
Everything you always wanted to know about...

V Games of La Francophonie in Niger
From December 7 to 17, 2005

Your name: _____

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Games of La Francophonie

International Francophonie

The *Organisation internationale de la Francophonie* (OIF) is a multilateral structure based on the shared use of the French language and common values, which today includes nearly one third of the member countries of the United Nations, namely 63 States and Governments (members or observers) on five continents.

The Summit of Heads of State and Government of Countries using French as a Common Language has been held every two years since 1986. Canada is a full member; New Brunswick and Quebec are participating governments.

History of the Games

The Games of La Francophonie were instituted at the Québec Summit in 1987, under the auspices of the Conference of Youth and Sports Ministers of French-Speaking Countries (CONFEJES). Because of their status in the OIF, Canada, New Brunswick and Quebec are members of CONFEJES. This body has mandated the International Committee of the Games of La Francophonie (CIJF) to assure the general supervision of the organization of the Games of La Francophonie.

The Games of La Francophonie is an international cultural and sporting event intended for athletes and artists of the member States and Governments of the OIF. Their distinctiveness is based on the presentation of a competitive cultural component, featuring artists representing the cultural mosaic of La Francophonie.

There have been four editions of the Games to date:

July 1989	Morocco	30 countries	1,800 participants
July 1994	France	43 countries	3,000 participants
August 1997	Madagascar	35 countries	1,500 participants
July 2001	Canada	51 countries	2,400 participants

The fifth edition will be held this year, from December 7 to 17, in Niamey, Niger. The VI Games of La Francophonie will be held in Beirut, Lebanon in 2009.

Participation of the Governments of Canada, New Brunswick and Quebec

As members of the OIF, the three Governments participate in the Games of La Francophonie with their own teams under the following names: Canada, Canada-New-Brunswick and Canada-Quebec.

Each team is responsible for selecting its artists and athletes. The athletes and artists participating in the Games of La Francophonie are chosen based on the excellence of their performance.

The athletes have been chosen according to a selection process determined by the national sports associations and the provincial federations, based on criteria of excellence specific to each, while adhering to the process established by the CIJF. The artists are chosen through cultural competitions and the final selection of artists is made by an international jury appointed by the CIJF, with the support of the *Agence intergouvernementale de la Francophonie* (AIF).

How well do you know Canada, New Brunswick and Quebec?

Some useful information:

Canada

Area | 9,976,100 km², second biggest country in the world after Russia

Population | 32,078,819 inhabitants (January 2005)

Languages | English (59.3%), French (23.2%), other (17.5%)

Religions | Roman Catholic 46%, Protestant 36%, other 18%

Capital | Ottawa

Motto | From sea to sea

Popular sports | Baseball, soccer, golf, tennis, hockey, ringette, lacrosse, curling

Natural resources | iron ore, nickel, zinc, copper; gold, silver, fish, lumber, wildlife, coal, oil, natural gas, hydroelectric power

Member of La Francophonie since | 1970

New Brunswick

Area | 73,433 km², third smallest province in Canada

Population | 751,257 inhabitants (January 2005)

Languages | English (65%), French (33%). New Brunswick is the only officially bilingual province in Canada

Capital | Fredericton

Motto | Hope restored

Industries | fisheries and forestry, pulp and paper, food processing, mining, tourism

Member of La Francophonie since | 1977

Quebec

Area | 1,667,441 km², biggest province in Canada

Population | 7,568,640 inhabitants (January 2005), second most populous province after Ontario

Languages | French (81.4%), English (8.3%), other (10.3%)

Capital | Québec City

Motto | "Je me souviens" (I remember)

Economy | biopharmaceuticals, aerospace, hydroelectric power, information technology, financial sector, including the cooperative movement

Member of La Francophonie since | 1971

Niger in Brief

Country

Area: 1,267,000 km² (approximately the same area as the Northwest Territories)

Capital: Niamey

Motto: Fraternity–Work–Progress

**Niger is a democracy,
a peaceful land,
a young and
tolerant population,
a competitive workforce,
a country with
traditions of
legendary hospitality!**

Geography: Niger is a West African country, bordered on the north by Libya and Algeria, on the south by Nigeria and Benin, on the east by Chad, and on the west by Mali and Burkina Faso.

