medicines, transports or medical fees.

Personal Property: Damage or loss of personal property (laptop, smartphones etc) is covered. You will need to provide a local police report in case of loss and/or theft. For damages or breakages, the

claimant needs to show that damage was not intentional nor the result of general wear and tear. You will need to provide original purchase receipts. SVP will make the claim on your behalf. Excess, payable by the volunteer, is £150 pound sterling. SVP does not offer loans or financial compensations for loss or damages to personal property.

Flights: There is coverage for flight delays and cancelations. Be aware though that SVP is unable to claim for missed flights due to processing delays for exit visas at the Alien Affairs Department. It is thus critical that your passport is submitted to the Alien Affairs Department at least one month prior your intended departure.

Copies of the Insurance certificate and the full wording of the policy are available on the SVP Google Drive under the heading 'Insurance.' It is worth a read through to know exactly what is and is not covered by the policy.

If you intend to use your own coverage, ensure that it is comprehensive, does not exclude Sudan, and has clauses for repatriation in case of political instability or medical emergency.

Bluefin Insurance: www.bluefingroup.co.uk/

SVP Volunteer Autonomy & Responsibilities

SVP takes seriously its commitment to ensure that you have a safe and fascinating volunteering experience while in Sudan. SVP is responsible for your orientation, placement, registration, residency permit, exit visa and for any major mediations required on your behalf.

SVP's primary function is the promotion of conversational, idiomatic contemporary English. SVP volunteers have great autonomy in making a success of their time in Sudan: your situation can require initiative and enterprise in learning about the language, history and culture of Sudan, making friends with people from strikingly different backgrounds and points of view and experiencing first-hand the complexities of development and change in a traditional Muslim society.

At the same time, we have a number of expectations of our volunteers to ensure that SVP's reputation is maintained and that the aims of the project are met. This paper documents our expectations and requirements of you as a member of the SVP team. We ask that you read this document carefully to ensure that you are fully informed of SVP's requirements.

Health and Wellbeing

SVP expects volunteers to take appropriate action while in Sudan to mitigate the risks of malaria and sicknesses from eating unhygienic food and dehydration. See the health guide and follow the advice of a trained professional.

Placements

SVP has placement obligations to the Ministry of Higher Education. These obligations dictate the cities and towns where volunteers are placed as well as whether volunteers will primarily be working in schools or universities. Furthermore, SVP policy prioritises the placement of volunteers outside of Khartoum, as this is where the need is greater and the cultural exchange stronger.

It is also SVP policy that, where possible, volunteers are placed in pairs. For safety and cultural reasons, single female volunteers will be placed with at least one other female if that placement is outside Khartoum.

It is possible that on your arrival SVP Sudan will have a small number of vacancies (possibly in different locations) and will discuss these with you. Together, you can choose the best fit for you and for SVP's vision and commitments.

Because placements take many hours to arrange, we expect that volunteers accept any placement that is set up for them.

We also expect that you are willing to transfer from your location if significant enough problems arise at the initial placement to another placement that SVP feels is more suitable.

Behaviour and Etiquette

As a foreigner living in Sudan, you are a representative of your country and of SVP. It is important that, at all times, you are polite and respectful of the cultural norms of the area in which you live and work as well as Sudanese behavioural norms in general, which are governed by Islam and predominately conservative by Western standards. You should refrain from engaging in any activities that could compromise SVP's reputation and your professional standing as a teacher in your school or university. Such activities include indiscreetly drinking alcohol (illegal in Sudan), public displays of affection, attending protests, taking unsolicited photos, wearing revealing clothing and any other behaviour likely to cause offence to your hosts and the general Sudanese public. It is critical that you also refrain from sharing your political or religious opinions on controversial topics, even in informal settings.

It is also each volunteer's duty to **maintain good relations** with colleagues and supervisors in the institution where you are placed. This will mean that for all issues of your teaching and relationship with your academic supervisors, you must be prepared to **take first steps yourself** to discuss any difficulties with the appropriate superior.

