



UA Global Health in Ghana

CHS 423 (CRN 32308) and CHS 523 (CRN 33398)

Dr. Thad Ulzen

Summer 2017

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Welcome Study Abroad Student,

On behalf of the University of Alabama, I congratulate you on your decision to study abroad. This educational opportunity will be a milestone in your maturation and intellectual growth. You have made a great decision.

Study abroad is one of the best means to transform students in a positive way. In addition to the knowledge you will acquire from the course, you will gain valuable international and intercultural experiences that will certainly provide you a competitive advantage over your peers.

As you embark upon this learning opportunity, please have an open mind and appreciate cultural differences. When traveling and interacting with people do not make value judgments based on American standards. Seeing the world from other people's lenses may also help you reflect on ways through which we can build a more peaceful world.

I would like to seize this opportunity to thank your parents, relatives, friends, or sponsors who played some role in your decision to study abroad. Many years from now, you will appreciate their contribution in shaping positively your life.

Have a safe trip and share with us your fond memories upon your return.

Sincerely,

Ghana, is a West African country, bounded on the north by Burkina Faso, on the east by Togo, on the south by the Atlantic Ocean, and on the west by Côte d'Ivoire.

Formerly a British colony known as the Gold Coast, was led to independence by Dr. Kwame Nkrumah on the 6th of March, 1957. Ghana became the first black nation in sub-Saharan Africa to achieve independence from colonial rule.

The country is named after the ancient empire of Ghana, from which the ancestors of the inhabitants of the present country are thought to have migrated.

Climate- tropical; warm, hot and humid in the Southwest and hot and dry in the North

Population

The population of Ghana is about 25 million people. English is the official language but in there are over 25 languages and dialects spoken.

The most densely populated parts of the country are the coastal areas, the Ashanti region, and the two principal cities, Accra and Kumasi.

About 70 percent of the total population lives in the southern half of the country. The most numerous peoples are the coastal Fanti, and the Ashanti, who live in central Ghana, both of whom belong to the Akan family. The Accra plains are inhabited by the Ga-Adangbe. Most of the inhabitants in the northern region belong to the Moshi-Dagomba or to the Gonja group.

Major Cities

Accra, the capital, has a population of 10% out of the total population. Kumasi is the capital of the Ashanti region. Sekondi has an artificial harbor and was the first modern port built in Ghana. Other major cities include Tema, Tamale, and Cape Coast. People living in urban areas account for 37 percent of the population.

The Capital

Accra, capital and largest city of Ghana, southeastern Ghana, on the Gulf of Guinea. Accra is an important commercial, manufacturing, and communications center. It is the site of an international airport and a focus of the country's railroad system, including a link to nearby Tema, which since 1962 has served as the city's deep water port. Industries include vehicle and appliance assembly,

petroleum refining, and the manufacture of foodstuffs, textiles, metal and wood products, plastics, and pharmaceuticals.

A sprawling city, Accra presents a varied appearance, with buildings of modern, colonial, and traditional African architecture. Of note here are the 17th-century Christiansborg Castle, now the seat of government and the National Museum (1957). Several research and technical institutes are located in Accra, and the University of Ghana (1948) is in the nearby town of Legon. The site of what is now Accra was occupied by villages of the Ga, the local people, when the Portuguese first visited here in the late 15th century. During the 17th century the Portuguese were forced to withdraw by the Dutch, who, along with the Danes and the English, founded rival trading posts, which became the settlements of Ussher Town, Christiansborg, and James Town, respectively.

In the 19th century Britain purchased Dutch and Danish rights in the area, and in 1876 Christiansborg was made the capital of the Gold Coast Colony. The three separate towns grew and gradually coalesced to form the city of Accra. Much of the modern city's layout was planned in the 1920s, and since then growth has been rapid. Accra remained the capital city, when in 1957 the Gold Coast Colony became the independent state of Ghana. Population (1990 estimate) 2.7 million. The Greater Accra metro area and the suburbs bring the population to about 4 million people.

Language

English is the official language of Ghana and is universally used in schools in addition to nine other local languages. The most widely spoken local languages are, Ga, Dagomba, Akan and Ewe.

Religion

Traditional religions accounts for two-fifths of the population. The Christian population also accounts for two-fifths of the total population and includes Roman Catholics, Baptist, Protestants, etc. The Muslim population (12 percent of the total) is located chiefly in the northern part of the country and in inner city settlements known as Zongos.

Education

Primary and secondary education is free and compulsory in Ghana between the ages of 6 and 14. In 1996, 88 percent of primary school-aged children were enrolled in school. Secondary schools enrolled just 31 percent of the appropriately aged children. Vocational and teacher-training institutions had 38,000 students. Higher education began with the University of Ghana (1948), in Legon (near Accra); the Kwame Nkrumah University of Science and Technology (1951), in Kumasi; the University of Cape Coast (1962); and the University for Development Studies (1992), in Tamale. There are now 19 public universities, 61 accredited private

universities, 10 polytechnics, 41 Colleges of Education and 15 Nursing Training Colleges. There are 4 public medical schools and 2 private ones.

Literacy Rate is 71.5% of the total population, male-78.3% and female-65.3%

Sports and Games in Ghana

- Football (Soccer) is the most popular sports in Ghana, other sports includes:
- Boxing
- Tennis
- Basketball
- Cricket
- Rugby
- Golf
- We also have children folk games such as “Pilolo, Ampe,Oware, Siisiisii “Menya Kwan Mansen”



UA-CCHS International Health in Ghana

Course Director: Thaddeus P. Ulzen MD

Professor and Chair, Department of Psychiatry & Behavioral Medicine,

Associate Dean for Academic Affairs

College of Community Health Sciences, University of Alabama School of Medicine

PROGRAM DETAILS:

The trip to Ghana is a 4 week educational medical mission at a local community medical Center in Elmina, Ghana. A full range of health problems are seen at this District Health Center and a District Hospital, along with a Psychiatric Hospital. Patients of all ages and genders are seen here. The primary activities include observing and participating in traditional daily clinics and hospital rounds and taking part in public health outreach to outlying more rural communities.

