



Visitor Orientation Manual

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Welcome

Hello!

Welcome to a wonderful and challenging global health experience in Ghana! As a participant in AMPATH Ghana, you are preparing for a trip that we believe will enhance your professional and personal growth.

Ghana is a wonderful nation, but uncertainty is a fact of life there. Preparation, flexibility, and maintaining a broad perspective are key to a good experience for both you and your Ghanaian hosts. Our goal is to assist you to become as well prepared as possible. Please read this orientation manual carefully. Its function is to help you understand the purpose of the program and help you make the most of your experience in Ghana.

Please complete all required documents/paperwork and return them to the AMPATH Ghana administrative office as soon as possible.

The staff of AMPATH Ghana is willing and able to help you with any questions or concerns you might have. Please note the contact information provided in this document.

If at any time before, during, or after your activity in Ghana, you have any questions, comments, or suggestions, please contact the AMPATH Ghana administrative office. In the meantime, we wish you success as you prepare to travel to Ghana!

Ti pagya!

Yours sincerely,



Rajesh Vedanthan, MD MPH, FACC, FAHA
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Director, Section for Global Health
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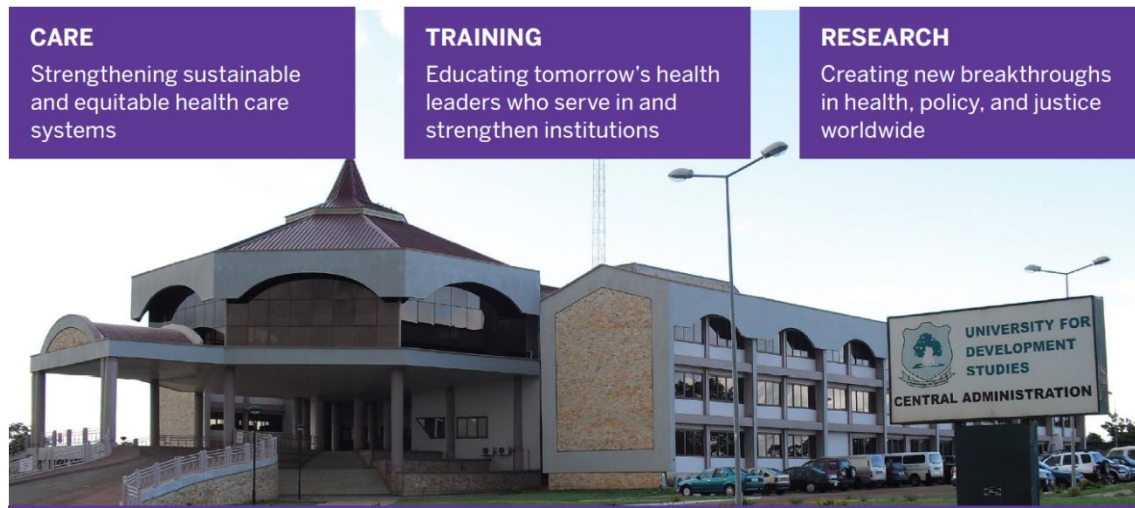
History of AMPATH

Academic Model Providing Access to Healthcare (AMPATH)

Start With Care. Then Do More.

NYU Grossman School of Medicine’s Section for Global Health leads the AMPATH Consortium of academic health centers in the AMPATH Ghana partnership with the University for Development Studies School of Medicine (UDS-SoM), Tamale Teaching Hospital (TTH), and other affiliated institutions in Ghana. This partnership works towards mutually beneficial outcomes for all partners—improving the health and well-being of people in communities in and around Tamale, Ghana; educating tomorrow’s medical experts worldwide; and jointly researching breakthroughs that will inform improvements in population health around the world.

AMPATH Ghana will utilize the many resources available at a vibrant academic health center to serve as a resource to the country’s Ministry of Health, Ghana Health Service, and local public health leaders. A core team of faculty and staff from NYU Grossman School of Medicine and other AMPATH Consortium institutions, in partnership with faculty and staff from UDS-SoM and TTH, will strengthen an accessible, integrated health care system that responds to the priorities of the population while also supporting research and medical education. Three main areas of the AMPATH Ghana partnership guide the work:



AMPATH Global

AMPATH Ghana is one partnership within AMPATH Global, a network of universities and academic health centers that collaborate with public sector health systems to ensure essential and equitable health for all people. AMPATH originated with AMPATH Kenya over 30 years ago as a partnership between medical schools at Indiana University in the U.S. and Moi University in Kenya. It has developed and inspired future leaders in healthcare in both North America and Africa and produced hundreds of articles in the scientific literature—all while successfully responding to healthcare needs in homes, communities, and clinical facilities within its entire catchment area.

Pre-Departure Logistics

The AMPATH Ghana team can assist if you have any questions or need assistance with the travel planning process, but it is the responsibility of the traveler to ensure that they are sufficiently prepared and have obtained the necessary documentation.

The information below is subject to change and is not exhaustive.

Travel Planning Timetable

The following checklist provides information on what you will need to prepare prior to your departure. While this checklist provides a recommended timeline, it is always preferred to complete all items as early as possible. Further information about the following line items can be found in this manual.

✓	Activity	Information	Weeks in Advance
	Medical License Registration	If this is applicable to your activity in Ghana, please reach out to the AMPATH Ghana team.	12 - 24
	Valid Passport	Passport Application Your passport must be valid at least 6 months beyond your date of departure, with at least two blank visa pages.	12 - 16
	Yellow Fever Vaccination Certificate	CDC Yellow Fever Vaccination Clinics You must be vaccinated prior to submitting your visa application, preference for the WHO International Certificate for Vaccination or Prophylaxis	8 - 12
	Roundtrip Flight Itinerary	The consulate may not accept temporary reservations.	
	Visa Application	Visa Application Form	
	Completion of AMPATH Ghana Visitor Registration Form (REDCap)	http://redcap.link/ampathvisit All visitors are required to register their trip to the AMPATH Ghana team via REDCap.	
	Medication for entire length of stay	It is your responsibility to bring any medications you take regularly, as well as malaria prophylaxis.	4
	Travel Insurance Registration		
	International Medical Insurance Registration		
	Registration for NYU Traveler	NYU Traveler Registration For NYU staff/employees only	2
	Registration for Smart Traveler Enrollment Program (STEP)	STEP Traveler Registration Form STEP provides regular travel, health, and safety email alerts from the U.S. Embassy.	
	Registration for WhatsApp	WhatsApp WhatsApp is the primary method of informal communication in Ghana.	
	International Phone Service	Your phone provider may offer international phone service. Alternatively, purchase an open-SIM device that can be used in-country.	

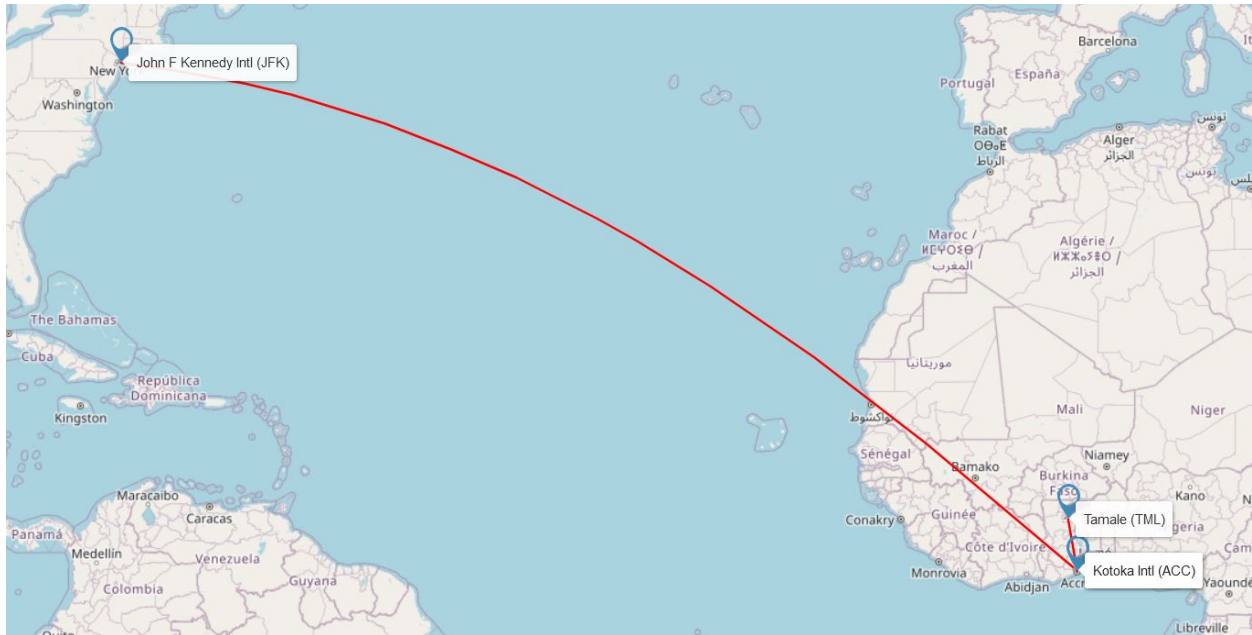
Expected Travel Costs

Unless otherwise stated, **the cost of participation is the responsibility of the participant**. This table **excludes** in-country (e.g. accommodation/meals) and personal costs. *All prices are in USD and subject to change.*

