

Useful Resources for Your Trip to Morocco

“21 Things You Must Know Before Visiting Morocco” *This is a really good list

- <https://localadventurer.com/visiting-morocco-travel-tips/>
- **Things I cannot emphasize enough:**
 - **Take toilet paper with you everywhere you go** – yes it will be available in most places but sometimes it might not be if you are on a long journey, like when you visit the desert, or in public bathrooms like in restaurants. Many Moroccans don't use toilet paper and rather use water or some sort of bidet-style contraption (many of them think using toilet paper is gross and say it doesn't get the job done!). Don't worry about having enough for the whole trip, it will only be necessary in transit. I usually just steal some from the hotel when I arrive. This is also honestly a good idea in a lot of other countries!
 - Also, it's possible public locations may have traditional toilets, but hotels basically always have the kind of potty you are used to. Here's what to expect from a traditional toilet: <https://www.tripsavvy.com/how-to-use-a-squat-toilet-1454333> It might be unavoidable at some point, but another tip is just to make sure you always go before you leave the hotel!
 - Exact change in a taxi, also remember – always tell them to run the meter, don't bother negotiating a price with the driver ahead of time, they only do this to rip you off
 - Don't take directions from anyone who shows up to offer them, go into a shop nearby if you need to ask for help or if you need to look at your phone. Shop owners will usually be warm and welcoming about this, and likely be really excited to talk to you. If they don't speak English, they will help you find someone who does
 - Don't photograph the locals – if they are dressed up to be photographed, they will want you to pay for a picture and you can pose with them as well. If you are taking a picture of an attraction in a crowded area, that's fine. But **do not photograph any individuals** no matter how interesting you may think they look.

What to Wear:

- Tips for Women & Men: <https://travel-information.org/what-to-wear-in-morocco/>
- **Notice for women – sleeveless outfits are not recommended but it's totally fine if you pair a sleeveless top with a cover-up
- Dos and Don'ts for Wome: <https://happytowander.com/what-to-wear-in-morocco-guide-printable-morocco-packing-list/>

Visiting a Hammam: *This is something we never talked about! I can't recommend this enough*****

The Hammam is a traditional public bathhouse that will likely remind you of a sauna. They are always separated by gender although a private couples package is likely available at most tourist

establishments. There are private ones as well- usually referred to as a tourist hammam – and they are plentiful, especially in Marrakesh. In Islam, you are supposed to wash before you pray so hammams were traditionally found next to mosques. Historically, they have also acted as a communal water resource for bathing and even a place for socialization. Think – the leaders of the early Roman Empire chit-chatting in a pool in their birthday suits.

*Imagine the most luxurious spa day you could ever have. Now imagine how much that would cost in Florida. Take advantage of the exchange rate and wide range of options to *treat yourself* in a memorable, affordable way. Locals usually pay a few dirham to do this and well-off Moroccans often do this once a week. For tourists, there are a plethora of options, sometimes even inside of your hotel. The inside of a hammam might be one of the prettiest places you see, and it is most definitely a cultural experience. Hammam experiences can range from completely private with what you can think of as a masseuse to very open, public spaces where people can relax all day and choose whether or not they want to hire an assistant.

- What to Expect...: <https://www.myfiveacres.com/travel-tips/moroccan-hammam/#:~:text=Hammam%20is%20just%20another%20word,What%20is%20this%3F&text=For%20Moroccans%2C%20a%20hammam%20bath%20is%20also%20a%20social%20event.>
- “5 Things I Wish I Knew Before Going to a Moroccan Hammam”: <https://thisorganicgirl.com/5-things-i-wish-i-knew-before-going-to-a-moroccan-hammam/> *Definitely drink water
- Benefits <https://www.moroccoworldnews.com/2020/08/316915/the-traditional-moroccan-hammam-history-steps-and-benefits>
- Sustainability of Hammams in a water crisis: <https://english.alarabiya.net/variety/2017/01/09/The-hammam-an-old-solution-to-Syria-water-shortages>

Transportation:

- Maps.me <https://maps.me/> This app is really useful in old cities! The Fez Medina has about 9000 tiny “roads” and it’s easy to get lost. Google Maps is amazing but often these tiny streets get missed. You can download a map of a specific city so you have access offline.
- Rome2Rio <https://www.rome2rio.com/> This app is amazing worldwide. You enter a starting point and a destination, and the app will give you all (most) of the available transportation methods for that route.
- ONCF TRAFIC app- Apple <https://apps.apple.com/ye/app/oncf-traffic/id1246696539> or Android https://play.google.com/store/apps/details?id=ma.oncf.oncftraffic&hl=en_US&gl=US This app allows you to see the schedule of train routes and takes you online to purchase tickets in advance. Sometimes there is a very long line when you get to the train station, sometimes they run out of tickets for a particular train. Buying tickets in advance helps to prevent disruptions.

Guide to Tipping in Morocco:

- <https://tasteofmaroc.com/tipping-in-morocco/>

Getting The Camels to Sit Down - Sahara Desert



Guide to Moroccan Bread:

- <https://moroccanfoodtour.com/the-moroccan-bread-all-kinds-that-you-have-to-try/>
 - ***You tried Bghrir already!*

Movie Scene on Dining Etiquette:

- "The Man That Knew Too Much," Hitchcock, 1956
- <https://www.youtube.com/watch?v=9FkWnwK08IQ>
 - Handwashing Scene at 1:30
 - Tagine at 3:38
 - No Plates 4:25

Netflix Episodes about Moroccan Food & a look at Marrakesh - glimpse into souvenir shopping

- "Breakfast, Lunch & Dinner" - Season 1, Episode 2 Marrakesh with Chrissy Teigen
 - 5:18 Breakfast Begins
 - 28:30 Eating Couscous and Tagine
 - 38:00 Eating at an open market
- "Somebody Feed Phil" - Season Season, Episode 1 Marrakesh
- "Cooked" - Episode 3, Air – takes place in Marrakesh, shows some Moroccan breadmaking

A Short Language Lesson:

- Useful Phrases as a Tourist in Darija: https://www.youtube.com/watch?v=NALLbb_AC8I

Moroccan Rug Shopping

- Types of Moroccan Rugs <https://handmadology.com/types-of-moroccan-rugs-guide-buy/> ;
<https://www.craftic.net/types-of-moroccan-rugs/>
- Meaning of Patterns <https://www.craftic.net/moroccan-rugs-symbols/>

Feel free to contact me with any questions you may have! My email is sarahstrohminger@ufl.edu or sarahsv247@gmail.com

Enjoy your time there!

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