

Rabat

Let's get  
together  
and  
talk!



1 ORGANISATION • 7 LANGUAGES • 30 DESTINATIONS • COUNTLESS MEMORIES...

## WELCOME TO SPRACHCAFFE

You are obviously committed not just to having a holiday, but at the same time, also learning a new language or improving your skills in a language you already know. This is why we would like to send you our warmest congratulations! It is great when people want to make the world a bit smaller for themselves.

*"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language that goes to his heart."* Nelson Mandela It pleases us even more that you have chosen Sprachcaffe for your *language trip*. Lively teaching methods, a relaxed and stress-free atmosphere, learning through interaction and chatting (which helps you bond with others) - we have become experts with our 35 year experience in language teaching with our 30 destinations worldwide.

In the enclosed documents you will find everything you need to know for your trip. **Please do not travel without this information sheet.**

We wish you a great holiday and lots of success  
**Your Sprachcaffe Team**



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## Arrival Details

It is very important that you provide the Sprachcaffe office with your travel plans and arrival information before you travel. If you should change these plans for any reason, please notify us immediately so we can inform the school. If we do not already have your details please pass them on to us.

**If your arrival details should change while you are en-route, please contact both the school and your host family (if you have chosen to live with a family) and advise them of your new arrival time.**

### Visas

Most students automatically obtain a three-month tourist visa upon entering Morocco. If you plan on visiting other countries whilst studying in Rabat, you may require a re-entry visa. However, many Europeans do not need re-entry visas. Americans may obtain an unlimited re-entry visa valid for one year, but some nationals may need to apply for a new re-entry visa each time they plan to leave the country. As this visa may take up to two months to process, it's wise to plan ahead for a trip out of the country (this information is subject to change).

### Your arrival in Rabat

#### By Plane

**Most students arrive in Rabat via Casablanca airport or directly at Rabat airport.** We offer airport transfers from both airports for an additional charge. However, the train service is excellent between Casablanca & Rabat. Trains run directly from Casablanca airport to Rabat (with one train change in Casablanca), they run every hour, are comfortable and cheap! The train will take about 50 minutes from central Casablanca and 1.5 hours directly from Casablanca airport. Keep in mind that the main train station in Rabat, "Gare Rabat-Ville", is just a short walk away from our language school.

**Morocco has several international airports** with good links to Europe and some direct flights from North America. Just recently a couple of budget airlines have started flying to several Moroccan cities (from Europe), which has made flying to Morocco considerably cheaper.

Morocco's national airline is Royal Air Maroc (RAM). Airlines serving Morocco include Air France, Alitalia, KLM, Brussels Airlines, Lufthansa, Swissair, Easy Jet, Iberia and check the charter companies as they are always adding new connections.

### Directions

**If you have BOOKED an airport pick up:**

**It is essential that you provide Sprachcaffe with your travel plans and flight details at least one week before you depart. Without this information we cannot guarantee that you will be met at the airport.**

#### **If you have arranged a transfer from CASABLANCA airport**

If you are being picked up at Casablanca airport, you should pick up your bags, proceed through customs and go to the arrivals hall. A staff member holding a sign with your name or logo Sprachcaffe will meet you at the entrance of the airport. The staff member will take you directly to your accommodation. If you have a flight delay or an arrival problem, **you should call 00212 (0) 642 200 752.**

#### **If you have arranged a transfer from RABAT airport**

If you are being picked up at Rabat airport, you should pick up your bags, proceed through customs and go to the arrivals hall. A staff member holding a sign with your name or the logo Sprachcaffe will meet you at the entrance of the airport. The staff member will take you directly to your accommodation. If you have a flight delay or an arrival problem, **you should call 00212 (0) 642 200 752.**

**If you have NO airport pick up arranged:**

**Please take a taxi to the address given to you on your voucher. Please ensure that the taxi driver knows the address of your accommodation. In the case he is not sure where to drive please ask him to call your host family.**

**The posted taxi rates are as follows: 650 DH (57,-€) from Casablanca airport, 250 DH (23,-€) from Rabat airport. However, the asking price of each cab driver may be significantly different from the posted rates so some negotiating is necessary.**

**From Casablanca airport:**

Train service is also available from the Casablanca Airport to the Rabat-Ville station for 150 DH (13 Euros). A short taxi ride from the train station to the language school should cost less than 1€. Students taking the train to/from the airport need to switch trains at the "Ain Sebaa" station. Train service is available from 06.00 AM to 10:00 PM. For more information, visit <http://www.oncf.ma>

**From Rabat airport:**

Rabat-Salé Airport is 7 km northeast of Rabat and the only connection with the city is via Grands Taxi, white Mercedes 240 sedans and generally they want between 200 and 300 dhs (\$25-35 USD) for an airport transfer. Students should bargain for a price if they haven't booked a transfer with the school. Petit taxis operate only within the city limits and are metered taxis.

**In any case of an emergency please call the phone number 00212-(0) 642 200 752**

## Accommodation address details

**It is our aim to provide the best service possible. However, if you have any issue during you stay please talk directly to the school staff.**

Your accommodation address details are **not** included in this information sheet. You find them on the voucher you receive from us.