Climate: Two thirds of Niger's territory is desert and the climate is arid tropical. The V Games of La Francophonie will be held during the dry, cool season,

which extends from November to February. The average temperature for December is a maximum of 33°C and a minimum of 17°C.



Political situation: Niger gained independence on August 3, 1960. The Constitution of August 9, 1999 instituted a republican form of government with a semipresidential system. It entrenches the separation of powers between the Presidency of the Republic (with President Mamadou Tandja, reelected on

December 4, 2004) and the National Assembly, a legislative authority composed of 113 members elected by direct, free and equal universal suffrage with a secret ballot.

Time zones

If it is 6:00 p.m. in Niger, it is

- 9:00 a.m.** | in British Columbia and the Yukon
Pacific Standard Time (9 hours difference)
- 10:00 a.m.** | in Alberta, the Northwest Territories
and northwestern Nunavut
Mountain Standard Time (8 hours difference)
- 11:00 a.m.** | in Saskatchewan, Manitoba, western Ontario
and central Nunavut
Central Standard Time (7 hours difference)
- 12:00 noon** | in Ontario, Quebec and eastern Nunavut
Eastern Standard Time (6 hours difference)
- 1:00 p.m.** | in Prince Edward Island, Nova Scotia and New Brunswick
Atlantic Standard Time (5 hours difference)
- 1:30 p.m.** | in Newfoundland and Labrador
Newfoundland and Labrador Standard Time
(4.5 hours difference)

National Holidays:

April 24: Concord Day (Anniversary of the signing of the peace agreement between the Government and the Tuareg rebellion.)

August 3: Anniversary of the proclamation of independence

December 18: Anniversary of the proclamation of the Republic

Society

Population: Nearly 11 million inhabitants live in Niger, mainly in the southwestern part of the country. The population is divided into ten ethnic groups: Hausa, Zarma, Songhai, Tuareg, Peul, Kanouri, Toubou, Arab, Gourmantché, Boudouma. The population of Niger is very peaceful, cultivating interethnic brotherhood with the struggle for economic and social development as their credo. The majority of the population is young and dynamic, with 60% under 18 years of age.

Religion: Niger is a secular democratic and social Republic in which Islam is practiced by 90% of the population. The Christian religion is also practiced by a small minority, mainly composed of people who immigrated to Niger.

A few key phrases in the 'Zarma' language:
Please: Alhanna
Thank you: Fofu
Hello: Fofu
See you tomorrow: Kala suba
Where is?: Man no?
How much?: Margué no?
Yes: Oo No: A'a
Can you help me?: I ga?

Language: French is the official language of Niger. If Hausa is the common language used by the majority of the population, Zarma (Djerma) is mostly spoken in Niamey and its region. Other languages are also spoken in the country, including Fulfulde, Tamacheck, Kanouri, Gulmancemen, Arabic, Toubou and Boudouma.

Economy

Trade: Niger is the world's second leading uranium producer after Canada, but the economy is largely based on cultivation of millet, sorghum, manioc, rice and peanuts, employing about 80% of the workforce. The main mineral resources are uranium, coal, iron, tin and gold. Uranium accounts for about 75% of Niger's export revenues, but the country also exports cotton, black-eyed beans, onions, peanuts, livestock and its by-products, particularly hides.



Economic situation: Nearly 70% of Niger's population lives on less than a dollar a day. Only 43% of the population has access to drinking water and barely 6.5% has access to electricity.

A little history ...

It may be difficult to imagine that 6,000 years ago, Niger consisted of grasslands and forests, with its people living very well from hunting and agriculture. Over the years, the Sahara Desert has become increasingly dry, forcing people to migrate southward and develop skills in metal working and barter.

