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## VISA INFORMATION

Visa for most West African Countries has to be applied for at the Consulate of the intended Country to be visited in your home country or in a neighboring Country if the Country to be visited does not have a consulate in your home Country, be it a multiple or single entry visa.

Visas issued at the border or on arrival for some nationalities are twice the amount if applied at the embassy; and the process could be time consuming.

Obtaining a Togo visa at the border is quite flexible as compared to border visa issuance of other West African Countries. Togo visa is valid for 7 days, and can also be used to re-enter the Country multiple times within that period. You could also apply for your Togo visa in advance in your home country.

For the visas you apply in advance, once you have booked your trip with us, we will send you invitation letter(s) and contact details covering the countries to be visited to assist in your visa application.

You will need to take two or three passport pictures, your yellow fever certificate and your passport which should be valid for at least 6 months after departure.

You need a page in your passport that is blank on both sides for your visa. Your passport must be valid for the whole of your stay in the Country(ies) visited.

When your visa(s) is issued, please cross check the visa stamps in your passport if it corresponds with your visa application submissions before your departure.

### Ghana visa fees

- Single Entry Visa(must be used within 3 months from date of issue) \$60.00
- Multiple Entry Visa \$100.00
- Single Expedited \$100.00
- Multiple Visa Expedited \$200.00

Togo visa at the border: 10 000 - 15 000 CFA

Togo visa in Accra: 25 000 - 30 000 CFA

Benin visa in Accra: 15 000 - 20 000 CFA

Burkina Faso visa in Accra 20 000 - 25 000 CFA

Ivory Coast visa in Accra 35 000 - 40 000 CFA

The above visa fees are subject to change as per Country regulations.

## **MEDICAL REQUIREMENTS**

### **VACCINATIONS**

Yellow Fever vaccination is required for entry into Ghana and other West African Countries. You will be asked to show proof of immunization at the Airport of arrival or at the border.

Other vaccinations are at your discretion. If your doctor cannot obtain one for you (generally cheaper), these vaccinations are readily available at any travel clinic.

### **RECOMMENDED**

#### **Diphtheria, Polio and Tetanus**

A current DPT vaccination is a good idea. This is a common vaccination given to children, but you need a booster shot if it has been more than 10 years since your last DPT vaccination.

#### **Influenza**

A current flu vaccination is also a good idea. There will undoubtedly be people on your plane carrying this virus and you never know when a major flu season will occur.

#### **Hepatitis A**

This vaccine is strongly recommended. It is given in multiple doses to protect against this illness which is spread orally in conditions of poor sanitation.

#### **Typhus / Typhoid Fever**

While typhus is not a big problem in Ghana, this disease, spread by dirty food or water, can be fatal. This vaccination is recommended when traveling in remote or unsanitary areas or if you plan to be around animals.

#### **Meningitis (bacterial)**

Characterized by blinding headaches and fever, meningitis can be fatal. The vaccination against bacterial meningitis is especially recommended if you will be staying in close quarters with many people or children. Ideally get the vaccination containing strains A, C, W and Y, but if only the A+C is available, that is better than none at all. There is no vaccination against viral meningitis.

### **AT YOUR DISCRETION**

#### **Cholera**

The oral vaccine Dukoral immunizes against this nasty scourge of dirty water. More importantly though, there are reports that this vaccine also provides some protection against e.Coli, the main culprit in traveler's diarrhea.

#### **Rabies**

Another recommended vaccination when traveling to remote areas. Absolutely essential if you will be working with Animals. Rabies is spread by any mammal via a bite, scratch or lick of an open wound by an infected animal and is 100% fatal without treatment. The multi-dose vaccination is the same as any other injected vaccination - quick and painless.

## Hepatitis B

This illness is carried in bodily fluids. This multi-dose vaccination is strongly recommended for visitors who may be volunteering or visiting clinics and may come into contact with blood or semen. Note that there is no vaccine for the other virulent strains of Hepatitis (C,D,E), which are spread in the same way as Hepatitis B.