**If you experience a travel delay and have an unplanned arrival after 8:00pm (with no airport pickup booked) you should call 00212 (0) 642 200 752 upon arrival.**

**If it is very late and you have booked a host family you may be asked to book a hotel room for the night.**

**NOTE:** The school dress code applies to all public areas of the school including the hallways, eating and social areas. Smoking in the school building is prohibited. Smoking is only permitted on the balcony. Possession of alcohol or drugs on campus is grounds for expulsion or eviction.

### Home stays

If you have chosen to stay with a local host family, it is important for you to note that due to the nature of the home stay program, it is not possible to completely "standardize" the conditions in the homes of our host families. For example, home-stay does not always mean a traditional married couple with children. Above all we look for someone who is sociable, likes to meet new people and can give a warm welcome to our students. Our host families have time to talk to our students, are patient, understanding, careful, and prepared to provide help with any problem that may arise during a student's stay. Your host family respects your beliefs and we ask that you show that same respect for their beliefs. You can discuss anything with your teacher but some subjects regarding religion, culture or politics may be inappropriate to discuss with your family.

While meals are part of the arrangement, families are not expected to change their standard diet and home stay participants are not entitled to "order" particular foods unless this is necessitated for reasons of medical or religious/ethical restrictions. Similarly, we do not ask families to be responsible for the washing of participants' clothes although this service might be offered.

Home stay participants are advised not to leave cash in unlocked bags to avoid the temptation for servants or children. Many people eat the same meal every day because it is economical and practical. Many students find it difficult to adjust to eating with their hands, especially in front of a group of strangers.

Host families generally insist that foreign students do not bring their new Moroccan friends to their homes as they feel, often correctly, that a foreigner may not have the necessary discrimination to differentiate between trustworthy and untrustworthy individuals. In addition, many Moroccan families may not be very flexible about allowing their guests to return late at night without prior warning. Moroccan host families will typically be more protective of female students, treating them almost as their own daughters.

If you need an extra sheet, blanket, a new light or anything else, ask your family. Overall, the home stay should be one of the highlights of your trip but sometimes problems do arise. If, for whatever reason, you want to change families, please speak with the school's accommodation manager. They will try to find an alternative solution. A change of family is considered a last resort. Before changing your accommodations the staff will try to work out other solutions such as clearing up misunderstandings, etc. A change of accommodations might be more difficult in the summer months.

### The Hotel

If you choose the B&B hotel, it means that you will stay at the crossroads between the old medina and the new city.

In your bedroom you have bedside tables with reading lamps, a desk, a chair and a dressing area with a large mirror. The bathroom has a shower, a toilet and a sink. You also have access to a hot/cold air conditioner, free unlimited Wi-Fi in the room, in the breakfast area and lobby and a TV with 40 national and international channels

The **check-in times are from 2:00 pm** and the **check-out times are before 12:00 am**.

Reception is 24 hours.

In the B&B breakfast is scheduled from 06:30 until 10:30.

### Hotel-School Trip:

By taxi: 4 min (1.5 Km) 6-7dhs

On Foot: 12 min (1km) 0dhs

Walk along the Ghandi Street in a south-easterly direction to the Avenue Moulay Rachid (the way to "7ème art" coffee & cinema). Continue to Bank Al Maghrib, and then turn left to Avenue Mohamed V, until "Gare de Rabat Ville" near the roundabout. Then take the 1st exit on your right to Avenue Moulay Youssef.

### Riad Baddi (In Salé)

If you choose to stay at one of our guest houses, typical Moroccan Riads, you will discover the twin city of Rabat and live to the rhythm of the traditional life of the medina. Your room will have a private bathroom, hot and cold air conditioning, free and unlimited Wi-Fi and a TV.

**Check-in times are from 2:00 pm** and **Check-out times are before 12:00 am**.

Reception is 24hours.

In the BADDI you will be offered a bed and breakfast; the breakfast is scheduled from 06:30 until 10:30

### Riad-School Trip:

By white taxi then on foot: 30 min (5dhs)

By white taxi then blue taxi: 23 min (5dhs + 7dhs)

By yellow taxi then by tramway: 23 min (6dhs + 5dhs)

## School address

On the first day **we expect you to be at school at 08:30 am**. The language courses start with an **introduction of the school**. All course participants have to do a placement test to determine the language level. We kindly ask you to do the test online at home before you departure. On the first day of school those students who haven't done the test online have to do it. Additionally all students have to take an oral test before starting classes. After the oral test you will be informed about your group and the lesson will start.

