

Logistics

Passport/Visa

- ❑ You will apply for the 2-month student visa (single entry) through UM-St. Louis.
- ❑ After you arrive in Ghana, you will apply for a visa extension. The cost is about \$50.00. Be aware that **you** will be responsible for paying this fee in Ghana.
- ❑ Be sure your passport is valid at least 6 months beyond the end of your stay abroad.
- ❑ Leave a photocopy of your passport and visa with a family member or friend and your home university.
- ❑ Bring a photocopy of your passport with you and carry it separately from your passport. You can keep it on file in the International Programs Office of UGL.
- ❑ Carry your passport when traveling outside of Accra. When not traveling, keep it in a safe place.
- ❑ Wear a neck wallet or money belt to carry your passport, money, airline tickets, etc. when traveling.

Registration and Fees

Your home university should give you registration instructions. The program fee for Fall 2009 is estimated at \$5,950 and is payable to your home university generally in June (check with your coordinator for the specific date). The program fee includes: tuition at UGL, housing in double rooms, roundtrip airfare St. Louis – Accra, orientations, and sickness & accident insurance. It does not include the entry visa or visa extension, immunizations, meals, or personal expenses.

Credit and Grades

University of Ghana will issue a transcript for each student participating in the program. The transcripts will be sent to UM-St. Louis, and will be immediately forwarded to your home university. You will receive transfer credit for classes taken at Ghana. It is your responsibility to obtain approval from your home university for any courses you plan to take in Ghana.

Withdrawing or Leaving Early

If you feel that you must return home before the end of the semester, the first thing you must do is discuss the situation with the Faculty Co-Director. Be aware that leaving Ghana, unless it is an extreme emergency, can take more than two weeks because flights are often full. It may be necessary to go to the airport each day and try to get on a standby flight. Reimbursement of any program fees is not guaranteed, as all fees (airfare, tuition, housing, etc.) are pre-paid and usually nonrefundable.

Health

Preparing for Your Trip

You should have a health check-up before setting out on your trip. See the Health Checklist in this folder. Visitors with serious health problems should know that specialist care and emergency care is often difficult to find in Ghana.

Any regularly needed medications (prescription or non) should be carried with you, as many medications widely used in the U.S. may not be available or used in Ghana.

Updated dental care should be completed before coming to Ghana. Routine cleaning, prophylaxis, and repairs are best managed in the States, though dental care is available in Accra from several well-

qualified dentists. Most urgent dental problems can be managed there, but little or no orthodontic care and no extensive periodontal care can be found.

Carry at least one extra pair of prescription glasses or contact lenses if you wear them. Bring a legible copy of the lens prescriptions also. There are optometric services there where you may have glasses made. However, it is best to maintain contact with your U.S. based ophthalmologist or optometrist to replace glasses, especially if you have complicated lens prescriptions.

If you use contact lenses, bring a supply of cleaning and soaking solutions for the duration of your semester. Contact lens solution can be difficult to find and expensive. **Also, because of the periodic dust, bring glasses in case your eyes become too irritated to wear contacts.**

Immunizations and Malaria Protection

What is Malaria?

Malaria is a serious and sometimes fatal disease caused by a parasite. Patients with malaria typically are very sick with high fevers, shaking chills, and flu-like illness. Four kinds of malaria parasites can infect humans: *Plasmodium falciparum*, *P. vivax*, *P. ovale*, and *P. malariae*.

Usually, people get malaria by being bitten by an infected female mosquito. Infection with any of the malaria species can make a person feel very ill; infection with *P. falciparum*, if not promptly treated, may be fatal. Although malaria can be a fatal disease, illness and death from malaria are largely preventable.

Immunizations

Although the only required immunization is yellow fever, (needed every ten years) do well to check and update your shot records on the following due to their prevalence in Ghana. *See the CDC website for complete details.*

Hepatitis A	Recommended for all travelers
Typhoid	Recommended for all travelers
Yellow fever	Required for all travelers
Meningococcus	Recommended during the dry season (November through June)
Polio	One-time booster recommended for any adult traveler who completed the childhood series but never had polio vaccine as an adult
Hepatitis B	For travelers who may have intimate contact with local residents, especially if visiting for more than 6 months
Rabies	For travelers who may have direct contact with animals and may not have access to medical care
Measles, mumps, rubella (MMR)	Two doses recommended for all travelers born after 1956, if not previously given
Tetanus-diphtheria	Revaccination recommended every 10 years

See the CDC “Health Information for Travelers to West Africa” and “Malaria Information for Travelers to West Africa.” If you plan on traveling outside of Ghana, be sure to check the requirements/recommendations for those countries to ensure you have the proper immunizations.

Yellow Fever vaccination is required to obtain a Ghana visa. You must show your vaccination certificate at the port of entry in Ghana.

Some campuses provide immunizations through the student health center. Another good place to start is your family doctor. If he or she cannot provide the immunizations, he/she can recommend you to a clinic that can. Oftentimes, public health clinics or travel clinics provide immunizations for a lower price than your family doctor.

You should start the immunizations approximately 4 to 8 weeks before departure. You will need to start taking anti-malarial medication from 2 days to two weeks before departure, depending on which prescription you have, and continue taking it after your return from Ghana. Follow your doctor’s orders about frequency and duration of your anti-malarial medication. **DO NOT STOP TAKING YOUR ANTI-MALARIAL MEDICATIONS WHILE IN GHANA.**

HTH Insurance Plan & Medical Services in Ghana

The University of Missouri System has negotiated a convenient and affordable plan for all study abroad students through HTH Worldwide Student Travel Insurance. The fee for the insurance is included in your program fee and you will automatically be enrolled.

From HTH Worldwide’s website, www.hthstudents.com, you have 24/7 access to English-speaking physicians, pharmacy and prescription information, and 24 hour phone assistance. You will receive an insurance identification card and detailed information on the coverage and services provided by HTH after enrolling in their program.

If you feel ill, notify one of the MAP directors and seek medical attention right away. Don’t let a small problem become a major illness.

If you require serious medical attention while in Ghana, you may go to **Nyaho Medical Centre**. This hospital has an agreement with HTH, so that students do not need to pay anything up front. The hospital bills HTH directly. You should call HTH to coordinate the care and inform them of the situation.

If you should become sick or injured on campus, you should report at the **University Hospital** for medical attention. The hospital provides free medical attention to all members of the university community, namely, students, staff and staff dependants.

In addition the University Hospital runs a clinic for students on the ground floor of the Central Cafeteria Building. This is open between 6.30 a.m. to 11.00 a.m. each working day.

