

Karamalà cultural trips are destined to all people interested in learning and improving African dance and percussion but mostly to people with desire of being part of their people and their culture.

### **Dance and percussion lessons**

Open to all levels.

With cooperation of musicians and dancers from Forêt Sacrée Ziguinchor.

The dance program can be of mandinko, sabar and/or seouruba dance. Doundoun and djembé percussion lessons.

Teachers.

Dance lessons given by professor El Hadji Sonko, choreograph and dancer of Karamalà Co. (Barcelona)

Percussion lessons given by Samang Seidy, djembé fola from Forêt Sacrée Co, (Ziguinchor)

SENEGAL / Casamance

A cultural paradise !!!

Travel, dance, play djembé, discover another culture in the exuberant African nature with their welcoming and friendly people.

Association

Cultural trips to **SENEGAL**

region of Casamance

Dance and percussion stages

**2009**

**August - Christmas – January 2010**

[www.karamala-senegal.com](http://www.karamala-senegal.com)

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## **CULTURAL TRIPS TO CASAMANCE**

### **DAKAR**

Capital of Senegal. Stay over 1-2 days until the whole group gets together. Cultural excursion to Gorée island. Accommodation: hotel-house in N'Gor neighbourhood (2Km from the airport)

### **CASAMANCE**

Is a Senegalese region located in the south of Gambia. The geography is different from the rest of the country, irrigated by the river Casamance. Its lands are fertile and covered with palm trees, mango trees and leafy vegetation. There are harmoniously cohabiting different ethnics mostly Mandingo and Djola.

ZIGUINCHOR: Capital of Casamance. City full of mango trees, palm trees and without large buildings, pleasant and welcoming.

Dance and percussion lessons at Sonko Kunda. Cultural visits to Boucoute market, rice fields and to different areas from the city. Accommodation in a qualified house.

The Alamouta festival is celebrated from 29 until 31 January in Colobane area.

### **ABENE**

Little fishermen village, bathed by the Atlantic ocean and very close to Gambia. Wide artistic atmosphere, specially during the Abene festival, approximately celebrated from 29 December until 2 January.

Accommodation: cultural camping-hotel La Belle Étoile where dance and percussion lessons will be given. Located at 700m from the beach.

Cultural excursions to the Abene sacred tree, stroll on the beach to the fishermen village Kafountine and excursion to Colomba, where Coumpó ceremony will be celebrated.

The weather in Casamance is tropical, warm during the day and cool during night. The raining season is between July and September.

## **DATES AND INTINERARIES**

### August

Djambadon and Kankourang ceremonies

Option A Go **1-2/08/09** Return **14/08/09**

**DAKAR-ZIGUINCHOR-ABENE**

Optión B Go **1-2/08/09** return **18/08/09**

**DAKAR-ZIGUINCHOR-ABENE-KABROUSSE-CAPSKIRING**

## Christmas

Traditional festival of dance and percussion in Abene

Option A Go **25-26/12/09** return **6/01/09**

**DAKAR-ZIGUINCHOR-ABENE**

Option B Go **25-26/12/09** return **10/01/09**

**DAKAR-ZIGUINCHOR-ABENE-KABROUSSE-CAPSKIRING**

## January /10

## **Festival of music and dance Alamouta from Ziguinchor.**

Go **23/01/10** return **6/02/10**

**Other dates and extensions, ask organization.**

### Accommodation

**Dakar - N'Gor:** double room with bathroom

**Ziguinchor:** qualified house: double room, triple room and shared bathroom. Hotel is optional.

**Abene:** Double bungalow with bathroom

**Capskiring:** Double room with bathroom

### **MEALS**

Senegalese gastronomy during lunch and European gastronomy during dinner. The rates include breakfast, lunch and dinner.

### **PRACTICAL INFORMATION**

- At least 8 people have to be subscribed in order to do the stage
- Travel insurance.
- Vaccine for tropical illnesses
  - French is the official language
  - The currency is Cfa ( 1€ = 650 Cfa approx.)

### **CONTACT AND SUBSCRIPTIONS**

Organized by El Hadji Sonko and Núria

Muñoz from Karamalà, cultural association that promotes African culture and fosters cultural exchange with Senegal - Casamance

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