Item	Low End	High End	Notes
Travel			
Passport	\$0	\$222.56	First-time Adult Passport Book: \$145 Adult Passport Renewal: \$110 Expedite Fee: \$60 1-2 Day Delivery: \$17.56
Roundtrip Flight to Accra	\$1,200	\$2,000	Flights may exceed the higher end during holiday seasons.
Roundtrip Flight to Tamale	\$120	\$200	For all AMPATH Ghana trips, travel between Tamale and Accra must be done via air unless there is an emergency.
Visa	\$60	\$290	Visa pricing is subject to change and may vary between the Ghana Consulate in New York and Washington DC.
Health & Safety			
Immunization Yellow Fever	\$0	\$350	Yellow Fever is required for the Ghanaian Visa Application. Not all insurances cover the cost of Yellow Fever.
Typhoid Fever Vaccine	\$0	\$200	Not all insurances cover the cost of specialty vaccinations. Check with your provider to find out-of-pocket cost and/or coverage.
Hepatitis A Vaccine	\$0	\$120	
Malaria Prophylaxis	\$0	\$56	Cost of malaria prophylaxis depends on insurance coverage. Malarone (atovaquone/proguanil) is standard.
Professional			
Passport Photos	\$0	\$15	Visa and passport applications require professional passport photos.
Medical Licensure	\$0	\$769	<i>Faculty only.</i> Visiting physicians with an active licensure in another country may apply for temporary licensure within Ghana.
Total	\$1380	\$4,222.56	This total does not include the cost of accommodations or meals.

Accommodation and Meals at AMPATH Ghana House	
Accommodation	<ul style="list-style-type: none"> - Includes meals - Students/residents/fellows pay \$30 per day - Faculty pay \$50 per day

Flights to Ghana



International Travel

Ghana's primary international airport hub is **Kotaka International Airport (ACC)** in Accra, the capital city. Non-stop flights are available from Washington D.C. and New York:

- Washington Dulles International Airport (IAD), operated by United Airlines
- John F. Kennedy International Airport (JFK) in New York, operated by Delta Airlines

1-stop flights are available from most airports, with layovers in various European cities, including Lisbon, Amsterdam, London, or Brussels. Depending on your time of arrival in Accra and timing of the domestic flight to Tamale, you may need to stay in a hotel overnight. If this is the case, we recommend the following hotels due to their proximity to the airport.

- Accra Luxury Apartments (Short Stay)
- The African Regent
- Ibis Styles Accra Airport
- Lancaster Hotel

Domestic Travel

A separate, domestic flight to **Tamale Airport (TML)** is required to reach Tamale, located in Northern Ghana. Africa World Airlines and Passion Air operate multiple flights per day to Ghana out of the domestic terminal. You may need to book this flight separately from your international travels.

Of note, you should give yourself at least 3 hours of layover between the arrival time of your international flight to Accra and the departure time of your domestic flight to Tamale. It can take time to get through immigration and pick up your luggage, as well as transiting to the domestic terminal.

Travel Agencies

Utilizing online travel services, such as Expedia or Booking.com, or travel assistance offered by your bank services may help organize your trip. NYU-affiliates who hold a NetID can utilize NYU's preferred travel agency, [Egencia](#), for flights, hotels, and car rentals.

Visa

The information below is subject to change.

For AMPATH Ghana, you will be applying for a Business Visa (B1). Any traveler who does not hold a valid visa will risk being turned away from entry into the country. Visa application fees are non-refundable whether your application is approved or not.

Business Visa (B1 Visa)

The typical period of stay for visitors on business visas (B1 Visa) ranges from 30 to 60 days; however, visitors may apply to extend this by up to 90 days. This visa is available for single entry or multiple entry. Permissible activities include:

- consultations with business associates;
- travel for scientific purposes;
- education;
- conventions and conferences;
- contract negotiations;
- training;
- auditing; and
- estate settlement.

Business visas can be submitted to the [Embassy of Ghana](#) in Washington DC, or the [Ghana Consulate](#) in New York. Both offices normally accept in-person and mail submission, with option for expedited submission.

Fees vary, based on where and how you choose to apply. The estimated turnaround is *upon receipt at the Consulate/Embassy* and may not be accurate depending on influx of application.

Ghana Consulate in New York			
https://newyork.mfa.gov.gh/ The Consulate only accepts Money Order/Bank draft issued to "The Mission of Ghana". They will accept Bank Card payment at counter, depending on availability.			
Type	Priority (24 Hours)	Express (72 Hours)	Standard (7-10 days)
Single Entry (3 month)	\$160.-	\$100.-	\$60.-
Multiple Entry (3 month)	\$260.-	\$200.-	\$100.-
Multiple Entry (6 month)	\$260.-	\$200.-	\$100.-
Multiple Entry (1+ year)	\$260.-	\$200.-	\$100.-

Embassy of Ghana in DC		
https://ghanaembassydc.org/visa/ The Embassy accepts payment online, available after the completion of your application. You must include payment receipt prior to mailing. They also accept advance payment for return postage service online.		
Type	Regular (15 – 20 business days)	Expedited (7 business days)
Single Entry	\$60.-	\$100.-
Multiple Entry	\$100.-	\$200.-

The following page provides a summary of the documentation needed to apply for your Business Visa.

Document	Clarification
Visa Application	<p>The application has an online and hardcopy portion:</p> <ol style="list-style-type: none"> 1. Fill out the online application. 2. Print application and the three (3) additional documents they provide after completion. 3. Pay application. 4. Submit application via post or at counter.
Valid Passport	<p>You must surrender your passport for the duration of the application process and your passport must:</p> <ul style="list-style-type: none"> • Be valid at least six months beyond your date of departure • Have at least two blank visa pages • Not be frayed, torn, separating, or altered in any other way
Copy of Passport Bio-data and Signature Page	<p>Applicants are required to attach a photocopy of the bio-data and signature page of their passports to completed forms.</p>
Copy of U.S. Permanent Residence Card, Student ID Card or a valid U.S. Work Visa	<p>You must provide a photocopy of your ID that is accepted as a proof of residence in the consulate’s jurisdiction. This ID should match the address you put in your visa application.</p>
Two Recent Passport-sized Photos	<p>You must provide two color, passport-type photographs that meets the following criteria:</p> <ul style="list-style-type: none"> • Be taken within the last three months and printed on high-quality photo paper • Be taken against an all-white background • Be two inches by two inches and printed in color • Provide the full-frontal view of your head with your face centered in the middle and displaying a neutral (non-smiling) expression • You must not have hair in front of your eyes • You may wear neither eyeglasses nor headwear except for religious purposes • Your photos should not be affixed to your application and it may not display evidence of adhesive tape or staples <p>Do not attempt to take/print your own “passport-style photo”. This photo does not need to match the photo in your passport.</p>
Roundtrip Flight Itinerary	<p>The consulate may not accept temporary reservations; to avoid delays, a flight ticket must be purchased.</p> <ul style="list-style-type: none"> • Include a copy of an itinerary or e-ticket that displays your round-trip travel and entry and exit dates for your destination • Show the traveler's full name (as printed in his or her passport)
Yellow Fever Vaccination Certificate (and a copy)	<p>Yellow Fever Vaccination is required for your Ghanaian Visa Application. You should plan to get your vaccine 8-12 weeks prior to travel. You must have your vaccination prior to applying for your visa.</p>
Letters of Support	<p>The University of Development Studies School of Medicine (UDS-SoM) provides an introductory letter to the Ghanaian Embassy.</p>

	<i>Please reach out to the AMPATH Ghana administration team (ampathghana@nyulangone.org) two weeks in advance, who will arrange to have this letter provided to you.</i>
Payment for the Visa Fee	See page above.
Additional Documents specified by the consulate's website	<p>If you are applying via the New York Consulate, requirements can be found here: https://newyork.mfa.gov.gh/</p> <p>If you are applying via the Embassy of Ghana, requirements can be found here: https://ghanaembassydc.org/visa/</p>

Medical Licensing

Only faculty members planning on participating in clinical work or clinical education need to apply for medical licenses in Ghana. Resident and fellow trainees DO NOT need to apply for medical licenses. Students also DO NOT need to apply for medical licenses.