Pre-Existing Conditions You must maintain continuous insurance coverage to ensure that any pre-existing conditions you have (or develop abroad) will be covered by current and future insurance. If possible, we recommend keeping your current coverage in addition to purchasing study abroad health insurance. If this is not possible, you should arrange for domestic health insurance to start again the day you return to the US. **Study abroad health insurance covers you outside the US only**, so once you return, you will no longer be covered.

AIDS and STDs in Ghana

A significant number of Ghanaian adults suffer from STDs, and many do not use condoms to protect themselves. The presence in either partner of an STD facilitates the spread of HIV through ulcers or sores. *About 3 percent of the adult population in Ghana is HIV infected.* Most of these people do not know they carry the virus.

HIV is not spread by casual contact, mosquitoes, or in the air or water. HIV is most commonly spread in Africa by heterosexual contact (80 percent of new cases) and mother-to-child (MTC) transmission.

Latex condoms provide the best protection, but are not 100% effective. Be aware that condoms purchased abroad may not be of the same quality as those purchased in the US; they do not undergo the same rigorous testing and quality controls. You are responsible for your actions and your own safety. Keep in mind the consequences of your actions can result in being infected by an STD or HIV.

Staying Healthy *Take precautions to stay healthy and prepare for times of sickness.*

- ❑ Get plenty of rest before departure. It will be at least a 24 hour trip.
- ❑ Purchase the International Student ID card, and bring it and HTH card with you.
- ❑ Wear medic-alert bracelets for allergies and medical concerns
- ❑ Emotional difficulties are often intensified while abroad due to added stress and anxiety
- ❑ Alcohol consumption – people have a tendency to be more carefree when abroad, alcohol adds to dehydration, worsens symptoms of culture shock and depression. Alcohol is very cheap in Ghana, which makes it easy to over do it.
- ❑ Be mindful of accident prevention. Most accidents are vehicular or swimming related.
- ❑ Do NOT use drugs (different regulations, cultural differences, you need to stay alert in foreign environments).
- ❑ Pre-existing conditions – if you have a known or ongoing medical problem, be sure to take special precautions. It may be helpful to find out from your doctor about medications and procedures used in Ghana for your type of condition. Students should take extra instruments necessary for the administration of medications (e.g. Diabetics should take extra supplies of syringes). Take records of blood type, EKG or X-rays (if pertinent) and a doctor's statement on any special health problems.
- ❑ Take your malaria prevention medication before, during, and after travel, as directed. (See your doctor for a prescription).
- ❑ Protect yourself from insects by remaining in well-screened areas, using repellents (applied sparingly at 4-hour intervals) and permethrin-impregnated mosquito nets, and wearing long-sleeved shirts and long pants from dusk through dawn.
- ❑ **Do NOT sleep outside or on the beach.**
- ❑ Wash hands often with soap and water. Bring plenty of wet wipes.
- ❑ Drink only bottled water, or carbonated drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes. If this is not possible, make water safer by BOTH filtering through an “absolute 1-micron or less” filter AND adding iodine tablets to the filtered water. “Absolute 1-micron filters” are found in camping/outdoor supply stores.
- ❑ Eat only thoroughly cooked food or fruits and vegetables you have peeled yourself. Remember: **boil it, cook it, peel it, or forget it.** Avoid eating raw, uncooked, unpeeled foods; be sure hot foods are still hot. Be sure dairy products are pasteurized.
- ❑ Eat *well* while abroad, not just more; balance and common sense
- ❑ Drink plenty of liquids to avoid dehydration
- ❑ Take vitamins usually used
- ❑ To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot.

- ❑ Always use latex condoms to reduce the risk of HIV and other sexually transmitted diseases.
- ❑ Don't swim in fresh water. Salt water is usually safer (to avoid Schistosomiasis).
Schistosomiasis is a disease caused by parasitic worms. Schistosoma parasites can penetrate the skin of persons who are wading, swimming, bathing, or washing in contaminated water. Within several weeks, worms grow inside the blood vessels of the body and produce eggs. Within days after becoming infected, you may develop a rash or itchy skin. Fever, chills, cough, and muscle aches can begin within 1-2 months of infection. Most people have no symptoms at this early phase of infection.

If you feel sick, inform one of the program leaders and seek medical attention immediately. Do not allow minor problems to become major ones.

If you have a pre-existing condition, please inform the faculty director before departure. The director should be aware of any and all additional health risks or conditions and will keep this information confidential.

Traveler's Medical Kit *You may not normally use the following items, but you should take at least one dosage with you. Most medications can be purchased in Ghana, but in the event of illness, you will prefer having medications with which you are familiar.*

- ❑ Antacid, anti-diarrhea medicine
- ❑ Antihistamine/decongestant (cold medication)
- ❑ Aspirin, Tylenol, ibuprofen
- ❑ Motion sickness remedy
- ❑ Athlete's foot remedy
- ❑ First Aid (band-aids, gauze, antiseptic, thermometer, adhesive tape, scissors)
- ❑ Sunscreen
- ❑ Anti-bacterial ointment
- ❑ Insect repellent with DEET (one pump bottle)
- ❑ Medication or vitamins normally used
- ❑ Copies of prescriptions for medicine or glasses (keep all prescriptions you bring in their original bottles with labels)
- ❑ Saline solution, materials for contact lenses
- ❑ Feminine hygiene products (pack in zip-lock bags)
- ❑ Monistat (for females) or other gynecological products
- ❑ Condoms
- ❑ Razors
- ❑ Tweezers
- ❑ Larium or Malarone (for malaria) can also be purchased in Ghana

Safety in Ghana

Before Leaving the United States

- ❑ **Make a photocopy of all important documents, including:**
 - Passport (picture/signature page and visa)
 - Travelers checks (serial numbers and hotline)
 - Credit cards (both sides) and telephone numbers

Leave one copy at home, and have a second copy packed separate from these documents. In case of loss or theft, it will be much easier to report and have these items replaced if you have photocopies.

- ❑ **Register with the US Embassy in Ghana. Once you are registered, the embassy will contact you if there is an emergency or evacuation of Americans. Given the current international situation, it is very important to take this simple precaution.**
<http://usembassy.state.gov/accra/wwwhamcitreg.html>
- ❑ Complete the Emergency Card with local emergency information and keep it in your wallet.

Safety in Ghana

It is important to be security conscious at all times. The following tips will be helpful to you.

- ❑ Keep to the well-lit areas at night
- ❑ Do not walk alone at night
- ❑ Avoid footpaths at night or when alone
- ❑ Sit in the back seat if you take a taxi, and make sure the driver picks up no one else
- ❑ Do not give strangers information about yourself
- ❑ If stranded or lost, it is better to ask for help from female counterparts
- ❑ Scream or shout if you sense danger – better to be wrong than sorry
- ❑ Do NOT try fighting anyone; just run away and scream. These are your best weapons.