**The name of the school is: Sprachcaffe Languages PLUS**

n.214 Avenue Moulay Youssef  
Résidence Bab Rouah – 4<sup>th</sup> floor  
Apt 11, Rabat, Morocco  
Tel1: +212-(0) 537 709 739  
Tel2: +212-(0) 808 422 248



School Director: Mrs Safaa Benaboud (see picture)

**Emergency Contacts: Cell phone: +212-(0) 642 200 752**

School hours: Monday to Friday 8 am – 8:30 pm

**Opening hours:** 09:00am - 06:00pm from Monday to Friday, except public holidays

**Languages spoken by the staff at the school:** Arabic, English, French, German, Russian

### How to get to the school from the train station

If you arrive by train, your destination should be the main train station – “Gare Rabat-Ville”. The school is situated only 500m away. Getting out at the main entrance of the station will lead you to the most important avenue in Rabat: Avenue Mohamed V. On your right, just after the station's building, take a right turn into the Avenue Moulay Youssef, which goes slightly uphill. Then simply walk 400m along this avenue (approx 5min) until you reach the end of that avenue. The entrance to the school is on your right, next to a coffee place.

### School Schedule, Information and Activities

**IMPORTANT:** Below is a general outline of what to expect during your first week studying at the school. This is not a fixed agenda and is to be used only as a basic guide. Opportunities and activities will differ week to week but it will help give you an idea. **At the 1<sup>st</sup> day (Monday) of your language course please be at school at 08:30 am.**

After unpacking and recovering from your journey the school staff member will advise you of the meeting time at the school. The courses are normally Monday to Friday.

**Lessons are usually held at these times:**

#### Monday – Friday

9:00 am – 10:30 am (1<sup>st</sup> day: 8:30am)  
10:30am – 10:45am (break)  
10:45am – 12:15 pm  
courses)  
12:15pm – 02:00pm (lunch)  
02:00pm – 03:30pm  
(03:45pm – 05.15pm)

#### Ramadan 2018: (15/05/2018 – 14/06/2018)

09:00 am – 10:30 am  
10:30 am – 10:45 am (break)  
10:45 am – 12:15 pm (end of standard  
courses)  
12:15 pm – 13:00 pm (lunch)  
13:00 pm – 14:30 pm (end of intensive course)

#### Please note!

Due to organisational matters during summer lessons might be shifted and/or be held in the afternoon.

**Lessons are not held on the following public holidays in 2018: 01.01., 11.01., 01.05., 15.06\*, 18.06\*, 30.07., 14.08., 20.08.\*- 23.08.\*, 01.09.\*, 06.11., 21.11.\*, 22.11.\*, (\* religious holidays can vary +/- 1 day). School will be closed from 20.08.2018-24.08.2018 Please note that lessons lost on public holidays, late arrival or early departure will not be replaced.**

On the first day of class you will write a comprehensive placement test. The schedule for the rest of your language course depends on the results of your placement test.

You should bring a dictionary, notebooks and coloured pens. It is useful to have 2 notebooks, one for new vocabulary, and one for the exercises in class. Textbooks and other teaching materials are provided, but it is advisable to have a good system of keeping your notes together.

**We kindly ask you to respect the neighbours in the building by keeping the volume at a reasonable level and by staying away from the corridors and from the stairwells before or after classes.**

### **Class Attendance and Absence Policy**

Attendance is a vital factor in academic success. Any absence, regardless of the reason, will prevent the student from getting the full benefit of the course. Therefore, students should recognize the advantages of regular and punctual class attendance. If, for any reason, you are not able to attend the courses, please inform the school staff in advance.

### **Class Schedules**

Normally, classes take place during weekday mornings beginning at 9:00am. Missed classes due to bank holidays or school closures may be made up at weekends. On your first day of class please arrive 30 minutes early and bring your passport.

### **Telephone Use**

There are several places from which you can make phone calls in Rabat: from the post office, from a phone booth, from a privately-owned "teleboutique," or from a private phone line. At the post office, request a domestic or international booth from the front counter. Payment is made following the call. Public phone booths require either coins or telephone cards. Moroccan telephone cards, called TELECARTE, are ideal for calling long distance from specially-equipped public phones, can be purchased along with stamps at kiosks and from many other tobacconists. Teleboutiques, small shops with pay phones and sometimes photocopy machines and fax services, do not accept telephone cards. They can, however, give you change. Relatively few Moroccans have telephones in their homes, and few of those that do, have international lines. If you are living with a family and they do have a phone, it is generally best not to ask to make international calls, even if you will be reversing the charges or using a calling card.

Since phone bills are not itemized and there is a charge for even local calls, Moroccans are often very hesitant to allow others to use their phone. For international calls, dial "00" and then dial the appropriate country code and number (Country codes: England = 44, USA = 1, France = 33, Germany = 49, Holland = 31).

The country code for Morocco is 212, while there are several main area codes (Rabat =537, Casablanca = 522, Tangier = 39). To dial long distance within Morocco, dial "0", then the area code, and finally the number.

### **Computer Use**

If you intend to bring a laptop computer with you to Rabat, be sure you have an appropriate transformer – most modern computers have them now. Electricity in Rabat is 220v. Transformers for many laptop computers automatically convert from 110v to 220v, but check yours before you get here. Almost all computers (and printers) require you to use the manufacturer's transformer, which will be much easier (and cheaper!) to get before coming to Morocco.

