



AFRICA PARTNERS MEDICAL

Partnering in education and equipment to prevent needless death in Africa

2011 GHANA CME WORKSHOPS: EVERYTHING YOU NEED TO KNOW (Please save)

For latest 2011 pertinent information, please check our web site at <http://www.africapartnersmedical.org>.

1. Contact Numbers & Information

Africa Partners Medical Administrator:

Tricia Noreen: home: 651-345-4470; mobile: 651-207-9025; email: TNoreen@embarqmail.com
Address: 34741 Wells Creek Ct. Frontenac, MN 55026-1060

Africa Partners Medical Technical Administrator:

Lowell Noreen: home: 651-345-4470; mobile: 651-207-9666; email: techdoctor@embarqmail.com

Africa Partners Medical Director:

Lewis Roberts: home: 507-281-9507; US mobile: 507-319-5678; Ghana contact #: 024 681-2584;
email: roberts.lewis@mayo.edu

Golden Tulip Hotel Kumasi (September 18-23)

Rain Tree St.

Kumasi, Ghana, West Africa

Phone: +233-32 2083777 +233 24 434 0220-1

Email: yaw.afrifra@goldentulipkumasicity.com for your hotel reservations: contact person is Yaw Afrifa. Please state that you are with the Africa Partners Medical conference, for these special rates. Rates are: Superior Single US \$149.00; Superior Double US \$194.00; includes breakfast, lunch, and dinner and all taxes. Cancellation fees apply.

Medical Directors Office in Kumasi:

Prof. Ohene Adjei

Komfo Anokye Teaching Hospital

Phone number: 011-03220-40912

Email: oadjei@kathhsp.org

Baffour Awuah E-mail: bawuah1960@yahoo.com

U.S. Embassy in Ghana:

Phone: (233) 21-776-601/602; after hours: (233) 30 2741 775;

Email: acsaccra@state.gov; On-line registration: <http://usembassy.state.gov/accra/>

2. Estimated Budget (per person)

Airfare:	\$1,800 – 2,000
Vaccines:	\$50 – 200 (will vary with your insurance)

Malaria Prophylaxis:	\$15 – 100 (will vary with type of medication)
Passport:	\$110.00 (\$60 for expedited processing)
Visa:	\$50 (single entry); \$80 (multiple entries)
Health/Travel Insurance (if needed)	\$20
Expenses in Ghana:	
Lodging:	\$800 (single room, less if you share a room)
Food:	\$200

3. Airline Travel information

Travel Agents:

Non-Mayo Travelers: Please contact Leigh Caplette, MTS Travel, Minneapolis. Phone: (763) 788-6288; (800) 635-2032. Tell Leigh you are part of the Africa Partners Medical Team and ask for a consolidator price. Email: leighc@menotravelservice.com. Contact Tricia Noreen if you have questions at TNoreen@embargmail.com.

Mayo Faculty: Your administrative assistant will need to go through Carlson Wagonlit Travel; ask for a consolidator fee.

Sometimes you get better fares by going directly thru the airlines. Delta is now flying directly to Accra from JFK and also Atlanta. The fares are expected to increase during the summer months, so the earlier the better.

All travelers, after purchasing your ticket, please email your “passport name” and flight itinerary to **Tricia Noreen**.

4. Travel Insurance:

Insurance Services of America 800-647-4589 or www.missionaryhealth.com

The cost is **\$2.16 per day** with **\$50,000.00 medical** and **\$300,000.00 emergency evacuation**.

There is a \$50.00 deductible. You have to sign up and pay your premium to Tricia, she also needs your Birthdate, and she will get us the group rate. ***Not necessary for Mayo faculty.***

5. Immunizations (Mayo Clinic Travel Clinic Recommendations)

Yellow Fever: Required for entry to Ghana, with proof of immunization documented by **International Certificate of Vaccination**. Vaccine must be given at least 10 days before entry into Ghana, and is protective for 10 years. Revaccination required every 10 years.

Hepatitis A: Recommended, with first dose given at least 2 months before departure, and second dose given 6 months after first dose.