Safety when Traveling Around Town or Away

In your day-to-day travels and activities, remember to travel light and carry lightweight articles. Do not carry a lot of luggage about as this could attract thieves. As much as possible, try to keep one hand free at all times for use if necessary. Indeed, it is advisable to travel light enough to look street smart. Carrying heavy luggage will make you tired, cranky and very vulnerable.

- ❑ Avoid scam artists. Beware of strangers who approach you with “bargains.”
- ❑ Beware of pickpockets. Often they have an accomplice who will:
 - Jostle you
 - Ask you for directions or the time
 - Point to something spilled on your clothing
 - Distract you by creating a disturbance

A child or a woman with a baby can be a pickpocket. Beware of groups of children who create a distraction while picking your pocket.

- ❑ Wear the shoulder strap of your bag across your chest to prevent passers-by from snatching it
- ❑ Appear as if you know where you are going at all times. To consult a map, duck into a shop. It is usually best to ask directions from authorities, families, or women with children.
- ❑ Know how to use the pay phones and always have change or a phone card on hand. Stand facing outwards, with your back to the payphone so no one can approach you unnoticed.
- ❑ Learn phrases in the local language so you signal your need for help, police, or doctor.

Whether on campus or off:

- ❑ Look confident
- ❑ Keep your head up and walk at a firm and steady pace
- ❑ Look where you are going
- ❑ Look like you are on a mission (or you know where you are going)
- ❑ This way, interested people can still receive a swift "hello" from you, but it is more difficult to grab you or try and get you to stop and chat.

****If you are traveling outside of Legon, you must complete the Travel Form and notify the faculty co-director.**

Ghanaian Legal System

The Legal system in Ghana is based primarily on the British Common Law and Customary Law. The three fundamental principles are that:

- ❑ everyone is equal under the Law;
- ❑ an accused person is presumed innocent until proven guilty; and,
- ❑ **ignorance is no excuse for breaking the Law.**

As an international student, you are subject to all Ghanaian laws. The third principle is especially important to international students: Please note that if you break the laws of the land, you cannot get away with it on the grounds that you did not know that what you did was wrong. You will not receive special consideration because you are an American. Your rights are not the same in Ghana as they are in the United States.

The Laws of Ghana prohibit any use of narcotics and restricted drugs, such as heroin, cocaine and marijuana. Students caught using or dealing in such drugs will be prosecuted and, if found guilty, could be sentenced to several years imprisonment. All students are strongly advised to stay away from drugs.

Ghanaian Law and Customs

Remember that you are subject to the laws of the country in which you are traveling, even if you are not aware of these laws. For a more positive experience, you must also respect the customs of your host country. It is important to be extra cautious in the beginning until you learn the local laws and customs.

- ❑ Don't be surprised to observe that a "dash" (a tip or a small gift) makes official dealings in Ghana go much more smoothly.
- ❑ Don't try to bribe anyone with cigarettes. Smoking is considered trashy in Ghana - a habit reserved for foreigners and their friends.
- ❑ Do expect to be stopped at police checkpoints along Ghana's roads. Be sure to have an ID with you or your international driver's license if you're behind the wheel.
- ❑ Do be aware that, in rare instances, visitors arriving in Ghana with electronic equipment, particularly video cameras and laptop computers, have had to pay a deposit of 17.5 percent of the item's value. To get the deposit refunded, visitors must apply to the Customs and Excise Office in central Accra 48 hours before departure.
- ❑ Don't wear any military clothing or sportswear with a camouflage design - it's illegal.
- ❑ Don't wear shorts except for when playing sports.
- ❑ Don't photograph sensitive areas (i.e., bridges, airports, any government structure, etc.) and always ask before taking someone's photograph.

- ❑ Don't deal in gold, farm commodities and diamonds with private citizens unless you get prior governmental permission. Any transaction involving diamonds or gold, if not conducted through government agencies, is illegal.
- ❑ Do declare all currency and valuables upon arrival and be thorough when filling out currency-declaration forms. Authorities take currency "crimes" very seriously. Make sure you have your papers properly marked when you change money at authorized sites. If things don't tally up when you leave, it will be assumed you've changed money on the black market or that you sold something valuable without paying taxes, and you may find yourself in serious trouble - currency receipts are always inspected on departure.
- ❑ Don't attempt to take cedis into the country: Doing so is illegal. (There's no point, really - the cedi is traded at very reasonable rates in official "Forex" bureaus in large cities and at border crossings.)

Safety in the Political Climate

- ❑ Avoid arguments with host nationals
- ❑ Avoid political activities
- ❑ DO NOT get involved in political demonstrations, protests, or any other potentially volatile situations. Do not broadcast your political views to strangers, and avoid restaurants and entertainment places where Americans are known to congregate.
- ❑ Keep a low profile and avoid loud conversations or arguments.
- ❑ Avoid dressing "like an American" (i.e., tennis shoes, patriotic t-shirts, etc.) or congregating in commercial establishments known to attract large numbers of Americans.
- ❑ Avoid public drunkenness – it calls attention to you and makes you easy prey, puts you in personal danger, consider implications of local laws

Safety at the International Students Hostel (ISH)

- ❑ Room security. Make sure all outside doors and windows close and lock; immediately report those that do not. Know the building layout and emergency exit routes.
- ❑ Secure valuable objects and documents (do not bring valuables that you would not wish to lose!). Keep them hidden, preferably in a locked container, while you are out. When not traveling, secure your passport in your residence.
- ❑ Get to know your dormitory. Who are the residents? Who works in your building?
- ❑ Be cautious and choosy about whom you invite into your residence. Meet visitors in the lobby.
- ❑ All visitors must sign in at the reception, and no visitors are allowed after midnight.
- ❑ Let someone you trust know your destination and estimated return time when you go out, especially if you will be gone for a full day or more.
- ❑ Remember, 911 works in Ghana.
- ❑ Stay on the paths and routes suggested to you by Mrs. Stella Dovlo. Students run into problems when they do not heed the advice of our native Ghanaian coordinator.

Safety When Going Out and/or Consuming Alcohol

- ❑ Always know how you're going to get home and what time the public transportation stops running.
- ❑ Go out in groups and keep tabs on each other. Use the buddy system!
- ❑ Drugs known as Rohypnal, roofies, GHB, and the "date rape" drug exist. Be cautious about your drinks (alcoholic or non) to ensure you're not a victim.
- ❑ Order bottled drinks and watch the bartender open them. If ordering mixed drinks, order from the bar and watch them being made.
- ❑ Never leave your drink unattended or let anyone else carry it. If you do, do not finish it.