Background

Visiting AMPATH-affiliated Faculty who hold an active, unencumbered medical or dental license in another country must obtain a temporary license from the Ghana Medical and Dental Council (GMDC) prior to providing medical or dental care in Ghana.

All temporary license applications for foreign practitioners from AMPATH member institutions are processed through the Dean’s office of University for Development Studies School of Medicine (UDS-SoM) as the Ghanaian host institution. During the application process, UDS will supply letters of invitation, recommendation, and certification of selection for the engagement.

New York University Grossman School of Medicine (NYUGSOM), as the coordinating site for AMPATH activities in Ghana, asks that all AMPATH consortium members inform their visitors to apply for a medical or dental license at the earliest possible time of known travel. Early submission is critical to allow time for processing to be completed before arrival.

Application Requirements

Document	Clarification
Temporary Registration Application	The application has an online and hardcopy portion: <ol style="list-style-type: none">1. Go to https://mdconline.mdcghana.org to open the application portal2. Scroll down to the menu tab labelled “Application for Temporary Registration”, and click on the link “Fill the Application Form”3. This will open the application form. All fields in the form are required except those marked “Optional”4. You are required to upload a passport picture as part of the application. Please do not upload a selfie, full picture, or any kind of picture that you would not use for an official application. Your application may be rejected if you do so5. You are required to scan and upload copies your certificate, and the 2 letters from your referees6. Once you fill all the fields, click on the “Submit” button.7. An email will be sent to you containing a temporary code which you will use to print the form.
Diploma(s)/Certificate(s)	Original or certified (notarized) copies
Copy of Passport Bio-data and Signature Page	Applicants are required to attach a photocopy of the bio-data and signature page of their passports to completed forms.
Copy of U.S. Permanent Residence Card, Student ID Card or a valid U.S. Work Visa	You must provide a photocopy of your ID that is accepted as a proof of residence in the consulate’s jurisdiction. This ID should match the address you put in your visa application.

Two Letters of Reference	
Letters of Experience	Letters from employers (current or past) certifying your work experience. Information can be integrated into reference letters.
Certificate of Good Standing or Current License to Practice	
C.V./Resume	
Letter from Regional Director of Ghana Health Services	<i>Please reach out to the AMPATH Ghana team (ampathghana@nyulangone.org), who will arrange to have this letter provided to you.</i>
Evidence of selection for employment/engagement to be signed by TTH leadership	<i>Please reach out to the AMPATH Ghana team, who will arrange to have this signature provided to you when you print the application document.</i>
Printing Completed Application	<p>Once you have submitted the form and received the email containing your temporary code, you will be required to print the form:</p> <ol style="list-style-type: none"> 1. Go to https://mdconline.mdcghana.org to open the application portal 2. Scroll down to the menu tab labelled “Application for Temporary Registration”, and click on the link “Edit/Print the Application Form” 3. In the form that opens, enter your email address and the temporary code that was sent to you upon registration, and click the ‘Submit’ button 4. If the email and code were correct, your form will be displayed on the screen. 5. Please save the printable document and send a pdf version of the application to the AMPATH Ghana team.
Submission and Vetting	The forms (along with copies of your certificate, referees’ letters, and other requirements) will be submitted in person and before payment to the Zonal Office in Tamale for vetting for the Medical and Dental Council by the AMPATH Ghana team on your behalf. This process takes a few days to complete.
Payment	<p>The cost of temporary registration is \$759.00 USD. Payment must be made into the Medical and Dental Council Ecobank account and the pay-in slip must be presented to either the Medical and Dental Council Head Office in Accra or the Tamale Zonal Offices by the AMPATH Ghana team on your behalf. Cash payment will not be accepted. Account details below for payment transfer:</p> <ul style="list-style-type: none"> • Bank: ECOBANK • Account Name: MEDICAL AND DENTAL COUNCIL • Account Number: 1441001134216 • Branch: OKPONGLO

Packing List

The items below are highly recommended for travel to Ghana. Availability of comfort items or preferred brands is not guaranteed. While there are safes available at AMPATH Ghana House, you should avoid bringing non-essential valuables and/or jewelry when possible. Packing light is recommended due to transportation restrictions (i.e., vehicle size in Ghana).

Documents

- Passport
- Proof of Yellow Fever Vaccination
- Proof of COVID-19 Vaccination
- Health insurance documents

- Favorite Medical Reference
- Small Notebook
- Tissue Packs
- Thermometer (*Optional*)
- MUAC tapes (*Optional for Pediatrics*)

Medication

- Antacids
- Antihistamines
- Malaria prophylaxis
- Medicine for pain and fever
- Travelers' diarrhea antibiotics
- Your regular daily prescriptions

General Supplies

- Chapstick, due to dry conditions
- Dry shampoo
- First-aid supplies
- Glasses/Contact Lenses
- Insect repellent/Bug spray
- Liquid IV/Hydration packs
- Body Lotion, due to dry conditions
- Medical alert bracelet/necklace
- Personal protective equipment
- Sunscreen/Sun Protection
- Tampons/menstrual cups/pads
- Toiletries
- Contact Lens Solution
- Umbrella, to protect from sun

Hospital Supplies

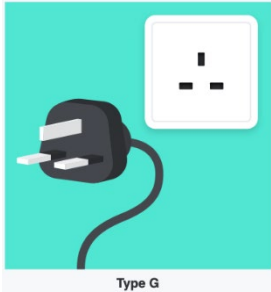
- Blood pressure cuff
- Gloves (regular AND sterile)
- White coat
- Masks (N-95)
- Otoscope/Light
- Pulse Oximeter
- Scrubs
- Stethoscope
- Scrub caps
- Surgical masks
- Operating Room Shoes
- Hand Sanitizer

Electronics

- Surge protector (*Optional*)
- Universal plug adapter
- Laptop or iPad

Additional Notes on Packing

- Ghana primarily has “British” Type G Plugs, so a good idea to bring several adapters or a universal adapter (also may be available in the market).



- You may wish to consider a stepdown power converter in addition to plug adapter. Electrical output is higher in Ghana (around 230 Volts). Most modern electronic chargers for phones and computers are able to handle this higher voltage. However, you may still wish to purchase a stepdown converter, particularly if you plan to use a hair drier, curling iron, or small fan from the US.
- Have toilet paper in a Ziploc type bag for hospital use and during travel to/from Ghana (not all restrooms have TP)
- Plastic silverware sets in case you need them for leftovers
- Consider downloading movies, e-books (esp. medical), podcasts, music in advance due to limited Wi-Fi quality
- You will need a laptop and/or iPad (to access EMR and possibly to prepare presentations)

Clothing

The climate in Northern Ghana is dry and hot throughout the year. Lightweight, breathable clothing made of natural fabrics (linen or cotton), are recommended. Outside of the hospital, you should plan to dress modestly and avoid standing out. Midriff, short-shorts, and tight clothing are typically frowned upon. Women should opt for trousers, suit pants, or knee-length shorts. For work in the hospital, business casual is standard. Women typically wear a knee-length skirt or sleeveless dress. Nurses wear scrubs while doctors wear business casual clothes with white coats. Individuals involved in surgery bring their own OR outfit (scrubs and shoes) to only be worn within the OR.

Donations

Individuals should discuss with their respective faculty leader regarding potential donations and/or teaching supplies to bring with you to Tamale. You may be asked to carry an extra bag to assist with transport of items to Tamale.

**For Pediatrics: You may wish to consider bringing small toys, coloring books, crayons, markers, coloring books/pages, bubbles, stickers, etc. for the children on the Pediatric unit.

Anticipated Expenses

- Withdraw cash prior to travel (\$100 dollar bills will be helpful for best conversion rate). ATM machines are available at banks, but in our recent experience were not always functional. Visa / Mastercard is accepted at many hotels and nicer restaurants, but American Express is not.

There may be an additional wait, expect some difficulty in general compared to using cash in Ghana (even in the city). Merchants such as small store owners are unlikely to accept credit cards. Plan to change around \$200-400 upon arrival in Accra. How much to exchange really depends on how much you plan to travel outside of Tamale, eat out at restaurants, etc.