Adult Polio Booster: Recommended once in adult lifetime, if standard course of childhood polio immunization previously completed.

Malaria Prophylaxis: **Mefloquine** (Lariam) 250 mg once weekly for 2 weeks before departure, 250 mg once weekly while in Ghana, and 250 mg once weekly for 4 weeks after return to U.S.

Malarone one tablet daily. Start two days before travel, throughout your stay in Ghana and continue for one week after return. **Doxycycline** usually 100mg starting 1 – 2 days prior to departure to malarious area, continuing through duration of the trip and for four weeks after departure.

Typhoid Vaccine: Recommended 2 weeks -1 month before departure, particularly for “adventurous eaters” or those venturing off the usual tourist routes.

Meningococcal Vaccine: Recommended 2 weeks -1 month before departure, since travel will occur in June, at the end of the dry season, when epidemics are most likely to occur.

Hepatitis B Vaccine: Recommended for health care workers.

Tetanus Booster: Recommended every 10 years.

Cholera Vaccine: Not required.

6. Completing the Ghana Visa Form

A letter of invitation can be sent to each participant to include with the visa application. (Contact Lowell Noreen at techdoctor@embarqmail.com if you need an invitation.)

A partially pre-filled PDF visa application form is provided on website; please check embassy link to ensure you have the most recent application form:

www.Ghanaembassy.org/corp_div_details_embassy.cfm.

If you use a blank visa form, the two references in Ghana are:

Prof, Ohene Adjei, Komfo Anokye Teaching Hospital, P. O. Box 1934, Kumasi, Ghana. Phone 011-03220-40912

Mr. Charles Antwi, Golden Tulip Hotel, P. O. Box 16033, Airport, Accra, Ghana. Phone 021-775360.

7. Fundraising for travel

Please contact tnoreen@embarqmail.com if you need a sample letter to raise funds for your personal expenses for the trip. Gifts in kind can be receipted by Olmsted Outreach / Africa Partners Medical, P.O. Box7484, Rochester, MN 55903.

Personal gifts to support the CME conference expenses and attendance by African physicians are also tax deductible.

8. What to Bring? Personal Items

Clothes (average temperatures are 75-85 degrees, humidity is generally high); clothing for the conference presentations should be formal.

Men	Women
5-6 shirts	1-2 pairs slacks
3-4 pairs of socks	2-3 pairs of socks
2 pairs of slacks	2-3 skirts/dresses
1-2 pairs of shorts	5-6 shirts/blouses
Sport coat	1 pair modest shorts

Electricity is 220-240 volts, 50 cycles (Hz)

Sunglasses

Travel clock

Hat

Sunscreen

Bug repellent

Medications and first aid

Travel size toiletries (might need adaptor and transformer for razor, hairdryer etc.)

1 sweater/ light jacket/raincoat

Lots of underwear

P J's

Sandals

A few snacks - gum, candy, jerky, granola bars. Get chocolate in Amsterdam.

Amusements, books, small games or puzzles, embroidery, crochet, (NO knitting) etc.
Camera and film (or adaptor, transformer, re-charger and spare card for digital)
Small flashlight and extra batteries
Swimsuit and small towel

This should all fit in a carry on bag if possible, so that your checked luggage can be used for medical supplies. Liquids, make up etc. 3 oz, or less in ziploc bag.

9. Passport and Document Security

Scan and save all of your important documents as PDF: Passport, Drivers License, Social Security Card, Medical Insurance Card, and/or Vehicle Insurance Card. Create a text file that lists all of your credit card contact phone numbers, frequent flyer account numbers, and important family and work contact information. Archive the PDF into an encrypted ZIP file using WinZip. This protects you in case someone hacks your email account. Upload this file as an attachment to your web-based email account (e.g. Outlook Web Access, HotMail, Yahoo or Gmail).

10. Individual Checklist

- Vaccinations, malaria prophylaxis, and Immunization card
- Ticket reservation and Ticket
- Passport
- Ghana visa
- Navigator release form - located on web site under Trip Info->Form Downloads (sign and return to Tricia)
- Letters to potential donors - located on web site under Trip Info->Form Downloads
- Travel insurance