- ❑ Know your limits. Alcohol reduces your inhibitions and makes you an easy target for a multitude of crimes, from robbery, to sexual assault.
- ❑ Do not drive if you have consumed any alcohol. Other countries often have much stricter laws regarding driving under the influence, and you could end up in jail.

Beach Safety Precautions

There are beautiful beaches nearby, and you will probably visit them at least once. Swimming is EXTREMELY dangerous and you must take proper precautions. Drownings frequently occur, and usually involve unpredictable currents that surprise and panic the swimmer. The vast majority of these accidents can be avoided by practicing basic precautions.

Swimming off the Atlantic Ocean coastline is very different from US coastal beaches. There are many rip tides and whirl pools in these waters. Getting caught in one will most likely lead to death if you don't do the right thing.

There are three general things to consider when swimming off the Ghanaian coast. First, study and assess beach conditions. Second, take a floatation device with you when going beyond waist deep. Third, if caught in a rip tide or whirl pool do not panic and do not swim to shore. See below for detailed discussion.

1. **Assess beach conditions.** Before going into the water on any beach assess the risks carefully. Always ask advice from local fishermen or individuals living near the beach. Ask about safe swimming areas along each beach. Then follow the advice given or stay out of the water. There are three issues to consider:
 - ❑ Season of the year: dry season generally provides safer beach conditions. Wind direction, during the dry season, is coming down across the Sahara Desert and results in calmer ocean conditions. During the rainy season there is an increased incidence of rip tides and whirl pools. This increase occurs as a result of the shift in prevailing wind from the north to the south-west. This seasonal shift brings the wind in off the open sea creating rougher seas and unpredictable currents.
 - ❑ Wind conditions: day-to-day changes in wind conditions also increase the likelihood of dangerous off-shore currents. Do not enter the ocean on windy days.
 - ❑ Rocks and off-shore formations: rocky areas along a beach or off-shore islands increase the likelihood of dangerous currents. Such formations restrict water flow, forcing water through narrower channels increasing the water's velocity and turbulence. If swimming on beaches with these features you must follow local advice about safe swimming areas.
2. **Utilize a floatation device.** Individuals going into deeper water should know how to float well. In addition it is advisable to take a floatation device with you. A foam or wood surf board serves extremely well for this purpose. Should you get caught in a dangerous current the board will likely save your life!
3. **If caught do not panic and do not swim to shore.** If you find yourself caught in a rip tide or whirl pool it is crucial that you do not panic! Getting caught is not likely to harm you, it is what you do once caught that will kill you. You will be OK if you do not panic and if you take appropriate action.

First, relax and float on your back or using your surf board. Do not attempt to swim towards shore! You are not strong enough to make it and you will drown if you attempt to swim directly to shore.

Rest while floating and examine the direction the current is taking you. The majority of currents are narrow and easily escaped if one swims across the current rather than against it. Strike out swimming parallel to the shoreline until you feel yourself outside the current's grip. Most times this will require only 10-20 strokes. Once free of the current you can safely turn and swim to shore.

Occasionally currents are wider. If you discover yourself caught in a wide current the only solution is to relax, float and allow the current to carry you out to sea. Such currents only maintain their strength in reasonably shallow water. Once into deeper water you will be free to begin swimming down the coastline and safely re-approach the shore. On numerous occasions swimmers caught in such currents have been carried three to four hundred meters to sea before they escaped the current. In such circumstances the presence of a floatation device has made the difference between life and death.

Lost or Stolen Possessions

- ❑ Report the loss immediately to the police. Keep a copy of the report for insurance claims
- ❑ Report the loss or theft of the following to these agencies:
 - Travelers checks – Nearest agent of the issuing company
 - Credit cards – issuing company
 - Airline tickets – airline or travel agent
 - Passport – nearest US embassy or consulate

Institutional Responsibilities

The Missouri Africa Program and Your Home University:

- ❑ Cannot guarantee or assure the safety of participants or eliminate all risks from the study abroad environments.
- ❑ Cannot monitor or control all of the daily personal decisions, choices, and activities of individual participants.
- ❑ Cannot prevent participants from engaging in illegal, dangerous or unwise activities.
- ❑ Cannot assure that U.S. standards of due process apply in overseas legal proceedings or provide or pay for legal representation for participants.
- ❑ Cannot assume responsibility for the actions of persons not employed or otherwise engaged by the program sponsor, for events that are not part of the program, or that are beyond the control of the sponsor and its subcontractors, or for situations that may arise due to the failure of a participant to disclose pertinent information.
- ❑ Cannot assure that home-country cultural values and norms will apply in the host country.

The Female Foreigner in Legon

From the University of Ghana-Legon International Programmes Website

Being a female foreigner in Ghana is an interesting experience. A host of adventures await you in the land of sunshine. To make your stay comfortable and enjoyable, you need to know a few things about

this land, particularly about the university. In brief, being a female foreign student, what is taken for granted by other students cannot be ignored by you.

A Cultural Perspective on Women

Largely male dominated, the Ghanaian society has various expectations for women. In fact, women who do not conform to the status quo sometimes feel awkward in the presence of other women. Traditionally, men are expected to lead and be spokespersons and women are to listen and occupy subservient positions. Do not be surprised if people speak to the men in your group first, shake hands with them and take them more seriously than you. Women are not expected to be outspoken! You should hold your own, but do so cautiously. Do not be bothered if you seem to be ignored in some cases especially where decision-making, perhaps for the group, is concerned.

Sexism

You may encounter certain sexist comments from male students on campus. Such comments range from issues of body shape to size and manner of walking! Do not also be surprised if your attention is drawn by the irritating, yet popular, “tsses” sound. Ghanaians are not shy about commenting on your shape but they don't mean anything offensive by these comments.

If you are:

1. Large or chubby, they would call you “obolo”
2. Thin - “chingilingi”.

Other more general catcalls are “sweetie”, “honey”, “babe”, etc., and while irritating are quite harmless.

Other common terms

1. “Chewer” (refers primarily to people who are not in a relationship, but is used generally to refer to people who go wrong, engage in inappropriate behaviour; and for teasing friends and colleagues).
2. “Muncher” (refers to anyone in a serious relationship, but is not often used).
3. “Grab” To grab means to have a boyfriend or girlfriend or be dating someone. A question such as have you grabbed, actually means do you have a boyfriend or girlfriend?
4. "Obruni" White man. Just an acknowledgement to get your attention, not offensive. An acceptable response is a greeting such as "hello".

These and some other terms are used in a light-hearted manner to help release pressure and tension resulting from academic stress.