- Each trip with the AMPATH driver (including to the hospital) costs a small amount. Any longer non-work-related excursion will need to be planned in advance and driver/fuel costs will be arranged in advance.
- There are some drivers who can be arranged to transport a small group for a short 1-2 day trip. Be sure to inform and discuss any proposed trips outside of Tamale with your faculty lead as well as the AMPATH Ghana team. (see final section for weekend activities ideas)
- Souvenirs and gifts are inexpensive and easy to find in Ghana. Ask the locals and the AMPATH Ghana team for advice on this. Tailors and fabrics are ubiquitous, but you should plan to get measured and place your orders early since this can take 1-2 weeks to complete. There is a tailor with great ready-to-wear items close to AMPATH house too.

Connectivity

Phone Service

Check with your phone service provider for international service coverage. This is the most convenient and reliable option if you want to stay connected.

If you are unable to get service from your provider, there is an option to purchase a Wi-Fi Hotspot or SIM Card once you have landed in Ghana. You may need to bring a compatible device for this SIM Card, or purchase one there, which may be costly.

There are several mobile phone service providers in Ghana. Of these, Vodafone and MTN are highly recommended.

- MTN has better service within Tamale.

E-sim card set up is an even more affordable option, and you may have good success with that option (and save some significant money). However, you will want to set this up prior to leaving the US.

- There are travel data and voice packages supported in Ghana (e.g. Airalo, Vodafone, MTN, AirtelTigo). Your device needs to support e-Sim, which most modern ones do. Information about pricing and packages is available online. It should be noted that coverage may not be always available around all areas of Tamale based on experience.

WhatsApp

The primary method of mobile communication in Ghana is WhatsApp. It is more reliable than text messaging and less intensive on data usage than most social media platforms.

The AMPATH Ghana team, both in New York and locally, are reachable via WhatsApp.

Wi-Fi

While Wi-Fi is available in most places around Ghana, the stability and consistency varies. You should prepare to not be online 24/7 or have occasional network drop-offs. Data packages on your phone will allow you to have better access to internet services when traveling.

Wi-Fi can be extremely spotty in the hospital, but has been good at AMPATH Ghana House. Hospital Wi-Fi may be possible. EMR access is on a platform called LHMS (“lims” for short). You can get on the E-health network in the hospital to use the EMR once IT has set up your computer or iPad, but you can’t browse the internet while on this network. You will likely find that you frequently have to use your phone as a “hot spot” to effectively use the internet and even then, it will be slow at times.

Visitor Registration Form

<https://redcap.link/ampathvisit>

Once you have received your visa and all travel logistics (flights, vaccinations, etc.) have been booked, you can proceed to fill out the REDCap Visitor Registration Form. You must complete the REDCap form at least **8 weeks before departure**.

All visitors with planned travel to AMPATH Ghana are required to complete the Visitor Registration Form to:

- Register visitors (including accompanying travelers);
- Provide travel details and emergency contact information;
- Provide information regarding medical needs, dietary restrictions, and vaccinations;
- Affirm that you will adhere to NYUGSOM and AMPATH Ghana policies and procedures.

You will need the following to complete this form:

- Scanned copy of passport information page(s);
- Your complete travel itinerary including domestic travel;
- Visa;
- Emergency contact information;
- Travel medical insurance information and insurance card copy;
- Proof of mandatory vaccinations (COVID-19, Yellow Fever, Hepatitis A, Hepatitis B, Typhoid Fever, etc.)

If you do not have all this information, please complete as much of the available information as possible and return to complete the form as soon as additional information is available.

STEP & NYU Traveler Registration

Smart Traveler Enrollment Program (STEP)

The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate.

When you enroll in STEP, you will receive current information about your destination country, including:

- Alerts from the U.S. Embassy about safety and security situations.
- Updates to the Country's Travel Advisory.
- Messages about U.S. embassy events and services, such as town hall meetings, voting information, federal benefits, and U.S. citizens' legal obligations (taxes, selective service registration, etc.).
- if your family or friends in the U.S. are having difficulty contacting you with urgent news while you're traveling, we can use the information in STEP to try and reach you.

You can register for STEP at step.state.gov.

All AMPATH Ghana faculty, visitors and affiliates must register for STEP before travel.

NYU Traveler

The following section applies only to faculty, staff, residents, and students of NYU Langone Health (NYULH), NYU Grossman School of Medicine (NYUGSOM), and New York University (NYU). Visitors from other AMPATH Consortium institutions and non-NYU institutions do NOT need to register their trip with NYU Traveler.

NYU affiliate trips will be registered with NYU Traveler. NYU Traveler is a part of New York University's emergency response service aimed to prepare travelers, provide assistance, and help the NYU community safely navigate the world.

Through NYU Traveler, you will receive current information about your destination country, including:

- Country information: currency tips, transportation overview, and cultural norms
- Safety report: delivered the day before departure (if applicable), highlighting travel warnings
- Proactive alerts: email alerts during your trip, in case of local incidents
- Outreach: If NYU becomes aware of any local unrest, they will attempt to establish contact and provide support as necessary
- Weather alerts: delivered if weather forecasts have potential to disrupt your itinerary

The AMPATH Ghana team will use the information collected in the AMPATH Ghana Visitor Registration Form to register all NYU affiliates with NYU Traveler.

GeoBlue Health Insurance Registration

NYU/NYULH employees traveling for NYU business purposes (excludes personal travel) are eligible for coverage under the NYU GeoBlue Traveler Group. NYU/ NYUGSOM students will likely need to pay a small fee to receive this insurance. *Instructions below only apply to residents, fellows, faculty, and staff of NYU:*

Register Online

To register and validate your global coverage, visit GeoBlue at www.geo-blue.com and click “Register” on the right-hand side. Enter our Group Access Code when prompted:

QHG99999NYU2

Once you register, you will have access to the following plan information.

- Print off an ID card
- Review plan benefits
- Locate qualified providers and hospitals

Further details on coverage, including finding a doctor, scheduling an appointment, translation services, etc. are accessible through the GeoBlue self-service tools. GeoBlue Mobile is available on the App Store for iPhone/iPad users.

Accessing Care

In the event of a medical emergency, members should go immediately to the nearest physician or hospital and then call or email:

- Collect: +1.610.254.8771
- Toll Free Inside the U.S.: 1.800.257.4823
- globalhealth@hthworldwide.com

For non-NYU travelers, please check with your institution regarding traveler and evacuation insurance that may be offered or suggested to employees:

- A recommended provider of comprehensive medical and evacuation insurance is Cultural Insurance Services International (CISI)

Life Abroad

This section describes living accommodations (housing, food, AMPATH Ghana House employees/staff), local transportation, recreational/off-duty activities, and expectations while abroad.

- Getting your checked bags can be a bit chaotic. After you get your bag, you should have your baggage claim ticket handy – usually examined as you leave the airport.
- There are porters who are very eager to help with your bags (sometimes too eager) immediately in baggage claim. They will be expecting a tip, and USD is welcome. If you prefer to carry your own bags, just be assertive (but not rude). Often it is a losing battle to fight off the porters, so plan on paying a couple of US dollars (\$1-\$2/bag or 10 to 20 cedis) for this service, but don't feel the need to pay more. Of note, everyone who touches your bag or is hanging around will ask for money. Be friendly, but firm.
- The flights from Accra to Tamale leave from a different terminal building. You have to exit the international terminal and walk or take a taxi to the domestic terminal (on your first trip or if it is dark outside, we advise taking a taxi).
- On arrival in Tamale, a driver from AMPATH Ghana will pick you up at the airport.
- Have a phone number of someone you can call in case there is a problem with your pickup. Be patient, as it is always possible the driver may be late. If any problems arise, call the Executive Site Director.

Housing



AMPATH Ghana House

AMPATH Ghana house is in the Russian Bungalows neighborhood, 18 minutes walking from TTH and 20 minutes driving from UDS. The house is equipped with full security and surveillance 24/7.

The house has six separate apartments, each with 2 bedrooms, 3 bathrooms, kitchen, and shared living room. You will likely be sharing an apartment with another person; residents and students can expect to share a bedroom with another.

All units have running water, Wi-Fi, in-unit laundry, cable (CNN), TV, and air conditioning. Kitchens are equipped with gas burners, kettles, microwave oven, pans, knives, utensils, plates, and bowls. There is a shared outdoor kitchen with an oven available for use.

Unaffiliated visitors are not allowed to stay overnight in AMPATH Ghana House.

Food

There is no one-stop grocery store in Tamale, so visitors may need to visit various markets and smaller shops to purchase groceries. Please note that your usual brands and ingredients may not be available locally.

AMPATH Ghana House has a hired cook, and the cost for daily meals is included in the AMPATH Ghana House daily accommodation/meal fee.

