

# TRAVELER GUIDE TO MAURITANIA

## ENTRY FORMALITIES



A valid passport is required. The biometric visa is mandatory, to be taken at the Mauritanian Embassy in your country of origin. It's therefore necessary to drop off at the consulate, a return air ticket, two photographs, the valid passport and the amount in cash for the biometric visa. It is also theoretically possible to take the visa at Nouakchott International Airport, Nouadhibou International Airport and Nouadhibou PK55 border crossing point

## HEALTH

No vaccination required!

The yellow fever vaccine is required for travellers coming from an affected country and recommended for prolonged stays especially in the Senegal River region. Depending on the duration, season and travel conditions, vaccines against typhoid or rabies may also be recommended. Protection of skin and clothing with effective repellents and the use of mosquito nets can prevent the bite of malaria vector mosquitoes and other parasitic or viral diseases. Food hygiene must be a permanent preoccupation in order to avoid a banal traveller's diarrhea or turista but above all more serious infections.



## CURRENCY



Like all raw materials exporting countries, Mauritania has a national currency pegged to the dollar: the ouguiya - 1 €  $\approx$  44 MRU. The ouguiya is a non-convertible currency. You can therefore only change in Mauritania and, in principle, you should not export ouguiyas. The payment card can be used in some major hotels, agencies, airlines and ATMs. Mauritania, importing almost all its consumer products, prices are similar to those in France.

## CLIMATE AND WEATHER

Mauritania's climate is hot and dry. There is no rainy season in this country. However, rare rains may occur in some areas. From June to August, the average temperature is 40°C. In Nouakchott, the period from December to March sees a drop in temperature: 29°C during the day and 13°C during the night. The coasts have some freshness due to the breezes that blow there. All year round, in several regions of Mauritania, the temperature drops below 0°C at night. Also, it is always recommended to bring warm clothes in your luggage. The best period for a good stay in Mauritania is between November and March (dry and cool period).



	Jan	feb	mar	apr	may	jun	jul	aug	Sept	oct	nov	dec
OUR OPINION	👍	👍	👍				👎	👎			❤️	

## ACCOMODATION



Mauritania is a country of traders, with a nomadic tradition: in each town at every step you will find by the roadside, khaïmas or tikits, traditional tents or cabins welcoming you and offering you tea and accommodation. The level of comfort is simple, but you will sleep soundly and eat well. Whether you stay in hotels, boarding houses or camps you must be expected to pay at least 500 MRU per person.

## TRANSPORT

In Mauritania, they drive on the right, whether on the roads and on the tracks! Regardless of the state of the road surface, always be vigilant. Cows, goats and camels may cross your path at any moment, and they have the priority. In the towns, the many taxis, usually quite old, and the town buses will take you quite a long way for a small amount. The parked vans, not always in good condition, will take you absolutely everywhere in Mauritania. You can, as well, hire an all-terrain vehicle. More often, a driver is being provided; it is not advisable to drive yourself.



## PRATICAL INFORMATION



When it is 12 o' clock in Paris, it is 11 o' clock in winter in Nouakchott and 10 o' clock in summer.. Mauritania is a totally Muslim country, where they speak hassaniya, a dialect similar to Arabic with Berber connotations, as well as Peul, Wolof, and Soninké. Because of this diversity, French plays an important role, and is spoken fluently in most parts of the country. This is obviously the result of colonial remnants, including an education system with two more or less equal streams: an Arab and a French one.

*To make a phone call:*

- ≡ From France to Mauritania: dial 00 + 222 + the desired number (8 digits) in Mauritania.
- ≡ From Mauritania to France: dial 00 + 33 + the number of the correspondent without the initial 0.



# CHECKLIST TO MAKE SURE YOU DON' T FORGET ANYTHING BEFORE GOING ON A TRIP

## IMPORTANT DOCUMENTS



- Passport
- Visa
- Driving licence
- Health documents

\*\*\* Think about printing or photocopying enough copies of your important documents as well as scanning them in case of loss or theft. Envisage copies of identity documents.

## MONEY AND METHOD OF PAYMENT



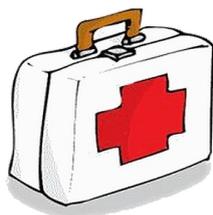
- Credit card
- Cash
- Travelers cheques
- Automatic payments and direct debits

## INSURANCE AND ASSISTANCE



- Health insurance
- Repatriation
- Civil liability abroad

## HEALTH



- Vaccines
- Check-up
- Prescription
- Medical certificate

## TELEPHONY AND COMMUNICATION



- Mobile package
- Answering machine
- E-mails
- Skype



## MULTIMEDIA

- Sounds Playlists
- Downloaded media
- Chargers



## EQUIPEMENTS AND ACCESSORIES

- Photo
- Sport
- Camping
- Hiking



## ORIENTATION

- Maps
- Guides
- Plans



## FOREIGN LANGUAGES AND CULTURES

- Conversation Guide
- Keywords
- Cultural traditions



## LEAVING THE HOUSE

- Regular visits
- Electronic Devices
- Animals

## **List of useful accessories for travelling in Mauritania!**

- ◆ Sun cream + lip balms
- ◆ Sunglasses + eye drops
- ◆ dressing + mosquito repellent
- ◆ Vitamins, disinfectant, antidiarrhoea aspirin
- ◆ Personal medical kit
- ◆ Good walking shoes which have already been used
- ◆ Seamless socks
- ◆ hat, goatee, cap
- ◆ Trousers + shirts (loose and preferably cotton)
- ◆ Body linen
- ◆ Small back-pack
- ◆ Water bottle (minimum 1L)
- ◆ Disinfecting towelette (vital for body clean up)
- ◆ Shampoo, soap
- ◆ Toothbrush, toothpaste
- ◆ Sleeping bag suitable for temperatures between 0° to 15°
- ◆ Bed sheet (also called: sleeping bag sheet!!!)
- ◆ Self inflatable mattress + Pillow
- ◆ Pyjamas or loose training bottoms
- ◆ Fleece or warm jacket
- ◆ Head torch + batteries & spare bulb
- ◆ Sandals, or sneakers
- ◆ Plastic bags to pack your belongings (sand gets in everywhere)
- ◆ Compression bag for clothing (useful for space saving in the bag)
- ◆ Trekker chair
- ◆ Kway, windproof
- ◆ Camera (be careful with sand!)
- ◆ Notebook, pen, musical instrument,
- ◆ Padlock to secure your bags (optional)
- ◆ Multi-purpose knife to be kept in checked luggage
- ◆ Swimwear