Relationships and Dating

As a female, you should expect one or two guys to ask you out for a date. It is sensible to be cautious and take precautions in this area as you may not know whose hands you have fallen into. Men may have different motives for asking a foreigner out. Some may want to go out with you in order to rob you or take advantage of you, while others might genuinely have fallen in love with you. How do you assess such an offer? In order to prevent any unpleasant occurrences, you should not rush into a relationship. Take your time, get to know the person, ask for ID cards or other proof of identity, have your friends get to know him and, most importantly, trust your instincts. In any case, always check out a date venue before you agree to go there. Some environments are not friendly, especially to females. Do inform, at least, a friend from your hostel or group about your movements at all times. It is always prudent to leave a note in your room concerning your whereabouts. Again, trust your intuition.

Marriage proposals are common. Many men pretend to be your friend, then ask for something at the end of the day (money, airplane ticket, help to get a visa to the US, etc.) You may also make friends with female Ghanaian students who will help make your stay memorable. Ghanaian females are generally shy and not used to initiating friendships but are nonetheless very friendly. Once the ice is broken, you will find that they make great companions.

Dress Sense

In Ghanaian culture, dress speaks volumes about a woman and is of prime concern in Ghanaian society.

- It affects her safety.
- It affects her social interactions.
- It can make or break her travel adventure.

What you wear will draw attention to you in one way or another. Inappropriate dress will be noted. Women in markets will pull your shirt down telling you that you are giving the wrong impression. Sun bathing at or around the ISH premises is frowned upon by locals. Do not wear clothes that expose too much of your body or cling tightly as such styles have a way of not only attracting men, but inviting all sorts of comments, some of which can be very unpleasant.

The tropical weather can be terribly hot, especially for a first timer. It is best to wear light clothing as well as sunglasses to protect your eyes from the scorching sun. Loose cotton dresses are readily available. You may also try some traditional Ghanaian wear to get the true Ghanaian feeling. These range from “Batiks”, “Kaba and Slit”, to beads etc.

Dress Sense and Security

As much as you want to be fashionable, inviting too much attention to yourself could be a security risk. Very short skirts might attract rapists and expensive jewelry might invite thieves. In Ghana, obvious and expensive jewelry is usually worn on formal and festive occasions. Whether at home or when traveling, the padded push-up bra may be used to carry your cash. When you dress up for the evening, take the pads out of your push-up bra, wrap the money you need for the evening in tissues and put the tissues back where the pads originally were. Great solution! Works every time!

Academics

Academic Life

In general, academic life on campus is challenging and stimulating. You may join one or two study groups to facilitate studies and interactions. This way, you will make friends and learn a lot both academically and culturally.

Education System and the University

The University of Ghana-Legon, like many institutions, faces challenges relating to lack of resources and funding. Do not expect your classes or instructors to be like they are in the US. Refer to the article, “Challenges Facing African Universities: Selected Issues” by Akilagpa Sawyerr for a good overview.

- ❑ Classes are very crowded – sometimes there are not enough seats for everyone so you must arrive even an hour or two early to get a seat
- ❑ Classes are generally lecture based.

- ❑ Ghanaian students write rapid notes throughout the lecture. You may want to bring a small tape recorder to use until you are accustomed to the rate of lecture and the accent.
- ❑ Utilize the department library for your studies and ask your classmates how to find the books.
- ❑ Generally, you will only have a final exam and your final grade will be based on it.
- ❑ Finals are often in essay format.
- ❑ It is your responsibility to find out if, when, and where a final exam is offered. They do not offer make-up exams, so don't miss them! Notices of exams will be published in the halls.

What to Expect In Ghana

Money and Banking

There are two banks on campus: Barclays and Standard Chartered. You can open a dollar account in either of them. That means you make payments in US dollars and you receive withdrawals in US dollars. Once you open an account, money can be transferred to you from the US. In addition, Barclays Bank allows customers to withdraw money on their Visa cards, and the money is paid in local currency. The bank charges a fee to convert money and to give a cash advance on a credit card.

If you have a Bank of America ATM card, you can withdraw money from Barclays ATM machines without incurring charges. The money will come from your US bank account and be converted to the local currency.

To open a bank account, you have to provide photocopies of the following documents:

1. Student identification card
2. Admission letter
3. Passport
4. Two passport sized pictures
5. Letter from the Dean of your hall of residence

Tips for taking money to Ghana

- ❑ Carry \$300 - \$500 in cash, in large bills (\$50 or \$100)
- ❑ Traveler's checks are very expensive to convert – purchase in large bills or don't bring them
- ❑ Have an ATM card with the VISA logo. You can use this to access your US bank account and withdraw money in cedis.
- ❑ Credit cards should be used for emergencies only; Visa is the most widely accepted. **Beware of credit card fraud** – people may keep your card number and use it!
- ❑ Make sure to have a credit card **in your name** in case an emergency arises.
- ❑ If someone from the US wants to send you money, they can call the Forex Bureau and have money wired to you. There is a fee for this service.

Costs and Expenses You Will Have in Ghana

- ❑ Visa extension
- ❑ Orientation trips/restaurants
- ❑ Mail, e-mail, phone, gym
- ❑ Anti-Malarials
- ❑ Laundry
- ❑ Travel, transportation
- ❑ Meals
- ❑ Cell phone

Communication

It has become easier than ever to stay in touch with family and friends. Although improving, it is not uncommon for phone or internet service to go down or be down for multiple days. Please warn your family of this fact so they do not worry if they don't hear from you.

- ❑ **Phone:** Student rooms do not have individual phones. There are communication centers in the halls, where you can make and receive calls and send e-mails and faxes. Note that you have to pay for the use of the phone in addition to the cost of the call. You can also buy phone cards to call from phone booths located in the halls. Your U.S. phone card will not work in Ghana. An international calling card, like AT&T, should work. Many students purchase a cell phone for the semester in Ghana. Budget about \$150 for the phone and SIM card.
- ❑ **Mail:** Ghana Post has a branch on the campus. The Legon Post Office is located in the commercial area of the university (opposite Legon Hall), sells stamps, air letter cards, registers letters and accepts mail to be posted to all parts of the world. It also sells greeting cards and other stationery.

Letters/parcels from home should be addressed to:

Student's Name
International Students' Hostel
Room Number
University of Ghana
P.O. Box LG 586
Legon, Accra
Ghana

Letters arrive in ISH and are placed in your cubby hole at the Porter's Desk.