If customs officials see that you are carrying a computer into Morocco, you may be asked to show it to them both when arriving and leaving the country. This ensures that you will not sell it in Morocco.

#### **Please note!**

In the unlikely event the school won't be able to create a group course due to not having enough students at the same time/level, smaller group courses or single lessons for a reduced amount will be provided instead: 20 lessons = 12 lessons, 30 lessons = 18 lessons. Under the rare circumstances of being forced to cancel, all fees will be refunded. The minimum number of participants for courses is 3 students."

**It is our aim to provide the best service possible. However, if you have any issue during your stay please talk directly to the school staff.**

## General Information

### What to Bring

**Personal Documents:** If you are undergoing special medical treatment, bring the prescription medicines that you use in clearly marked containers from your pharmacy. Bring your driver's licence if you plan to rent a car.

**Personal items:** You should bring towels as they are not supplied in many home stays and standard apartments. Also, lower end hotels in Morocco may not supply towels so you might need one when travelling. All personal hygiene products are locally available: Q-tips, many kinds of shampoo, deodorant, etc.

### Clothing

#### What to Wear

**On-Campus:** The school dress code applies to all public areas of the school including the hallways, eating and social areas of the residence.

**Off-Campus:** The strictest Islamic prescriptions require that a Muslim woman be completely covered except for her hands and face and that a Muslim man be covered from his navel to his knees. Most city-dwelling Moroccans are fairly tolerant in their attitudes and do not expect foreigners to adhere to local dress codes, which often vary dramatically from person to person anyway. However, this does not mean that anything goes. No matter what time of year you come to Rabat, it is wise to prepare for varied temperatures, as the weather in Rabat is somewhat unpredictable, even in the course of one day. Long, loose clothing is often most comfortable and coolest in the summer months. The summer is usually quite hot, but a sweater is handy for the occasional chilly evening. If you're coming in mid-winter an umbrella and rain-resistant jacket may also prove useful, as well as warm sweaters and long underwear! Keep in mind that indoor heating is practically non-existent in Morocco, so it can be quite cold indoors during the winter months.

**Men** Few Moroccan men wear shorts or go bare-chested except at the beach. Foreigners who do this are usually tolerated but stick out like sore thumbs. For both men and women, modest and understated clothing is preferable in Rabat.

**Women** While there are Moroccan women who wear skin-tight jeans and low cut tops, this is not necessarily the model for female students. Moroccan women who dress in a "risqué" fashion are aware of what kind of response their attire will attract, and presumably know how to react, or not react, to provocation and cat calls from Moroccan men. Female students are encouraged to dress in a way, which balances their need for comfort with a basic minimum of modesty to avoid attracting attention to themselves as objects of sexual desire. This does not mean they are expected to wear headscarves or long dresses, but they should avoid mini-skirts, tight pants, shorts, and low-cut tops. The bottom line is that women can often avoid unwanted attention by dressing modestly.

### Local transportation

**With the city centre of Rabat being very compact, many points of interest are within walking distance.** Local bus services can be very useful and they are marked very clearly. Petit and grands taxis can be found at the airport, the train station and at Boulevard Hassan. Take note that petit taxis are not authorized to operate between Rabat and its neighbouring city Sale.

The best way to arrive in Rabat is by train and there are two main train stations in Rabat: "Rabat-Centre-ville" and "Rabat-Agdal." While both stations afford easy access to petit taxis which can provide inexpensive transportation, the station closest to the school is Rabat-Agdal. There is even a bureau de change on the station platform.

#### Trains

A rail network of about 2,500 km links all the major towns of Morocco, and the Moroccan government has put a good deal into up-grading and maintaining lines over the past years.

On the whole, trains are modern, comfortable, and reliable. Most trains have first and second classes.

It's certainly worth the small extra charge for first-class, which is always air-conditioned during the hotter months and provides more personal space on peak routes. Second class consists of individual compartments having eight seats each and which are only air-conditioned on certain routes. The "direct" trains have buffet cars and/or trolley snack service (sandwiches, hot & cold drinks).

On certain routes at certain times, "couchettes" (night sleepers) are available. One word of caution: thieves and pickpockets are not uncommon on trains in Morocco, particularly on overnight trips where passengers are tired and not attentive of their belongings. Be particularly vigilant in the corridors between compartments and cars, especially when people are getting on and off at different stations - never put your wallet, passport, or other valuables in your trouser pockets and have locks on all luggage zippers. Also, take special care with luggage or other belongings nearest open windows.

Rabat Ville, is the train station in the centre of the city with frequent trains to Casablanca, Marrakech, Meknes and Fez as well as 4 trains to Tangier. Rabat Agdal is the station nearest to the school, and it is often less crowded and it has the same train schedule as Rabat Ville station with a mere 15 minute time difference.

Train schedules and station locations website: [www.oncf.ma](http://www.oncf.ma)

### **GrandsTaxi**

The Grands Taxis can be used for short or long journeys and can take up to 6 people. For long journeys, to Fez and Marrakech, they start from the coach terminal near Bab Al Had at the Medina. Those to Meknes start from Hassan II Boulevard in front of the Bab Chellah, while those to Kenitra and Khemisset start further east behind Boulevard Hassan II.