- Breakfast will be buffet-style self-service
- Lunch and Dinner will be a rotating menu

Be sure to include any dietary restrictions when filling out the REDCap Visitor Information Form.

Local Transportation

Work-related Travel

Transportation between Tamale Airport and AMPATH Ghana House will be arranged, covered by your accommodation/board fee.

AMPATH Ghana-related business travel, including transportation to UDS, can be arranged by AMPATH Ghana.

Transport between TTH to AMPATH Ghana house is not provided, as it is within walking distance of AMPATH Ghana House.

Non-work-related Travel

Transportation within the Tamale metropolitan area for non-AMPATH activities (e.g., groceries, restaurants, etc.) can be arranged with vetted and approved taxi services. Details can be discussed with the Executive Site Director or one of the Team Leaders. Note that the cost of non-work-related travel is not covered by AMPATH Ghana.

*Travelers are **not permitted** to ride “tro-tros” (converted pickup trucks), tricycles (pragyia or yellow-yellow), and motorbikes, at any time during the entire duration of their official AMPATH Ghana stay.*

Ethical Engagement in Global Health Learning Experiences

- Intellectual preparation should include a thoughtful reflection on the ethical aspects of your involvement in this global health learning experience. You are coming to learn about global health by experiencing a health system other than your own. Understand that this is valuable, and you are being invited to do this learning.
- Developing an attitude of respect, humility, gratitude, inquisitiveness, and appreciation of what this experience can offer you will help you get the most out of your time here.

Professional Tips & Considerations

- Recall the importance of first impressions and focus on developing relationships right away. Formal introductions and handshakes are commonly important in Ghanaian culture. Proceed with curiosity, and be aware of your privilege and potential power dynamics. There are so many strengths of the medical system in a comparatively low resource setting.
- People may ask for your help and advice. Share your analysis with them. Explain how you would approach the problem in the United States but be careful about using prescriptive language and giving medical advice.
- People often speak very softly. You may need to train your ears to hear them. Try also to be aware of your volume when speaking.
- English is spoken widely in Ghana, but not by everyone and not with the same fluency. Many people will nod and let you finish speaking before saying they do not understand you or they will give you an unclear answer. Closed loop communication can be helpful – ask people for feedback on how they understood you.
- Time sometimes runs a bit differently in Ghana. Though timeliness is important, in many cases efficiency is not a priority. Do not be late for appointments but be easy if others are. Try to be flexible about last minute schedule changes and miscommunication about appointment/meeting times.
- Expect that some things will take longer (transportation, meetings, meals, service, healthcare) than you expect, and will not seem as goal oriented as you are used to.
- Practice equanimity. Often there is a good explanation for things that look “wrong” from the outside, and you just don’t know it yet. Be curious. Ask questions.
- Pay attention to how people interact, how they talk. Try to understand what is important to them. What do they care about? What are their challenges?

Maintaining physical and emotional well-being

- Ghana is fun and friendly. It is full of people enjoying music, dancing, good food, hard work, community, laughter, and love. However, if this is your first experience traveling outside of high-

income countries, or if you have not yet spent significant time working in a healthcare setting outside of North America, you may find some aspects both physically and emotionally challenging.

- If you are not used to “roughing” it, if you have food restrictions in your diet or are a picky eater, or if you don’t do well in hot weather, you should be prepared to step outside of your comfort zone.
- Expect to find some aspects of what you encounter here confrontational. Visitors from North America and Europe often react emotionally to: seeing people in advanced stages of illness or dying, urban poverty, pollution, loud music at odd hours, car honking, being served fishes with their heads still on, bathroom hygiene, people hailing you or asking you for money.
- Many aspects of healthcare at Tamale Teaching Hospital may be familiar. It is a large teaching hospital with a largely economically disadvantaged population of patients; different languages are spoken, etc. The differences, however, are sometimes striking. Expect that you will sometimes feel helpless, conflicted, judgmental, and may even feel outraged at some point during your stay. That is normal. Know that whatever you will experience, or feel about it, you will not be the first and you will not be alone.
- Prepare yourself to be in a medical environment with fewer resources and inefficiencies, and very sick patients.
- Prepare yourself to be in a different role: you will not have the same responsibilities (or powers) to act in the face of patient need. This is often a very difficult adjustment.

Hand awareness

- Try not to use your left hand for gestures or for eating (that is the hand meant for cleaning oneself in the restroom). But by all means, eat using your right hand, especially when taking starchy dishes like fufu or banku, and then use the bowl of water provided to clean your fingertips.

Religious awareness

- Religion is an important part of life for most Ghanaians. The country is roughly 85% Christian, and 15% Muslim. However, this ratio is flipped in the North of the country. About 90% of the population around Tamale practice Islam.
- Muslims in west Africa may practice quite differently from each other and other Muslims you may have met but modest dress covering most skin is common for both men and women (no exposed knees/shorts outside of beach areas). Many women also choose to cover their heads and hair with a hijab.
- You may hear calls to prayer (salah, salat) 5 times per day (dawn, noon, mid-afternoon, sunset, evening).
- Congregational prayer day is Friday (Salat al-Jumu’ah).
- Polygamy is common among Muslim men in Ghana, and a sign of wealth and prosperity. A man is allowed by law up to 4 wives. Women are not allowed more than one husband at a time.
- Though politically patriarchal, Ghana has history of matrilineage and matriarchal politics prior to colonization, and the idea of strong women figures within families is common.

Language awareness

- Ghanaian English is not the same as US English. Words, expressions, and meanings are often different-- remember this if someone asks you a question that seems odd to you or if you are not getting the reaction or response you expected. Answers that don't make sense generally mean that you are not asking the right question or are assuming something that isn't true here.
 - o Due to English being brought by colonization by Britain, generally English is more British at its base.
 - o Compared to American English, you will hear variations in pronunciation, usage of words, and sentence structures. A word may sound foreign but very likely could be familiar- ask to see it written if needed.
 - o Consonants at the end of words may not be strongly pronounced.
 - o Only about 2/3 of Ghanaians speak English due to differences in education availability and attainment (impacted by location, socioeconomic status), and fluency varies.
 - o **Dagbani** is the most common non-English language in the north, but there are other languages spoken in the region around Tamale. Almost all of the nurses speak Dagbani and many of the house and medical officers do (but not all of them as some have come from other regions of Ghana for training). More about Dagbani at the end of the guide.
 - o Speaking softly is often the norm so avoid excessive volume when appropriate.

Respecting Elders

- Greet everyone you pass- especially among elders, it is a show of respect.
- Tip off or take off your hat when greeting elders.
- Age as well as rank in the hospital are all incredibly important, including when making introductions and seating positions in rooms and meetings.

Chieftain System and Tribal Culture

- Ghana has a complex system of Chiefs and Tribal heritage.
- There are a number of Chiefs and Sub-Chiefs who fulfill multiple roles.
- There are sometimes conflicts among the various Chiefs for power and territory.
- If you meet a Chief, an elder, or an important member of the community it is important to be reserved and respectful.
- Many Ghanaians will have prominent scars (including on faces) which indicate tribal affiliations. These may be created at a very early age (even during infancy).

General Differences

- Ghanaians tend to be very polite and formal during meetings and other events. One example is the phrase "you are welcome" as a greeting and salutation. This may differ from one's usual interpretation of this as a gesture of approval after being thanked.
- Ghanaians may say "yes" or agree with statements in an attempt to be polite and not offend. Try to be mindful of this.

- If you receive a request from someone of a higher “rank” such as from one of our TTH faculty members, you should try to follow through as best as you are able. For example, a faculty member may request for you to “pass by the medical ward if you get a chance.” This may actually mean that the faculty members wants you to come to the medical ward to assist with something ASAP, and may be more than the casual request it appears.

Medical differences

- Traditional healers are common. Patients have often visited a local healer prior to coming to hospital.
- Even very young children may have scars on their body from traditional healing practices or from traditional tribal cutting. While some may be troubled by this cutting, it is not child abuse, but a common cultural practice in Northern Ghana.
- Children and adults may also have protective Talismans tied to their body (such as around the waist) as part of traditional medical practice.
- Traditional orthopedic surgeons are popular and trusted.