Communications with SVP UK and SVP Sudan

Direct communications between SVP and volunteers is essential for questions and issues to be answered and addressed effectively. You can expect SVP to answer any queries in a timely manner and we expect the same of you. It is also critical that you act in accordance with the instructions of the SVP UK and the SVP Sudan team.

SVP requires you to report any problems you are facing regarding your placement, accommodation or personal health and safety. From experience, it is better to communicate these as soon as possible. Resolution is typically more effective if it is proactive rather than reactive.

It is also very important that you keep SVP Sudan aware of your travel plans, location and timetable. We need to know this for insurance reasons or if we need to intervene in an emergency.

Please respond as soon as possible to any communication made by SVP. Similarly, agree to meet at a suitable time with the coordinator or member of SVP Sudan if so requested.

For SVP to help you, you have to help them by **being proactive, positive, polite and patient** even in trying and difficult conditions.

Email Documentation: All of the following require email documentation:

- Failure of school or university to uphold its requirements as listed in contract (teaching schedule, holiday period, non-payment of salary, inadequate accommodation etc.)
- Requests for exit visas (at least four weeks before these are required).
- Planned international departures during your time in Sudan, this should include destination and length of time out of the country.
- Any issues that are negatively affecting your experience and/or teaching commitments.
- Claims against SVP insurance.
- Changes to the length of time you will be staying in Sudan.
- Interest in working for or volunteering with an NGO.
- Any formal complaints you would like to make against SVP staff or volunteers.

The more information you provide the more SVP can do to resolve your issue.

Note: A mobile phone call or text to the coordinator about any of the above is insufficient. It is only once you have expressed your concerns or problem in writing that we can take appropriate action to resolve the issue. It is essential to inform SVP in writing so that tasks can be appropriately managed.

If you are in an area without reliable internet (or if the internet is down in Sudan for more than a day) then contact the coordinator/programme manager directly.

Training and Orientation

You must be available to attend all teacher training and cultural orientation activities arranged by SVP. This includes formal training at institutes and observations of classes run by present volunteers.

Teaching

The SVP contract requires you to work up to 30 hours a week at your school or university placement. This comprises up to 15 hours facilitating English language discussion classes and 10 hours of lesson planning and general chatting with students and staff while present at the institution. The additional five hours includes additional teaching at centres or other institutes as directed by SVP.

It is your responsibility to ensure that you attend all classes arranged for you.

You must be courteous, respectful and polite to your students and your colleagues.

You **must not discuss** politics and/or your religious opinions in your classrooms. There has been more than one instance of security informants attending SVP teacher's classes to report on what the volunteer was saying. See the training manual for more on this.

SVP Volunteer Media Relations

SVP's presence in Sudan is contingent on the organisation being non-political, non-religious and entirely focused on education, specifically the teaching of English in Sudanese schools and universities. As a volunteer with SVP, your conduct in Sudan reflects on the organisation and you should ensure that your actions do not compromise SVP's reputation as a non-political and non-religious educational organisation. This especially applies to anything written, published or broadcast in the public domain or which could come by any means into the public domain.

SVP requests that you refrain from publishing your religious or political opinions on topical events that occur in Sudan on social media such as Facebook, personal blogs, Twitter or other media. Such writings can damage SVP's relationship with ministries as well as result in difficulties for volunteers.

As you are aware, the internet is a public forum that is easily accessible by those that have a desire to do so regardless of your privacy settings. There have been instances in the past where volunteers have published critical commentaries only to find that their writings have been read by Sudan's National Intelligence and Security Services causing problems for both the volunteer and for SVP.

Please also be cautious about accepting Facebook friend requests from Sudanese acquaintances or students. Photos of you drinking alcohol or wearing less than conservative clothing, even if they are from over two years ago, can result in gossip and/or prejudice. Some volunteers have set up an alternative account for Sudanese acquaintances, while others simply inform the requester that they restrict access to family members. If you intend to share your Facebook account, please screen your photos and posts and/or change privacy settings as appropriate.

