



One Village at a Time

# World Joy Expedition

## October 15-25, 2015



Preparing for Your Expedition

World Joy  
420 W. 1500 S. Ste. 101  
Bountiful, UT 84010  
[www.worldjoyghana.org](http://www.worldjoyghana.org)

Ike Ferguson, Board Chair—801-593-5784  
Linda Hansen, Office Manager—801-694-0668  
Gary Farnes, Executive Director—801-797-9935

## **PREPARING FOR YOUR EXPEDITION TO GHANA, WEST AFRICA**

We are excited for you to experience the proverbial Ghanaian hospitality and to see the results of your volunteer efforts in our 13 adopted villages in Ghana, West Africa. Ghanaians are known to be among the kindest and most hospitable people on the planet. To insure a memorable experience, please read through the following information and complete the necessary steps prior to your excursion. We suggest that you allow extra time to make sure you have the necessary documents and immunizations.

**RESPONSIBILITY AND LIABILITY:** This expedition is under the management of World Joy (WJ), 420 W. 1500 S. Ste. 101 Bountiful, UT 84010. WJ has made all arrangements for accommodations and services furnished in connection with this expedition. While on this expedition, WJ, as the principal, shall be responsible to the participant for supplying the services WJ accommodations offered to the participant as set forth in the itinerary, except to the extent such services or accommodations cannot be supplied, due to delays or other such causes beyond the control of WJ. In such event, WJ will use its best efforts to supply comparable services and accommodations, but provide no refund. WJ shall not be responsible for any delay, substitution of equipment, or any act of omission whatsoever by the air carrier or by any hotel, guesthouse, lodge, bus supplier, or any of their employees or agents, or any of the services and accommodations to participants, including any results thereof, such as a change in services or accommodations necessitated by the same. Neither WJ, its employees or agents will be liable for any damages to an expedition participant arising from the death, injury, accident or any other cause of or to the participant or any other person caused by the negligence of any person.

**COST:** All prices are quoted in U.S. dollars. They are based on tariffs, airfares, accommodation rates, and rates of exchange quoted to WJ at the time of publication. These prices are expected to be in effect at the time of departure; however, prices are subject to change without notice. WJ will make every effort to avoid price increases; however, any changes in price made by the airlines, hotels, vendors, operators, etc., with which WJ has made arrangements, may be passed on to the participants. If such rates change prior to departure, WJ is not under any obligation to pay extra expenses arising from unforeseen circumstances, such as a change of itinerary or means of transportation, etc. Extra charges are at the participant's expense and will require immediate settlement.

**ITEMS NOT INCLUDED:** Items of a personal nature, such as: excess baggage, baggage insurance; room service; laundry; phone calls; bottled drinking water; food or beverages not part of the group menu; gratuities for special services; passports; immunization fees; etc.

**APPLICATION, PAYMENTS, AND CANCELLATION:** Early reservations are strongly recommended. Checks should be made payable to World Joy, 420 W. 1500 S., Ste. 101,

Bountiful, UT 84010. All applications are subject to approval by WJ and the expedition leader. All cancellation penalties are the responsibility of the participant.

**INSURANCE:** WJ is not an insuring agent and is not responsible for any injury to your person. WJ is not responsible for any loss, theft, or damage to your belongings. Baggage and cancellation insurance is recommended and is available at nominal rates through private insurance companies. Please call your own private health insurance company to determine international health coverage benefits, if any. In the event of a claim, you are responsible to process your claim directly with the insurance company.

**NOTICE:** WJ reserves the right to make changes or substitutions in the interest of the expedition in order to meet unexpected situations, such as increases in fares and lodging rates, airline failures, changes in currency rates, etc., prior to departure. Additional charges or refunds will be made to participants where applicable. However, no refund will be made for lodging or services, included in the price, which are not utilized during the program by the participant. WJ reserves the right to cancel the program, if deemed necessary for reasons including insufficient program participation and circumstances beyond WJs control, such as strikes, lockouts, riots, wars, or Acts of God. In such an event, WJ shall have no responsibility, beyond the refund of deposits and monies paid to WJ by the participants. A refund will then be made to participants, within 30 days, by means of a bank check.

**STANDARDS:** Expedition participants are ambassadors of the United States and World Joy and individual behavior should be of the highest caliber, so as to not jeopardize the good name of the group and WJ. All participants are required to maintain behavioral standards of honor, integrity, and morality (including sexual morality); graciousness in personal behavior; abstinence from illegal drugs, and consumption of alcohol and tobacco in moderation are mandatory. Consumption of alcohol will **NOT** be allowed on WJ buses, vans, or cars . WJ expeditions do not discriminate on the basis of race, religion, creed, gender, color, or ethnic or national origin, but all participants must maintain the ideals and standards of WJ during the entire expedition.

