

Travel to Ghana Tips & Guidelines

How to prepare for your upcoming MPH Program in Ghana

Presentation prepared with the assistance of the Center for Business, Health, and Prosperity at the University of Utah, a partner of Ensign Global College



International Travel Clinic

- Schedule a comprehensive clinic visit to:
 - Evaluate health prior to international travel/study abroad
 - Receive necessary vaccinations/prescription medications
 - Learn what to expect regarding life in Ghana and your medical well-being



International Travel Clinic

- **YELLOW FEVER CARD REQUIRED TO ENTER GHANA**
- Antimalarial & Traveler's Diarrhea prescriptions
- Make your appointment soon – inform the clinic you need a yellow fever card to apply for entry to Ghana
- Medical costs not included in MPH program fees



Travel Departure Information

Departure & In-Country Information




Immigration Card

- You may receive an immigration card on the plane shortly before arrival in Accra
- Fill out the required fields and use Day/Month/Year for date of birth, passport expiration date, & date of completion
- Save a copy to your phone
- Have a blue or black non-sharpie pen with you



ED20/ 0153367



**GHANA
IMMIGRATION
SERVICE**
MIGRATION CARD
Immigration Regulations 2001, LI 1691

Please complete clearly in English and BLOCK CAPITALS
à remplir en anglais et en LETTRES MAJUSCULES, S.V.P

PERSON Arrival / arrivée Departure / départ

■ **Family Name / Nom de famille**
LASTNAME

■ **First Name (s) / Prénom (s)**
FIRSTNAME

■ **Date / Place of birth / Date / Lieu de naissance** ■ **Gender**

D	D	M	M	Y	Y	Y	Y
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 M F

TRAVEL

■ **Passport No. / numéro de passeport** ■ **Date of Expiry / Date d'expiration**
 123456789

D	D	M	M	Y	Y	Y	Y
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■ **Place of Issue / Lieu d'émission** ■ **Nationality / Nationalité**
 USA USA

■ **Occupation / Profession**
STUDENT

■ **Contact address in Ghana (in full) / Adresse au Ghana**
 ENSIGN COLLEGE OF PUBLIC HEALTH
 TEMA-OKOSOMBO HIGHWAY KPONG, E/R Tel: 233509561405

■ **Flight / Vessel / Vehicle No. / Vol / Navire / Véhicule No** DELTA.156

PURPOSE / RAISON Resident / Résident Study / étude
 Business / Commerce Family Visit / Visite de la famille Diplomatic / Official
 Medical / Médical Transit Conference / Conférence
 Tourism / Tourisme Other / Autre (Specify / Spécifié)

■ **Contact Address Overseas and Phone / Adresse à l'étranger**
 HOME ADDRESS

CITY, STATE, ZIP CODE Tel: 123-456-7890

Signature I HEREBY CERTIFY THAT THIS DECLARATION IS TRUE AND CORRECT

Date:

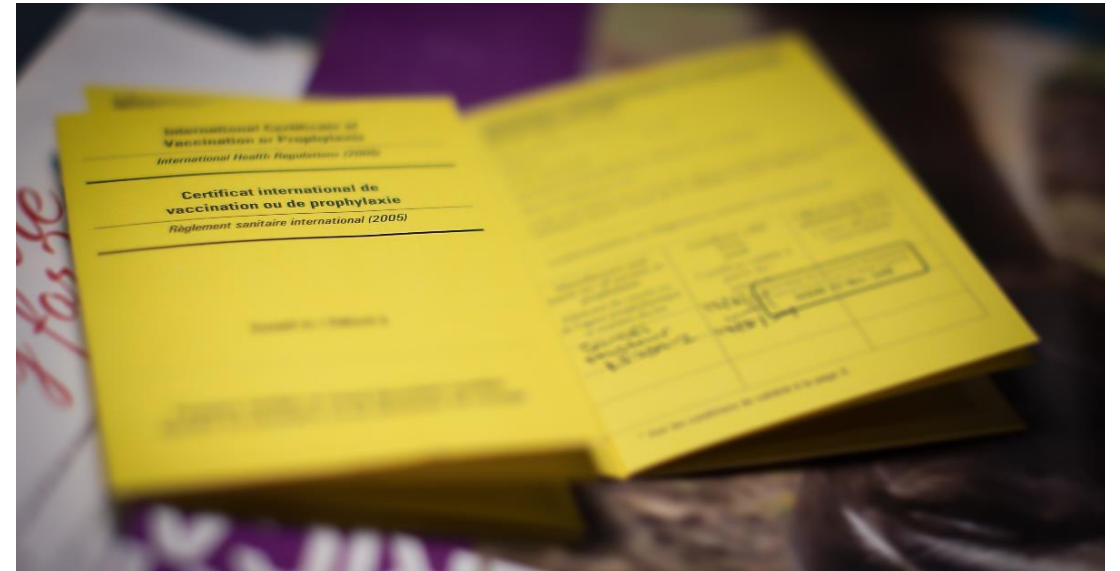
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International Travel Health