## Tuberculosis (TB)

While of concern to those staying in close quarters with many people or children, there is debate over whether this vaccine is useful for adults. Discuss with your doctor or travel clinic.

## TRAVEL INSURANCE

It is essential that you have travelers' insurance when on holiday in West Africa.

## WHAT TO PACK FOR YOUR TRIP

The following is a typical list of what might be required while embarking on your trip. If you are not traveling in a private car, then be certain to add a lighting object to your list.

### BAGS

- Soft hold-all bag for excursions
- Smaller travel/overnight bag or day pack for traveling
- Lightweight backpack if traveling via public transport

### CLOTHING

White clothing is not recommended because it is impossible to keep clean.

- Smart-casual outfit - 1 set
- Outdoor summer clothing in natural fibres - 3 sets
- Light-weight cotton long pants - 2 pair: For cool evenings or to use as sun screen.
- Comfortable walking shoes / sandals - 1 pair each
- Undershirt / singlet - Not to keep you warm, but to keep the sweat from showing so much.
- Underwear - 4 to 6 sets
- Swimwear: Only wear this at beach or poolside.
- Sarong or multi-purpose cotton wrap-around: Useful also as sun screen or dust cover for cameras.
- Towel / face cloth / bandana / handkerchief
- Hat in neutral tones
- Sunglasses

### HARDWARE

- Flash light or head lamp / 2 sets of batteries
- Camera equipment / extra lithium batteries
- Dust-free camera bag (Zip-lock bag is fine)
- Extra battery, solar charger for phone

#### TOILETRIES

- Toothbrush, toothpaste, soap, shampoo, conditioner, deodorant (not antiperspirant), shaver, brush & comb, moisturizing cream, decongestant, anti-fungal. - Sunscreen lotion/sun block, lip-aid and floss: These are particularly difficult to obtain in Ghana. - Prescription drugs/small private medical kit (pain killers, plasters, anti-septic spray) / contraceptives / tampons - Contact lenses / lens fluid / spare glasses - Malaria tablets - Insect repellent (containing DEET is best)

#### PAPERS

- Passport / visas / travel documents - Pen / notebook / travel diary - Books / reference books / magazines / games to use during long siesta hours or delays - Cash in Cedis/CFA for personal expenses, tips & gratuities. Travelers' cheque and credit cards are difficult to use.

#### OPTIONAL

- Pocket knife - Duct tape - highly versatile! - Plastic raincoat or poncho - Items for bartering at markets or tips for good service - Bandanas, hats, anything with a logo - T/shirts, old clothes or stationery - Mp3 players, cameras & flash drives have high value

#### FOOD AND DRINKS

##### GENERAL OBSERVATIONS

The cost of eating in Ghana and West Africa differs greatly depending on whether you eat local Ghanaian or West African food; Chinese, Continental, Lebanese food, would be rather expensive, probably starting at around \$10.00 per dish. Ghanaian or West African meals will be half that, unless served at a restaurant catering to tourists.

It is essential that casual visitors to West Africa take proper precautions when eating. Keep your hands clean and try to ensure your food is prepared and stored in sanitary conditions.

Foods tend to be fried, boiled or grilled. The one common ingredient is a hot pepper that is found in most dishes and makes Ghanaian and West African food spicy-hot.

- Water

Drinking water is easy to find in the main cities; basically there are two options for drinking water: bottled water and "pure" water. Bottled water is what you are accustomed to in the West, and we them in abundance to quench your thirst. Make sure the seal is intact when the bottle is served to you.

- Other Beverages

All types of other beverages are available, from Coca-Cola products, to juices, energy drinks, and soy beverages. Getting these served very cold becomes more difficult the farther you are from a city.

Juices may be either fresh, bottled, in a can or in a carton. Pineapple juice, orange juice, mango and guava are the most prevalent fruit juices. Fresh coconut juice is sold anywhere you see a pile of coconuts. Tampico is a refreshing juice drink sold in plastic bottles, while Milo is a chocolate beverage served cold along the roadside or hot for morning breakfast.

Unless at an upscale restaurant, you should avoid ice cubes. You do not know what water has been used to produce them.