## **FIRST THINGS FIRST ...**

### **1. BOOKING YOUR FLIGHT TO ACCRA, GHANA, WEST AFRICA:**

- a. International airfare is usually not refundable, but you may retain your ticket and negotiate directly with the airlines for future flights.
  - b. All travelers will be flying to Accra, the capital of Ghana, West Africa. The airline code is ACC when booking your flight on-line. Some travelers have had lay-overs in Amsterdam and others usually can get direct flights from JFK or the Atlanta airport. **Arrive at the Ghana Kotoka International Airport by at least 1:00 p.m. Leave Ghana no earlier than 9 pm** (if booking your own international airfare).
  - c. All liquids that are carried on the airplane can be no larger than 3 ounces and have to fit into a plastic (see-through) quart size bag. Liquids larger than 3 ounces can be placed in your checked luggage.
  - d. You will be allowed (2) checked suitcases, weighing not more than 50 pounds each, flying on Delta to Ghana. However, please check with your World Joy Expedition Leader to make sure (2) suitcases will be allowed due to transportation/space limitations to the villages.
  - e. Have your contact information handy and a pen when it comes time to fill out your declaration form upon entrance to Ghana. They will ask where you will be staying and you must have that information on your form. The information is included in your Check List in this document as well as on **page 5, item g**.
  - f. The best place to change your US dollars into Cedis is at the Kotoka International Airport in Accra. Divide your cash in various places in your
  - g. purse/wallet and on your person. Have small amounts of cash available in your pocket for tips.
  - h. A World Joy expedition leader will meet you at the Accra, Ghana airport, where you will be whisked away in a van or bus to Abomosu, which is 90 miles North West of Accra where you will begin your service projects. **NOTE: No alcohol consumption will be allowed on any WJ vehicles.**
- 2. TRAVEL DOCUMENTS:** Participants must carry a valid passport but obtaining them is the responsibility of the applicant.
- a. All travelers going to Ghana are required to have a Visa. To apply for a Visa you **MUST** have a valid passport, which must be sent in with your Visa application. The expiration date on your passport must be good for at least (6) months before your travel/return date.
    - i. For U.S. citizens, a passport application can be printed from the U.S. State Department's website. Complete the form, and then send it with the application fee to the nearest post office for submission. It typically takes between six to eight weeks to receive your passport; however, the process can be expedited for an additional fee.

- ii. Click on the following link, which will open a PDF file of the Visa application form, from the Ghana Embassy Website, [www.ghanaembassy.org](http://www.ghanaembassy.org)



- b. Please read and follow the instructions carefully on the **Guidelines for Applying for a Visa to Ghana, Africa**, which are also included in this document.
- c. Please make sure that the legal name on your Passport is the exact name listed on the Visa application.
- d. You will need to determine if you are going to apply for a Single or Multiple Entry Visa. If you are planning on returning to Ghana within three years you'll want to apply for the Multiple Entry. It will save you time and money. If you are applying for a Single Entry Visa it is only valid for 3 months, so make sure you don't apply for the Visa too many months prior to your trip or the Visa won't be valid.
- e. On line 5 it asks if you are in possession of a return ticket. In the Guidelines from the Ghana Embassy the instructions state that if you are applying for a Single Entry Visa you **SHOULD** possess a return air ticket and **MAY** need to be submitted upon request. We've submitted several applications, prior to purchasing our airline ticket and have never been asked to submit a copy of the ticket.
- f. Also, from past experience we have noticed that airline tickets **DO NOT** go down in the summer months, but the price increases especially in June, July, and August due to the many volunteers who are lending their helping hands in service to Ghana while out of school.
  - i. You are also asked how much money you are traveling with. If you are planning on buying souvenirs and gifts, \$200 should be sufficient, per person.
- g. Number 6 of the application asks for your Purpose of Journey. Please write in "Humanitarian Volunteer".
- h. Number 7 asks for (2) references of places of residence in Ghana. Please always include Stephen Abu's information and then choose the second piece of information which is applicable to your trip:
  - i. Stephen Abu, Sr., P.O. Box 22, Abomosu, Atiwa, Ghana – Telephone Numbers: (011) 233 2080 27656
  - ii. Coconut Grove Beach Resort, P.O. Box 175, Elmina-Ghana, West Africa – Telephone Number: +233+233(289)40100-5/+233(289)91213/4

- iii. Stephen Abu, Jr., Ghana Journeys, P.O. Box 265 Burma Camp, Accra, Ghana, Africa – Telephone Number: 0244 94 95 96
  - iv. Stella Afasi, Alma House, House #85, Olooti St., Labone, Accra, Ghana, Africa – Telephone Number: 0244-337-875 (In Country)
- i. Your Visa application must include (2) passport size photographs. Your local Walgreens, Costco, or Sam’s can print passport photos quickly and less expensive.
  - j. The Visa application states that you are also required to send a letter of invitation from World Joy with your Visa application. You will need to send World Joy your legal name as stated on your passport, along with your travel dates. Upon receiving this information, World Joy will send your signed letter of invitation via e-mail. Please send all communication to Linda Hansen % World Joy, 420 W. 1500 S., Ste. 101, Bountiful, UT 94010, or [lindah@worldjoyinc.org](mailto:lindah@worldjoyinc.org).
  - k. When submitting the application, you must provide a return mailer (prepaid self-addressed, over-night, return envelope). It’s less expensive to purchase the prepaid return address envelope from the post office than an optional carrier.