Local Food and Drink

Food

- Would recommend eating at Wooden (good atmosphere, working Wi-Fi) and Tacorombama (good pizza).
- Oasis also is a nice place with a laid-back vibe.
- Buy bulk mangos. There are several different varieties are available and delicious.
- Most meals involve a starch (e.g. rice, rice ball, fufu, banku, steamed plantains, yams) served with a soup or “sauce.” The sauces are amazing! May be groundnut based and often have greens, okra, etc. A protein is optional to add, such as fish, chicken, goat, or guinea fowl. There is no pork in most of northern Ghana and the beef can be tough.
- Jollof rice comes in a number of varieties and is usually medium spicy. Jollof rice is a big deal in West Africa, and there is great debate which country in West Africa prepares it the best way.
- Great Ghanaian dishes:
 - o *Red Red* (rice and beans served with plantains)
 - o Kelewele: slightly spicy and sweet fried plantain chips
 - o Fufu: starchy ball, worth trying, sticky dough used to eat stews
 - o Banku: fermented fufu (great with stew, Tilapia most popular)

Drink

- Coffee is Nescafe instant coffee, and creamer is often sweetened condensed milk. There is a coffee grinder and coffee maker in the apartment if you choose to bring your own coffee.
- Star Beer or Club Beer: comparable to bud lite, refreshing. Very slight hops.
- Origin: A local “malt liquor” with plum flavor and slight herbal / spice notes, but very sweet.

Health Abroad

The following section details important considerations during your stay in Ghana to assure health and well-being. All guidance is subject to change based on the latest available information.

Staying Healthy

Food & Water

Foodborne illness is common. Avoid street food, fruits, and/or vegetables that can't be peeled or cut by you using a sterile knife. Wash your hands thoroughly before eating.

Eat	Don't Eat
<ul style="list-style-type: none">• Food that is cooked and served hot• Hard-cooked eggs• Fruits and vegetables you have washed in clean water or peeled yourself• Pasteurized dairy products	<ul style="list-style-type: none">• Food served at room temperature• Food from street vendors• Raw or soft-cooked (runny) eggs• Raw or undercooked (rare) meat or fish• Unwashed or unpeeled raw fruits and vegetables• Unpasteurized dairy products• "Bushmeat" (monkeys, bats, or other wild game)

In many areas, tap water is not potable. Bottled water and beverages are generally safe, although you should be aware that many restaurants and hotels serve tap water unless bottled water is specifically requested. Be aware that ice for drinks may be made using tap water. There will be bottled water and electric water kettles for boiling water available at the AMPATH Ghana house.

Drink	Don't Drink
<ul style="list-style-type: none">• Bottled water that is sealed• Water that has been disinfected• Ice made with bottled or disinfected water• Carbonated drinks• Hot coffee or tea• Pasteurized milk	<ul style="list-style-type: none">• Tap or well water• Ice made with tap or well water• Drinks made with tap or well water (such as reconstituted juice)• Unpasteurized milk

Medical Supplies

Medical facilities in Ghana may not carry your preferred medical equipment or supplies. You should carry adequate supplies of any needed prescription medicines, along with copies of your prescriptions, the generic name of the drugs, and a supply of preferred over-the-counter medications.

Chronic Medical Conditions

If you have a medical issue, especially any chronic medical conditions and/or immunocompromising health issues, it is important that you discuss your condition and travel plans with your doctor prior to traveling to make appropriate preparations.

Mental Health

While abroad, it often takes time to adjust to a new culture, living arrangements, food, language and immersion into the unfamiliar. Some individuals feel overwhelmed, homesick, afraid, or out of sorts.

The attitudes toward counseling, or therapy, vary from one country to another. Similarly, the availability of resources and type of services may be different from what an individual is accustomed to in their home country. Individuals must plan well before departure, especially if they are currently in treatment for mental-health related issues.

Be prepared to have many emotions about medical care differences. Be prepared to see significantly more morbidity and mortality than what you are accustomed to in the US. Be prepared to see how that is handled differently in Ghana, and take the time to imagine and discuss the reasons for that difference.

Debriefing is an essential component of a healthy adjustment and the ability to form effective, positive partnerships. You may be at risk of negative mental health effects without taking appropriate steps. Consider your own personal, positive adaptive coping strategies in times of stress, and be prepared to use them. What has helped you previously when dealing with stress and trauma? Sharing your experiences with a trusted colleague? Journaling and reflective writing? Taking a walk, run, or other exercise? Meditation or Prayer? Connecting with family at home? You should plan to use many, if not all these strategies, as you plan to manage the stress of working in a resource limited public hospital in Ghana.

Mosquito-Borne Illness

Mosquito-borne illnesses, such as malaria, yellow fever, and dengue, are endemic to Ghana. Contracting malaria is especially common in Ghana, even while taking antimalarial prophylaxis, thus prevention of bug bites and proper immunizations/precautions are important. The use of insect repellent is strongly recommended.

To prevent insect bites:

- Minimize exposed skin.
- Use an appropriate insect repellent (see below).
- Use permethrin-treated clothing and gear (such as boots, pants, socks, and tents). Do **not** use permethrin directly on skin.
- Use a bed net.
- Stay and sleep in air-conditioned or screened rooms.
- Avoid mosquito-prone outdoor areas at dawn and dusk when bites are most likely to occur.

For protection against ticks and mosquitoes: Use a repellent that contains 20% or more **DEET** for protection that lasts up to several hours. Products with one of the following active ingredients can also help prevent mosquito bites. Higher percentages of the active ingredient provide longer protection.

- [DEET](#)
- Picaridin (also known as KBR 3023, Bayrepel, and icaridin)
- Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)
- IR3535
- 2-undecanone

Malaria Prophylaxis

It is highly recommended that you take malaria prophylaxis for the entire duration of your stay while in Ghana. There are three main options for prophylaxis:

- Doxycycline
- Malarone (atovaquone-proguanil),
- Mefloquine.

Discuss with your doctor to determine which option is appropriate for you. **FILL YOUR PRESCRIPTION EARLY.** Most insurance companies will only fill a 30-day supply unless you call and request preauthorization for a greater supply. You will need enough for your entire travel time.

Immunizations

According to the U.S. Centers for Disease Control and Prevention (CDC), the following vaccination schedule is suggested. The [CDC website](#) has the most up-to-date information and guidance.

- Vaccines in **yellow** are **required** for entry to Ghana.
- Vaccines in **blue** are **required** by NYU for business-related travel.
- Vaccines in **green** are strongly recommended by NYU and/or the CDC.

Vaccine	Recommendation	✓
Yellow Fever	Required for arriving travelers from all countries if traveler is ≥9 months of age.	
Flu Shot	Annual flu shot is required, if available. Please take this into account if you are traveling to Ghana from October-March so that you get your vaccine before the NYULH internal deadlines.	
COVID-19	Everyone 16 years of age and older should be fully vaccinated for COVID-19 before travel. Further COVID-19 specific information is found below.	
Polio	A Level 2 Travel Alert for travelers to Ghana was posted by the CDC on September 17, 2019 due to an outbreak of polio. The CDC travel notice states: "If you will be in Ghana for more than 4 weeks, the Ghanaian government may require you to show proof of polio vaccination before you leave the country."	
Hepatitis A	Recommended for unvaccinated travelers one year old or older going to Ghana.	
Hepatitis B	Recommended for unvaccinated travelers of all ages to Ghana.	
Meningitis (Meningococcal)	Recommended for travelers 2 months old or older traveling to Ghana during the dry season (December to June).	
Typhoid	Recommended for most travelers, especially those staying with friends or relatives or visiting smaller cities or rural areas.	
Tetanus-Diphtheria-Pertussis (tDap)		
Polio	A single lifetime booster dose of Inactivated Polio Vaccine (IPV) is recommended for adults who received the routine polio vaccination series as children; the routine series is recommended for unvaccinated or incompletely vaccinated children and adults and those with unknown vaccination status.	
Rabies (optional)	Rabid dogs are found in Ghana. If you are bitten or scratched by a dog or other mammal while in Ghana, there may be limited or no rabies treatment available. Consider rabies vaccination before your trip if your activities mean you will be around dogs or wildlife.	

Arrange a travel clinic visit early enough to allow for immunizations (have appointment at minimum 4 weeks prior to departure). Consult the [CDC travel website](#) for the most up to date info (typhoid vaccination, malaria prophylaxis, etc.)

Your institution might have a travel clinic where vaccinations can be administered and general travel-related medical advice can be sought.

Safety Abroad

Generally, Ghana is a safe, exciting country. Even so, it is important you are aware of your surroundings and take general precautions while traveling and living here.

US State Department – Ghana Travel Advisory
Ghana - Level 2: Exercise Increased Caution

The information below is subject to change. For most up to date information, please visit the US State Department website:

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories/ghana-travel-advisory.html>

Travel Safety Policies

AMPATH-affiliated travelers are **not permitted** to travel by foot (walking) after dark.

