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GENERAL INFORMATION FOR PARTICIPANTS

ENACT CURRICULUM DEVELOPMENT WORKSHOP

16-20 JULY 2012-ACCRA, GHANA

WORKSHOP VENUE: HILLBURI HOTEL, ABURI

About Ghana/Accra

Ghana is bordered to the south by the Atlantic Ocean, to the east by Togo, to the west by the Ivory Coast, and to the northwest by Burkina Faso. Formally called the Gold Coast under British rule, the country was named Ghana when independence was won in 1957. The population of Ghana is approximately 24 million of which about 10% live in the capital city Accra. More than 100 languages and dialects classified under 6 major ethnic groups are spoken across the country but the official language is English. The major religions are Christianity, African traditional beliefs and Islam.

Major tourist attractions around the country include the Akosombo and Volta lakes, beaches, historical castles and forts and national parks. In Accra, the Kwame Nkrumah Mausoleum (museum and resting place of first president Kwame Nkrumah), the Dubois Centre, and Markola and Handicraft markets are important tourist attractions.

Weather

Ghana has a tropical climate. Typical weather in July is sunny and humid with occasional light rains. The workshop venue is located in a hilly region where rainfall is more frequent, and temperatures can get a bit cool in the evenings and early mornings. Average temperatures in July range from 20 to 30 degrees Celsius. For more information on the weather go to: <http://www.weatherforecastmap.com/ghana/accra>

Time differences

Ghana is on GMT+0.

Foreign exchange and currency

The National currency is the *Ghana Cedi* (GHC) and *pesewa* (100peswas=1GHC). The exchange rate is — GHC 1.85 = USD 1. Forex bureaux are readily available and the hotel can make any needed arrangements for changing money.



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Most major hotels and restaurants accept international credit cards but these transactions typically carry a fee and credit card fraud can occur. The most widely accepted credit cards are Visa and MasterCard. All the major banks offer ATM services where credit cards (especially Visa) can be used to withdraw cash.

Electricity

The electricity is 220-240 volts AC, 50Hz. Electrical plugs in Ghana are British style: the 3 pronged (square) or 2 pronged type. Please bring the appropriate converter and adapter for your electrical equipment.

International calling code

Country code is 233.

Workshop Venue

The workshop will take place at the Hillburi Resort in Aburi, which is located in the scenic hill town of Aburi—just 45 minutes drive from the capital Accra. Aburi is home to the Aburi Botanic Gardens which has a wide collection of tropical plants.

About the hotel(s)

Hotel(s) details

Participants will be booked to stay at Little Acre hotel but the workshop and all meals will take place at Hillburi Resort. The two sites are within 5 minutes walking distance of each other. Facilities at the Hillburi comprise conference and meeting rooms, plus a swimming pool and beautiful garden. Websites and contact information for the hotels are as follows:

Hillburi Resort: www.hillburi.com, Tel.: +233 242 260 237 / +233 244 385 008 / +233 244 263 652

Little Acre Hotel: www.littleacrehotelgh.com, Tel.: +233 266 121 945 (cell) / +233 342 822 079 (land line)

Internet connection

Internet cannot be accessed in the hotel rooms. Participants staying at Little Acre Hotel can access internet at specific locations in the hotels (please ask at the reception desk). Limited internet access will be available at the Hillburi Resort.



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Contact person in the hotel(s)

For matters relating to hotel accommodation (including accommodation in the Little Acre Hotel) and meals please contact:

Mr Michael Ofori Addo, Hillburi Resort Manager, email: infohillburi@gmail.com, Tel.: +233 242 260237.

Ms Kristina Kassardjian, Director-Hillburi Resort, email: tina@hillburi.com / info@hillburi.com, Tel.: +233 244 263652.

Food

All meals, including breakfast, will be provided at the Hillburi Resort and are covered by FAO. In case of food intolerance/allergy, participants are requested to inform the Hillburi Resort Management Mr Michael Ofori Addo at infohillburi@gmail.com at least 2 weeks in advance.

Costs not covered by the Workshop Organization

Foods and drinks consumed from the room fridge, safe, extra key and phone calls will not be covered.

Transportation

Transportation will be arranged by FAO through the Hillburi Resort according to participants' flight details. For matters related to transportation please contact Ms Kristina Kassardjian, email: tina@hillburi.com / info@hillburi.com, Tel: +233 244 263652.