This offers an opportunity to experience a health care system run on a \$120.00/capita budget in a stable democratic African country. English is the official language in Ghana but many patients speak a version of Akan, the major indigenous language group in Ghana. Cross-cultural communication and adaptation opportunities are also a part of the course.

At the end of the course, students will be able to 1. Describe the challenges of providing healthcare in a poor resource environment, 2. Develop basic clinical and laboratory investigation skills for common tropical diseases, 3. Function as part of an interdisciplinary healthcare team and 4. Demonstrate an understanding of the role of culture in the health status of a population.

The students visit Accra, Kumasi, Takoradi, Assin Manso and Nzulezu but live in the Elmina-Cape Coast area. This course has a significant community service and social justice component which is consistent with the mission of The University of Alabama.

This is a community based program however when possible, our students join medical students from the University of Cape Coast School of Medical Sciences on rounds and in clinical learning modules.

Dr. Ulzen has been on and led numerous international medical education and practice trips in Africa since 2003 and has faculty appointments at two medical schools in Ghana. He has managed over 150 health care volunteers and learners in Ghana over the last decade.

Course Objectives and Pre/Post-Program Activities

- Experience and participate in aspects of a medical system in an English speaking African country. Appreciate the application of health and medical knowledge and service in a resource-poor environment.
- Appreciate the importance of prevention and public health.
- Identify the uniqueness of cultural and cross cultural beliefs and practices as they impact health and community.
- Familiarization with common sub – Saharan African clinical conditions and treatment dilemmas.

ACCEPTANCE / ORIENTATION

Students have a one-to-one interview with the course director on what their own goals for the course are. Once selected, there are 3-4 group information, process and planning sessions that all students are required to attend prior to departure. A cultural orientation is also provided along with material on local languages, so that students have a basic vocabulary prior to arrival in Ghana.

GRADING

Grade determinations are made by the Primary Program Director- Dr. Thaddeus P. Ulzen MD, Professor and Chair, Department of Psychiatry and Behavioral Medicine. In addition, local physicians working with students have input on grading via feedback discussions with course director

Evaluation Method for Student Participants:

- Direct observation.
- Direct and written feedback.
- Two – four page report on observations and reflections of the course

Program term: Summer I

Approximate departure date: June 2, 2017

Approximate return date: July 1, 2017

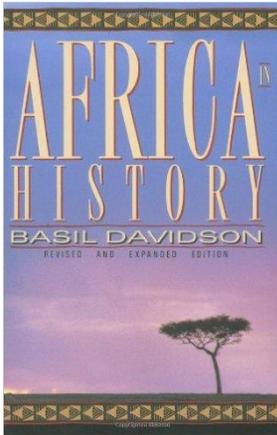
Itinerary:

- June 3, 2017 – Arrive in Accra, Ghana
- Reside in Elmina, Ghana and work each week from Monday to Friday in a clinical setting.

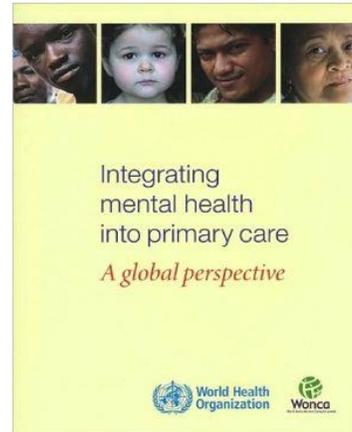
Weekend Travel Itinerary:

- TBD – Visit Assin Manso Memorial Site, Elmina Castle (1482), Cape Coast Castle (1632) and Kakum National Forest
- TBD – Visit Nzulezo by Canoe -Village Community on Stilts in Western Region
- TBD – Visit Mole National Park, Northern Region (optional additional cost of \$600.00)
- TBD – Visit Capital Region of Greater Accra
- TBD, Depart Accra, Ghana for USA

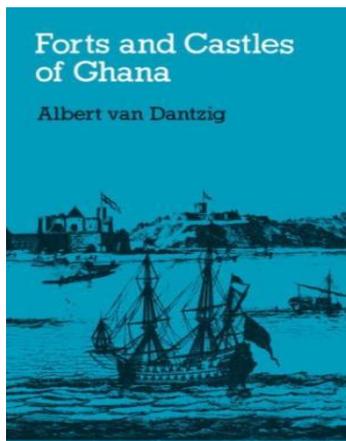




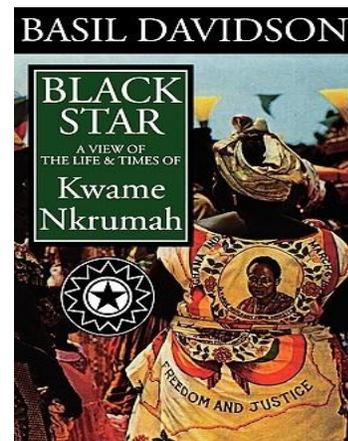
Africa in History by Basil Davidson
ISBN-13: 978-0684826677



Integrating mental health into primary health care:
A global perspective by the World Health Org.
ISBN-13: 9789241563680



Forts and castles of Ghana by Albert Van Dantzig
ISBN-10: 9964720106



Black Star: A view of the life and
times of Kwame Nkrumah
ISBN-10: 1847010105

Assin Manso

The Slave Heritage site, Assin Manso is the place where African slaves took their last bath before being taken to the dungeons then shipped overseas

Elmina Castle

Elmina Castle was erected by Portuguese in 1482 as São Jorge da Mina (St. George of the Mine) Castle, also known simply as Mina or Feitoria da Mina) in present-day Elmina, Ghana (formerly the Gold Coast). It was the first trading post built on the Gulf of Guinea, so is the oldest European building in existence below the Sahara. First established as a trade settlement, the castle later became one of the most important stops on the route of the Atlantic slave trade. The Dutch seized the fort from the Portuguese in 1637, and took over all the Portuguese Gold Coast in 1642. The slave trade continued under the Dutch until 1814; in 1872 the Dutch Gold Coast, including the fort, became a possession of the British Empire.