When a parcel arrives, you will find a notification card in your cubby hole telling you which Post Office is holding the parcel (usually, Accra North [Nkrumah Circle] - which is a fair distance away from the University). You will need photo ID to claim your parcel and there is a charge. Although the charge is fixed, the charge seems to vary with what the worker seems to think they can get away with charging and may also depend upon whether the person receiving the parcel is perceived as polite. **Sometimes packages never arrive or the fee to retrieve them is quite high – think carefully if you really need the items before you request a package sent to you. For this reason, we recommend you do not have packages sent to you in Ghana.**

Alternatively, you may have letters and packages sent to the care of Stella Dovlo:

Student's Name
c/o Mrs. Stella Dovlo
Academic Affairs Directorate
P. O. Box LG 368
University of Ghana
Legon, Accra
Ghana

- ❑ **Email:** E-mail is the most efficient way of communicating between Ghana and the States. Fees are based on the amount of time you spend online. Internet connections can be slow.

Electricity & Laptops

Voltage is 220 volts [North America is 120 volts] and the plug is the same as used in Great Britain (large 3 pin). Your laptop probably works on either 120 or 220 volts but you will need an adapter to plug your laptop into the outlet. Any other electrical equipment should be dual voltage or you will need a voltage converter.

Please note there is no internet connection in the dormitory rooms. Also, there has been some laptop insurance fraud recently at UGL. International students have been selling their laptops, and then reporting them stolen. This is a major crime and they are cracking down on this issue.

Weather

It is generally hot in Ghana. The temperature ranges from about 75 degrees F (July-November) to 95 degrees or more (December – June). You will need cotton clothes to keep cool.

Ghana has two seasons: the dry season is from November through March and the rainy season from April through July.

What to Pack *Pack lightly – you will want room in your suitcase to bring things home!*

This information is organized into a packing list in the appendix. **PACK LIGHTLY – YOU WILL SHOP!** Bring clothes that can stand up to hand washing and line drying.

Keep in mind Ghanaians generally dress up for going out.

- ❑ **Change of clothes in carry-on in case your suitcase is lost**
- ❑ Cotton clothes – you can have nice clothes made for you in Ghana for around \$15.00, so don't bring too many clothes. You should have long and short-sleeve shirts and long pants as well as shorts. You need to wear long sleeve shirts and pants in the evenings to avoid mosquito bites.
- ❑ Bring at least two outfits for going out.
- ❑ Pack one week's worth of underwear
- ❑ Handkerchiefs
- ❑ Backpack
- ❑ Don't bring clothes that are too revealing
- ❑ Bring nice clothes for going to class
- ❑ Sandals, flip-flops (comfortable and sturdy, not dressy)
- ❑ Good walking shoes
- ❑ Umbrella (can also be purchased in Ghana)
- ❑ Camera. It's difficult to replace your camera if lost, stolen or broken. You may want to bring an extra (inexpensive) one just in case. You can always trade it at the end of the semester.
- ❑ Battery alarm clock and radio
- ❑ Batteries
- ❑ Do not bring electrical appliances. You can purchase most things there. If you do bring electrical appliances, you will need a converter (must operate on 220 volts, 3-pronged or sometimes 2-pronged, British or European type plugs or converters)
- ❑ Toilet paper – remove cardboard center and press flat (bring just one roll – you can purchase the rest in Ghana)
- ❑ Wet-wipes (anti-bacterial) and anti-bacterial hand gel
- ❑ Tissue travel packs

- ❑ Small flashlight and batteries
- ❑ Extra prescription for alternative to Lariam in case you have a reaction
- ❑ One box of mosquito coils – you can purchase more coils in Ghana. If you want a mosquito net, you can buy them cheaper in Ghana
- ❑ Insect repellent with DEET (1 pump bottle, not aerosol) (Deep Woods Off, Afterbite)
- ❑ Contact wearers: bring at least one pair of glasses due to weather; take extra contact solution
- ❑ Vitamins that you normally take
- ❑ Pad lock
- ❑ Laundry detergent/fabric softener for first week or two
- ❑ Dryer sheets to put in drawers to keep clothes smelling fresh
- ❑ Kool-Aid packets
- ❑ Small tape recorder for recording lectures
- ❑ Zip-lock bags
- ❑ School supplies – can also be purchased in Ghana
- ❑ Linens (sheets, pillow cases – 2 sets)
- ❑ Pillow
- ❑ Set of cutlery, cup, plate, pot (for boiling water), frying pan, Tupperware (you can also buy these in Ghana)
- ❑ Traveler’s medical kit
- ❑ **Do not bring jewelry, valuables, or anything that you would not want to lose.**

Things to Trade or “Dash”

At the markets, instead of paying cash for items you can often trade goods. Cameras, Discman, watches, tennis shoes (new or used), team jerseys, makeup, socks, magazines, clothes catalogs, calculators, bath towels, etc. are all valuable. You may also want to bring small items to give to children, such as inexpensive bracelets, crayons, toys, pencils, markers, knick-knacks, etc.

You should wait until the end of the semester to do most of your purchasing. Then you will be more familiar with the local language and customs, and better able to communicate and bargain.

Photography

It is illegal to photograph certain official persons/places in Ghana, including the airport. Do not photograph any police and military personnel or buildings. Your camera can be confiscated and you can be arrested. As a courtesy, always ask permission before photographing people.

Day-to-Day Helpful Hints

- ❑ **There are no washing machines.** Laundry is done by handwashing.
- ❑ Employ washerman for laundry; anywork boys cost about 5,000 cedis
- ❑ Use chalk for ants – draw a line and ants or cockroaches will not cross it
- ❑ Have to pay 15% tax on food at a nice restaurant, no tips

Transportation

Take the tro-tro. It is much cheaper than a taxi. Taxis will often try to overcharge you. If you do take a taxi, find out from a Ghanaian what the price should be. Make sure you negotiate the price before getting in the taxi.

International Student Hostel (ISH)

Students are housed in shared dormitory style rooms in the International Student Hostel.

There are four floors and 128 shared dormitory rooms. Each floor has a laundry, kitchenette, and TV lounge. Kitchenettes where you can cook will be available for student use, if you plan on cooking in the hostel. You should also budget about \$15 for an electric stove to cook on. There is an eatery and a small shop on the main floor, however, it is cheaper to eat in the chop bars on campus. The hostel also has a restaurant, internet café, small grocery store, reading room and laundry (hand wash) facilities.

Students should always stick to the main, lighted path and not walk alone after dark. Sometimes, there is a shuttle service between the ISH and other parts of campus from 7 p.m. – 11 p.m.

Sounds echo somewhat in the halls. If you are a light sleeper, you may want to bring earplugs until you adjust to it. There is a small internet café in the hostel for about \$1 per hour.

The rooms are small, and there is no hot water. If you take your showers in the afternoon, the sun has heated up the water tank so you will have a warm shower. You will need to bring your own sheets and pillow. Bring a padlock for your closet. You will also want to clean your closet frequently, as the humidity causes mold and mildew.

Through the ISH, you can request laundry service or a seamstress.

