

## KNOW-B-4-U-GO

**Visa purchase:** Visa purchase must be submitted to the Ghana Embassy 2 months prior to departure; Cost for Ghana Visa is \$100. CST will provide information and updates as needed.

**Luggage:** You are allowed 2 checked bags weighing no more than 50lbs each and 1 carry-on per the Airlines; however, because Ghana Motor Coaches have limited storage; we recommend you check only 1 piece of luggage so pack lightly and leave room for shopping. We will discuss a more detailed packing instruction during our orientation.

**Packing:** Warm to hot weather; pack lightly with Spring & Summer interchangeable outfits. Remember to take along personal items needed daily, e.g., camera, sun/reading glasses, comfortable walking shoes, socks, hat, and medicines. Pack a couple of washcloths, some hotels may be limited. Pack all liquid items more than 3oz in your checked bags

**Country Time Zone:** Ghana -- 5 hours ahead of US-Eastern Standard Time

**Carrying Money:** It is the personal choice of each traveler to carry the amount of money you wish for meals not mentioned in itinerary, shopping, etc.; recommendation- minimum \$50 per person per day should be sufficient, only a suggestion; you may wish to spend more or less. *Most major credit cards are accepted in establishments.*

**Money Exchange:** The Currency in Ghana is the Cedi. It is best to change your US Dollars in-country, i.e., US\$ to Cedi (Ghana). This is easy to arrange. You can visit CST website to follow the exchange rates that change frequently. When exchanging money upon arrival, make sure that you have clean, crisp bills no younger than 2010. (Subject to change) Exchanging traveler's checks **can** be difficult in W. Africa.

**Using your Credit Card:** When it's possible to pay for goods and services by credit card, MasterCard and Visa are accepted. Rarely is the **American Express & Discover Card accepted. It is highly recommended to use CASH.**

**Eating food & Drinking water in Ghana:** Most foods in Ghana are safe to eat, especially the cooked foods, peeled fruits & vegetables. Uncooked foods, like salads, are not recommended because the leaves are washed in local tap water. Drink only bottled water. We will provide bottled water during touring time. Bottled water is also widely available throughout the county. You can brush your teeth with tap water; however, we suggest using bottled water.

### **Extra Spending Money:**

- Meals not included in itinerary, average \$15 & up depending on selection and location, however, the breakfast & dinner buffets are so full and plentiful, rarely will you need to spend monies on lunch. We will brief you before travel on how to save.
- Shopping & personal purchases are at your own discretion
- Extra pieces of luggage outside of the allowed can be costly.

**Phone Adapters & Power Converters:** Do I need Power Adapters (USA to Ghana)? Yes, Electrical Power Specifications in Ghana; the power sockets are of type D and G. **230V** supply voltage and 50Hz.

Make sure to invest in a Universal Adaptor; can be purchased at most Walmart, Staples and or most electronic stores. The cost is minimal.

Socket Type:



International Adaptor Samples:



**How do I dial an International Phone Number from the USA?** *(This information is best left for your family at home)*

Ghana Country Code: +233, then the number provided –

**Your Cell Phone:** You may be able to use your own cell phone. Check with you cell phone provided for information on international plans, activation, and per minute rates. FYI: there is a new "AP" that is also FREE, called WhatsApp Messenger. It allows to you message and call friends and family. Cell phone to cell phone... you and your loved ones will have to download this app to your cell phone to communicate. Check it out.

**NOTE: DUE TO COVID-19 A MANDETORY COVID-VACCINATION IS REQUIRED TO TRAVEL TO GHANA. GHANA HAS ALSO BEGUN ADMINISTERING THE COVID-VACCINE TO THEIR CITIZENS. CURRENTLY A NEGATIVE COVID TEST RESULT IS ALSO REQUIRED. THIS MAY NOT BE THE CASE IN 2022. CST WILL CONTINUE TO KEEP EVERYONE UPDATED ON TRAVEL REQUIREMENTS AND OR RESTRICTIONS.**

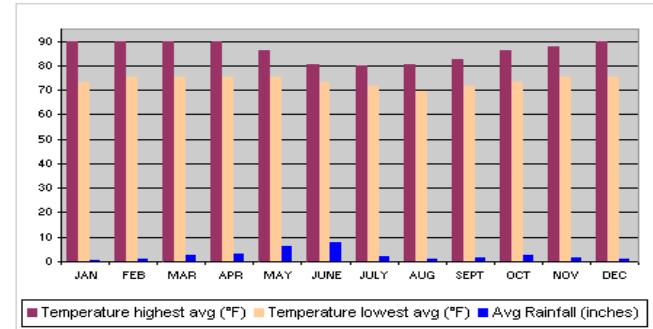
**KNOW-B-4-U-GO Updates & Notices to come:**

**COST: \$4,489.00 per person, double occupancy plus any 2022 Airline Fuel/Tax increase (Single Supplement \$5569)  
Triple & Quad are not accepted. Pricing may increase if participation is lower than 40 travelers!**

### Included

- Coach class roundtrip airfare from IAD to Accra
- Meeting and assistance upon arrival and departure
- Roundtrip airport/hotel private transfers
- Hotel accommodation in the indicated properties
- Transportation in private A/C vehicles
- Experienced English Speaking Tour Guide
- Admission to listed sites and events
- Breakfast & Dinner Daily (some beverages may not be included with meals)
  - Bottled water on tour days

### Weather Chart Ghana



### Not included

- Cost for Passport, Visa, (Ghana Visa \$100) and Vaccines
- Meals not listed and beverages (extra bottled water can be purchased at a min fee; our guide will make provisions)
- Gratuity/Tipping to driver, guide and hotel staff (estimated \$121 per person and will be collected upon arrival)
- Electrical International Adaptor -- you can purchase an international adaptor which works for most countries
  - Travel Protection Insurance

**Travel Protection Insurance is HIGHLY Recommended (May be required at the time of our travel)!** You have the option to visit our website for a FREE Quote and to purchase - [www.all4champion.com](http://www.all4champion.com) OR shop the internet to compare costs and benefits.

### Immunization Summary of requirements & recommendations:

All travelers should visit either their personal physician or a [travel health clinic](#) at least 3mos. before departure. **Malaria:** A Prophylaxis with Lariam (mefloquine), Malarone (atovaquone/proguanil), or doxycycline is recommended for all areas. CST can recommend a travel health clinic.

<b>Hepatitis A</b>	Recommended for all travelers
<b>Typhoid</b>	Recommended for all travelers
<b>Yellow Fever &amp; COVID Vaccine</b>	<b>Required for all travelers</b>
<b>Meningococcus</b>	Recommended during the dry season (November through June)
<b>Polio</b>	One-time booster recommended for any adult traveler who completed the childhood series but never had polio vaccine as an adult
<b>Hepatitis B</b>	Recommended for all travelers
<b>Rabies</b>	For travelers spending a lot of time outdoors, or at high risk for animal bites, or involved in any activities that might bring them into direct contact with bats
<b>Measles, mumps, rubella (MMR)</b>	Two doses recommended for all travelers born after 1956, if not previously given
<b>Tetanus-diphtheria</b>	Revaccination recommended every 10 years
<b>Malaria</b>	Recommended to take prescription medicine before, during, and after your trip to prevent malaria. Your doctor can help you decide which medicine is right for you, and also talk to you about other steps you can take to prevent malaria

**Formal Presentation:** By MS. NORMA BULLOCK, Date & Location TBA

**Document distribution & orientation:** Meeting approximately 3 weeks prior to departure.

**Pricing, schedules and itinerary are subject to change without notice!**