Beginning in the 10th century, several empires succeeded each other within Niger's territory, shaping a multiethnic country in which people from ten different ethnic groups can be found today.

Some significant periods ...

1960 | Independence of Niger

1968-1974 | Great drought of the Sahel. Niger was one of the countries most affected, losing more than 60% of its livestock.

1974-1979 | Economic boom thanks to the fivefold increase in the world price of uranium.

1983-1984 | Great drought; the Niger River stops flowing for the first time in history.

1999 | Proclamation of the Niger Constitution.

2004 | Severe drought and locust invasion.

2005 | The Sahel region, particularly Niger, receives international support, including \$18.6 million from Canada, to help resolve the food crisis caused by the 2004 events.

Culture of Niger

Dress code: If you leave the Games Village, it is recommended that you dress suitably and conduct yourself with discretion, to respect the culture of Niger. It is advisable to wear conservative clothing. Women should cover their shoulders and legs, or at least their thighs.

Photography: Outside the Games Village, it is recommended that you ask permission before taking pictures. In addition, it is forbidden

to photograph the Presidential Palace, military and administrative installations, radio and television stations, the airport, the Kennedy Bridge and bathers.

Religious traditions: Because the Islamic religion is practiced by the vast majority of the Niger's population, Muslim traditions are to be respected. You must respect the times of prayer and remove your shoes before entering a mosque or the palaces of the traditional Chiefs, particularly the Sultans, the Provincial Chiefs and certain Canton Chiefs. In addition, if you offer a gift to a Muslim citizen of Niger, make sure not to give products containing alcohol or pork.

Customs of Niger: The handshake is the traditional form of greeting. However, people of opposite sexes may choose not to extend their hand. It should also be noted that public demonstrations of affection are not appreciated.

The people of Niger are very friendly to foreigners, especially if you greet them by extending your hand while saying "fofo" which means "hello". The answer would be "hani samey". When you leave and you want to say "good bye", say "kala da tonton" and the answer would be "to kala da tonton".

Prohibitions: Drugs are strictly prohibited. Offenders may be imprisoned or suffer other types of penalties. Consumption of alcohol is only allowed in the places designated for this purpose. No alcohol consumption will be permitted in the common areas of the Games Village.

Things to know

Electricity: If you plan to use your electrical appliances (hair dryer, iron, etc.), obtain a 110 volt to 220 volt transformer and/or an adapter. In Niger, the power runs on 220 volts.

Currency / Banking: The currency of Niger is the "Communauté financière africaine" franc (CFA franc). One Canadian dollar is

worth about 450 CFA francs (exchange rate in force in September 2005). CFA francs are practically unavailable in countries not using this currency and Canadian money and Canadian traveller's cheques are not accepted. It is strongly recommended that you bring euros. A euro is worth about 655 CFA francs (exchange rate in force in September 2005).

A banking service will be available at the Games Village where it will be possible for you to exchange currency. Please note that cash (in CFA francs) is the most common means of payment in the country and there are no ATM machines in Niger.

Conversion table

1,000 CFA francs ~ CAN \$2.22 ~ 1.52 €

5,000 CFA francs ~ CAN \$11.11 ~ 7.63 €

25,000 CFA francs ~ CAN \$55.55 ~ 38.17 €

50,000 CFA francs ~ CAN \$111.11 ~ 76.34 €

Canada-Niger relations

Canada has a long tradition of bilateral cooperation with Niger. Canadian cooperation with African countries is based on fundamental human needs, health and education, peace building and human rights, good governance and democratization, as well as development of the private sector and economic reform.

Canada provided financial support to Niger for the organization of the V Games of La Francophonie. The Canadian support particularly focuses on information and communications technology, credentials, mobilization of youth, health and safety.

In addition, New Brunswick and Quebec respectively made a financial contribution to the Niger Games' organizing budget through multilateral channels.