Arrival in Ghana

When you arrive at the Kotoka International Airport, you are required to go through immigration and customs. Your baggage will be inspected, and you will be asked to pay duty on items that are not classified as personal items. Try as much as possible to handle your baggage yourself. If a porter assists you, he will expect to be tipped. When you leave the Arrival Hall, wait in the enclosed area; your coordinator will pick you up there. If your flight arrives much earlier than scheduled, you should call the coordinator. You will be taken to the International Students Hostel where you will be lodging throughout your stay in Ghana.

Non-passengers are not allowed in the airport arrival hall. The University of Ghana On-Site Program Coordinator will be waiting at the exit with the **MISSOURI AFRICA PROGRAMME** signboard. Advisable to adorn your suitcase/backpack with the Missouri Africa Program tags. Doing so allows you to:

- 1) identify fellow program students at airports and vice-versa;
- 2) be identified at the airport by the Program Coordinator;
- 3) easily identify your luggage among piles of baggage.

If you are not picked up, you can take a taxi at the airport to the International Student Hostel, U. of Ghana. Taxis from the airport are expensive and will cost about the equivalent of \$10-\$15.

Fun and Entertainment

Drama Studio on campus shows plays at very low price

Food

Paloma's

Champs

Irish Pub

American Club

Potter's Club (before you get to Next Stop)

Bush Market on Legon Campus (cheap)

Next Door (just past Labadi Beach)

Shopping

Art Center

Makota/Medina Market

Kwame Nkeumah Circle

Trips to Take

Kakum National Park

Elmina Castle

Oburi Botanical Gardens

Cape Coast Castle

W.E.B Dubois Center

National Theatre

Upon arrival, you will have a 3-5 day orientation. The orientation program planned for you includes a tour of the campus and the city of Accra, talks on registration, safety and medical issues, and obtaining your University of Ghana student ID card, among others, and of course some fun and relaxation.

Cultural Tips for Ghana

- ❑ Do greet people properly. In Ghana, "Morning" is the standard greeting in the early part of the day. The local reply is "Morning, morning," which will be answered by "Fine morning."
- ❑ Do observe the "left-hand taboo" - it's rude to eat, give or receive anything, or point at people with the left hand, which is reserved for personal hygiene. And - while we are on the subject - be sure to take toilet paper with you when traveling, as the bathroom facilities may not have any.
- ❑ Do shake hands when greeting and leaving people.
- ❑ Do make business appointments before dropping in on someone, and be punctual. But don't be surprised if you're kept waiting or if your host doesn't show up at all. A joke in Ghana says GMT is not the acronym for Greenwich Mean Time, but for *Ghana Maybe Time*.
- ❑ Don't expect much of anything to be open on Sunday.
- ❑ The way of life is much more laid back and things take much longer
- ❑ In general, people dress nicer than we normally do in the US
- ❑ Gender relations are different – Ghanaian men are more forward toward American women than you are used to.
- ❑ Smoking is frowned upon in public settings
- ❑ Eating out of the same bowl is culturally acceptable

- ❑ Religion is very prominent
- ❑ People of the same sex often hold hands or link arms – this does not imply homosexuality; rather, it is a sign of close friendship
- ❑ Americans are often targets for overcharging. Learn from Ghanaians about acceptable prices for items and services
- ❑ People tend not to “fight” as much as Americans
- ❑ It is not acceptable for items to be returned to a store
- ❑ Swear words are not common – refrain from using them
- ❑ Be informed – read newspapers and journals
- ❑ Eliminate stereotypes that you carry, but expect stereotypes from others about America
- ❑ Remember that you are a guest, and you are representing your country and your university

Culture Shock

Life in Ghana is VERY different from life in the US. At first, most American students have a difficult time adjusting to the new culture and educational system. You will probably be frustrated by the laid-back attitudes and seeming disorganization. But by the end of the semester, you will have adjusted to the pace of life and actually enjoy it! Remember, you do not go abroad to find things exactly the same as in the US. Just because something is different does not mean it is bad or a worse way of doing things. Ghanaians lead productive, happy lives and flourish in their culture, and you should make an attempt to do so as well.

There is no way to completely avoid culture shock, but you can prepared for it and minimize its effects. You can, and should, take many steps before leaving the US to prepare for your cultural experience abroad.

1. Increase your knowledge about the host culture. Knowledge helps dispel paranoia and increases your sense of efficacy, as well as feelings of familiarity and comfort. You can learn more about your host culture through the following activities:
 - a. Read about the culture before you leave and bring some materials with you.
 - b. Talk to international students from that country
 - c. Talk to American students that have studied in that country
2. Get your bearings. When you arrive, spend some time exploring and mapping your neighborhood. Attend all orientation sessions. Learn where you can find services such as groceries, laundry, police, or medical assistance.
3. Go to your classes everyday and practice the host language. Falling behind in your coursework will cause you even more stress and fatigue, so stay current with your classes. Be prepared for

large classes and frantic note taking. You may wish to bring a small tape recorder to help you during the first weeks.

4. Moderate your expectations and be proud of your “baby steps.” Feel good about the small accomplishments you make, such as learning to use the tro tro, finding your way around without getting lost, and having the waiter understand you when you order something.
5. Have fun! Find a place that is comfortable for you and do things you enjoy each week, incorporating exercise, time to interact with others, and time for yourself.
6. Discuss your feelings with others. Other international students, from the US or other countries, are likely experiencing the same feelings that you are. Help each other out, explore the city together, etc. Just remember to stay positive!
7. Observe how local people behave and dress. As a foreigner, it’s impossible to perfectly “fit in” but you can act and dress appropriately, which will improve your interactions with Ghanaians.
8. Keep a journal to help articulate your feelings.
9. Seek help if you need it. If you feel sad, angry, or homesick, ask for help! The faculty coordinator and on-site coordinator are both there to help you.
10. Remember that culture shock is temporary and experiencing it signals that you are learning and growing as a person by living in a new culture. Every student before you has experienced some form of culture shock, and you too will get through it and appreciate what you have learned from the experience.