Yellow Fever Card

- Required to enter Ghana
- Keep with your passport at all times and have card in safe place
- Remember to travel with card if leaving Ghana and returning during MPH program



Malaria Prevention

- Start antimalaria medication 1 – 2 days before travel
- Use the medication prescribed to you by the travel clinic or your medical provider
- Take malaria prevention medicine with food to prevent an upset stomach



Traveler's Diarrhea

- **Pepto-Bismol** - chewable tablets as prevention and early symptoms
 - Do not take malaria medication with Pepto-Bismol tablets (wait one hour)
- **Imodium** – have with you
- **Antibiotic** - Fill and bring your Cipro prescription (from travel clinic or medical provider)



No Swimming in fresh water areas/waterfalls

- No swimming or entering fresh water (Schistosomiasis – Volta region)
- You will have opportunities to swim in the on-campus pools as well as at excursion locations



Insect Repellent

- 20-50% DEET or 20% Picaridin
- Permethrin for clothing (especially safari clothing)



Jet Lag

- Exercise
- Sunlight
- Hydration
- Eating and Sleeping Schedule
- OTC sleep-aid (Benadryl or melatonin) to help sleep at destination



Motion Sickness Prevention

- Dramamine - motion sickness prevention
- Long van/bus rides
- Even if you are not prone to motion sickness



Travel / Health Insurance


- All students should possess comprehensive health / travel insurance
- A copy of insurance and passport should be on-hand at all times



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CISI Insurance Materials

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1 MB



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130 KB



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DAVID ECCLES SCHOOL OF BUSINESS

Food in Ghana



Food in Ghana



- **Do Not:**
 - Drink anything with ice
 - Eat uncooked vegetables
 - Eat fruit that does not have a peel
 - Drink or brush your teeth with tap water
 - Eat street food
- **Do:**
 - Follow guidance received at the travel clinic as soon as symptoms begin (Pepto, Cipro, etc).

Travel Precautions

- Auto accidents and auto-pedestrian accidents pose one of the largest risks while traveling.
- **Please make note that pedestrians do not have the right of way**



Drug & Alcohol Policy

The policy on drugs and alcohol is as follows:

- Drug use is strictly prohibited
- No drinking allowed while on designated field study/learning time
- Participation in program activities while intoxicated or suffering from overconsumption is not allowed
- Providing alcohol or drugs to minors is illegal
- *Violating the guidelines may result in dismissal from the program.*



Money Matters

- Call credit card companies prior to travel to Ghana
- Bring cash to exchange or withdraw from ATM in-country
- Need money for
 - Travel meals at airports, some meals during program excursions
 - Souvenirs
 - Personal shopping items (toiletries, household supplies, snacks...)



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Electrical Adapters

- Plug (computer)/USB
- Type G will work in both Ghana and England
- Blow dryer, curling iron, etc.



Travel Rules/Safety

Carry your passport with you when off campus



Etiquette – Attire/Cultural Considerations

- Business casual needed for coursework on campus
- Modesty encouraged – avoid tight-fitting clothing, low-cut tops, or midriff shirts during personal time
- Closed-toe shoes best for on and off-campus
- The Climate is tropical; classrooms are air-conditioned
- Ghanaian citizens are outgoing and welcoming of international guests, including MPH students and visiting scholars



Travel Rules/Safety – Excursion Travel

- Be aware and think about what's best for the group
- Instructions to ensure safety will be given by faculty and staff
- Individual needs can be discussed with faculty and staff
ESG is happy to accommodate whenever possible
- Culture of fun, respect, inclusion, safety, and health

- Practicum safety guidelines will be provided by individual program hosts



Departure Preparation

- **Essential**
 - **Passport/Visa**
 - **Yellow Fever Vaccination Card**
 - **COVID-19 Vaccination Card** (optional)
 - **Antimalarial medication** – start first day of travel with food
 - **Cipro medication**
 - Cash/card for travel meals and personal expenditures





Questions??

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