Before Your Departure

P **assport / Visa**

Ensure that your passport's expiration date is at least six months after the scheduled date of your return to Canada. If this is not the case, you must renew your passport before you leave. A visa is also required to enter Niger. Arrangements have been made by the mission, coaching or supervising staff to obtain your visa. Upon your arrival in Niamey, your passport and your airline ticket will be recovered and kept in a safety deposit box until you leave Niger.

Since you will not have your passport, your credentials card will serve as your ID. You must therefore ensure that you have it on you at all times.

It is recommended that you make two copies of all your important documents (passport, visa, credit cards, ID card, airline tickets, medical prescriptions, etc.). Leave a copy with someone close to you and carry the other copy in your baggage.

Vaccinations

Please note that a medical certificate attesting that you have been vaccinated against yellow fever is compulsory to enter Niger. If you cannot be vaccinated against yellow fever for medical reasons, you must provide an official letter from a medical authority of a travellers' health clinic stating the reasons in detail. A vaccination booklet with recent vaccination certificates is also required.

Compulsory Vaccinations

Before your departure for Niger, you must be vaccinated against the following diseases:

- Yellow fever
- Meningococcal meningitis
- Hepatitis A
- Hepatitis B
- Typhoid fever
- Poliomyelitis
- Malaria*

* **N.B.:** Chloroquine is not recommended against malaria because strains resistant to this drug have been reported in Niger. The most effective way to protect yourself against mosquitoes, and thus against malaria, is to sleep under a permethrin- or deltamethrin-treated mosquito net. (These nets will be supplied by the mission staff.)

Recommended vaccinations

Vaccinations against the following diseases are not compulsory, but are recommended by the Canadian Medical Team:

- Measles, mumps, rubella
- Diphtheria, tetanus, whooping cough
- Rabies

Please consult a travellers' health clinic for more information on all vaccinations and medications required for travel to Niger. If you cannot receive one of the above-mentioned compulsory vaccinations, please advise your supervisor as soon as possible. Your supervisor will then inform the Chief Medical Officer for the Canadian Medical Team.

If you have to bring syringes for medical reasons, you must obtain a medical certificate to this effect.

Insurance

The mission staff has obtained insurance for your stay in Niger. You will be insured by American Home for hospital, medical and paramedical care and services, as well as services required in case of death, and for evacuation to another country to obtain special care in case of serious accident or illness. Your insurance will be in force from the date of your departure from Canada to your return.

Air transportation

For the majority, you will fly on Royal Air Maroc from Montréal to Niamey, via Casablanca.

Baggage

It is not unusual for baggage to be delayed or lost in international travel. It is thus recommended that you pack a few items in your carry-on baggage that could be useful in such a contingency. For example, comfortable clothing and a change of underwear, a toothbrush and toothpaste, a toiletry kit, a book, your medication, and especially your wallet and identity papers (passport, visa, airline tickets, etc.). Also, please ensure that all your baggage is clearly labelled with the tags that will be supplied to you by your supervisors.

Royal Air Maroc allows you to bring two bags weighing a maximum of 32 kg each and a carry-on bag which must weigh no more than 5 kg and measure no more than 115 cm (sum of three dimensions).

Maximum allowed by Royal Air Maroc

2 bags of 32 kg each and NOT 1 bag of 64 kg

1 carry-on bag of 5 kg not measuring more than 115 cm

N.B.: The costs of baggage exceeding the maximum weight allowed by the airline are your responsibility and are usually very high.

If you have to fly to Montréal, check with the airline you are taking to find out your baggage weight and size limits.

Some tips for your flight

In the past few years, the airlines have imposed several new restrictions to improve security aboard aircraft. It is now forbidden to carry certain pointed or sharp objects in your carry-on baggage, such as nail files, scissors, corkscrews and knitting needles. If you wish to consult the complete list of prohibited objects aboard flights, visit:

www.tc.gc.ca/majorissues/transportationsecurity/baggage.htm

To improve your comfort during the flight, wear flexible, loose clothing and comfortable shoes. Moreover, since the humidity level aboard aircraft is fairly low, ensure that you drink enough juice and water and avoid consuming alcoholic and caffeine-based beverages, because they cause dehydration. You can also apply moisturizing cream and lip balm and opt to wear glasses instead of contact lenses.