Britain granted the Gold Coast its independence in 1957, and control of the castle was transferred to the nation formed out of the colony, present-day Ghana. Today Elmina Castle is a popular historical site, and was a major filming location for Werner Herzog's 1987 drama film *Cobra Verde*. The castle is recognized by UNESCO as a World Heritage Site.

Cape Coast Castle

Cape Coast Castle is one of about forty "slave castles", or large commercial forts, built on the Gold Coast of West Africa (now Ghana) by European traders. It was originally built by the Swedes for trade in timber and gold, but later used in the trans-Atlantic slave trade. Other Ghanaian slave castles include Elmina Castle and Fort Christiansborg. They were used to hold slaves before they were loaded onto ships and sold in the Americas, especially the Caribbean. This "gate of no return" was the last stop before crossing the Atlantic Ocean.

Kakum National Park

Kakum National Park, located in the coastal environs of the Central Region of Ghana, covers an area of 375 square kilometres (145 sq. mi). Established in 1931 as a reserve, it was gazetted as a national park only in 1992 after an initial survey of avifauna was conducted. The area is covered with tropical rainforest. The uniqueness of this park lies in the fact that it was established at the initiative of the local people and not by the State Department of wildlife who are responsible for wildlife preservation in Ghana. It is one of only 2 locations in Africa with a canopy walkway, which is 350 meters (1,150 ft.) long and connects seven tree tops which provides access to the forest.

The most notable endangered species of fauna in the park are Diana monkey, giant bongo antelope, yellow-backed duiker and African elephant. It is also an Important Bird Area recognized by the Bird Life International with the bird area fully overlapping the park area. The bird inventory confirmed 266 species in the park, including eight species of global conservation concern. One of these species of concern is the white-breasted guinea fowl. Nine species of hornbill and the African grey parrot have been recorded. It is very rich in butterflies as well, and a new species was discovered in 1993. As of 2012, the densest population of forest elephants in Ghana is located in Kakum.

Nzulezo

The village of Nzulezo (or Nzulezu) is located near the village of Beyin, roughly 90 kilometers west of Takoradi, in the Jomoro District of the Western Region of Ghana.

Nzulezo overlooks the Lake Tadane, and is entirely made up of stilts and platforms. In 2000, it was nominated as a UNESCO World Heritage Site, and it is a major tourist attraction area.

Mole National Park

Mole National Park is Ghana's largest wildlife refuge. The park is located in northwest Ghana on grassland savanna and riparian ecosystems at an elevation of 150 m, with sharp escarpment forming the southern boundary of the park. The park's entrance is reached through the nearby town of Larabanga. The Lovi and Mole Rivers are ephemeral rivers flowing through the park, leaving behind only drinking holes during the long dry season. This area of Ghana receives over 1000 mm per year of rainfall. A long-term study has been done on Mole National Park to understand the impact of human hunters on the animals in the preserve.



OPTIONAL EXPERIENCES

The students also travel to northern Ghana for a safari at the Mole National Park which is an elephant sanctuary in the country. You will do elephant tracking on foot and travel through the game park by Jeep and will see a variety of other forms of wildlife. Optional cost of this: \$600



Leah Nixon- 2012 Study Abroad Student Paper

Before my trip to study abroad in Ghana, I had many expectations about what could possibly be in store for me overseas, yet the actual experience exceeded any of my expectations and taught me more in four weeks than I could have ever hoped to learn. My name is Leah Nixon, and I am twenty years old and a rising senior at the University of Alabama. I am majoring in psychology and aim to go to medical school and become a physician. I have had relatively little experience in the medical field, so I initially gained interest in the program when I saw that it offered the opportunity for a hands-on experience in the field of medicine. I hoped that the time spent in the clinics and hospitals in Ghana would prove to be more than just shadowing experiences, and would give me a realistic sense of what exactly goes on in various medical fields and what it takes to have a career in them. Before the trip, I hoped that some of my experiences would give me a better idea of where my interests in medicine lie and whether I would have the capabilities and interests to go into certain fields of medicine.

After our first few days of sightseeing in Accra, we settled in to our living arrangements in Elmina and began working at the urban clinic across the street. The clinic was an open facility that had wards in various fields of medicine, including family planning, antenatal care, a maternity ward, a dressing room, a lab, triage, and general outpatient consultation. There were four students in our group at the clinic, so we usually made rotations on our own or in pairs and spent either half of the day or a full day at various locations in the clinic to gain the most diverse experience possible. Though I made rotations to every different area, I spent the most of my time either in consultation with one of the two physician's assistants at the clinic, or in the lab running blood work and performing tests on patients.

My time spent in consultation proved to be the most educational and interesting of my experiences at the clinic in Elmina. The time spent there consisted of hours of reading patient charts and talking to the patients, then making diagnoses based on the time spent with them. Even though most of the patients preferred to speak to the P.A.'s in Fante, the majority of their conversations were almost immediately repeated to me in English so I could understand their symptoms and what information they were providing to the P.A. The majority of the people that came in were complaining of fatigue, fever, and nausea. Most of them were diagnosed with malaria and were given instructions for treatment. Because it was the rainy season in Elmina, malaria was by and far the most common illness we saw in consultation, but other cases such as fungal infections, diabetes, hypertension, pregnancy, rabies, and gastrointestinal issues were also seen. I particularly enjoyed advising because I got to see and take part in the process of talking with the patients and using critical thinking to make diagnoses, which I found

to be very interesting and a challenge. It really showed me how interested I am in general medicine, and has made me heavily consider that as a possibility for my future career.

