

LIFE IN THE GAMBIA

Foods in The Gambia: Enjoy flavorful cuisines like domoda, yassa, and benachin, with fresh seafood and exotic fruits widely available.

Drinks in The Gambia: Sip on refreshing hibiscus drink (wonjo), palm wine or local Julbrew beer for a taste of Gambian culture.

Shopping in The Gambia: Explore bustling markets for crafts, textiles, and woodwork. Bargain for unique souvenirs and support local artisans.

Nightlife in The Gambia: Discover lively nightlife in Banjul, Kololi, and Senegambia. Dance to live music, enjoy local bars, and casinos

PASSPORT AND VISA PROCESSING AND VACCINATION

For U.S. passport holders visiting The Gambia, ensure your passport is valid for at least six months from your planned departure date. Obtain a visa through the Gambian Embassy or a visa processing service. Visa can also be obtained upon arrival. Visa processing times can vary, so apply well in advance of your trip.

Regarding vaccinations, check the latest requirements.

Consult a travel clinic or healthcare provider for up-to-date health recommendations and travel advice.

PLACES TO VISIT

Kachikally Crocodile Pool	Makasutu Culture Forest
River Gambia National park	Bijilo National Park
Kunta Kinteh Island	Fathala Wildlife Park
Reptile Farm	Abuko Nature Reserve
River & Sunset Cruise	Batik Market

FLIGHT & HOTELS

AIRLINES FROM USA TO GAMBIA AND SENEGAL:

Delta Airlines	United Airlines	Air France	Royal Air marocc
Lufthansa	British Airways	American Airlines	Iberia
Air Canada	Brussels Airlines	Air Senegal	

CONNECTING AIRPORTS

MAF	DFW	HOUSTON	Brussels
New York (JFK)	ORD - ILLINOIS	ATL- Atlanta	CDG- France
Washington Dulles	DSS - Senegal, Dakar	Newark Airport- New Jersey	Houston- IAH
Denver-DEN	Paris- CDG	Amsterdam- AMS	

HOTELS

Kairaba Beach hotel	Balafon Beach Resort
Coco Ocean Resort & Spa Hotel	Sunprime Tamala Beach Hotel
Ocean Bay Hotel & Spa	Sunset Beach Hotel
Kololi Beach Resort	Kalimba Beach Resort
Seaview Hotel	Bamboo garden Hotel
Coconut Residence	Kasumai Beach Resort
African Princess Beach Hotel	Majula boutique Hotel
Sunbeach hotel & Resort	Seafront Residence
Senegambia Beach Hotel	Kombo Beach Resort
Lemon creek Hotel Resort	Palma Rima Hotel
Baobab Holiday Resort	



YERIWAH CLINIC
Changing Lives For The Better

INAUGURATION OF YERIWAH CLINIC

By
(YERIWAH MEGA FOUNDATION)
© 2024

By
His Excellency Adama Barrow
(The President of The Gambia)

INTRODUCTION

YERIWAH, a dedicated Non-profit Organization, is making a significant impact in Brikama, The Gambia, by spearheading the construction of a vital healthcare facility.

This clinic, a beacon of hope for the region community, represents a commitment to improving healthcare accessibility in the region. With state-of-the-art medical equipment and a team of skilled professionals, the clinic aims to provide essential medical services, including diagnostics, treatment, and preventive care. YERIWAH's mission is not only to heal but also to empower the people of Brikama, fostering a healthier, more prosperous future for all. This clinic embodies their unwavering dedication to humanitarian efforts and a brighter tomorrow.

MISSION STATEMENT

To deliver excellent care through compassion and innovative ideas throughout the region.

VISION STATEMENT

To be Dynamic and premier high quality healthcare provider through excellence and integrity..

WHERE ARE WE LOCATED?

Our clinic is located in Kembujeh Brikama, The Gambia, strategically positioned to serve and uplift the region and community's healthcare needs.