**3. ACCIDENT WAIVER OF RELEASE FORM:**

- a. All excursion participants are required to sign the Accident Waiver of Release form which is included in this document, prior to the trip. Please sign and return the form to Linda Hansen at World Joy, 420 W. 1500 S., Ste. 101, Bountiful, UT 84010 or [lindah@worldjoyinc.org](mailto:lindah@worldjoyinc.org). Failure to do so will result in the forfeit of your excursion and all deposits made.

**4. HEALTH & IMMUNIZATIONS:** WJ advises each participant to have a physical checkup before applying for the expedition, and bring an adequate supply of any prescription medications. WJ cannot be responsible for illnesses that may occur while traveling. Since projects can be physically taxing, WJ recommends that persons who suffer from heart disease, or high blood pressure, or any physical impairment which could hinder them from normal participation contact the expedition leader prior to submitting an application.

- a. All persons entering Ghana are **REQUIRED** to have a valid certificate of immunization against **Yellow Fever**. If you are living in Utah the U of U International Travel Clinic has locations in all the County Health offices across the Wasatch Front. Most doctor offices do not have the vaccinations to give the immunization. Check with your insurance provider to see if they will cover the costs of your immunizations.

- b. You **MUST** get a prescription for anti-malaria pills prior to your trip. Check with your local health department. Most doctors cannot write a prescription for this medication.
- c. Although they are **NOT** required the following immunizations are recommended:
  - i. Hepatitis A
  - ii. Typhoid
  - iii. Hepatitis B
  - iv. Rabies
  - v. Meningococcal Meningitis
  - vi. Cholera
  - vii. Influenza
  - viii. Tetanus/Diphtheria/Pertussis
  - ix. Measles/Mumps/Rubella
  - x. Pneumococcal
  - xi. Polio
  - xii. Varicella

#### **5. SOPHISTICATED ELECTRONIC EQUIPMENT:**

- a. In rare instances, visitors arriving in Ghana with sophisticated electronic equipment (e.g., video cameras and laptop computers) may have to deposit 17.5% of the item's value with the Customs and Excise office at the airport. To get the deposit refunded, visitors must apply to the Customs and Excise Office in central Accra 48 hours before departure.

#### **6. INSECT PRECAUTIONS:**

- a. Significant or potentially life-threatening illnesses transmitted by insects are a threat in the tropics and are best prevented by personal protective measures.
  - i. Clothe yourself to reduce as much exposed skin as practicable.
  - ii. Apply a repellent containing DEET (concentration 30 to 35%) or picaridin (concentration 20% or greater). The repellent should be applied to all exposed non-sensitive areas of the body. Frequent application ensures continuous protection. The time of day and type of insects to be avoided determine when the repellent should be applied.
  - iii. Use an aerosol insecticide before going to bed.
- b. The Travel Clinic suggests that you treat your outer clothing with Permethrin when traveling to an area that puts you at risk for malaria or other mosquito-borne or tick-borne diseases. We've found, from experience, that this is **NOT** necessary, but will leave this to the traveler's discretion.

## 7. SAFETY PRECAUTIONS:

- a. You may have the opportunity of hiking to some falls. Although it will be tempting, we advise that you avoid contact with still freshwater as there is a risk of Schistosomiasis. (Contaminated water from infected snails which can damage internal organs, and in children, impair growth.)
- b. Your World Joy Expedition Leader will advise you on safe eating places while in Accra and the villages. Because of the tropical climate you will need to stay hydrated. Sealed bottled water or soft drinks can be drunk. Water in sealed plastic sachets is generally not considered safe to drink. Be aware that the bottles that soft drinks are served in are owned by the bottling company. If you are not going to consume the drink at the “spot” or at the roadside stand, make sure you let the seller know. Often you will be asked for a deposit which will be returned upon the return of the bottle.
- c. Generally speaking it is **NOT WISE** to eat locally prepared foods at road-side stands or local vendors; they will generally make one ill from the lack of sanitary conditions. Packaged foods (crackers, cookies, candies) are normally safe. Please don’t take chances on anything going into your mouth without knowing it is sanitary and/or well-cooked.
- d. UHT (ultra high-temperature) milk can be purchased in paper cartons on the supermarket shelf. It is safe without refrigeration until opened; thereafter, it should be refrigerated. A variety of packaged fruit juices are also available on the store shelves—they are generally safe, and quite tasty. Soft drinks are also available, but are more than expensive than at home.
- e. If you are staying in the Guest House, the tap water in the kitchen is filtered and safe to drink. If you are preparing food in the Guest House, please purchase ½ to 1 gallon of unscented chlorine bleach so that you can soak fresh fruits and vegetables briefly (1-2 minutes) before preparation for eating, and for rinsing dishes after washing with dishwashing detergent in hot water.
- f. Credit card fraud in Ghana is a considerable problem. World Joy recommends that you carry US currency with you to Ghana and exchange it for Ghanaian Cedis upon your arrival at the Katoka International airport. A relatively small number of establishments in Ghana accept credit cards. It is not recommended to utilize an ATM.
- g. It is illegal to wear military-style or camouflage clothing in Ghana. Photography of sensitive installations, including military sites, government buildings, bridges, and Accra’s International airport is prohibited. Permission should be sought before photographing official buildings and individuals.
- h. An International Driving Permit (IDP) is required in Ghana. World Joy will provide all transportation, guides, and drivers.