In other parts of the facility, I had many hands-on experiences and was able to completely immerse myself in the daily lives of the nurses and medical staff. In triage, with the help of a translator, I was able to completely check patients in by recording their temperature, blood pressure, weight, and symptoms. In antenatal care, I helped to weigh newborn babies and consult with many expectant mothers. I was also able to help perform blood tests for HIV and syphilis on the expectant mothers, as well as help explain to them why it was important to be tested and to remain protected throughout the pregnancy. In the dressing room, I was delegated all of the normal responsibilities of the nurses in the room and got to treat many patients. With supervision, I would explain what I was about to do to the patients, remove the old dressings, clean the wounds or stitches, and give them a fresh bandage. I dressed things from a range of almost-healed stitches, to a very large, infected arm sore that required me to wear a facemask because of the smell. In the lab, after spending a day learning about how to prepare and read malaria and urine slides, test for typhoid, blood type, test for Hb levels, and take blood, we were basically given the freedom to run everything in the lab for the day. We used all of the equipment, from centrifuges to microscopes to spectrophotometers, and were able to run all of the tests and record the results. I had the opportunity to draw blood from anybody who came in needing blood tests, but didn't feel comfortable doing that until the last day, when I was able to successfully draw blood. However, I was presented with the opportunities to have more hands-on experiences than I could have ever anticipated having. It gave me the chance to get past my own hesitations and fears of messing up, and gave me the courage to perform the tasks at hand and know that I had well-trained staff behind me to give me feedback throughout the process.

Our last week and a half was spent in a hospital in Ankaful, which was a general hospital but specialized in skin diseases, as it had formerly been a leprosarium. Our time spent at Ankaful was less involved and less busy than in Elmina, but we were able to see the differences between a strictly outpatient clinic and an inpatient hospital that had a doctor who could perform surgeries. We spent most of our time at Ankaful learning about the spread and diagnoses of Hansen's disease and the complications that can occur with it. We met with Hansen's disease patients and watched the dressings of the ulcers that occurred as a result of the disease. We were also able to be in the operating room and observe a surgery on a Hansen's disease plantar ulcer and on the repair of an inguinal hernia. I have never watched a surgery from the operating room in America, but I am familiar with how they are commonly done, so it was a very unique and interesting experience to observe the differences between American and Ghanaian surgeries. Certain things, such as the use of a spinal block during the surgery (which meant the patient was still conscious during the procedure) were surprising and

took getting used to observing, but getting to watch hernia and ulcer repair up close was an unforgettable experience.

Our free time, which was on nights and weekends, was spent taking incredible trips and exploring the town of Elmina. We spent days touring and visiting markets near Accra, as well as seeing historical sites such as the home of W.E.B. DuBois. One weekend was spent seeing some very historically important sites to the people of Ghana, like the Slave River and the castles of both Cape Coast and Elmina, where slaves were held before they were sold and placed on ships centuries ago. Perhaps our most exciting weekend trip was to northern Ghana, where we visited Mole National Park. We took two safaris there and were able to see elephants, warthogs, baboons, crocodiles, and different kinds of antelope up close and in the wild. During the weeks, we spent time at various beach resorts in the area, as well as a few local bars. We also went to some public viewings at a nearby gas station for the Euro Cup games.

Overall, I was not only pleased, but also blown away by the things I got to experience while in Ghana. Most importantly, I felt like my time spent at the clinic and hospital were extremely beneficial and served as wonderful learning experiences. I think my time at the Elmina clinic was the most rewarding and exceeded my expectations the most. Everyone who worked there was very eager to teach us about their field of work and to let us try our hand at any procedures going on that day. I never expected to be welcomed with such an enthusiasm. I felt like whatever knowledge they possessed was ours as well, as they took lots of time out of their busy days to explain everything to us and to teach us more about anything that we asked. However, I didn't think my time spent at Ankafu was as productive as my time spent in Elmina. Being able to observe the two surgeries and getting to spend time in the leprosy ward were both incredible, educational experiences that I think were some of the best of the trip. However, the rest of the time at Ankafu was spent sitting in inpatient wards, where the only thing to do was to take vitals once every four hours. For future trips, I would recommend that time at Ankafu either be spent in surgery, or learning about Hansen's disease, as those were both wonderful rotations, but that the rest of the time be spent at the clinic in Elmina. I thought the extracurricular trips and sightseeing we did was the perfect blend of more exciting, daring excursions (the safari and canopy walk) and of more cultural, historical experiences (the museums, the castles, and the making of Kente cloth).

I learned more than I could even hope to write down, which I attempted to do but still found overwhelming, but aside from all of the medical and cultural knowledge I gained, I think the most important things I learned on this trip were about myself. I had very few ideas about where I wanted to end up in the field of medicine before this trip, but I think that I have a much better idea where my capabilities and interests lie. For example, I was always unsure of whether I would be able to handle the pressures of being a surgeon. After watching a couple of

surgeries here, I was fascinated by them, but realized that watching and doing are two very different things, and I don't think that surgery is the path for me. Also, I never had put much consideration into a career in general medicine, but after my time spent in the consultation room, my mind may have been changed. I have come away from this trip with an increased interest in medicine and desire to pursue my dream of going to medical school. I also feel I have come away with entirely new knowledge on diseases prevalent in both Ghana and in America. I also left with such a great respect for everyone in the medical community in Elmina, as they not only went out of their ways to teach me, but showed such great compassion for their patients, even when they lacked the best supplies to treat them. Overall, I couldn't have asked for a better or more educational experience, and I know for certain that once I have completed medical school, I will return to these clinics in Ghana to help repay them for the experiences that they showed me.

