

AFRICAN HELP SHEET

These notes have been produced after many years of experience in Africa. They are written to help, not to hinder you.

1. **Travel**

- Check the latest UK baggage rules before you leave. Put “Heathrow” in your browser, and you’ll find hand luggage guidance. This is changing all the time.
- Currently, one hand bag alone is to be carried on. So pack everything in your hold luggage, and take as little as possible with you.
- LIQUIDS: At present, very limited liquids are allowed, although this might change - and it can change to more OR less. Best to put all liquids in hold luggage.
- Currently, we are having to take our shoes and belts off for screening. That might change.
- Nothing sharp - scissors, nail file etc. – in your hand luggage.

IF you don’t satisfy security, they will send you back to check in, to check in anything they don’t like. PLEASE - don’t take a chance. You will be stopped in HEATHROW for certain.

2. **You need your visa, passport and e ticket to get anywhere!**

So keep it handy.

- Sometimes you can be stopped in the airport by security, and asked to show your documents.
- **E ticket.** It is possible to print your boarding card, and just take your luggage to the baggage drop. This saves much time.
- **Visa.** We are filling these in at the training weekend. Cost approx. 75.00GBP.
- **Travel insurance.** You are arranging your own.

3. **Check in**

- We will do this together. Let’s sort this out at training weekend. I don’t want any “let’s meet at the airport” arrangements. The airports are very crowded, and people hanging around can attract security attention. We need to meet up at one place, and come to the terminal together.

4. Accra

- No photographs allowed in or around the airport. Don't even think about it!
- Stick together. Once you are through immigration, meet up in the baggage hall. You won't be allowed to wait in the security area by the immigration area. The baggage area is fairly chaotic but don't be alarmed. **Don't accept any offers of help, carry your own bags, and keep your documents secure.**
- For your boarding card and Customs declaration, you will need a contact in Accra.
- **You are staying at The serving Africa Mission base, Media, Accra. PO Box DM 13, Accra. (Phone 0244 292986)**
- Just sign the blue customs dec. form. All the money we have is for spending within the local economy. We have no samples to sell, and no merchandise.
- Come down to the exit. You will probably have to show your **BAGGAGE TAGS**, so have them handy.
- **WE CAN SEE YOU AS YOU ARRIVE!!** We will be ready.
- I suggest you put your passport into your hand bag before you come out into the concourse. It's always a scramble on the concourse!

6. Vaccinations

Ghana is asking for a yellow fever certificate now. No one has asked to see mine yet, but I keep it handy, both arriving and leaving.

- You also need all the other things we have suggested – Polio booster, Meningitis, Hep A & B, Rabies. You also need a malaria prevention pill. Take your pick. Some use Malarone, which might upset your tum. Some use Lariam which might upset your mind! Ask your practice nurse. If it's Malarone, buy it from Tesco, or on line. Half the exorbitant price this way.

7. Money

- Not much to spend your dosh on. The pool (7.50 to swim, free to sit), food at pool (8.00) and things you might like to buy.
- African sun burns, even when it is cloudy. High factor sun cream needed.

8. Food

- Never drink water unless it is in a sealed bottle.
- Never drink the ice.
- Salad is fatal. Avoid it unless we say it is OK.
- Soft drinks from bottles are cheap.
- Fruit juice is good, but go easy. Think of the tum!

9. Washing

- Clean your teeth using your bottled water.
- Don't put anything down WC. System can't take it. We don't have public toilets. Just lots of bushes and trees!

10. Medicines

Rehydration treatments, ibuprofen for fever, paracetamol for pain. Imodium for diarrhoea. (Buy in Boots/Tesco.) Plasters for the odd scratch. Hand wash – but bring it in your hold luggage.

Most things can be bought in Accra.

Malaria. Check with surgery.

11. Behaviour

- Do not, under any circumstances wander off on your own. Ghana is like most places - safe if you are wise.
- Do not give away money without checking first. We know just about every scam there is. Paul Sefa and I will be able to advise you.
 - Do not accept any offers of work. You are, while you are with us, members of the Mission, and I choose what we do and where we do it, along with Paul Sefa and Bishop. It's sad, but some will see you as money boxes or access to the West.
- Don't invite anyone to Europe, or say you can arrange an invitation. Refer all such requests to Paul Sefa, Bishop or me.
- Do not accept any offers of marriage!

12. Odds and ends

- Electric current is same as UK, and same plugs, but unreliable! Charge things when you can - power supply can be unpredictable.
- You can use your mobile phones. PLEASE check with your supplier that there is no international roaming bar which has to be lifted. We find O2 best. Orange the worst. If you Are PAYG, the money will go quickly. Remember you also pay if someone calls you on your mobile.

Ghana code is 00233. Anybody phoning you must persevere. It's not unusual to have to try a number of times. Evenings are very busy. Texts are better.

My international phone number is 07803 617435. Paul Sefa is 00233 244 292986
Anybody can use them to contact us.

WE HAVE LOADS OF EXPERIENCE WITH WESTERN TEAMS, AND HARDLY EVER GET ANY PROBLEMS, BECAUSE WE LAY DOWN THESE GUIDELINES. ENJOY!!

13. Data protection

All the information you have given me is for the use of this mission only. On my return, it will all be shredded, and I will retain no copies, either electronic or on paper.