To reduce the effects of jet lag, ensure that you are well rested before your departure; eat light meals before and during the flight; and soon after takeoff, set your watch to the local time of your destination. Upon your arrival, provide for outdoor activities; avoid naps or limit them to a maximum of 30 minutes; and arrange to get up and go to bed based on the new time zone.

What do you have to bring?

Since there could be a lot of mosquitoes at dusk, it is very important to bring an insect repellent containing DEET, long-sleeved shirts and long pants, and pajamas that cover the entire body. To protect yourself from the sun, it is suggested that you wear a hat and sunglasses and apply sunscreen.

It is also recommended that you bring a flashlight, a light blanket, facecloths and bath towels, a small sewing kit, a padlock, a bottle of disinfectant hand wash, a camera and a supply of film.

For clothing, you must bring your Opening Ceremony and Village uniforms and dark shoes for the Opening Ceremony. Bring clothing that will be appropriate to the local climate. Also bring enough underwear and changes of clothing for the duration of your stay. You can also bring a small quantity of laundry soap so you can wash a few items by hand, if required.

Quick reference

Do you think you might forget some items? Use this quick reference for your peace of mind!

Toiletries

- Toothbrush / toothpaste
- Soap
- Deodorant
- Shampoo / conditioner
- Hair styling products
- Shaving cream / razor / blades
- Moisturizing cream
- Face cloths (at least 2)
- Bath towels (at least 2)
- Feminine hygiene products
- Toilet paper

Clothing

- Opening Ceremony uniform
- Village uniform
- Dark shoes
- Walking shoes
- Cap / hat
- Underwear
- Long-sleeved clothing
- Short-sleeved shirts
- Long pants
- Long pyjamas

Accessories

- Medication kit / prescriptions
- Anti-allergy medication
- Sunscreen
- Insect repellent
- Disinfectant hand wash
- Contact lenses / lens products
- Glasses / Sunglasses
- Camera / film
- Book / magazine
- Address book
- Battery alarm clock / alarm watch
- Handbag
- Belt pouch
- Laundry soap

Flight kit

- Airline tickets
- Passport
- Cash (euros)
- Vaccination booklet
- Medical certificate
(attesting that you have been vaccinated against yellow fever)
- Copy of your important documents

Life at the Games Village

When you arrive in Niger

When you land, you will be welcomed by mission staff and by the National Organizing Committee for the Games of La Francophonie (CNJF). You will then be escorted to a room specially set up for customs clearing.

To accelerate the process, your coaches or supervisors will collect your passport, your health booklet and your visa application for Niger (which you will have completed during the trip) and they will clear customs on your behalf.

A few members of your team will be chosen to identify your baggage on the carousel and ensure that it will be loaded on the vehicle that will take it to the Games Village. It is thus essential to identify each of your baggage items with the tags that will be supplied to you.

The group will then be taken to the Games Village by bus. The trip between the airport and the Games Village takes about 30 minutes. Take this opportunity to discover Niamey, Niger's capital.

When you arrive at the Games Village

Your group will be assembled to receive information on the latest developments and certain instructions. At that time, you will receive your credentials card and the key to your villa.

Reminder: Make sure to carry your credentials card at all times, since your passport will be recovered and kept in a safety deposit box until you leave Niger.

Village of the V Games of La Francophonie

The Village, which was built for the Games, consists of 390 dwellings, including 316 villas, 32 studios and 42 apartments. These dwellings belong to private companies and will be sold after the Games. It is

therefore important to be respectful and leave the living areas looking like new. Even though it is located at the edge of the City of Niamey, the Games Village is near most of the training and competition sites, because Niamey is fairly small in area.

Accommodations

The participants from the three teams will be housed in villas located in the same section of the Games Village. These villas can accommodate from 4 to 10 people, based on two people per room, and include a living room and a complete bathroom. Each bedroom will be furnished with two beds with mosquito netting, a desk and two chairs. Changes of sheets will be provided every three days. Each participant will have a key to lock his or her room.