Country entry requirements

Passports and visas

A valid passport is required by all travellers to Ghana. Your passport must be valid for at least 6 months when submitted for a visa. A visa is required by almost all visitors to Ghana except for ECOWAS nationals. Therefore citizens from Nigeria, Senegal and Sierra Leone do not require a visa.

Citizens from two non-ECOWAS countries, Egypt and Kenya, also do not require an entry visa for Ghana.

Information on visa requirements can be obtained from the website of the Ghana Immigration Services at www.ghanaimmigration.org



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NB: FAO will pay for the cost of obtaining a visa to Ghana, but it is the responsibility of the participant to obtain the visa. In case you need to obtain a visa, please inform Ms Joanna Lyons at Joanna.lyons@fao.org, and keep all receipts. Reimbursements will be made after the workshop.

Health & safety

Hospitals and medical care

There is a health facility about 10 minutes' drive from the Hillburi Resort in case of emergency.

Malaria

Malaria is endemic in Ghana. It is advisable to begin a course of malaria prophylaxis 1 week before your trip. It is wise to bring along mosquito repellents and sun protection for your body. Although the hotel rooms have protective netting on the windows, mosquito nets are not provided for the beds. Guests can request that their rooms be sprayed in the evenings.

Personal safety

Although the Aburi area is relatively safe there are incidents of crime, particularly robbery. You should avoid carrying large sums of money or valuables and should not wear expensive jewellery. Keep valuables, even in the hotel room, safe and out of sight. It is advisable to avoid walking alone at night. Little Acre hotel and the Hillburi Resort are separated by a relatively busy road, therefore exercise caution as you move between the hotel and workshop venue.

Food and water

Tap water is not safe to drink. The hotel will provide complimentary bottled water (2 small bottles) in the rooms.

Vaccinations

Ghana requires all visitors to have a valid certificate of immunization against Yellow Fever. You may be asked to present your vaccination certificate at the airport.

Important contact information

FAO Headquarters

Ms Ellen Muelhoff, Senior Nutrition Officer, Nutrition Education and Consumer Awareness Group, FAO-HQ, email: Ellen.Muehlhoff@fao.org, Tel.: +39 06 5705 4113.



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Workshop organizer (for logistical matters)

Ms Esi Colecraft, Lecturer, Nutrition and Food Science Department, University of Ghana, email: ecolecraft@ug.edu.gh / colecra_s@hotmail.com, Tel.: +233 244 107633 / +233 249149385.

Hillburi Resort - Transportation

Mr Michael Ofori Addo, Hillburi Resort Manager, email: infohillburi@gmail.com, Tel.: +233 242 260237.

Transportation: Ms Kristina Kassardjian, Director-Hillburi Resort, email: tina@hillburi.com / info@hillburi.com, Tel: +233 244 263652.

FAO Regional Office- Ghana

Mr Mohammed AgBendeck, Senior Nutrition Officer FAO-RAF, email: Mohamed.AgBendeck@fao.org

Emergencies

- Police: 191
- National emergency number: 999

Kotoka International Airport/ Airlines contact information

Airport telephone number: +233 302 776171/ ext 2283/4

Please dial extension 2283/4 if checking on flights

Airlines contact information website: <http://www.ghanaairports.com.gh/AirlineInformation.htm>

Administrative queries

Ms Joanna Lyons, email: Joanna.Lyons@fao.org, Tel.: +39 06 5705 2209

Ms Tatiana Lebedeva, email: Tatiana.Lebedeva@fao.org, Tel.: +39 06 5705 3180

Clothing

Lightweight clothing is recommended. A light sweater or jacket may come in handy for the evenings. Lightweight long sleeves and long pants are recommended in the evenings to avoid mosquito bites. You



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may also carry swim wear or other comfortable clothing for the pool side. The terrain of the workshop venue is sloping so comfortable non-slip shoes are recommended (best to avoid high heels).

Others

Computers

Participants are encouraged to bring their own laptops since there will be a considerable amount of group work that will require the use of computers.

Tax

Taxes paid on items purchased in-country are not refundable.

Entertainment

There will be a welcome dinner on the first night of the workshop.

Participants may wish to visit the Aburi Botanical Gardens if time permits.