- Any travel done at night must be done via vehicle.
- AMPATH-affiliated travelers are only permitted to ride in official taxis or car services that have been vetted and approved by AMPATH Ghana.
- If you are planning to travel out of Tamale during the day, and you will not be able to return to Tamale before dark, you must make arrangements to stay in the locality you are traveling to.

AMPATH-affiliated travelers are **not permitted** to ride tro-tros (converted pickup trucks), tricycles (pragyia, yellow-yellows), and motorbikes.

AMPATH-affiliated travelers are encouraged to always have a buddy around and attempt to avoid walking alone if possible.

All AMPATH-affiliated travelers should notify one of the AMPATH Ghana team members of any travel plans.

Precautions

U.S. citizens traveling in Ghana should exercise caution while visiting border areas, in particular the northern border. Due to security concerns over criminal activity in remote areas, travel of U.S. government personnel to the northern and northwestern border is currently limited.

Street crime remains a serious problem in metropolitan cities. Thieves carry out crimes of opportunity, such as “snatch & grabs,” on city streets in isolated areas as well as from vehicles idling in traffic. Pickpockets are also prevalent in crowded areas. These incidents can become violent, particularly if the victim attempts to fight back.

Demonstrations may take place in response to political or economic issues, on politically significant holidays, and during international events. Avoid areas around protests and demonstrations.

Travel without your passport, keep just a copy with your bag. Keep passport and valuables in the AMPATH Ghana house.

Victims of Crime

U.S. citizen victims of assault are encouraged to contact the U.S. Embassy for assistance. Report crimes to the local police at +233 (0)30-277-3906, the U.S. Embassy at +233-(0)30-274-1000 ext. 1570, the AMPATH Ghana Executive Site Director, and the AMPATH Ghana Executive Director. Remember that local authorities are responsible for investigating and prosecuting crime.

U.S. Embassy Services

The U.S. Embassy can:

- Help you find appropriate medical care.
- Assist you in reporting a crime to the police.
- Contact relatives or friends with your written consent.

- Explain the local criminal justice process in general terms.
- Provide a list of local attorneys.
- Provide our information on [victim's compensation programs in the United States](#).
- Provide an emergency loan for repatriation to the United States and/or limited medical support in cases of destitution.
- Help you find accommodation and arrange flights home.
- Replace a stolen or lost passport.

The U.S. Embassy in Ghana is located at:

No. 24, Fourth Circular Rd., Cantonments, Accra
P.O. Box GP 2288
Accra, Ghana
Phone: +233 (0) 30 274 1000

If you are an American citizen in Ghana with an emergency, you may contact the Embassy at the following number and request to speak with the U.S. Embassy Duty Officer: [+233 \(0\) 30-274-1000](#). If calling from outside Ghana, dial [+233-30-274-1000](#).

For emergency American Citizen Services (death, arrest, or hospitalization of U.S. citizen), contact us at ACSAccra@state.gov.

Sexual Harassment and Assault Information

Cultural and social attitudes toward sexual harassment or assault and victims of sexual assault/harassment vary greatly in different countries and locales. Sexual assault of foreigners is relatively uncommon in Ghana. Interactions and verbal comments that may seem vulgar or disrespectful are more likely to occur and can be very distressing particularly when they occur in the context of workplace relationships.

In the event that you or someone within your vicinity experience sexual harassment or violence while abroad, seek safety first before notifying your local contact and getting medical attention.

You are strongly encouraged to seek the support of the Executive Site Director, Team Leader, or any AMPATH Ghana or NYU leadership you feel comfortable with. **Leadership will provide guidance on resources available to you.**

U.S. citizen abroad who are victims of sexual assault are encouraged to contact the U.S. Embassy for assistance.

- Report crimes to the local police at +233 (0)30-277-3906
- Contact the U.S. Embassy at +233-(0)302 741-775

Remember that local authorities are responsible for investigating and prosecuting crime.

Weekend Activity Recommendations

Tamale:

- Tamale Central Market
 - o Food, textiles
 - o Fabric often sold by the bolt with multiple yards
 - o Take fabric to a tailor (found streetside all over) and can barter cost of garment with tailor keeping the remnants
- Craft market
 - o Baskets, paintings, key chains, purses, handheld fans
- Shea butter
 - o Several local merchants/producers in Tamale with scented or unscented options, make great gifts
- Nuku Studio
 - o Exhibition with photography on Northern Ghana Life
 - o <https://www.nukustudio.org>
- Savannah Center for Contemporary Art
 - o <https://beatricetrussardifoundation.com/ideas/savannah-centre-for-contemporary-art/>
 - o Founded by internationally renowned artist Ibrahim Mahama, who is from Tamale
- Red Clay Studio
 - o <https://www.africablooming.com/en/red-clay-studio-a-new-art-space-in-ghana/>
 - o Extension of SCCA: Art exhibit and cultural center with an outdoor plane collection including free children's library and cinema
- Nanvili culture village & Saakpuli slave market
- Daboya
 - o see high quality "fugu" being made -the hand-spun White and indigo-dyed cloth worn as smock by men throughout northern Ghana (to west, about halfway to Mole)

Day Trips and Excursions

West of Tamale:

- Mole National Park, Zaina Lodge
 - o ~\$250 to \$500 per person per night, can consider sharing a room if same gender (can request small side bed as alternative).

- Although this is very pricey, the cost does include 1x 2-3 hour safari, and 3 delicious meals included in the price (not to mention the amazing pool where you can swim and watch elephants below).
- Motel is more economical option and can hang out in fancy lodge /pool during the day
- Safaris available by jeep and on foot to trek to the watering hole and watch elephants up close
- Will need to pay for gasoline and for driver's hotel room (elsewhere)/food
- Larabanga Mosque
 - Historic Muslim Sudanese stick and mud style mosque dating to 15th century in northern Ghana. Said to have built itself layer by layer. On the way to Mole, ask to stop but ONLY with several people and driver because the people there beg for money and may surround you.
- Wechiau Community Hippo Sanctuary (145km past Mole to west, ~3 hours drive)
 - <https://www.ghanahippus.com/>

North of Tamale

- Bolgatanga
 - Visit the Sirigu women's art and pottery village to see painted adobe structures with the Ghanaian guide.
 - Hike among sacred rock formations and the massive Baobab trees in Bongo
- Paga (35km past Bolgatanga)
 - Sacred crocodile ponds
 - Pia palace
 - Pikworo, a former slave camp
 - Our Lady of the Seven Sorrows mud-brick cathedral and grotto
 - Paga hosts some superb examples of the extended family homesteads that characterize this border region. Fantastic, labyrinthine, fortress-like constructions characterized by their curvaceous earthen walls, flat roofs and cozy courtyards. Many of the complexes are more than a century old, and they may be inhabited by more than ten separate households, each with its own living quarters and courtyards, some marked by rounded mud mounds under which an important family member is buried. The flat roofs are used not only for drying crops, but also as a place to sleep in hot weather, while the mud walls are often covered in symbolic paintings or portraits of animals.

South of Tamale:

- Kumasi
 - Kejetia Market is the largest market in Ghana with cloth/textiles, beads/necklaces, baskets, etc.

- Cape Coast
 - Cape Coast Castle is the main attraction and worth seeing and doing the tour.
 - Kokodo: Restaurant in Cape Coast with AMAZING Ghanian Food, highly recommended.
 - Accommodations:
 - Past groups have stayed at the Mighty Victory Hotel (had AC), which is quite nice, has good food, and is quiet. It is a bit of a walk from the tourist attractions/activities. Cabs were familiar with the hotel and knew where to pick up/drop off.
 - Baobab Guest House: Another good option. Great fruit juice, breakfast/lunch, and a cute gift shop. There is no AC here but was breezy by the coast and they have mosquito nets.
 - Notes:
 - Don't pay more than 5 cedi to get around in Cape Coast because it is not very big. You can negotiate with all taxi drivers before getting in and, based on advice/experience, it should only be about 2-5 cedi for any traveling within the city. Can walk most places from the hotel, but watch out for vendors trying to take you into their shops and corner you.
- Optional Stops
 - Monkey Sanctuary at Boabeng-Fiema
 - Tour through forest, feed monkeys
 - Kintampo Falls
 - Beautiful day hike near Techiman
 - Kristo Buase Monastery in Techiman
 - Preferred bookings by email (40 cedi per day). Kristobuasemonastery.org
 - Kakum National Forest:
 - Canopy walk (40 cedi per person)
 - Can stay overnight in the forest in a tent/tree house
 - Elmina
 - Elmina Castle (there is a tour)
 - Elmina—Coconut Grove Beach Resort, can do horseback riding on the beach, pool, and hang in a cabana and relax for the day. Shared room is 50\$ per person.
 - Nice alternative to Cape Coast for place to stay after touring
- Accra
 - Kwame Nkrumah Monument, Independence Square, Du Bois Center, fashionable Oxford Street in Osu, and relax at the beach.
 - Jamestown lighthouse. Watch out for scammers there offering tours.
 - Can stay at Greenfield Lodge ~ \$75/night– nice big clean room, decent restaurant.
 - If flight is leaving late, consider hanging out at the Lancaster Hotel (formerly the Golden Tulip). You can pay 40 cedi per person to use the pool and facilities there. They have a shower and internet as well as a really good restaurant. They store your luggage for free and have a shuttle that leaves every hour for the airport.

