

# The Gambia

## Travel Facts



### US State Department Travel Advisor

The US State Department currently recommends US citizens exercise increased caution in The Gambia due to crime and inadequate health infrastructure. Some areas have increased risk.

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>

### Passport/Visa Requirements

For the latest passport and visa requirements for this country, please consult the US State Department's "Learn About Your Destination" search tool, available through the link below.

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html>

### US Embassy/Consulate

[220] 439-2856; US Embassy Banjul, Kairaba Avenue, Fajara P.M.B. 19, Serrekunda, Banjul, The Gambia; ConsularBanjul@state.gov; <https://gm.usembassy.gov/>

### LGBTQIA+, Women, and Special Needs Travelers

Additional travel considerations can be found on the US State Department's International Travel page.

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations.html>

### Telephone Code

220

### Local Emergency Phone

Ambulance: 16; Fire: 18; Police: 17

### Vaccinations

The CDC and WHO recommend the following vaccinations for Gambia: hepatitis A, hepatitis B, typhoid, yellow fever, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia, influenza, and COVID-19. <http://www.who.int/>

### Climate

Tropical; hot, rainy season (June to November); cooler, dry season (November to May)

### Currency (Code)

Dalasis (GMD)

### Electricity/Voltage/Plug Type(s)

230 V / 50 Hz / plug types(s): G



Type G

### Major Languages

English, Mandinka, Wolof, Fula, other indigenous vernaculars

### Major Religions

Muslim, Christian

### Time Difference

UTC 0 (5 hours ahead of Washington, DC, during Standard Time)

### Potable Water

Opt for bottled water

### International Driving Permit

Obtain a temporary license from local authority.

### Road Driving Side

Right



### Tourist Destinations

Sanyang Village; National Museum of Gambia; Stone Circles of Senegambia; Kachikally Crocodile Pool; Makasutu Culture Forest; Kotu Beach; River Gambia National Park; Bijilo Forest Park

### Major Sports

Soccer, basketball, athletics (track and field), cricket

### Cultural Practices

Looking elders directly in the eye is considered rude.

### Tipping Guidelines

A 7.5% tip is recommended at restaurants. A \$1 (USD) a day tip for room service or maid staff is expected during a hotel stay.

### Souvenirs

Batik cloth goods, traditional clothing, acacia or ebony wood carvings, native drums, ceremonial masks and statues; beaded, stamped, or carved silver jewelry

### Traditional Cuisine

Domodah — a stew with ground peanuts or peanut butter, meat, onion, tomato, garlic, seasonal vegetables, and spices typically served over rice or findi (a grain similar to couscous)

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