Amy Schmitt- 2012 Study Abroad Student Paper

When I first signed up to spend a month in Ghana on a pre-medical study abroad trip, I truly had no idea what to expect. I had never been to any other part of Africa and I had never been out of the country for that long in my life. However, I did have hopes; I had hoped that I would gain valuable experiences that I would carry with me for the rest of my life. I had hoped that I would get to discover a whole new country and its culture and learn new things about the people that lived there. I had hoped that I would get to observe how medicine is handled in a country other than the United States and maybe even get to help out every once in a while. Now that I am back in the U.S. and reflecting on my experiences, I can say with confidence that I got everything I had hoped for out of this program and more.

I originally was interested in this program because I am a pre-medical student at the University of Alabama and wanted to do some sort of hands-on, medical internship or volunteer program over my summer break. The program to Ghana was even more appealing because I love to travel and was excited by the opportunity to see and experience a country so different from my own.

While in Ghana, we stayed with our course director, Dr. Ulzen, in his house in Elmina, the town that we primarily worked in. The house was right across the street from the Elmina Health Center, where we spent half of our clinical time, and only a 10 minute drive from the Ankaful Leprosy and General Hospital, where we spent the other half of our rotation. This gave us a sense of home and security while we were in a foreign country while also allowing us to experience and explore Elmina and feel like we were living among the people of Elmina. We learned to hail our own cabs and find places to go in town in our free time, so we were able to really feel like we were living in Ghana instead of just visiting.

Our time in the clinic and the hospital was definitely where we had the most valuable learning opportunities. While we were at the Elmina Health Center, we rotated between the different units of the facility: consultation, dressing, the lab, maternity, and family planning. In each rotation, we got to observe how the nurses and physician's assistants treated patients and ran the health center. We got to watch the PA's diagnose patients with various ailments in the consulting rooms – the majority of people came in with malaria or bodily aches and pains, although we saw a few patients with other problems such as worms. In dressings, we got to watch patients get their wounds redressed, and after watching for a few minutes, we each got to dress some patients ourselves. In the lab, we ran various tests on people's blood, such as blood typing, malaria, and typhoid. Maternity and family planning gave us a good look at how women and their families get healthcare. We saw many pregnant women come in to get check-ups and get tested for illnesses like HIV in order to hopefully prevent transmitting it to the baby. The whole time we worked alongside the nurses and PA's of the clinic, who were more than happy to teach us and answer any questions that we had.

The highlight of the rotation at the Ankaful Leprosy and General Hospital was observing two surgeries during our time there. First, we watched the surgeon scrape out diseased bone from a man's foot so that his plantar ulcer could heal; the second surgery was a hernia repair. It was fascinating to see how the operating room and staff work in an environment so different from our hospitals at home. The patients were awake and alert for these procedures, and there were only two nurses assisting the doctor throughout the surgeries. At Ankaful, we also got to observe how leprosy patients treated. We watched them get their dressings changed and were able to see what kind of physical damage they have suffered because of this illness. Many were missing digits or hands and feet, and all of the hospital patients had ulcers that needed to be redressed every day. It was so interesting to see and learn about, since leprosy is not something we hear too much about in the U.S.

When we weren't working and observing in the clinical settings, we were spending our free time and weekends seeing various tourist sites across Ghana. These included Kakum National Park and Canopy Walk, the Kwame Nkrumah Museum and the W.E.B. Du Bois Museum (both in Accra), Cape Coast Castle, Elmina Castle, and Mole National Park. Of all of these, Mole National Park was my favorite and definitely a destination I would recommend that future groups travel to. We were able to go on a park safari and see wild elephants, antelopes, warthogs, and baboons. It was truly a once in a lifetime experience. We also spent free time after our days in the clinic exploring the town of Elmina, including a walking tour of the town and spending some time on the beautiful beaches nearby. While we came to Ghana to observe medical practices, we got to experience so much more of the country by going on many fieldtrips and outings.

Before coming to Ghana, I did find that reading *Black Star: A View of the Life and Times of Kwame Nkrumah* by Basil Davidson to be a good way to familiarize myself with some of the political and cultural aspects of Ghana. Learning about how Ghana got its independence and how Kwame Nkrumah became its first president is truly fascinating, especially given how recently all of this has occurred. Reading this book helps lend some perspective for a foreigner coming to Ghana that doesn't know much about its history or culture.

Overall, this program was able to give me a chance to observe and experience how healthcare works in Ghana as well as an excellent view of the lifestyle and culture of Ghana. I value my experiences in the clinical settings as much as I do the extracurricular activities we were able to have; I think all of it together provided a well-rounded and complete experience for me. This trip completely met and exceeded any expectations I had coming into the program. I knew I wanted to have experiences in the medical field as well as the cultural setting of Ghana, and I certainly gained both of those experiences.

Because this was the first time this program has rotated at Ankaful Hospital, getting started there was a little tougher and not quite as organized as it was with the Elmina Health Center. The only recommendation I would make as far as changing the program would be to look more into how the rotation at Ankaful can be spent when the students are not in surgery; finding useful places within the hospital to be stationed or talking more to the staff about how to include the students and find them procedures and patients to observe. Other than that, I have no complaints about how the trip flowed and everything we were able to do while in Ghana. I would advise anyone going to Ghana through this program to go in with an open mind and be prepared to experience many of the cultural differences that you would come across whenever travelling to a foreign country. I would definitely recommend this trip to anyone interested in healthcare and seeing another part of the world, and I would say to anyone going on this trip to appreciate and learn from everything they will experience, because Ghana is a country that has so much to offer any traveler.