### **PetitTaxi**

The petit taxis, recognizable by their blue and grey colours, are ideal for travel within the city. They are meter operated (always demand that the meter be running and do not allow to driver to demand a flat rate). They can be stopped on the street by calling out or waving to them. They have a maximum capacity of three passengers. They are not licensed to travel between Rabat and Salé. Prices are subject to a 50% increase at night.

### **Coach**

The coach station is in Place Zerktouni 3 km from the centre and links Rabat with Casablanca, Fez, Meknes, Marrakech, Agadir, Tangier and Tetouan. The best way to get from the centre of Rabat to the coach station is via petit taxi.

### **City bus service**

City buses provide a good transport system to get about in Rabat. But understanding bus schedules and routes can be a bit difficult. Bus stations offer easy access to information about routes, schedules and bus numbers.

## Expectations & Preparing to Study Abroad

Your time abroad will be a wonderful way of enriching and diversifying your education. You will learn a tremendous amount simply from living in a new social and cultural environment as well as from the local people you meet and your fellow classmates and from life as it unfolds.

The golden rule is: be patient, don't panic and allow yourself to settle into the culture slowly. When travelling things don't always go as planned: missed flights, long delays, getting lost, and not being able to communicate effectively.

Minor problems may quickly assume the proportions of major crises, and you may find yourself growing somewhat depressed. You may feel an anxiety that comes from losing all your familiar signs and symbols of social interaction, a kind of psychological disorientation. You may indeed be experiencing what has come to be referred to as "culture shock". Such feelings are perfectly normal, so, knowing this and with a bit of conscious effort, you will soon find yourself making adjustments that will enable you to adapt to your new cultural environment.

### Moroccan culture

#### Moroccan Law

Students may find life in Morocco laid-back and easy in many respects, however they are encouraged to keep in mind that life in Morocco comes with a set of rules. Although you may encounter kif and hashish being smoked openly, it is illegal; and some police take great pleasure in applying this law to foreigners. The penalty can vary, but may involve an extended stay in a Moroccan prison - an experience most visitors to the country would prefer to avoid. The school will not take responsibility for students who have broken the law and possession of alcohol or illegal substances on school premises and in the residence is grounds for eviction from the residence and expulsion from classes.

Other Moroccan laws for students to keep in mind are prohibitions on discussing religion for the purpose of converting the listener, which is grounds for being forcibly returned to your home country; public criticism of the royal family; and participating in certain political activities. While Moroccans are usually delighted if a Westerner embraces Islam, one rarely encounters a proselytizing spirit among them.

#### Alcohol

Drinking alcohol is expressly forbidden in Islam and its negative social connotations derive largely from this interdiction. While Rabat does have several bars, hotels and restaurants that serve liquor, most Moroccans do not drink. Those that do are often not the best elements of Moroccan society. Therefore, students - especially women - are cautioned about social drinking with Moroccans, as this can sometimes lead to unpleasant and, occasionally, even dangerous situations.

Note: While Rabat is a relatively safe city, it is not famed for its lively nightlife. Outside of Ramadan, streets become fairly deserted by 9:30 - 10:00pm and purse snatching and hold ups with knives are not unheard of. If you are drunk, or smell of alcohol, and are out on the streets after this hour, this makes you just that much more of an attractive target. Students should avoid being alone in the streets after 9:00pm especially in the older parts of town such as the Medina and L'Ocean. Students staying at the school residence should be mindful of the 11:00pm curfew.

#### Taking Photographs

A note about taking pictures in Rabat: it is not uncommon to come across a slightly hostile attitude with regard to a Moroccan having their picture taken by a stranger. In some cases, this attitude may derive from traditional beliefs related to the evil eye; in other cases it may simply be viewed as an intrusion into the privacy of the intended subjects (especially if they are women). If you do encounter this hostile attitude, it is better to put your camera away and avoid confrontation over the issue. It is always best to ask first if a Moroccan is willing to be in a picture.

## Places of Worship

In Morocco, non-Muslims are not allowed to enter mosques, mausoleums or other religious shrines.

This law does not include the theological colleges (medersas), which are among Morocco's most splendid historic monuments. However, Moroccans are fairly tolerant of non-Muslims peering (respectfully) into mosques from the doorway.

## The Linguistic Situation in Morocco

For those students who have never lived or studied Arabic abroad, and even for some of those who have, a word of explanation is in order: as our course offerings indicate, it is more appropriate to speak of "Arabics" rather than "Arabic". While both Modern Standard Arabic (MSA) and Colloquial Moroccan Arabic (CMA) are largely derived from the same basic source ("Classical Arabic"), they are in many ways two distinct languages.

**MSA** is the language of the news and media, written correspondence, official documents, literature, and formal speeches. As strange as it might sound, MSA is not a language spoken fluently by the majority of Moroccans (or Arabs, for that matter). Though few educated Moroccans have difficulty reading Arabic and understanding Arabic news broadcasts, few of them feel truly confident in using it as a means of oral communication. To further complicate matters for students wishing to practice their MSA outside of class, many Moroccan professionals have been educated in France, so that in discussing more intellectual or technical topics they may have difficulty expressing themselves without turning to French.