- i. For safety reasons, it is best to travel with others while shopping in the markets in Accra and strolling the villages in the early evening.

## 8. GROUND TRANSPORTATION:

- a. If you are a member of a World Joy Expedition, World Joy will arrange and pay for all land transportation costs while in Ghana.
- b. World Joy owns a 12-passenger van in Ghana. If you are not a member of a World Joy Excursion and need access to our van and driver, you will be expected to pay a daily fee for use of van, fuel, driver's accommodations, food, and tip.

## 9. ACCOMMODATIONS: We seek to provide well-located accommodations representative of the area, which provide clean, pleasant rooms and efficient management. The class of lodging is consistent with the price category of the expedition. Expedition participants should make themselves fully aware of the living conditions provided with the expedition before applying.

- a. **Roommates:** Single participants may request specific roommates and will be assigned roommates of the same sex only.

### b. World Joy Guest House –



- i. If you are a member of a World Joy Excursion, all accommodations will be covered during your stay in Ghana. If you are **NOT** a member of a World Joy Excursion you will be expected to pay a fee per person, per night for the use of the Guest House.
- ii. World Joy leases this three bedroom home in Abomosu for lodging during expeditions and It is very nice and has electricity. (When the power is available) It also has running water, shower facilities, bedrooms with bunk beds, and kitchen facility with furnishings. All bedding is provided and the home has a washer/dryer. The home is currently being updated for better electricity so all electrical appliances can be run. There is a portable

generator in case of power outages which can run the refrigerator to keep your food from spoiling.

- iii. The Guest House has one bedroom with a King Sized bed and adjoining bathroom, another bedroom with a full-sized bed and two bunk beds, and a third bedroom with four bunk beds. The home is equipped with two full bathrooms with showers and a half bath. The home is **NOT** air-conditioned but does contain large fans to help circulate the air. All windows on the Guest House have screens and security bars. The home is surrounded by a cement wall with locked gates for security. Stephen Abu and his wife live next door.
- iv. There is no TV or DVD player at the Guest House. Plan accordingly with board and card games which you can bring from home. Since it gets dark early in the evenings you will have a lot of down-time to visit, rest, and play games.
- v. We recommend that you bring a head-lamp in case of power outages.
- vi. Because of the high humidity it takes a long time for things to dry. Although the Guest House does provide towels, we recommend that you bring your own bath towel and wash cloth. An excellent product to buy is a Norwex microfiber bath towel. They are thin, taking up little space, antimicrobial, and will dry quickly. You can do a 'google' search to contact a Norwex representative if you are interested.
- vii. We recommend bringing flip flops for the showers.
- viii. If you are bringing electrical equipment, you will need to bring your own British adapters and ensure that they are dual voltage.
- ix. You will need a wireless modem if using internet and an international cell phone. The internet is **VERY** slow and sometimes non-existent, but you will find that your experiences in the villages outweigh the advantages of technology!
- x. Some larger expeditions may need to split up ... some staying in the Guest House and others at the Abomosu Hotel. You will most likely be sharing a room and bathroom with other excursion participants.

#### **10. COCONUT GROVE BEACH RESORT AND FISHING VILLAGE:**

- i. Some excursions may spend an evening at the Coconut Grove Hotel at Cape Coast. This facility has nice accommodations with air-conditioning and a Continental Breakfast provided. There are swimming and golfing facilities. Bring a swimming suit if you plan on using the pool. You will most likely be sharing a room with another participant.



## 11. ELMINA SLAVE CASTLE:

- Elmina Slave Castle was first established as a trade settlement. The castle later became one of the most important stops on the route of the Atlantic slave trade. The slave trade continued under the Dutch until 1814. Today it is a popular historical site, and was a major filming location for Werner Herzog's *Cobra Verde*. The castle is recognized by UNESCO as a World Heritage Site.