The rooms are well lit and ventilated and have windows and a ceiling fan. The showers and toilets are adequate and the number is sufficient to accommodate the participants. There will be daily maintenance.

Curfew: Remember that curfew is 11 p.m. so that everyone has enough sleep.

Secretariats

Team Canada, Team Canada-New Brunswick and Team Canada-Quebec will each have its own secretariat at the Games Village. The secretariats will be managed by qualified mission staff who will ensure appropriate supervision and see to your welfare throughout your stay. The secretariats are also where your family will be able to reach you in case of emergency. Your coaches or supervisors will provide you with the emergency telephone number at a later date.

There will also be a reception counter for all three secretariats where you will find answers to your questions, discover the results of the cultural and sports competitions, and see photos taken by professional photographers.

Services

You will be offered several services, including:

- Animation areas
- Banking counter
- Boutiques
- Cafeteria
- Call centre
- Canadian medical clinic
- Canadian secretariats' reception counter
- Cash snack bar
- Cybercafé
- National Committee for the Games of La Francophonie reception counter
- Pharmacy
- Post office counter
- Security headquarters
- Shuttle service (to get to the sites)
- Water valves (in case of fire)

Laundry service: No washing machine or dryer will be made available to you. But a laundry service will be available at the Games Village where you can have your clothes washed. These services, delivered within 24 hours, will be available for a moderate amount. A price list will be available at the Games Village.

Postal service: Stamps will be sold at the Games Village. However, allow for at least three weeks for your postcards to get to Canada.

Telephone service: Telephone service will be available, but is very expensive. You will be able to purchase prepaid phone cards at the Games Village. The price has not been determined yet, but it will cost at least CAN \$2.00 per minute for an international call to Canada. To call Canada from Niamey, dial: 001 + area code + number.

Internet service: Computers will be made available to you at the Cybercafé located in the Games Village, where you will be able to purchase prepaid Internet access cards (price to be determined). Be patient when you use the Internet services; the technology and speed are not the same as in Canada.

Recreation

An animation program has been planned at the Games Village and at various cultural sites. You can consult the schedule upon your arrival. In addition, a series of tours will be offered to you during your free time: guided tour of Niamey, pirogue excursion on the Niger River, camel ride, discovering giraffes, visit to the *Parc National du W*, and walking tour of the different markets and villages. For more details on the recreational activities available, visit the Canadian secretariats' reception counter.

Encourage your teammates! Attend the sports and cultural competitions. A certain number of tickets will be available at the Canadian secretariats' reception counter. Note, that you must request these tickets in advance.

Meals

The dining area is located in a prefabricated building near the villas. The menus will be planned according to the nutritional needs of the athletes and artists.

Meal times:

- Breakfast: 6:00 a.m. to 10:00 a.m.
- Lunch: 11:00 a.m. to 3:00 p.m.
- Dinner: 5:00 p.m. to 11:00 p.m.

Takeout meals: The delegations may also preorder takeout meals according to a procedure established by the National Committee for the Games of La Francophonie for participants whose competition schedule conflicts with cafeteria hours. You will have to request this at least 24 hours in advance from the mission staff of your Secretariat. You will have to collect your meal and bring it with you.

Food allergy / intolerance: Upon your arrival, you must inform your Secretariat of any food allergy or intolerance so that the necessary arrangements can be made for the duration of your stay.

Cash snack bar: The cash snack bar (commonly known as a cafeteria in Niger) will be open between 6:00 a.m. and 1:00 a.m. It will be adjacent to the restaurant area.

Restaurants: The National Committee for the Games of La Francophonie has provided for three restaurants managed by private companies in the commercial area of the Games Village.

Dress code

You will receive two official uniforms: the Opening Ceremony uniform, consisting of pants, a sleeveless vest and a shirt; and the Village uniform, which consists of pants convertible into shorts,

one short-sleeved and one long-sleeved shirt, a jacket with a zipper, a cap and a small backpack.