It is not uncommon for a foreign student trying to make conversation with a Moroccan in MSA to be answered in French. Obviously, if you don't know French or (wisely) pretend not to know it, the Moroccan in question will be forced to struggle to express himself or herself in as correct a variety of MSA as he/she can muster. On the whole, students of MSA should not have unrealistic expectations about chatting in literary Arabic with the corner grocer - whose native language may well be Berber anyway!

**CMA** is much easier to practice outside the classroom. However, even when initiating a conversation in CMA, a student may get a response in French from a Moroccan. This may be due to their not believing their ears and having an automatic reaction of conversing in French with foreigners, or it may be due to your own lack of mastery of the dialect. Persistence pays off in such situations and a pretend or real ignorance of French often opens the door to fruitful conversational practice.

At the same time, it should be remembered that CMA has many (Arabized) French loan words and that Moroccans frequently intersperse their speech in CMA with additional vocabulary, phrases and expressions from French, even when speaking to each other. Students should be cognizant of the limitations inherent in studying CMA. Sooner or later (usually after 3 six-week sessions) they reach a plateau in their ability to discuss more intellectual topics (economics, religion, etc.) beyond which they can only proceed by studying MSA from which vocabulary and phraseology are drawn.

Without formally studying MSA students will never gain an adequate ability to comprehend news broadcasts or read newspapers. Students should also be aware of the typical Moroccan attitude towards CMA: it is not regarded as a "language" in the formal sense of the word and Moroccans may be quite bewildered by the fact that you are studying it formally. For them, MSA is only a written language with formal rules and conventions.

Students of CMA should accept the fact that their hard-earned knowledge of CMA will be of very little value beyond the confines of North Africa. To illustrate this point, it should suffice to note that the common every day words for "bread", "want", "need" and "go" are totally different in CMA and the Egyptian dialect.

## More useful information

### Identification

Moroccans must keep their identity cards with them at all times. Likewise, foreigners are expected to have their passports (or residency cards if they're residents) with them. If you are uncomfortable carrying your passport with you, you should at the very least carry a photocopy.

### Health Care

Standards of health care in Morocco are generally quite good, though government clinics and hospitals often leave much to be desired. French-trained doctors, who often have experience dealing with a wider variety of ailments than their Western counterparts, are plentiful in hospitals, clinics, and private practice offices. Pharmacies abound in and around Rabat; should you feel you're coming down with something, feel free to contact the school administration. In general, however, you can stop at a pharmacy, which, in addition to prescribing medication on the spot, can also recommend doctors. Business hours for pharmacies are typically from 8:30am to 12:30pm in the mornings and 3:00pm to 7:30pm in the evenings.

### Water

The ailment you're most likely to encounter in Morocco is traveller's diarrhoea, which is a natural consequence of any change in diet and water flora. The best remedy for this is simply to let it run its course while avoiding fresh fruit & raw vegetables. In more severe cases, the best remedy is either Ercefuryl or Intetrix, which are available in pharmacies in both 100 and 200 mg doses. Such cases generally can be avoided by staying away from charcoal-grilled meats and fish at market stalls, salads in inexpensive restaurants, ice cream from street vendors, and any fruit that is unpeeled. If preparing fruits and vegetables (particularly lettuce) at home, especially in the summer months, it is advisable to soak them in a solution of permanganate (available in small bottles in pharmacies) or "javel" (chlorox bleach). Be sure to rinse well! Don't become unnecessarily paranoid, however, as tasting the local cuisine is one of the highlights of the Moroccan experience.

Although tap water in Morocco is generally considered safe in the modern sections of larger towns, the water in the medinas may contain a wide variety of intestinal flora. Drinking from freshly washed glasses should also be avoided if possible. To avoid an unnecessarily upset stomach, you may want to stick with bottled mineral water. Brands widely available in Morocco include Sidi Ali, Sidi Harazem, and Oulmes (naturally carbonated).

### Heat

Heat exhaustion can be a problem in the summer months, particularly when travelling to other cities with more extreme summer temperatures than Rabat. In a dry climate it's often difficult to recognise how quickly the body loses moisture. Indications that you may have been exposed to the heat too long include nausea, dizziness, headaches, and sometimes profuse sweating. Avoiding this discomfort is easy if you put a little extra salt in your food, drink plenty of fluids (both of these to avoid dehydration), and wear a hat. If, despite precautions, you find yourself suffering from the symptoms of heat exhaustion, the remedy is not to try to "cool down" with vast quantities of cold liquids: this is in fact quite dangerous. Rest in a moderately warm (not cold) place, and put on a sweater if you feel a chill. Eat a lot of salted snack food, or in small increments, take a couple teaspoons of salt. When you've had your fill of salted food, slowly and over a period of time, drink as much warm (not cold) liquid as your system can stand.

