



BAHARI KARUNA GHANA

TURTLE CONSERVATION, & COMMUNITY EDUCATION PROJECT IN WESTERN GHANA.

FAQs

Some information about Ghana

Ghana officially the Republic of Ghana, is located in West Africa. It is bordered by Côte d'Ivoire (Ivory Coast) to the west, Burkina Faso to the north, Togo to the east, and the Gulf of Guinea to the south. The word Ghana means "Warrior King" and is derived from the ancient Ghana Empire. Ghana is located on the Gulf of Guinea (Atlantic Ocean), only a few degrees north of the Equator, therefore giving it a warm climate. The country spans an area of 238,500 km² (92,085 sq mi). Ghana lies between latitudes 4° and 12°N, and longitudes 4°W and 2°E. The Prime Meridian passes through the country, specifically through the industrial city of Tema. Ghana is geographically closer to the "centre" of the world than any other country even though the notional centre, (0°, 0°) is located in the Atlantic Ocean approximately 614 km (382 mi) south of Accra, Ghana, in the Gulf of Guinea.

Eikwe lies in the western region around 110 km from the border with Ivory Coast.

Ethnologue lists a total of 79 languages for Ghana. English is the country's official language and predominates in government and business affairs. It is also the standard language used for educational instruction. Nine languages have the status of government-sponsored languages: Akan, specifically Ashanti Twi, Fanti, Akuapem Twi, Akyem, Kwahu, Nzema; Dagaare/Wale, Dagbani, Dangme, Ewe, Ga, Gonja and Kasem. Though not an official language, Hausa is the lingua-franca among Ghana's Muslims who comprise about 16% of the population.

Ghana's Climate

Ghana has a tropical climate, hot and humid in the north and in the forest land of Ashanti and southwest plains. There are two rainy seasons in Ghana: from March to July and from September to October. Annual rainfall ranges from about 1,100 mm (about 43 in) in the north to about 2,100 mm (about 83 in) in the southeast. The harmattan, a dry desert wind, blows from the northeast from December to March, lowering the humidity and creating hot days and cool nights in the north. In the south the effects of the harmattan are felt in January. In most areas the highest temperatures occur in March, the lowest in August. The average annual temperature is about 26°C (about 79°F). Annual Rainfall: 736.6mm / 29"

Month:	Avg Temp:	Conditions
January:	27	Sunny skys
Feb	28	Sunny skys
March	28	Sunny skys
April	28	Light rains
May	27	Heavy rains
June	26	Heavy rains
July	25	Light rains
August	24	Scattered showers
September	25	Scattered showers
October	26	Sunny skies
November	27	Sunny skies
December	28	Sunny skies (dry)

The sunrises at 6am and sets around 6pm everyday and Ghana is in the same timezone as the UK (GMT). In summer, the UK is one-hour ahead due to daylight savings in the UK, Ghana has no time changes throughout the year.

What vaccinations/immunizations are required?

We suggest you get vaccinated against the following: but always check with your doctor first

- Yellow fever (Mandatory, certificate needed for entry to Ghana)
- Hepatitis A & B
- Typhoid
- Rabies
- Tuberculosis
- Diphtheria
- Tetanus
- Meningitis
- Cholera

Contact your doctor several weeks before you travel and seek advice regarding the vaccinations to take. The yellow fever vaccination should be taken at least 10 days before travelling.

What about Malaria in Ghana?

Malaria is present in most of Africa including Ghana. You should visit your doctor 4-6 weeks before travelling for any necessary vaccinations and a prescription for an anti-malarial medication.

Protect yourself from mosquito and other insect bites by using insect repellent on exposed skin. Long sleeved shirts and trousers should be worn in the evenings and insect repellent can be used in areas with mosquitoes.

Which city/airport do I need to arrive at?

Kotoka International Airport in Accra, is the country's premier international airport and has the capacity for large aircraft such as the Boeing 747-800. The airport is operated by Ghana Airports Company Limited (GACL) which was established as a result of the decoupling of the existing Ghana Civil Aviation Authority (GCAA) in line with the modern trends in the aviation industry. Kotoka International Airport serves as the aviation hub of the West African sub-region. In 2010, the airport saw 1.64 million passengers. The Project can be reached by public transport or alternatively we can arrange for you to be collected by private car from the airport at an additional cost.

How is Ghanaian food?

There are diverse traditional dishes from each ethnic group, tribe and clan from the north to the south and from the east to west. Foods also vary according to the season, time of the day and occasion. Ghanaian main dishes unlike other cultures are organized around a starchy staple such as rice, fufu, banku / etew, kenkey /dokonu , tuozafo, dzidzii, akplidzii, yakeyake, eto, akyeke, etc with which a sauce or soup saturated with fish, snails, meat or mushrooms is served.

A variety of freshly prepared vegetarian foods will be served at the Project. Your volunteer contribution will cover breakfast, lunch and a prepared dinner each day. If you have special dietary requirements please advise us in advance so suitable arrangements can be made.

Is it safe to drink tap water in Ghana?

It is strongly recommended that you drink bottled water during your volunteer stay in Ghana. You can buy bottled water from any supermarket and most shops; it is also readily available whilst on the project. The most common water-borne diseases are cholera and typhoid.

Is it safe to volunteer in Ghana?