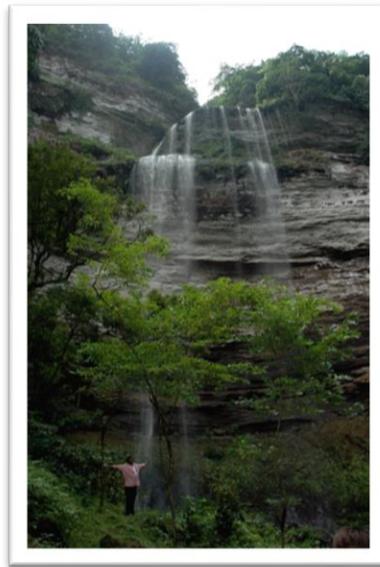
## 12. KAKUM NATIONAL RAINFOREST CANOPY WALK:

- This canopy walk - over 100 feet above the rainforest floor (Shrub Level) - is in *Kakum National Park* in the Forest Region of Ghana. The park is part of Ghana's successful (and important!) conservation efforts.
- Kakum National Park has a long series of hanging bridges at the forest canopy level known as the "Canopy Walkway." At 40 m (130 ft) height, the visitor can approach the plants and animals from a vantage point that would otherwise be inaccessible to people. The Canopy Walkway passes over 7 bridges and runs over a length of 330 m (1,080 ft). It is secured by a series of nets and wires for safety purposes. An additional viewing platform that will allow visitors to climb into the canopy without braving the Canopy Walkway is currently under construction.



### 13. TINI FALLS:

- Tini Falls is about a 50 minute drive from Abomosu and just outside of the village of Anyinem (not one of World Joy's main villages, but within the Atiwa District) is the trailhead to Tini Falls. Guests will enjoy an hour's hike into the rainforest (moderate difficulty). The Falls are located in a natural amphitheater surrounded by jungle and cascade over a wide open expanse onto the rocks below. The water is clean and the air is moist with cool spray—a welcome delight after the hike! Local folklore says that the louder one screams the more water will emerge from the falls. Try it for yourself!



### 14. CLOTHING:

- a. Ghana is a tropical nation located close to the equator. Average temperatures in Accra range between 75 to 82 degrees. However, relative humidity is very high, averaging around 96.3.
- b. Modest bermuda shorts, capris, jeans, t-shirts, sandals, and tennis shoes are appropriate clothing for the climate. If you are planning on attending church services, pack accordingly. We ask that you wear closed toed shoes while working on a service project, for your safety and protection.
- c. If your excursion is planning on wearing matching t-shirts please do not use the color Red as it signifies that someone has passed away!

## 15. SHOPPING:

- a. Bargaining is very much expected in the markets. Accra has markets open every day, but travelers get the true flavor of the country if they have the opportunity to visit a village market on market day. Most goods will be staple goods, but cloth, beads, musical instruments, and bags are usually available.

## 16. FOOD:

- a. If you are a member of a WJ Expedition Group, all food will be provided for you. Please remember that you will be experiencing true Ghanaian culture and there is **NOT** a lot of variety of food choices in the local villages where you will be staying ... chicken and rice, chicken and rice, and chicken and rice! We will provide good and nutritious food during your stay. We've planned a special traditional Ghanaian dinner cooked by the locals in Abomosu during your stay.
- b. If you are planning on staying in the Guest House and cooking your own meals we have provided the following information:
- c. The **best shopping** for fresh meats, canned goods, rice, and varieties of fresh vegetables is in Accra or other major cities of Ghana. **A word of caution**, however: imported foods are VERY EXPENSIVE in Ghana and all of West Africa. The best shopping for foods to be taken by expatriates to the village are: (1) **Shoprite** (in the mall at Tettah-Kwarshie Circle); (2) **Max Mart** on Airport Road and Burma Camp Road; (3) **Woolworth's** on Airport Road near the Tettah-Kwarshie Circle Mall; and (4) **Koala Supermarket** on Osu Road. There are several nice local fruit and vegetable markets—one across the road from Max Mart on Airport Road, and a smaller one adjacent to Koala Supermarket on Osu Road. There are also several roadside vegetable stands enroute north to Abomosu on the Kumasi Highway, but varieties are less consistent.

UHT (ultra high-temperature) milk can be purchased in paper cartons on the supermarket shelf. It is safe without refrigeration until opened; thereafter it should be refrigerated. A variety of packaged fruit juice are also available on the store shelves—they are generally safe, and quite tasty. Bottle water is available in the 250 ml bottles or in 2 liter size, and can be purchased by the case. Soft drinks are also available, but are more than expensive than at home.

- d. There are very few “imported” and commonly used products by North Americans in the villages or small towns. It is possible to purchase simple vegetables and fruits (tomatoes, onions, cabbage, pineapple, mango, papaya--in season) in the villages, but they are available sporadically. One can buy bottled water, basic

spices (salt and pepper) and other table basics in the village, but varieties are very limited.