### Vaccines

Although not mandatory, it is probably a good idea to have typhoid, hepatitis A&B, tetanus, and polio immunizations brought up to date before travelling to Morocco. There are cases of meningitis occasionally reported in areas with poor water supplies in the summer, so a vaccine for this may be advisable if you plan to live in the medina.

### Prescription Medication

Please note that anti-depressant medications can be purchased neither over the counter nor with a foreign prescription. You must have a prescription from a Moroccan doctor so please bring any necessary medications of this sort with you.

### **Electricity**

Electric current in Rabat is predominantly 220v. Thus, it is best to ask before trying out any new outlet. Some apartments and hotels may also vary between 110v and 220v. Wall-plugs are the two-prong, rounded European type. Small, travel transformers for appliances can be found.

### **Finances**

Morocco's official currency is the Dirham, which is broken down into 100 Centimes. Most Moroccans, however, tend to use a system of "francs" (Centimes) and "riyals" (5 Centimes) among themselves, and prices more often than not will be given in one of these denominations. To compute Dirham values: from Centimes/francs, drop two zeros; from riyals, drop a zero and divide by two. The following chart may help you make sense of the sometimes-baffling prices your grocer will quote you. Caution: in the area of Tangier, a Riyal is worth 20 Centimes.

### **Approximate weekly living expenses**

Individual student living expenses will depend on several factors, not least of which is the student's individual lifestyle. The following estimates are based on experience, but they should be taken only as guidelines.

Miscellaneous expenses: approx.: 200-250 Dh/week, including reading material, stationery, postage stamps, minimal local transportation, snacks, etc.

Transportation expenses for non-residence students: bus fares (normally 2.20 Dh per ride) and/or taxi fares (the average fare is 10 Dh) must be kept in mind.

Meals for students residing in apartments or hotels: Food/meals will be on average 40 - 120 Dh/day depending on how often one eats out or if one takes advantage of the schools meal plan. Breakfast in a cafe averages 7 - 15 Dh/day. Lunches and dinners eaten in modest restaurants average 20 - 60 Dh/meal.

Food bought for meals prepared in apartments: Produce and foodstuffs in general are inexpensive in Morocco, especially if you shop around a bit. The weekly average for ingredients bought for all meals is about 300 - 600 Dh depending on how often one buys meat. Fish is also excellent and usually slightly cheaper than meat, but be sure to ask which days the fish arrives.

Laundry: Some families will volunteer to do a student's clothes washing, but this is not expected of host families. There are numerous laundry/dry cleaners in Rabat, but self-service Laundromats do not (yet) exist.

### **Banking**

Banks in Morocco have regular business hours Monday to Friday, which are roughly from 8:15am to 11:15am and from 2:30pm to 4:30pm. Summer hours are usually straight from 8:15am - 2:00pm. Hours during Ramadan, likewise, are continuous from 9:30am to 2:30pm. Banks and ATMs are easy to find on nearly any major street in Rabat. You can find many branches in Rabat located on or near Bd. Mohammed V. If you're willing to put up with the wait, most of these will cash your Traveller's Cheques for you. Eurocheques are accepted by all banks and major hotels, as well as some stores. Foreign currency and Traveller's Cheques are most efficiently changed at the banks listed below (bring along your passport). Many larger hotels also have facilities for exchanging money.

If, prior to your departure from Morocco, you need to convert leftover dirhams back into a foreign currency, this can usually be done at bank stalls at the port of exit provided you have clear receipts in your name showing you have officially exchanged the money in Morocco.

**The following are the major banks located in the city center:**

Banque du Maroc - Av. De France  
Square

B.C.M.E. - Florence Square

B.M.C.E. - Mohammed V

B.M.C.I. - Florence Square  
Mohammed V

Banque Populaire- Rue de Liberté

Credit du Maroc - Bd.

S.G.M.B. - Bd. Mohammed V

Attijariwafa bank - Bd. Hassan II

**ATMS**

There are several automatic teller machines in Rabat. Accepted cards include Mastercard, Visa, Eurocard, and Plus & Cirrus Network cards. If you use a different card, contact the issuing bank to see if they have machines in Rabat. Withdrawing cash using an ATM card is the best way to get money in Morocco. The transaction charges are relatively small (generally about \$3-\$5) and the exchange rate is fair. Keep in mind that most banks charge a hefty sum for credit card cash advances. Visa and Mastercard advances can be arranged at many banks in Rabat, including the Bank Populaire, Attijariwafa bank, and BMCE. Traveller's Cheques are another safe, sure way to meet your expenses while in Morocco. AMEX advances as well as makes card cancellations, and replacements can be arranged through Voyages Schwarz in Casablanca (Tel 0522/273133). Please note that having money wired to Morocco can be a surprisingly long and frustrating process if you need money in a hurry, often taking two weeks or more.