CONTACT ON ARRIVAL

Famara, Rohey, Local Inauguration Committee:
(+220) 3871557, 2940920, +1 (617) 3887288

THE GAMBIA



The Gambia, a small West African nation, is a captivating blend of culture, history, and natural beauty. Situated along the Gambia River, it is known as the "Smiling Coast of Africa" for its warm and welcoming people. The country is characterized by lush mangrove forests, vibrant markets, and stunning wildlife, including exotic birds and monkeys. The capital city, Banjul, is a cultural hub with its bustling streets, colonial architecture, and vibrant music scene. The Gambia has a rich history, with ancient roots in the transatlantic slave trade and a diverse ethnic tapestry. It's a destination that offers both relaxation and adventure, making it a unique and enchanting place to explore.

Language in Gambia

The Gambia is a multilingual country with several languages spoken by its diverse population. However, English is the official language and is used in government, education, and formal communication. It serves as a unifying language among the various ethnic groups.

Several indigenous languages are also spoken in The Gambia, reflecting the country's rich cultural diversity. Some of the prominent local languages include:

- 1. Mandinka (Mandinka, Mandingo):** Mandinka is one of the most widely spoken languages in The Gambia and is commonly used in daily life, particularly in the western region.
- 2. Wolof:** Wolof is spoken primarily in the western part of the country, including the Greater Banjul Area. It has a significant presence due to the Wolof ethnic group's influence.
- 3. Fula (Fulfulde, Pulaar):** The Fula language is spoken by the Fula ethnic group, mainly in the eastern regions of The Gambia.
- 4. Jola (Diola):** Jola is spoken by the Jola people, primarily in the southern part of The Gambia, particularly in the Lower River Region.
- 5. Serer:** The Serer language is spoken by the Serer people, mostly in the western part of the country, especially in the North Bank Region.

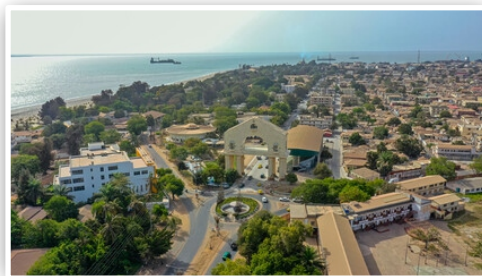
These languages, along with English, contribute to the linguistic diversity and cultural richness of The Gambia. However, English remains the primary language for official purposes and education, making it an essential skill for many Gambians.

WEATHER AND CLIMATE OF THE GAMBIA



The Gambia, a narrow West African country, experiences a tropical climate characterized by distinct wet and dry seasons. Its weather is influenced by its proximity to the Atlantic Ocean. The dry season typically spans from November to May, bringing hot and dry conditions. Temperatures during this period can soar, with daytime highs often exceeding 30°C (86°F). Humidity levels are relatively low, making it a popular time for tourists.

The wet season, from June to October, brings heavy rainfall and high humidity. The country experiences a significant increase in precipitation during this time, with frequent thunderstorms and occasional flooding. The lush vegetation thrives in this period, creating a vibrant green landscape. The Harmattan, a dry, dusty wind from the Sahara Desert, occasionally affects The Gambia between December and February. It can lead to hazy conditions and cooler temperatures. Overall, The Gambia offers a pleasant tropical climate, with the most comfortable dry season for travelers. The diverse seasons make it an attractive destination for tourists seeking natural beauty and cultural experiences.



THINGS TO DO AND SEE



The Gambia, a West African gem, offers a rich tapestry of experiences for tourists. Explore its vibrant capital, Banjul, with its bustling markets and historic Arch 22. Immerse yourself in nature at Abuko Nature Reserve, home to diverse wildlife. Sunbathe on pristine beaches like Kololi and Bakau, or cruise the scenic River Gambia for a chance to spot dolphins and hippos. Delve into culture at the Roots Kunta Kinteh Island or visit local villages to witness traditional life. Don't miss out on the lively nightlife and savor Gambian cuisine with dishes like domoda and yassa. The Gambia is a hidden treasure for adventurers.

Staying in touch and doing business in Gambia

Maintaining business connections in The Gambia is a breeze with accessible mobile networks and internet services. Building relationships is key; participate in business gatherings and engage with the warm and welcoming Gambian community. Embrace the country's unhurried business culture, which prioritizes personal connections. Networking and trust are paramount, so take time to understand local customs and etiquette. By fostering genuine relationships and demonstrating respect, you can navigate the Gambian business landscape successfully while enjoying the unique charm of this West African nation.