- e. A few *foods you may wish to consider bringing from your local supermarket at home* for rural eating (whether for a few days or weeks) are the following: canned chicken (Sam's or Costco) , grated parmesan cheese, tortillas, spaghetti or taco spices, chocolate chips, cookies, and cake mixes.
- f. ***Bleach.*** Make sure you buy ½ to 1 gallon of unscented chlorine bleach so that you can soak fresh fruits and vegetables briefly (1-2 minutes) before preparation for eating, and for rinsing dishes after washing with dishwashing detergent in hot water.
- g. The ***World Joy Guest House in Abomosu*** is equipped with a nice kitchen (gas-powered stove top and oven, microwave oven, refrigerator, filtered water (safe for drinking) in the designated kitchen tap only), pots and pans, eating dishes and utensils, and dishcloths/towels. ***There are frequent power outages in the country, which requires vigilance in keeping foods cool in the refrigerator. WJ has a portable power generator which can be used during times of power outages.***
- h. ***Cooking Services.*** It is possible to have a local cook come to the WJ Guest House to prepare specific meals for visiting groups. This service should be arranged in advance of the visit. It is still prudent, however, for the visitors to plan their menus and purchase needed foods and drinks prior to arrival at the Guest House. The cost of a cook is not included in the regular Guest House services, and needs to be negotiated and paid for separately. Some groups in the past have arranged for certain evening meals only, when they are away throughout the day; other meals have been prepared by the visitors themselves.

## **Possible Easy to Fix and Economical Meal Ideas:**

### **Breakfast**

Oatmeal cereal, fresh fruit (pineapple, papaya, mango), Toast

Boiled Rice and Raisins, milk, fresh fruit, toast

Eggs, Toast, fresh fruit

Milo (hot chocolate), bread, spreads, fresh fruit

### **Lunch and/or Dinner**

*Sandwiches* – Tuna or Corned beef (cans), mayonnaise, pickle, onion

*Spaghetti* – noodles, tomato sauce, minced (ground) beef, canned vegetables

*Meatball Subs*—minced (ground) beef, tomato sauce, cheese (may want to bring grated Parmesan cheese from home), bread or buns, fresh cabbage salad (shredded cabbage with mayo, pineapple and raisins), fresh fruit

*Casseroles*—Rice, vegetables, canned tuna or chicken, cream soup (chicken or mushroom), Parmesan cheese, fresh vegetable or salad

*Soup and Sandwiches*—Canned or homemade vegetable soup, with grilled cheese, tuna or corned beef sandwiches.

*Chicken and Potatoes*—Frozen chicken breasts (Woolworth's, Koala, Max Mart, , Shoprite), baked –fresh or dehydrated potatoes, butter, veggies

*Tacos (Ghana style)*—Taco shells or Lebanese Pita bread, minced (ground) beef, seasonings, onion, tomatoes, cucumbers, cheese

*Stir Fry*—Chicken or beef, fresh vegetables, noodles

*Hamburger Rolls*—Can be purchased freshly baked at the “American” Bakery on Burma Camp Road, near the Fairgrounds—not far from Beach Road Junction. Should be used the first or second day after purchase—Refrigerate in cooler or refrigerator--Heat in

microwave when ready to eat, and cover with cream of chicken or cream of mushroom soup. Great with a cabbage salad.

***Hawaiian Haystacks***—Canned or packaged Chinese noodles, cooked chicken (boiled, baked), boiled rice, tomatoes, green pepper, onion, fresh pineapple chunks, and creamed soup (chicken or mushroom) or chicken gravy poured over the desired combination of ingredients.

## Guidelines for Applying for a Visa to Ghana, Africa

**ALL VISA APPLICANTS ARE STRONGLY ADVISED TO SUBMIT THEIR APPLICATIONS AND PASSPORTS FOR VISAS TWO WEEKS TO ONE MONTH PRIOR TO THE INTENDED DATE OF DEPARTURE.**

### Types of Visas issued by the Embassy are:

- A - Diplomatic
  - B - Official
  - C - Business
  - D - Tourist
  - E - Student
  - F - Other
1. An applicant shall complete a [visa application](#) form in duplicates (2 copies) and attach **two (2) passport size photographs** which were taken not more than three (3) months from the date of submitting the application.
  2. An applicant should possess a return [air ticket](#), **which should be submitted upon request, in the case of an application for tourist visa.**
  3. An application for an official, business and student visa **shall be submitted together with a letter of invitation from the principals in Ghana and or in U.S.A.**
  4. Application for persons under eighteen (18) years **shall be submitted together with the original [birth certificate](#), with a letter of consent from the parent, and a copy of parent's photo ID.**
  5. In the **case of journalist and or film crew who are covering an event or shooting a film in Ghana, the application shall take two weeks (14 days) for processing.** In addition, such an applicant shall complete another form to indicate the nature of coverage and equipment to be taken to Ghana. Upon arrival in Ghana, such applicant shall call at the Information Services Department for accreditation
  6. When an application for a visa is turned down, the visa-issuing officer is not obliged to offer any explanation. An applicant may however re-[apply](#) for a review.