Helpful Websites

Currency Converter		www.xe.net/ucc
US State Department	Travel information and warnings	www.travel.state.gov
Centers for Disease Control	Health information by country. Lists immunization requirements.	www.cdc.gov
US Embassy in Ghana	US Citizen Services	http://usembassy.state.gov/accra/
Embassies	List of embassies throughout the world	www.embassyworld.com
Mobility International	Information on traveling abroad for people with disabilities	www.miusa.org
Rainbow Special Interest Group	Links to sources for GLBT students going abroad	www.indiana.edu/~overseas/lesbigay
US Postal Service	International shipping rules and rates	www.uspsglobal.com
Global Information Network	Time zones, telephone codes, etc.	www.ginfo.net
Tourism Offices Worldwide		www.towd.com
Hostels by country		www.hostels.com
International Youth Hostels		www.iyh.org
Student Travel Association	Budget airfare, Eurail passes, etc. for students	www.statravel.com
Student Universe	Student airfare and travel deals	www.studentuniverse.com
Routes International Travel	Bus, rail, and subway routes for thousands of cities worldwide	http://www.routesinternational.com/
Lonely Planet Ghana Guide	Travel Guide	http://www.lonelyplanet.com/destinations/africa/ghana/
Let's Go	Budget Travel Guide	www.letsgo.com
What's Up with Culture	Online cultural training for study abroad	www3.uop.edu/sis/culture/index.htm
University of Ghana-Legon		www.ug.edu.gh
Africa and Ghana related websites:		www.ghana.com www.africaonline.com

Pre-Departure Checklist

Contact Information and Personal Documents

- Complete the Emergency Contact wallet card
- Give your family copies of your itinerary and keep them all apprised of changes
- Copy of passport – one at home, two to take with you
- Bank information, copy of credit card info at home and with you
- Visa(s), if required
- If you are not a US citizen, consult with an international student advisor to make sure your US visa, travel documents, and other papers are in order

Financial

- Pay all fees on your student account
- Financial aid – Promissory Note or other critical papers signed and turned in
- Financial aid disbursement arrangements made with Study Abroad Financial Advisor
- Consider giving your parents or other family member Power of Attorney while you are gone to deal with any financial matters.
- Credit, Debit, and/or ATM cards have 4-digit numerical PIN numbers
- Card numbers and emergency assistance numbers – leave one copy at home and take one with you, separate from the cards
- Traveler's checks purchased and check numbers recorded – leave one copy at home and take one with you, separate from the checks
- Plan with family at home for emergencies – can money be deposited in an account at home that you can access overseas?

Health

- Inform exchange student coordinator at host university of any pre-existing conditions which may affect your participation at some point or which may be critical to know if you are ill/injured and unable to speak for yourself
- Health insurance card – leave a copy at home and bring it with you. Know how payment/reimbursement works if treated overseas and what documentation you need to bring back.
- Get appropriate vaccinations, immunizations in the recommended time frame.
- Regular prescription medications – obtain a supply adequate for the duration of your stay plus two weeks. Keep prescriptions in original containers from pharmacy and bring copies of the prescriptions.

General

- Discontinue CD/Book/Coffee/whatever-of-the-month club & magazine subscriptions in your absence
- Make an address book of the addresses, phone numbers, and email addresses of your family and friends. Include embassy information for the countries you'll be visiting, insurance plan number, emergency numbers, etc.
- Purchase International Student Identification Card (\$22 + passport size photo)
- Know electrical current and plug adapters used in your host country. Obtain appropriate transformers, converters or adapters for appliances you will bring.
- Clothing packing list – know generally accepted standards of dress. Know range of temperature and precipitation for the area you will visit.

Packing List

Documents and Essentials

- Money belt or neck wallet
- Passport and copy
- Visa(s) if necessary, and copy
- International Certificate of Vaccination
- Airline tickets
- Traveler's checks
- ATM, Credit, and/or Debit card(s) and copy
- Insurance Information
- Contact Information
- Copy of written prescriptions
- Letter of Admission to host university
- Phone card
- Other _____
- Other _____

Miscellaneous

- Luggage locks, tags, luggage strap
- Padlock for your dorm closet
- Sewing kit
- Small amount of laundry soap
- Dryer sheets
- Travel alarm clock (battery operated)
- Small flashlight
- Adapter, converter, transformer
- Camera and film
- Pictures and postcards of family, friends, hometown, university, etc.
- Small gifts from home
- A few CDs and portable player
- Batteries
- Address book, including email
- Journal
- A few notebooks and pens
- Phrase book or dictionary
- Pillow, pillow case, and sheets
- Daypack
- 1 roll toilet paper
- Anti-bacterial wipes and gel
- Tissue travel packs
- Ziploc bags
- Other _____
- Other _____

Food-Related

- Set of cutlery, bottle/can opener & corkscrew
- Dishes: cup, plate, bowl, pot (for boiling water), frying pan, Tupperware
- Granola bars/energy bars/protein bars
- Instant meals/dehydrated soups
- Favorite spices, sugar substitute

Medical/Toiletries

- Prescription medication in original containers, prescriptions
- Anti-malarial medication
- Insect repellent w/ DEET (1 pump bottle)
- Eyeglasses or contacts, spare pair, lens prescription, solution
- Traveler's Medical Kit (see above)
- Tampons/sanitary napkins, Monistat
- Contraceptives, condoms
- Sunblock/sunscreen
- Wash cloth and towel
- Comb/brush
- Toothbrush
- Travel blow-dryer with dual voltage

Clothing – light cotton or other breathable material recommended

- Bras (4)
 - Chinos, khakis, or other loose-fitting pants/slacks
 - Pajamas/nightgown (2)
 - Robe
 - Sandals
 - Shirts or blouses (5-7) short and long-sleeved with and without collars
 - Conservative tank tops
 - Shoes (3 pair including a soft-soled dress pair)
 - Shower sandals
 - Shorts, cotton
 - Skirts or dresses, not too far above the knee (2) one should be dressy, one lightweight
 - Sneakers (1 pair)
 - Socks, cotton
 - Sweater or fleece
 - T-shirts, cotton
 - Underwear (10), cotton
 - Work-out wear, bathing suit
 - Nice outfit (shirt and tie for men, nice dress or outfit for women)
 - Rain jacket, light jacket
 - Umbrella
 - Belt
 - NO** military-appearing clothing
 - Other _____
 - Other _____
 - Other _____
 - Other _____
 - Other _____
-

TEN COMMANDMENTS FOR TRAVELERS

1. Thou shalt not expect to find things as thou hast them at home, for thou hast left thy home to find things differently.
2. Thou shalt take noting too seriously, for a carefree mind is the basis for a good vacation.
3. Thou shalt not let other tourists get on thy nerves, for thou are paying good money to enjoy thyself.
4. Thou shalt not forget that thou dost represent thy country at all times.
5. Thou shalt not worry. He who worrieth hath no pleasure, and few matters are fatal.
6. Remember thy passport and knowest where it is at all times. A man without a passport is a man without a country.
7. Blessed is the man who can say thank you in all languages, verily it is worth more than gold.
8. When thou art in Rome do thou as the Romans do! If sorely beset, use thou thy American friendliness and commonsense.
9. Thou shalt not judge the people of a country by one person who hath offended thee.
10. Remember thou art a guest in every strange land. He who treateth his hosts with consideration shall himself be so treated.

Have a safe and enriching trip abroad!

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