Appendix

Recommended Books and Readings

Walking Together, Walking Far: How a U.S. and African Medical School Partnership Is Winning the Fight Against HIV/AIDS by Fran Quigley'

Things Fall Apart by Chinua Achebe

Mountains Beyond Mountains by Tracy Kidder

From AIDS to Population Health by James D. Kelly

Homegoing by Yaa Gyasi

The Hundred Wells of Salaga by Ayesha Harruna Attah

Changes: A Love Story by Ama Ata Aidoo

Ghana Must Go by Taiye Selasi

The Beautiful Ones Are Not Yet Born by Ayi Kwei Armah

Transcendent Kingdom by Yaa Gyasi

"We learn from them; they learn from us": global health experiences and host perceptions of visiting health care professionals

<https://pubmed.ncbi.nlm.nih.gov/23425985/>

Responding to the HIV pandemic: the power of an academic medical partnership

<https://pubmed.ncbi.nlm.nih.gov/17762264/>

Developing Ethical and Sustainable Global Health Educational Exchanges for Clinical Trainees: Implementation and Lessons Learned from the 30-Year Academic Model Providing Access to Healthcare (AMPATH) Partnership

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7597575/>

Building Sustainable Capacity for Cardiovascular Care at a Public Hospital in Western Kenya

<https://www.sciencedirect.com/science/article/pii/S073510971506845X?via%3Dihub>

Leveraging the power of partnerships: spreading the vision for a population health care delivery model in western Kenya

<https://globalizationandhealth.biomedcentral.com/articles/10.1186/s12992-018-0366-5>

"These are Good Problems to Have...": Establishing a Collaborative Research Partnership in East Africa

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3744278/>

Language Guide

There are several tribal languages that you will come across during your time at TTH. In total, there are more than 70 indigenous languages in Ghana based in Niger-Congo, Mande, and Volta-Niger families. The major languages across Ghana are Akan, Ewe, Ga, Dagaare, and Dagbani, with English as the official language.

The most widely spoken language in the Tamale region is called Dagbani, which is considered a second language in northeastern Ghana, most popular among the Dagomba people. A group of similar languages called Mole-Dagbani is spoken by more than 20% of the population. Akan is the most widely spoken language in Ghana, including varieties Bono, Fanta, Asante Twi, and Akuapem Twi, but these are less common in Tamale. English is the language that is used in the medical environment.

- Interested in deeper learning? <https://learndagbani.org/course/learn-dagbani/>
- If you want to practice on Quizlet: <https://quizlet.com/208051773/dagbani-greetings-flash-cards/>

Greetings

Morning - Dasiba (Das ba	Thank you. - M puhya ka payi. (<i>N payiya</i>)
Afternoon - Antire (AHN-tee-ray)	You're welcome - Naawuni deemi suhugu. (<i>Abaa</i>)
Evening - Aninwula (Anoola)	Yes. - iin. (<i>mm</i>)
Response to greeting - naa (<i>enthusiastically if possible</i>)	No. - aayi. (<i>ai</i>)
Excuse me - Gaafara	I'm sorry. - N tumi taali. (<i>Gaafara</i>)
Welcome - Akwaaba	I don't understand. - N bi gbaai.
Come in - Garima	Where is the toilet? - Ya polo ka baanjira be?
What is your name - I' yuli	I am good. - Alafee
My name is - N' yuli	Nice to meet you. - Di niŋ ma suhupieli pam ni n ni nyaa ŋɔ. (<i>Di niŋ ma suhupieli pam ni n ni nyaa maa</i>)
How are you? - Ca'oola	Please. - Dimi suyulo
	Where is the toilet? - Ya polo ka baanjira be?

Colors

Black	sabinli
White	pielli
Grey	tampilim
Red	ʒɛɛ
Blue	nuyiso
Yellow	dozim
Green	vagahili

Orange	salɪŋkom
Brown	taŋkpaɣu

Problems

Leave me alone	Zaŋ ma bahi. (<i>Zɔm ka chama.</i>)
Police!	Polinga!
I need your help	M bori la a sɔŋsim.
It's an emergency	Nimmohi m bala.
I'm lost.	N tumla n soli. (<i>M barigi mi.</i>)
I'm sick.	M bəri mi.
I've been injured	N nyela daŋa.
I need a doctor	N bori la dɔyite.

Body parts/Medical Terms

Head – Zuyu	Stomach – puli	Thighs – gbalpina	Big Toe -Napɔŋ-lɔɣu
Hair – Zabiri	Rib – Saprigu	Knee – duni	Heel – Napɔŋ- kpa
Ear – Tibili	Ribs – Sapira	Knees- duna	Shoulder – Bɔɣu- sapim
Ears -Tiba	Navel – Nyuyu	Leg – bæi	Arm -Bɔɣu
Eye – Nini	Waist – Shei	Legs -bæhi	Elbow -Kpinkpanjua
Eyes – Nina	Hip – Sakpuɣu	Ankle – Napɔŋ- chei	Wrist – Nukyei
Mouth- Nɔli/Nangbani	Hips – Sakpuɣa	Foot -Napɔŋ	Finger – Nubila
Neck -Nyingɔli	Buttocks – Gbina	Feet – Napɔna	Fingers – Nubihi
Chest – Nyɔɣu	Buttock – Gbini	Toe – Napɔŋ – bila	Thumb – Nuluɣu
Breast -Bihili/Biha	Thigh – gbalpini	Toes – Napɔŋ- bihi	Finger/ Toe Nails – Nyinyahi
Abdomen – Sayinga	Nose -Nyɛi	Soles of the feet – Napɔŋ – vaɣu/vari(plural)	Palm – Nutali
	Foreheard -Gbɪyɪ		Pain - Berim

Numbers & Time

1 Ndam	21 pishi ni yini	more pam	Sunday Alahari
2 Ayi	22 pishi ni ayi	Now punpɔŋɔ	Monday Atani
3 Ata	23 pishi ni ata	later di yi too bela	Tuesday Atalaata
4 Anahi	30 pihita	before pɔi	Wednesday Alaaba
5 Anu	40 pihinahi	morning asiba	Thursday Alaamish
6 Ayobu	50 pihinu	afternoon wuntaŋni	Friday Alizumah
7 Apɔin	60 pihiyobu	evening zaawuni	Saturday Asibiri
8 Anii	70 pisopɔin	night yuŋ	January Buyim
9 Awɔi	80 pihinii	one o'clock AM yuŋ tisuyu kurigi yini	February Dambabilaa
10 Pia	90 pihiwɔi	two o'clock AM yuŋ tisuyu kurigi ayi	March Damba

11 piniyini	100 kɔbiga	noon wuntaŋ zuɣusaa	April Gaambanda
12 pinaayi	200 kɔbishiyi	one o'clock PM wuntaŋni kurigi yini	May Bandachena
13 pinaata	300 kɔbisita	two o'clock PM wuntaŋni kurigi ayi	June Kpinibilaa
14 pinaanahi	1,000 tuhili	midnight yuŋ tisuyu	July Kpini
15 pinaanu	2,000 tusaayi	Today zuŋɔ (zunzuŋɔ)	August Nolɔribilaa
16 pinaayobu	1,000,000. tuhi tuhaayi (miliyɔŋ)	Yesterday Sohila (Sohala)	September Nolɔri
17 pinaapɔin	1,000,000,000 tuhi tuhaata	Tomorrow bieɣuni()	October Konyuri chuyu
18 pishiyika	1,000,000,000,000 tuhi tuhi anahi	this week bakɔi ŋɔ(dakulo ŋɔ)	November Chimsibilaa
19 pisiyinika	half pirigili	last week bakɔi din gari la(dakulo din gari la)	December Chimsi
20 pishi	less bɛla	next week bakɔi din kani na(dakulo din kani na)	



Welcome to AMPATH Ghana! From Pepper and Kiju (AMPATH Ghana House pups)!!