HONORS BY CONTRACT (OPTIONAL)

The Honors by Contract option provides up to 6 hours of Honors credit for Honors College students taking a departmental course at the 300 or 400 level. In order to earn Honors credit, the student must collaborate with the Dr. Thad Ulzen to create an additional assignment or learning element to raise the course to Honors level work and make at least a B on the additional project.

Overview

Students should speak with Dr. Ulzen prior to submitting their application to design a project related to the course syllabus that is mutually beneficial/interesting for the student and Dr. Ulzen and is distinct from all existing course assignments. The breadth, depth, and workload of a given project is dependent on the supervisor's discretion and the area of study. Students are encouraged to work with the instructor of the given course; however, with approval of the instructor, a student may work with another supervisor qualified to oversee the relevant project content. If a student receives a "B" or higher grade on the designated project, the student receives Honors Elective credit for the total hours registered for the course. As such, the project's workload is dependent on the credit hours associated with the course. For example, a project cannot award 1 hour of Honors credit via Honors by Contract in a 3 hour course. Supervisors and students can choose to void an approved Honors by Contract at their discretion and should contact the Honors College if the situation arises.

Workflow

Supervisors receive an email when a student has submitted an application, which will appear under the "Awaiting Decision" area below. Supervisors should review the attached proposal inside of the application and either approve or deny with feedback. Once approved, the application will be received by the Honors College and then approved or denied with feedback with an email notification sent to the student and supervisor.

All applications approved by the Honors College require project grading by the supervisor, distinct from course grading, which can be inputted at any time throughout the semester under the "Awaiting Grade" section below. Email reminders for grading will be sent to supervisors near the end of each semester. After final grading is complete for a term, all successfully completed Honors by Contract projects will be given an Honors designation and appear in a student's DegreeWorks. Pending applications will never appear to the student.

Students who wish for the additional project to also fulfill the requirements of the International Honors Program (IHP) must design a project that has significant international material and note

STUDY ABROAD CONTACTS

Please note:

Dr. Thad Ulzen is unable to assist with any payment related questions.

Please contact the Study Abroad office via phone: (205)348-5256

Study Abroad Advisors:

Kaitlin Hartley: krhartley@ua.edu

Holly Henning: hnhenning@ua.edu

Heath Thompson: hmthompson@ua.edu

Education Abroad Directors:

Carolina Robinson, Director: carolir@ua.edu

Chad Berry, Assistant Director: chad.berry@ua.edu

FINANCIAL AID FREQUENTLY ASKED QUESTIONS

- **How much will my program cost?**
 - Check out the interactive budget sheet on the UA Study Abroad website to estimate approximate costs! Students participating in faculty-led programs should consult the summarized cost and payment sheet for their specific program.
- **Can I use my financial aid for study abroad?**
 - Your individual financial aid package is applicable to an education abroad opportunity as long as the program is credit-bearing and the credit counts toward your degree program. Your financial aid package may be amended to allow for costs associated with the program. Meet with a financial aid advisor to determine eligibility.
- **Does the number of credit hours affect my eligibility for federal financial aid for study abroad?**
 - While the requirement for federal student loan eligibility is half-time enrollment, study abroad requires students to be enrolled full-time during a semester. Rules vary for students participating in Interim and summer programs. Meet with a financial aid advisor to discuss options.
- **How do I request for my federal financial aid to be applied (for non-faculty-led programs)?**
 - Complete the interactive budget sheet using actual cost information from your program provider or host institution.

- Request an official study budget by submitting the completed interactive budget sheet to your Education Abroad Advisor via e-mail after UA endorsement for your program. You MUST include in your e-mail the cost information from your program provider or host institution.
 - Your Education Abroad Advisor will notify you via e-mail when your study budget is ready for pick-up in 135 B.B. Comer Hall.
 - Take the official study budget, signed by your Education Abroad Advisor, to Student Financial Aid in 106 Student Services where your request will be processed.
 - *Note: Submission does not guarantee that you will receive federal financial aid. The request for scholarship funds to be applied is a separate process.*
- **How do I request for my federal financial aid to be applied (for faculty-led programs)?**
 - Print the program specific Summarized Cost and Payment sheet (found in your application).
 - Take the Summarized Cost and Payment sheet to the Education Abroad office in 135 B.B. Comer Hall to be signed and stamped.
 - Take the signed and stamped Summarized Cost and Payment sheet to Student Financial Aid in 106 Student Services where your request will be processed.
- **When do I need to meet with a Financial Aid Advisor?**
 - The best time to meet with a Financial Aid Advisor is during the exploration phase. The more specifics you have about the program you plan to do and its associated costs, the more specific the information you will receive from Student Financial Aid. Go to 106 Student Services with federal financial aid questions.
- **Can I use my scholarships for study abroad?**
 - The applicability of scholarships is determined by the Office of Undergraduate Scholarships. Programs must be credit-bearing. Applicability is based on:
 - Type of scholarship (i.e. tuition only, tuition + stipend, etc.)
 - Type of program (i.e. faculty-led, exchange, affiliate, etc.)
- **How do I request for my scholarships to be applied?**
 - View the process for requesting scholarships for study abroad **by visiting Study Abroad.**
- **When will I receive my federal financial aid or scholarship?**
 - It depends on the start date of your program. Financial aid and scholarships are disbursed 10 days before the start of the term.
- **How will I receive my federal financial aid or scholarship?**
 - Students are encouraged to set up direct deposit at UA. In the MyBama portal, select the “student” tab and then “student services” to set it up. Once direct deposit is established, students will receive any extra funds remaining after the

federal financial aid or scholarship money pays any outstanding UA charges.

- **What is the \$125 fee on my UA Student Bill?**
 - Each student who is participating in an education abroad program will be assessed a \$125 fee for course registration and/or CIP placeholder. Faculty-led programs have the fee incorporated into their total program cost.