**NOTE: APPLICANTS MUST INCLUDE THEIR PASSPORTS AS PART OF THEIR APPLICATIONS, AS ALL VISAS, IF ISSUED, ARE INSERTED INTO THE PASSPORTS.**

7. **Visa Fees**

Money order, Cashier's check or Certified bank check made payable to the Embassy of Ghana.

*Note: Personal and company checks are not accepted.*

Cash payments: Please do not mail cash.

ECOWAS citizens (Economic Community of West African States) Gratis

- Single Entry Visa(must be used within 3 months from date of issue) \$60.00
- Multiple Entry Visa \$100.00
- Single Expedited \$100.00
- Multiple Visa Expedited \$200.00

An expedited/emergency service will take **5 business days**.

**NOTE: If mailed, a Visa might take longer than twenty-four (24) hours to reach the applicant.**

8. Visa application fees are non-refundable.

9. In accordance with INTERNATIONAL SANITARY REGULATIONS all persons entering Ghana are requested to have a valid [certificate](#) of immunization against yellow fever.

Do not submit your certificate together with visa application form. Keep it and present it at the port of entry in Ghana.

10. Submit the following documents:

- o Completed visa application form - [Download Form](#)
- o Valid passport for at least six (6) months (Before Expiration)
- o Evidence of financial support or letter of invitation from host in Ghana
- o Visa Fee - money order, postal order, cashier's check or certified bank check
- o Two passport-size photographs of applicant. Should be taken at least within the last three months (Very Important)
- o Affix each photograph with glue on the top right corner of the application form.
- o Applications submitted by mail must be accompanied by **prepaid self-addressed overnight, trackable envelope ( FEDEX) for return of passports. Only requests accompanied by certified prepaid return envelopes will be processed.**

- Send the completed application to:

**The Consular Section**

**3512 International Dr. NW**

**Washington DC, 20008**

These guidelines are subject to change as may be directed by the competent authorities in Ghana and apply to the Consulate General Office in New York.

For further information please call:

(202) 686-4520 ext. 208 or e-mail: [consular@ghanaembassy.org](mailto:consular@ghanaembassy.org)



## ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM

Trip Excursion: \_\_\_\_\_ Date of Departure \_\_\_\_\_

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN THIS ACTIVITY, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault.

I certify that I am physically fit and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity.

I acknowledge that this Accident Waiver and Release of Liability Form will be used by World Joy and that it will govern my actions and responsibilities at said activity.

I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

- (A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, THE FOLLOWING ENTITIES OR PERSONS: World Joy Inc., their directors, officers, employees, volunteers, and all World Joy volunteers on-site in Ghana, Africa.
- (B) INDEMNIFY, HOLD HARMLESS , AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity, whether caused by the negligence of release or otherwise.



Project / Task	Complete
Signed Accident Waiver and Release form – Returned to World Joy	<input checked="" type="checkbox"/>
Passport (a zippered travel document holder is especially handy in which to place ALL travel documents, Driver’s License, one credit card, and cash)	<input type="checkbox"/>
Visa	<input type="checkbox"/>
Yellow Fever Shot	<input type="checkbox"/>
Yellow Fever Immunization Card	<input type="checkbox"/>
<p data-bbox="186 590 1230 659">Itinerary and local address information available for Customs: (Please choose the appropriate places where you will be staying.)</p> <p data-bbox="235 699 654 842">Stephen Abu, Sr. P.O. Box 22 Abomосу, Atiwa, Ghana, Africa (011) 233 244 668904</p> <p data-bbox="235 884 792 1026">Coconut Grove Beach Resort P.O. Box 175 Elmina-Ghana, West Africa +233+233(289)40100-5/+233(289)91213/4</p> <p data-bbox="224 1077 578 1276">Stephen Abu, Jr. Ghana Journeys P.O. Box 265 Burma Camp Accra, Ghana, Africa 0244 94 95 96</p> <p data-bbox="224 1329 610 1486">Stella Afasi, Alma House House #85 Olooti St. Labone, Accra, Ghana, Africa 0244-337-875</p>	<input type="checkbox"/>
Anti-Malaria Medication	<input type="checkbox"/>
Mosquito Repellant with DEET	<input type="checkbox"/>
Prescription Medicines and other medicines: Tylenol, Advil, basic first-aid, Hydrocortisone cream for insect bites, Tylenol PM or Melatonin for sleep	<input type="checkbox"/>
Toiletries (minimal makeup) and sunscreen	<input type="checkbox"/>
British Voltage Converter for Electronics (220) AND a Universal Worldwide	<input type="checkbox"/>