## Feedback

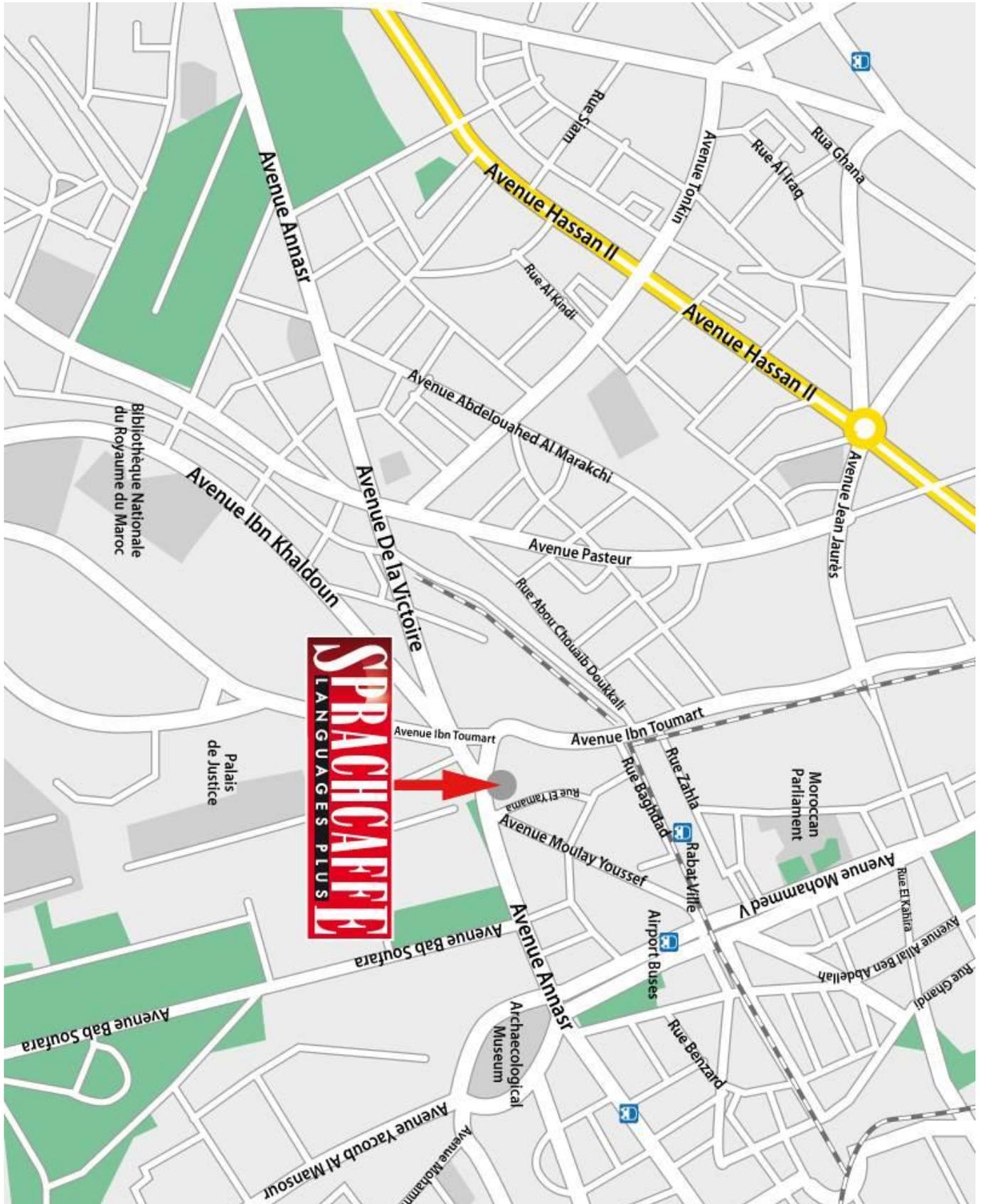
Before the everyday routine back at home sets in completely we would be very pleased if you could give us your feedback. As a participant you can tell us about your experiences. Just fill out the online form at <http://www.sprachcaffe.com/english/feedback.htm> We always welcome ideas, tips and constructive criticism!

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**We wish you a wonderful stay and a successful language course!**

**Your  
Sprachcaffe Team**

## Location of the school



## Checklist before departure

Things you might want to think of when packing your luggage

### Important travel items

- Travel guide
- Reading material
- Dictionary
- Cash, credit card
- Phone number of your credit card company, in case you have to block the card
- Vaccination card
- Inform Sprachcaffe about arrival time
- Alarm clock
- Sunglasses

### First-aid kit

- Sunscreen
- Any medicine required
- Insect spray
- Medicine for stomach trouble
- Plasters
- After-sun lotion
- Tweezers

### Travel documents

- Identity card
- Flight or train ticket
- Student ID
- Sprachcaffe travel documents

### Sport/Hobby

- Camera
- Extra film, extra memory card
- Music / radio
- Batteries
- Sports equipment

### Insurances

- Travel health insurance
- Luggage insurance
- Insurance card from your car insurance
- Phone number of your car insurance

## Checklist for returning home

- Buy souvenirs for friends and relatives at home
- Exchange addresses with people in the course, teachers and host family
- Pick up course participation certificate
- Tidy and clean up the room
- Pack and check the rooms for anything left behind