- **How much will I be charged for insurance during my program abroad?**
 - All students participating in education abroad programs are automatically enrolled in mandatory CISI insurance. This fee will be charged to your UA Student Bill.
 - Summer: \$50
 - Semester: \$200
 - Exchange programs: \$250 (typically 5-6 months)

REQUIRED ONLINE TRAINING

You are required to complete online training prior to departure.

Complete the Global Ambassadors for Patient Safety Online Workshop:

Before you pack your passport and head to the airport, complete the Global Ambassadors for Patient Safety (GAPS) online workshop and learn about what you need to be aware of when gaining experience in another country. The Global Ambassadors for Patient Safety online workshop was created in coordination with the Learning Abroad Center and is designed for all students who are going abroad and plan to volunteer in a healthcare setting.

- a. www.healthcareers.umn.edu/online-workshops/gaps/index.htm

Complete the Ethical Challenges in Short-Term Global Health Training:

This course consists of a series of ten cases to introduce trainees and others involved in global health research and service to ethical issues that may arise during short-term training experiences abroad.

- b. <http://www.ethicsandglobalhealth.org>

VISA REQUIREMENTS / APPLICATION PROCESS

Visa Requirements: Go to www.ghanaembassy.org and download the forms with application instructions. The forms, ticket, and your original passport should be returned to Dr. Thad Ulzen. **DO NOT MAIL ANY FORMS TO THE EMBASSY.** We must send this as a group.

Important Notes:

1. The visa application form should be printed and filled out in duplicates (2 copies) Do not just make a copy of the first form. You must fill out and sign two applications. Use black ink NOT pencil.
2. Attach two (2) passport size photographs which were taken no more than three (3) months from the date of submitting the application. Do not staple the pictures on the form. Tape or glue them to the spot provided.
3. Visa Fees: Money order, Cashier's check or Certified bank check made payable to the Embassy of Ghana in the amount of \$60.00 *Note: Personal and company checks are not accepted.*
4. In accordance with INTERNATIONAL SANITARY REGULATIONS all persons entering Ghana are requested to have a valid certificate of immunization against yellow fever. Do not submit your certificate together with visa application form. Keep it and present it at the port of entry in Ghana.

Filling out the Visa Form:

Sections:

1. Fill out demographic information
2. Profession / Occupation: Student
3. Home address (can be your parents or your local address). Include your cell phone number
4. Proposed date of departure: see class schedule
5. Traveling by: Air.
Return Ticket: Yes
Return Ticket Number: see ticket
Amount of money: \$1,000.00
6. Purpose of Journey: TOURISM Do not put student
7. Names and Telephone numbers of references:
Mr. Edwin Omaboe,
Secretary, EAUMF
P.O. Box AN 7130
Accra, Ghana
Ph: 024-4265080

Continued.....

Mrs. Lucy Obeng,
Manager, Java House
P. O. Box 236,
Elmina, Ghana
Ph: 024-4683599

Residential address:
Java House
61B/21 Trans Africa Highway
Elmina, Ghana



8. If for employment : n/a
9. Duration of stay: 1 month
10. Date of last visit: (most will put N/A)
11. Sign the form and date!

Checklist:

- Two completed visa application forms (make sure to sign the forms)
- Original valid passport for at least six (6) months (Before Expiration)
- Visa Fee \$60.00 - money order, postal order, cashier's check or certified bank check
- Two passport-size photographs of applicant. Which should be taken at least within the last three months (Very Important)
- Affix each photograph with glue or tape on the top right corner of the application form.

REMINDER: DO NOT MAIL YOUR VISA APPLICATION

AIRFARE AND TRAVEL

Airfare is not included in the cost that you pay Study Abroad. This is a separate expense. Airfare varies greatly but has been around \$2600 in past years.

Since students are generally coming from different parts of the country. Everyone flies from their departure cities and meets at JFK to take the final flight to Ghana. We've found that going through a travel agent was the easiest way to coordinate everyone arriving at the same time and to get the best group discount. The travel agent will work with you directly to arrange the flight then you pay them.

When prompted by Dr. Ulzen you will provide your departure airport location. Once we received all the information we will forward to the travel agent and he will email you a tentative flight schedule along with the cost. *Please note: due to fluctuating costs of airlines tickets you will have 48 hours to purchase.* Please be sure you have a valid US passport at this time.

You should be paying Study Abroad for the tuition, travel fee, academic fee and CISI insurance. But, the airfare, spending money, optional Safari, immunizations, and visa fee will be paid out of pocket.

REQUIRED IMMUNIZATIONS

Yellow Fever vaccination is a WHO requirement. Malaria prophylaxis is a must for first time visitors. Lariam (mefloquine) is best. Start with one tablet every Sunday two weeks before, during and four weeks after.

Alternatively, you can use Malorone one tablet daily and continue for one week after your return; which works well for short trips. I also recommend Hepatitis A and B vaccination. Don't forget Imodium or your preferred brand. It is also useful to have a 2-week supply of a broad-spectrum antibiotic like Cipro, Zithromax or Biaxin on hand.

TSA—Check the Transportation Security Administration website (<http://www.tsa.gov>) prior to departure to find out what items are allowed in your carry-on bags. Check out the 3-1-1 rule for liquids on TSA's website. When in doubt, pack liquids in your checked luggage.

Required clothing: Please bring at least two pairs of nursing scrubs (these can be purchased at Walmart)

Bedding: You do not need to bring beddings but if you want to bring an extra pillow, that will be fine.

Laundry: There is a laundry service, so you may pack for 10-14 days as far as clothes go.

Shoes: Make sure you have at least one pair of closed toe shoes (e.g. running shoes) for hiking and the safari.

