

QUICK SAFETY POINTS FOR YOUR STAY IN COTONOU

Hotel: Hôtel Guest House Livingstone
 Quartier Haie-vive (near the Office)
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Personal Safety: The crime threat in Benin is low to medium. The street and area where the hotel is located is generally safe, but at night, you will be safer in a vehicle if you need to leave the area, but if you must be on foot, do not walk alone. In certain quarters (Gbamey, Zongo, Saint Michel), the beach and the Dantokpa market you may be subject to distractions leading to pickpocketing. Be vigilant!

Always appear alert and avoid wearing or carrying valuables. Keep any valuables in the hotel safe and carry only enough money for a meal or two.

Be cautious when traveling by taxi. Do not go to the beach alone and do not carry any valuables with you. Motorcycle taxis are everywhere, and inexpensive, but you are not encouraged to take these, given that helmets are not available for passengers.

Food: Restaurants: The hotel has a very good restaurant next door, and the street on which the hotel is located has probably the highest concentration of restaurants in the city; there is no lack of variety.

Bottled water and fruit: Bottled water is sold at kiosks and small shops all over Cotonou, including on the same street as the hotel. Fresh fruit may be found at the market at the cul-de-sac at the end of the street (turn right as you leave the hotel) and should be peeled before consuming.

Shops: There are at least two formal grocery shops and several small kiosks in walking distance of the hotel. Turn left as you exit the hotel and walk along the street. SOPAI (also a bakery) is on the same side of the street as the hotel.

Beach: *Avoid swimming* in the Cotonou beaches. Nice to look at but most of the beaches around Cotonou are not suitable for swimming. They are often rough, usually have strong undertows, and are contaminated.

Health: PHARMACIE HAIE VIVE – Closest pharmacy to the hotel and CRS office. A green building by the Cadjéhoun round-about, 21-30-10-25, and pharmacy CAMP GUEZO – most well-stocked pharmacy in Cotonou, open 24 hours a day, phone n° 21-31-55-52, about 2 kms from the hotel.

Crimes: Trafficking in cannabis, heroin and cocaine is a crime and penalized up to 20 years in prison. Acts of rape and molestation will be dealt with harshly under the law, particularly for cases of minors under 21 years of age.

HOPITAUX/CLINIQUES	NUMEROS	RECEPTEURS
Hospital CNHU H.K. Maga (Biggest Hospital)	21.30.01.55 / 21.30.06.56/21.30.17.69	Switchboard Operation
Emergency Response (Public) SAMU (CNHU) (Ambulance)	21.30.09.67 / 21.30.01.78 21.30.73.36 / 21.30.14.78 90.90 30 02/21.30.82.31/73.36	Switchboard Operation
Polyclinique Les Cocotiers	21.30.14.20/ 21.30.12.76	Dr ASSANI
Clinique Mahouna	21.30.14.25/21.30.14.35	Switchboard Operation
Polyclinique Atinkanmê	21.31.22.76 /21.31.32.78/21.31.22.85/22.76	Switchboard Operation