Plug adapter	
Phone/Charger (Will need to set up international calling with local carrier prior to leaving, or can purchase an international calling card in Ghana.)	<input type="checkbox"/>
Computer/Power Cord	<input type="checkbox"/>
Camera/Charger or Batteries/Camcorder/Memory Cards	<input type="checkbox"/>
Battery Operated Head Lamp or Flashlight for Unexpected Power Outages	<input type="checkbox"/>
Flip Flops/Towel/Wash Cloth/Soap for Shower	<input type="checkbox"/>
Reading Materials	<input type="checkbox"/>
Treats – It's nice to have something to snack on while traveling to and in Ghana.	<input type="checkbox"/>
Cash for souvenirs, food, and tips. Do NOT use a credit card in Ghana. Most businesses will not accept them. Can exchange currency at the airport into Ghanaian cedis.	<input type="checkbox"/>
Sports or Hiking Sandal (optional)	<input type="checkbox"/>
Old Tennis Shoes or Croc-type shoe—will potentially get wet/socks	<input type="checkbox"/>
Painting Clothes	<input type="checkbox"/>
T-shirts/lightweight blouses and shirts (100% cotton fabric is the coolest.)	<input type="checkbox"/>
Capris/ cargo pants/jeans/long shorts. Jeans are nice for travel on the airplane because of the refrigeration, but denim fabric should be avoided while in Ghana because of the heat. You should keep your legs protected from insects. Remember, you are going to a hot/wet climate so dress accordingly.	<input type="checkbox"/>
Church clothes and shoes if attending church services	<input type="checkbox"/>
Minimal Jewelry: inexpensive watch/simple earrings etc.	<input type="checkbox"/>
Portable Alarm Clock	<input type="checkbox"/>
Notebook/Travel Journal/ pen/pencil	<input type="checkbox"/>
Ipod/MP3 Player/Headphones/Charger	<input type="checkbox"/>
Fanny pack/small backpack/or small travel purse to carry limited belongings while in the villages	<input type="checkbox"/>
Umbrella	<input type="checkbox"/>
Jacket/neck pillow/eyeshade/support stockings/socks or travel slippers etc. for Flight (optional)	<input type="checkbox"/>
Bed Pillow (optional ... but local pillows are very hard)	<input type="checkbox"/>
Sleep Wear (cotton suggested)	<input type="checkbox"/>

Hair Dryer/Curling Iron/Hair Products – Hair Dryer/Iron can be purchased with dual voltage or with a converter option included (220)	<input type="checkbox"/>
Hat/Scarf or bandana	<input type="checkbox"/>
Towel/Washcloth/Body Soap/Shampoo	<input type="checkbox"/>
Swim Suit – You may have the opportunity of staying a day at the resort in Cape Coast where there is a swimming pool available.	<input type="checkbox"/>
Portable Hand Fan – not necessary, but very nice!	<input type="checkbox"/>
Hand Sanitizer/Disinfectant Wipes	<input type="checkbox"/>
Water Filtration Bottle – Can use local water if you use a good filtration bottle. If not, remember to ONLY drink Voltic bottled water or filtered water from the Guest House kitchen.	<input type="checkbox"/>
<p>Gifts are best given in an institutional setting (schools or health clinics) rather than singling out particular individuals. Such gifts should include items that can be used collectively such as soccer balls, pens/pencils, books, classroom décor, games, etc. World Joy agents should assist in this effort. Other ideas include:</p> <p style="padding-left: 40px;">School Kits: pencils, pens, African school paper, rulers, erasers, colored pencils, pencil sharpeners</p> <p style="padding-left: 40px;">Chalk and Chalkboard Erasers</p> <p style="padding-left: 40px;">Chalkboard Paint to be purchased in Accra to repaint classroom chalkboards</p> <p style="padding-left: 40px;">Laminated Pictures for Classroom (ABC's, animals, maps etc.)</p> <p><b>Before handing out gifts, please coordinate gift giving with your Expedition Leader!</b></p>	<input type="checkbox"/>
<p><b>Remember:</b></p> <ul style="list-style-type: none"> <li>• All liquids that are carried on the airplane can be no larger than 3 ounces and have to fit into a plastic (see-through) quart size bag. Liquids larger than 3 ounces can be placed in your checked luggage.</li> <li>• You will be allowed (2) checked suitcases, weighing not more than 50 pounds each, flying on Delta to Ghana. However, please check with your World Joy Expedition Leader to make sure (2) suitcases will be allowed due to transportation/space limitations to the villages.</li> <li>• Have your contact information handy and a pen when it comes time to fill out your declaration form upon entrance to Ghana. They will ask where you will be staying and you must have that information on your form.</li> <li>• Change your US dollars into Cedis after arriving in Ghana. Divide your cash in various places in your purse/wallet and on your person. Have small amounts of cash available in your pocket for tips.</li> </ul>	