Towels: There will be beach time so you may bring a large beach towel

Clothing: Dress for summer. Sandals, flip-flops, sunglasses, shades, & hat. Umbrella/poncho in the event of rain, sunscreen and mosquito repellent of your choice.

Fashion: If you would like to have custom - made Ghanaian clothing, this can be arranged. Measurements will be taken soon after arrival and the clothes will be ready for fitting before departure.

Electricals: Like countries in Europe, the country is on a 220-volt power supply. A small step down adapter is recommended for small personal gadgets.

Internet Access: There is wireless at the house Yeah!

Money: Contrary to general logic, Travelers checks are not very useful in Ghana because they attract an inferior exchange rate and are time consuming to cash. It is recommended that you take all or most of your spending money in \$100.00 bills. These are cashed rapidly and cost-efficiently at Forex Bureaus across the country. You can use ATMs in Ghana to take money from your accounts here.

Other: A portable or hand held cassette recorder might come in handy in addition to usual recording equipment like cameras and camcorders.

LOCAL LANGUAGE PROFECIENCY

English is the official language of Ghana and is universally used in schools in addition to nine other local languages. In Elmina, Fanti is the most widely spoken language.

1. Watch these language videos so you have a few words of Fanti to use on arrival –
 - a. <http://www.youtube.com/watch?v=FBW0ZYqK0Ek>
 - b. <http://www.youtube.com/watch?v=nQyIN4EzriY>
 - c. <http://www.youtube.com/watch?v=D7etXs7mX8E>

DONATING ITEMS

Optional: Donations are always welcome. You can bring old clothes, books, pencils etc. which we will donate to local schools. Also, this allows you to have one free suitcase on the return trip for whatever you buy in Ghana too!

TELEPHONES / CELLPHONES

You can buy a local “go-phone” in Ghana for about \$20.00 and pay as you go while there.

HEALTH INSURANCE

Please see the information provided by UA Study Abroad

University of Alabama (UA) students who participate on a study, internship, service learning, research, or travel abroad program are required to enroll in the designated UA International Insurance policy. Enrollment in the policy is processed by the UA Education Abroad office. The current insurance provider is Cultural Insurance Services International (CISI). CISI has been vetted and approved by UA Education Abroad and the UA Risk Management Office. Students wishing to opt out of the CISI policy should submit a written appeal to the Education Abroad Director with details of the alternative policy and proof of enrollment including the name of insurance provider, policy/group number, contact information for provider, and copy of the insurance card.

EMERGENCY CONTACTS

NAME

PHONE NUMBER

HELPFUL RESOURCES

UA LINKS

Education Abroad <http://studyabroad.ua.edu>

UA Career Center <http://career.ua.edu/>

The Source <http://thesource.ua.edu>

INSURANCE

Cultural Insurance Services International (CISI) <http://www.culturalinsurance.com>

U.S. GOVERNMENT LINKS

U.S. Department of State Students Abroad <http://studentsabroad.state.gov>

U.S. Customs and Border Protections Agency <http://cbp.gov>

Travel Registration <https://travelregistration.state.gov>

Center for Disease Control (CDC) <http://www.cdc.gov>

Overseas Security Advisory Council (OSAC) <http://www.osac.gov>

Transportation Security Administration <http://www.tsa.gov>

TRAVEL INFORMATION

Association for Safe International Road Travel (ASIRT) <http://www.asirt.org>

Lonely Planet <http://www.lonelyplanet.com>

Travelers Digest <http://www.travelersdigest.com>

The Bathroom Diaries <http://www.thebathroomdiaries.com>

EXCHANGE RATE CONVERTERS

Onada <http://www.onada.com>

Universal Currency Converter <http://xe.com>

REQUIRED REFLECTION PAPER

Below is an evaluative guide which should help you write up your experience for Global Health in Ghana faculty/staff and local staff of the Ghana Health Service with whom you work while in Ghana. This will help us continually evaluate the program to lead to better outcomes.

- How long an experience
- local preceptor (for students)
- living arrangements and safety
- supervisory communications
- Country conditions
- A brief assessment of your performance while on the rotation
- You also should be prepared to keep a log on patients (by age, gender, diagnosis, SES),
- study efforts (clinics, rounds, readings, fieldtrips, etc),
- Personal "touristic" activities.

I require that you write a 2 page (or more) paper concerning the experience, using the following questions to as a guide:

- What were my beginning expectations of the rotation and why, including who I am, my background, and why was I interested in this experience?
- On site—time spent with preceptor/local staff, time in clinic, readings (keep a list), personal time, favorite or notable experiences, least favorite or unfavorable experiences.
- What did I accomplish, learn, or see--this will include a summary patient log, summary of study efforts, and summary of your "gains" in both areas? Extracurricular activities can be included.
- How well were my expectations met and reasons why or why not?
- Did it meet expectations?
- Did it supersede my expectations?
- If my expectations were not met, how could the elective be different, or should my expectations have been different?
- What recommendations do I have for future such students/professionals embarking on this experience?

REQUIRED COURSE EVALUATION

After returning from your study abroad trip to Ghana we ask that you complete the required course evaluation. This will be sent from the UA Study Abroad office and will provide valuable feedback on the program.



GHANA CHECKLIST

REQUIRED TRAVEL DOCUMENTS

- Visa
- Passport
- Yellow fever documentation
- Money for spending and optional safari
-
-

PACKING LIST

- Two pairs of scrubs (required)
- Extra pillow (optional)
- 10-14 days of clothing
- At least one pair of closed toe shoes
- Beach towel
- Poncho / Raincoat
- Electrical step down adapter
- Portable hand held cassette recorder (optional)
- Cellphone (see notes)
- Toiletries
-
-
-

OTHER ITEMS

-
-
-



Ghana

Culture Warmth & Much More