

BAKKE GRADUATE UNIVERSITY

Class Information Sheet

OVI Overture I: Ghana
January 24– January 31, 2012

The following information in reference to the above course is *as of August 22, 2011* (this date will be changed whenever new information has been added). As more information is made available, this document will be re-posted to our website with any new information. It will be important for you to check this course information sheet when you receive the alerts so that your information is current. Students are responsible to personally check this document in order to remain current.

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BGU Course Coordinator: **Shirley Akers**

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Flight	<p>Students are personally responsible for the following:</p> <ol style="list-style-type: none">1. To make your own flight arrangements to and from Ghana.2. As soon as you have your flight itinerary, email it to ShirleyA@bgu.edu.3. Fax, mail or email a copy of your passport photo page no later than four weeks before departure. <p>Some tips:</p> <p>Lowest Airfare: To get the lowest airfare, check out www.itasoftware.com, www.whichbudget.com or www.wegolo.com for the most comprehensive and least-biased list of fare and route options. Some of the other fare-saving options include www.orbitz.com, www.cheapfares.com, or www.expedia.com.</p> <p>Earn Miles: The easiest way to earn miles is to shop online via airline websites. There are also many online stores that offer miles per dollar spent; keep your eyes open!</p> <p>Airline Clubs: If you want a better place to wait when your flight is delayed or when you must wait in airports for a connecting flight, try joining an airline club for a day (usually \$25 to \$45) so you can use its lounges. If you fly internationally a lot on a variety of airlines, join Priority Pass (prioritypass.com; from \$99 per year) to gain access to more than 500 airport club lounges, mainly overseas.</p> <p>Insurance: Flight or travel insurance is not included in your tuition. Students must obtain their own travel insurance. If you have AAA insurance, you can obtain travel insurance for a special course. Check with your insurance carrier for information about coverage.</p>
Travel Agent	<p>Shirley Akers' Travel Agency Recommendation:</p> <p style="text-align: center;">Rita Barrett BCD Travel, Orlando 4901 Vineland Road Suite 460 Orlando, FL 32811 (407) 514-3286 or (800) 969-1595 Rita.Barrett@BCDtravel.com</p> <p>When you call BCD, just let them know that you are a BGU student and that Shirley has recommended you.</p>

Meeting	<p>All classes will be held at Angie Hill starting at 8:00 am on Tuesday, January 24, 2012. Class will end on Tuesday, January 31, 2012 at 6:00 pm. Please arrange your schedule to arrive in Accra on Monday, January 23 and depart after class on January 31 or morning of February. 1, 2012. Whenever possible, we like to coordinate group transportation from the airport to the hotel. Sharing a van or taxi with others from the group is usually easier than securing transportation individually, which is another reason Shirley needs your itinerary as soon as possible.</p>
Visa	<p>When you enter this country, you will need to obtain a tourist visa and a yellow fever immunization. (Check with your physician). The visa organization we use here in Seattle is:</p> <p style="text-align: center;">Northwest Visa Services (206) 448-8400 Hours: Monday – Friday from 9:30 a.m. to 4:30 p.m. Pacific Time</p> <p>Another option is:</p> <p style="text-align: center;">Travel Document Systems www.traveldocs.com</p> <p>You should also be able to locate a visa provider in your area. Check your local yellow pages or the Internet.</p>
Admin Fee	<p>International Courses: The Administrative Fee will be \$500.00 per person. This fee will cover the cost of admission into various sites, in-country transportation and some meals.</p> <p>Spouse: If you are traveling with a spouse, your spouse will only pay \$200 plus the same Administrative Fee that everyone pays.</p> <p>Alumni: If you are attending as an alumnus or as an “educational tour” your cost is \$800 plus the Administrative Fee.</p>
Balance	<p>The balance on your account is normally due two weeks before the class starts; however, it might be necessary for us to receive your Administrative Fee earlier if we need to pay some of these costs up front to our On-Site Coordinator. We will let you know as soon as possible what that exact amount will be and when it is due in order to hold your spot in the class.</p>
Hotels	<p>Angie Hill Hotel East Legon, Legon Link, PMB KA 61, KIA, Accra Breakfast included Single room \$80.00* Double room \$100.00* (\$50 per person) *Send room preference to Shirley as soon as possible.</p> <p>Catters Hostel East Legon, Legon Link; Box Ct 1539, Cantonments, Accra Breakfast included Single room \$45.00* Double room \$70.00* (\$35 per person) *Send room preference to Shirley as soon as possible. I will reserve your room as requested however; each person is responsible for paying his/her own hotel charges.</p>