These uniforms are similar for the three Canadian teams, except for certain colours and logos specific to each team. These uniforms have been chosen for their easy maintenance and are well suited to varying temperatures. Don't forget to pack all the pieces in your baggage!

Opening Ceremony: It is compulsory to wear all the items of the Opening Ceremony uniform and dark shoes. The shoes are not included and are your responsibility.

Awarding of medals: It is compulsory to wear the main items of the Village uniform, i.e. the pants or shorts, the jacket and one of the shirts.

Closing Ceremony: It is compulsory to wear the pants, jacket and short- or long-sleeved shirt of the Village uniform. The cap is optional.

Opening and Closing Ceremonies

The Opening Ceremony will be held on December 7 from 4:00 p.m. to 7:00 p.m. at the 30,000-seat General Seyni Kountché Stadium.

Departures from the Games Village by bus will be organized by delegation, starting at 2:30 p.m. The ceremony will consist of a protocol portion, including the parade of the delegations, and an artistic portion. The artistic show will be inspired by the emblematic figure of Sarraounia, the mythical queen of Azna in the Lougou region.

The Closing Ceremony will be held on December 17 at 5:00 p.m. at the Niamey hippodrome. It will be supported by a fantasia of donkey, horse and camel riders.

Health and Safety

Health: A Canadian medical clinic will be put in place at the Games Village and will be composed of: physicians, therapists, masseurs, chiropractors and physiotherapists. The services are specifically intended for all members of Teams Canada, Canada-New Brunswick and Canada-Quebec. In case of complications, the emergency medical insurance will offer you complete coverage for unforeseen contingencies and extended assistance for foreign travel.

Ensure that you leave Canada in good health. Have yourself examined by your physician and your dentist. Once you are in Niger, only consume cooked food and only drink bottled water. The mission staff will ensure that you receive at least 3 litres of bottled water per day. It is also strongly recommended to brush your teeth with bottled water and to avoid drinks containing ice cubes. Do not hesitate to consult a member of the Canadian Medical Team at the first signs indicating you are feeling indisposed.

HIV-AIDS: Sexually transmitted diseases (STD), including HIV-AIDS strike every country in the world. The lack of information and health care makes the poorest countries the most vulnerable to STDs. You may be exposed to a viral infection, especially if you have unprotected sex. You can obtain condoms free of charge at the Canadian medical clinic.

Security: Security guards will be on duty to protect participants and control access to the Games Village. Please note that only those carrying special credentials will have access to the Games Village.

Despite the actions taken to reduce the risks of theft or assault, you must remain vigilant. Show common sense and follow basic prevention rules. For example:

- don't wear valuable jewellery;
- avoid putting your wallet in your back pocket;
- keep an eye on your camera (carry it in front of you);
- use a belt or hip pouch with the buckle on the side, not on the back;
- never leave all your money in one place;
- always walk with a group, especially if you have to leave the Games Village;
- be discreet with your money when shopping in the markets.

The security risks are greater at certain locations. This is why it is recommended that you avoid walks after nightfall, especially around the Kennedy Bridge.

If you follow these instructions, there is no need to worry! A representative of the Royal Canadian Mounted Police (RCMP) will also be on hand to look out for the security of the Canadian teams and ensure that everything goes well.

Consequences of your actions: You must obey the laws of Niger at all times and conduct yourself as a good citizen, because the consequences of your actions will be subject to the country's laws.

Local transportation

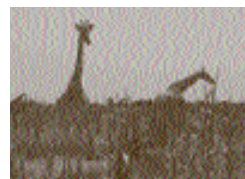
Two bus transportation lines have been selected to transport participants from the Games Village to the training and competition sites: a regular line and an express line. Your credentials card is compulsory to obtain access to this public transit. A minibus has also been provided for special requests.

- The buses on the regular line, which will serve all the sports and cultural sites, will be in operation from 6:30 a.m. to 11:30 p.m.
- Two express buses, one for the sports sites and the other for the cultural sites, will be in operation during competition and training hours.

