

# LOGISTICS:

- **Plane tickets:** Consider sites like [kayak.com](https://www.kayak.com) and [studentuniverse.com](https://www.studentuniverse.com) to find cheaper flights. Remember that you want to fly into Kotoka International Airport in Accra – capital of Ghana. Richard will also meet everyone at the airport and take them to the accommodations in Ho (about 2 to 3 hours drive Northeast).

- **Vaccines + Medicine:** Visit a travel clinic or maybe your student health center to get a prescription for malaria pills (such as doxycycline) and cipro (used for traveler's diarrhea). In order to enter Ghana, you also have to show proof of the **yellow fever vaccine** so be sure to get this shot! There are no other required shots but I believe it is recommended to get Hep A and Hep B but **check with a doctor on this.**

- **Probiotics:** Malaria pills are hard on the stomach and often kill the natural bacteria that live there so probiotic pills are a good way to counteract this effect.

- **Visas & Passport:** You will need to mail the following documents to the Ghana Embassy in Washington, D.C. at least **ONE MONTH** before departure. We would prefer you mail to **The Ghana Consulate in Houston, Texas** due to previous experiences and delays from Washington D.C

-2 copies of visa application

-2 passport photos (cannot be taken more than 3 months from the date the application was submitted)

-letter of invitation from host in Ghana (Richard will email this to you)

-Visa fee (single entry cost = **Please find out**)

-Valid passport (cannot expire within the next 6 months)

-Include prepaid, self-addressed overnight, trackable envelope for the Ghana Embassy to RETURN your passport

\*Embassy address and more info at the following website: <https://www.ghanainfo.net/ghana-travel/obtaining-a-ghana-visa/>

\*Here are the addresses and phone numbers you need to fill out the application:

Address #1: Fiave Down, 11/3, Ho Volta Region, Ghana, W/A

Name #1: Richard Anku Effe

Telephone #1: 0248654664

Email #1: [info@hcdpgghana.org](mailto:info@hcdpgghana.org) / [richardanku62@yahoo.com](mailto:richardanku62@yahoo.com)

Address #2: AC 31 /2, Ho Volta Region, Ghana W/A

Name #2: Anku Precious Gbadegbe

Telephone #2: 0542161325

Email #2: [preciousgbadegbe@yahoo.com](mailto:preciousgbadegbe@yahoo.com)

- **Packing List**: please see the document bellow
- **Travel Insurance**: consider purchasing travel insurance through your school

#### **Financials:**

- Money in-country: The national currency of Ghana is cedi (GHC). There are a number of ATMs in Accra and Ho. There will be an ATM in the baggage claim area of the airport right when you arrive as well. So, I would advise not to bring much money in cash but to rather call your bank. Let them know you will be travelling to Ghana so they expect to see international charges. Also, be prepared for both the ATM withdrawal fee and the exchange rate fee (if that is how your bank works).

#### **Volunteer Preparation:**

- <http://www.hcdpghana.org/our-school/> = This video was made by Gloria Driessnack during her summer program in Ghana, 2011

#### **Next Steps:**

- Contact me and Richard with any questions (CC both of us so we're all in the loop)
- Finally, we typically do a Skype call around March so we can discuss more of your role and fine tune the goals of the summer

# PACKING LIST

Things you MUST bring\*\*\*

- ☐ Backpacking Pack (suitcases will be very hard to lug around)
- ☐ **Malaria medicine** (visit a Travel/Tropical Clinic, or your home doc maybe)
- ☐ **Passport**
- ☐ Your own medicine (make sure the malaria medicine does not conflict!)
- ☐ Write down your bank's international number (call bank before leaving so they know why charges from Ghana are showing up)

Basic Clothing:

- ☐ Lightweight pants, jeans, shorts (modest length)
- ☐ T-shirts and lightweight long-sleeved shirts
- ☐ Sleeping clothes, underwear, socks, etc
- ☐ One or two nice outfits for any ceremonies
- ☐ Work shoes (most people in Ghana wear flip flops)
- ☐ Bathing suit (most likely you will visit the Wli Waterfall – but many people keep their mesh shorts and t-shirts on in the water)
- ☐ Hat & Sunglasses (very sunny!)

Hygiene and Ointments:

- ☐ Sunscreen
- ☐ Bug spray (with DEET)
- ☐ Mosquito nets
- ☐ Hand sanitizer
- ☐ Menstrual management materials (i.e. tampons, Diva cup, etc.)
- ☐ Unscented Shampoo, Conditioner, Soap (try to buy organic items such as Dr. Bronner's so you don't hurt the environment – Dr. Bronner's can be bought at Trader Joe's and other stores, works as both soap and shampoo...and consider this for your own day-to-day living in the US)

Other Basic Things:

- ☐ Re-usable water bottle
- ☐ Travel towel
- ☐ Journal, pens, camera
- ☐ Probiotic! (malaria meds can destroy the good bacteria in your stomach)
- ☐ Gifts! It's always nice and very appreciated to provide small tokens of thanks to the people you work with, house caretaker and cook, hospital staff, etc.