Packing	<p>Suitcase: Only <i>one</i> suitcase and <i>one</i> carry-on are allowed per person on every BGU course. But a little tip, be sure to pack at least one extra outfit, carry your medication and vitamins, make-up, etc. with you in your carry-on bag just in case your suitcase gets lost for a few days. (This happens more often than we like to think and it is best to be prepared.)</p> <p>Clothing: The weather in Ghana will be very hot, ranging from 77-95 degrees Fahrenheit in January. Light layers would be appropriate. Be sure to pack good walking shoes!</p>						
Money	<p>Students are responsible to pay the expenses related to their travel to and from the country, hotels and meals within the country, and any gifts or items of personal use. Therefore, each student should have available Ghanaian cedi, US dollars or an ATM card prior to arriving in country.</p> <p>We recommend that you bring a combination of cash and credit cards on the course. There are a number of ATM's available in the area as well.</p> <p>You can estimate the following costs per day:</p> <table data-bbox="389 777 1023 892"> <tr> <td>Hotel</td> <td>\$ as above per day</td> </tr> <tr> <td>Meals</td> <td>\$8-20 per day</td> </tr> <tr> <td>Personal emergencies</td> <td>as needed</td> </tr> </table> <p>Conversion Rates – Print out an FX-CheatSheet from www.oanda.com before your trip and tuck into your wallet. This way you will be up on the most current conversion rates and you won't spend more money than you have!!</p>	Hotel	\$ as above per day	Meals	\$8-20 per day	Personal emergencies	as needed
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	<p>Although some meals will be covered in the Administrative Fee, you need to have sufficient funds to cover your own meals. This is especially important if you have food allergies or food aversions. Some people find it useful to pack about ¼ of their suitcase with power bars, nuts, etc. which, once eaten, leaves room for those inevitable gifts they purchase while traveling. If you do have a specific type of allergy, please alert Shirley Akers immediately so she is aware of your situation.</p>						
First Aid	<p>We always pray before and during every course that no one gets sick or injured. However, reality is that occasionally people eat bad food, catch a bug, or trip and fall. We will have a small supply of first aid items; however, it is always good practice while traveling abroad to take along a supply of the following:</p> <ul style="list-style-type: none"> Band-Aids Neosporin type of medication Imodium Cipro (This is a prescription medicine that you might want to ask your doctor about. It has charcoal in it that the germ attaches to—great to fight off those nasty bugs!) <p>A small bottle of hand sanitizer is also a must when traveling. Keep it with you at all times and use frequently.</p>						

Shots

For US students, at least one month before the trip, go to www.cdc.gov or call (800) 232-4636 to see what immunizations are recommended for the region where you will travel. Your doctor can help determine from your medical records which vaccinations are current for you and are not needed prior to your trip. For most regions in Asia, South America and Africa, it is recommended that you get:

1) **Tetanus** and **Diphtheria** vaccine (needs to be updated every 10 years) at least two weeks before traveling.

2) **Hepatitis “A”** vaccine – take the first dose at least one month before traveling. A second dose at least six months after the first dose.

3) **Typhoid** vaccine – take the shot at least two weeks before traveling or, if taking it orally, take four doses every two days, with the last dose at least one week before traveling. The shot will require a booster dose every two years. The oral doses need a booster dose every five years.

4) **Malaria** (Chloroquine; Mefloquine, Dexycycline or Proguanil for areas where Chloroquine-resistant malaria has been reported; Primaquine for relapsing malaria) is optional. Since most BGU courses are in larger cities, exposure to malaria-bearing mosquitoes is less likely than in rural areas. Your doctor must prescribe these medications.

5) **Polio** vaccine booster is optional, even if you were vaccinated as a child (one booster dose as an adult for life).

6) **Yellow Fever immunization required (check with your physician).**

Since vaccines pose a greater risk for people with allergic histories, people who are taking certain medications, or people who are pregnant, you should consult your doctor. Also, most state and local health departments offer discounted vaccinations.

Internet

You are certainly invited to bring your laptop computers so you can take notes during the class, keep your journal in the evenings, and access emails from home. However, you will find that in some countries the internet access is iffy at best. Many airports now have free Wi-Fi signals but, if not, sit right outside an airport club lounge; Wi-Fi signals often glide through the walls!

Every student will receive a flash drive containing relevant course materials, so you will not need to bring your own.