In Your Free Time

Wildlife

During your stay in Niamey, you will certainly see camels and troops of gazelles. However, if you want to see leopards, elephants, lions, crocodiles, hippopotami, birds of all kinds and much more, visit the *Parc National du W*, located 150 km south of Niamey.



The West African giraffe unfortunately is a species facing extinction, with a population of less than 130 animals. If you want to see these magnificent beasts, visit the Kouré Giraffe Reserve, located 60 km east of Niamey.

Handicrafts



Are you planning to do your Christmas shopping in Niger? Visit the boutiques of *Château 1*, the *Centre des Métiers d'Arts*, or the 4th *Salon international de l'artisanat pour la femme*, which will be held near the Games Village from December 10 to 19, 2005. You will be able to purchase gold, silver and copper jewellery, including several varieties of Tuareg crosses, different types of leather pouches, bags and boxes, small wooden sculptures, decorative woven cotton rugs, and much more.

Agadez Cross

The Agadez Cross is one of 21 crosses of the nomadic Tuareg people. Each of these varieties represents a different village in Niger. The Agadez Cross is certainly one of the best known and is an integral part of the logo of the V Games of La Francophonie. Some say that the Agadez Cross has a Christian connotation, while others suspect that it represents the four cardinal points. One thing is certain—it is worn as a symbol of protection and good luck.

Supermarkets

- Marina Market
- The Grand Market
- The Little Market

Restaurants in Niamey

African:

Le Maquis, Diankoumé, Massaki, La Pyramide and Le Tilapia

Chinese:

Le Shangai, Le Dragon d'or, Colline parfumée and Chez Chin

European:

L'Exotic, Tabakady, Diamangou, Queen Ladie and Damsi

Italian: Le Pilier

Lebanese: Byblos, La Cascade (Lebanese cuisine and pizza)

Visiting Niger

You have a few hours to visit Niamey...

- Tour the Niger River by pirogue and admire the beautiful city of Niamey. You will surely have the opportunity to see hippopotami and many kinds of birds.



- Visit the National Museum of Niger, where you will find the country's handicrafts and traditional costumes, and the world's oldest dinosaur bones, dating back 135 million years.
- Discover the Grand Mosque with its minaret and beautiful mosaics.



Other places to visit in Niger: Niger is full of magnificent places to visit, including the massif of Aïr, formed of old volcanic craters; the immense Ténéré desert; the gigantic dunes of the Temet region; the historic monuments of the city of Agadez; the Ingal region with its multiple dinosaur skeleton sites, and much more. As you can see, Niger is a big country that requires several days, even several weeks, to visit. Discover this country full of wonders!

Returning to Canada

Ready for departure!

During your stay in Niger, you will surely meet many very interesting people from all over the world. Before you leave, don't forget to say goodbye to all your new friends and use the last page of this guide to collect their names and contact information.

A few days before departure, the mission staff will provide you with all the details concerning your return to Canada. You will be accompanied by the mission staff for transport to the airport, at which time you will recover your airline ticket and passport.

Returning baggage

Be sure to finish most of your packing the day before you leave. This way, you will minimize the risk of forgetting items. Remember that the airlines have restrictions on the number of pieces and maximum weight of baggage. You should consider these limits throughout your stay when you are shopping.

Reminder: Consult the paragraphs on baggage in Section 3 for more information on the airline restrictions.

Customs

Upon arriving in Canada, you will go to Customs and declare all the goods you purchased during the trip. After an absence from Canada of seven or more days, you are entitled to a customs exemption equivalent to

CAN \$750. However, please note that there are several restrictions on imports of various products. In this context, avoid importing

fruits, vegetables, dairy products and meats, products made from species threatened with extinction and cultural goods considered to have historic value for Niger.

For more information on customs restrictions and personal exemptions, download the pamphlet "I Declare" produced by the Canada Border Services Agency at: www.asfc-cbsa.gc.ca/E/pub/cp/rc4044.

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Notes

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