Photography: Your travel permit (a separate document from your residency permit) grants you restricted permission to take photographs while in Sudan. It forbids you from taking photos of government buildings, bridges, military or police deployments, state infrastructure, riots, poverty and beggars. These restrictions are in place because there is a concern that foreigners may share sensitive photos and present Sudan in a bad light overseas.

Always ask permission first. If you are with Sudanese friends ask them if it will be ok to take a photo of what interests you. If it is a group of men playing dominos or football, ask one of your friends to approach them to see whether they agree. Male volunteers should be especially sensitive to the fact that women, including tea ladies and young girls, are often unwilling to have their photos taken and this can cause offence both to the female and any Sudanese males present.

Getting a Sudanese friend to take photos on your behalf is **not** an effective way around these restrictions. The Sudanese themselves are restricted from taking sensitive photos and officials are

aware that it is a common strategy for foreigners to get Sudanese to take photos for them. Indeed, it will make you appear more suspicious than if you took the photos yourself.

Follow media updates, as there are times when security officials will be more sensitive to foreigner's taking photos.

If approached and detained, you will need to show evidence of your residency and or travel permit as well as the photos that you took, which may well be deleted. Do not argue with, or become aggressive towards, the official as this will cause further problems for you.

Call the coordinator to negotiate. You can plead ignorance but because your travel permit details exactly what you can and cannot take photos of you will need to do some serious convincing.

Interviews: Occasionally, Sudanese media organisations ask to interview volunteers. If you are approached for an interview, please discuss this with the coordinator first. SVP encourages interviews as they can raise the profile of SVP. However, there is a risk that a seemingly innocuous statement can be misinterpreted or taken out of context in the final article. For this reason, the coordinator needs to be present and if needed, moderate on behalf of the volunteer. Recently, a volunteer was contacted by what she thought was an informal blog post about her experiences in Sudan, only to find that the interview was published in a major Khartoum English Language newspaper, an entirely different audience of readers than she initially expected.

Personal Blogs: SVP strongly supports volunteers documenting their time in Sudan on personal blogs. However, please follow the above guidelines when writing information about your life in Sudan.

SVP encourage volunteers to share their experience of teaching and living in Sudan. However, the safest line of approach is to avoid any negative comments about Sudan while you are a guest in the country. Help yourself and SVP by employing tact, diplomacy and restraint in all of your public communications.

Additional Work

SVP Sudan must approve any work, whether unpaid or paid, that is outside of your salary commitments. This is to ensure that such work does not interfere with your placement commitments and does not threaten SVP's reputation.

NGOs: SVP volunteers need to be cautious of work they do for NGO's while in Sudan, as many, particularly international organisations such as the Red Cross (currently banned in Sudan) and World Vision, are under intense surveillance by National Intelligence and Security Services. You are in Sudan on an SVP visa sponsored by either the Ministry of Higher and/or General Education on a stipulation that your activities must be non-religious and non-political at all times.

Many international humanitarian agencies are assumed to have an anti-government agenda and association is potentially damaging to SVP's non-political status. There is real risk that NGO work may result in you being placed under surveillance. It is essential that you discuss and declare any relationships you have with NGO's immediately, and in writing, with SVP Sudan.

Length of Service

Our placements with ministries tend to stipulate that a volunteer needs to be available for at least six to nine months. It is very important therefore that you commit yourself to the period stated in your agreement. Please inform us immediately if you are intending to leave before your stated

departure date. Be aware that if you choose to leave Sudan before the end of the period you committed to, you will be subject to the costs of an exit visa and put at risk receiving a positive reference from SVP.

Repatriation

In serious breaches of contract, then SVP may consider repatriation of the volunteer. As stipulated in the contract you accept repatriation if you are instructed to do so by SVP UK and Sudan.