You will be well looked after during your volunteer program. We ensure you are placed in a safe environment while volunteering. Ghanaian people are friendly and very hospitable.

However, as when in any foreign country, it is essential to take simple precautions.

- Do not carry your valuables around. Although it should be noted that theft is almost unheard of in Eikwe and most of Ghana and people here are very respectful of property belonging to others.
- Take a copy of your passport and visas to carry with you.
- Leave your passport, credit cards, debit cards and other valuables such as cameras and laptops at the project base while on day trips for security.

What other safety issues should I be aware of?

There is poverty in Ghana and you are likely to be viewed as very rich. As in any country pick-pocketing is sometimes a problem in big towns and you will probably attract souvenir hawkers as well as street children and beggars in smaller towns.

Be sure to take some precautions such as:

- Leave your passport, credit cards and debit cards in the room provided.
- Only carry a copy of your passport and little cash when going about your duties.
- Limit the amount of worn jewellery.
- Do not flash money or your wallet
- Wear a money belt that fits under your clothes or carry money in different pockets and places.
- Be aware of the exchange rate and cost of items
- Avoid external money pouches, dangling backpacks and camera bags
- Do not walk on your own at night in the major cities.
- Always avoid alleys/back streets.
- Avoid using your mp3 player except in your room, at the restaurants or at the project base.
An mp3 player in the streets may attract undue attention.
- You need to be aware of your surroundings at all times when walking, using public transport, etc.
- Avoid talking and walking with strangers.

What clothing is appropriate? Any cultural restrictions?

Bring along some comfortable, casual and semi-casual clothing: sweat shirts, shorts, jeans, skirts and any other clothing that you would ordinarily wear. Avoid flashy items.

When out in the community, it is good to follow local etiquette. Female volunteers need to wear pants and/or long skirts. Please ask when you are not sure what is and is not appropriate. Footwear can be hiking boots, old sports shoes or open-toed sandals/flip flops.

What do I need to pack?

See full check list provided

It is safe to bring your laptop, cameras, video cameras, hair dryers, shavers, mobile phone (participants use unlocked mobile phones after changing sim cards) and other electrical products. We would advise bringing a multi adaptor with you as sockets may be different to at home. Please note that as the project is beach based sand will end up getting everywhere so extra care should be taken to avoid damaging your laptop, camera etc.

Other suggested items:

- Malaria tablets; consult your doctor for suggestions (these can be bought here much more cheaply than Europe or the US so bring enough for 1 or 2 weeks then you can get more here).
- Adapter plugs and converters for electrical appliances
- Good walking shoes (running/tennis shoes are fine) and sandals
- Moisturizing cream, suntan lotion/sun-block/sun-screen
- Insect repellent (90% deet or citronella based)
- Basic medical kit (e.g. aspirins, plasters, immodium, antiseptic cream, and Anti-histamine cream and tablets, etc.)
- Remember your visas, tickets, passports, money, etc.
- Sunglasses and a hat

What about the electricity supply for laptops, hairdryers etc?

The electricity supply in Ghana is 220/240 volts/50 Hz (240V 50 Hz D & G). A surge protector /adaptor for laptops is advisable. The electric sockets are three-pin square (British-type).

Remember that simple adapters do not convert voltage or frequency. Incorrect use may keep you from using your equipment, damage it and even cause personal injuries. Using a plug adapter just changes the shape of the prongs. Countries with different voltages and frequencies may use similar plugs. Check to see if you need a power converter and not simply a plug adapter.

Do I need visa to enter Ghana?

Most visitors to Ghana need to obtain a tourist visa including Europeans, Americans and nationals from Commonwealth countries such as New Zealand, Canada, Australia, and the UK. The visa application process is quite simple and must be accompanied by 2 passport size photos and a small fee.

You will not be allowed into the country without first obtaining one so do so well in advance from the Ghanaian High Commission/Embassy in your country.

What is the currency in Ghana?

The Ghana Cedi is the unit of currency of Ghana. The word "cedi" is derived from the Akan word for cowry shell. (Cowry shells were once used in Ghana as a form of currency.) The Ghana cedi was introduced on 3 July 2007 and is equal to 10,000 old cedis. It was the highest-valued currency unit issued by sovereign countries in Africa in 2007. One Ghana cedi is divided into one hundred Ghana Pesewas.

A number of Ghanaian coins have also been issued in Sika denominations. These are probably best considered as "medallic" coinage, and may have no legal tender status. The word sika means "gold."

Are credit cards accepted in Ghana?

Major credit cards such as MasterCard and Visa are accepted. American Express, Discover, Solo, Switch and Diners Club are often not accepted. ATMs will mostly accept MasterCard, Visa and Visa Electron / Debit cards. There is no ATM in Eikwe so we would advise that you carry some cash (all meals are already covered in your volunteer contribution so it is only personal spending money you need to carry).

Major credit cards are accepted at supermarkets and expensive restaurants and hotels. However, it is advisable to carry some cash. Traveller's cheques are not widely accepted outside main tourist spots. To avoid additional exchange rate charges, travellers are advised to take traveller's cheques in US Dollars or Pounds Sterling.

From our experience it is advisable that you change some money in the baggage hall on arrival at Accra airport to get you over the first few days. When you are changing money request smaller denominations (up to 20GHC notes) as often it will be difficult to get change for a 50 GHC note. The nearest forex facility to the project area is roughly 50 minutes away.