

Africa Health Collaborative

In partnership with



2024 Convening

Theme

Nyansapo: Innovating Health Systems in Africa for Africa and the World



23rd - 25th
Oct. 2024.



Lancaster Hotel
Kumasi, Ghana.

Learn More  convening.africahealthcollaborative.org

HANDBOOK

2ND ANNUAL
CONVENING

Host



Warm greetings from KNUST!

- We are thrilled to welcome you to our beautiful country and eagerly anticipate your arrival.
- If you have any questions or need further assistance, please feel free to reach out to us:

Event Coordinator:

Senita Osei Badu, +233 24228 9022

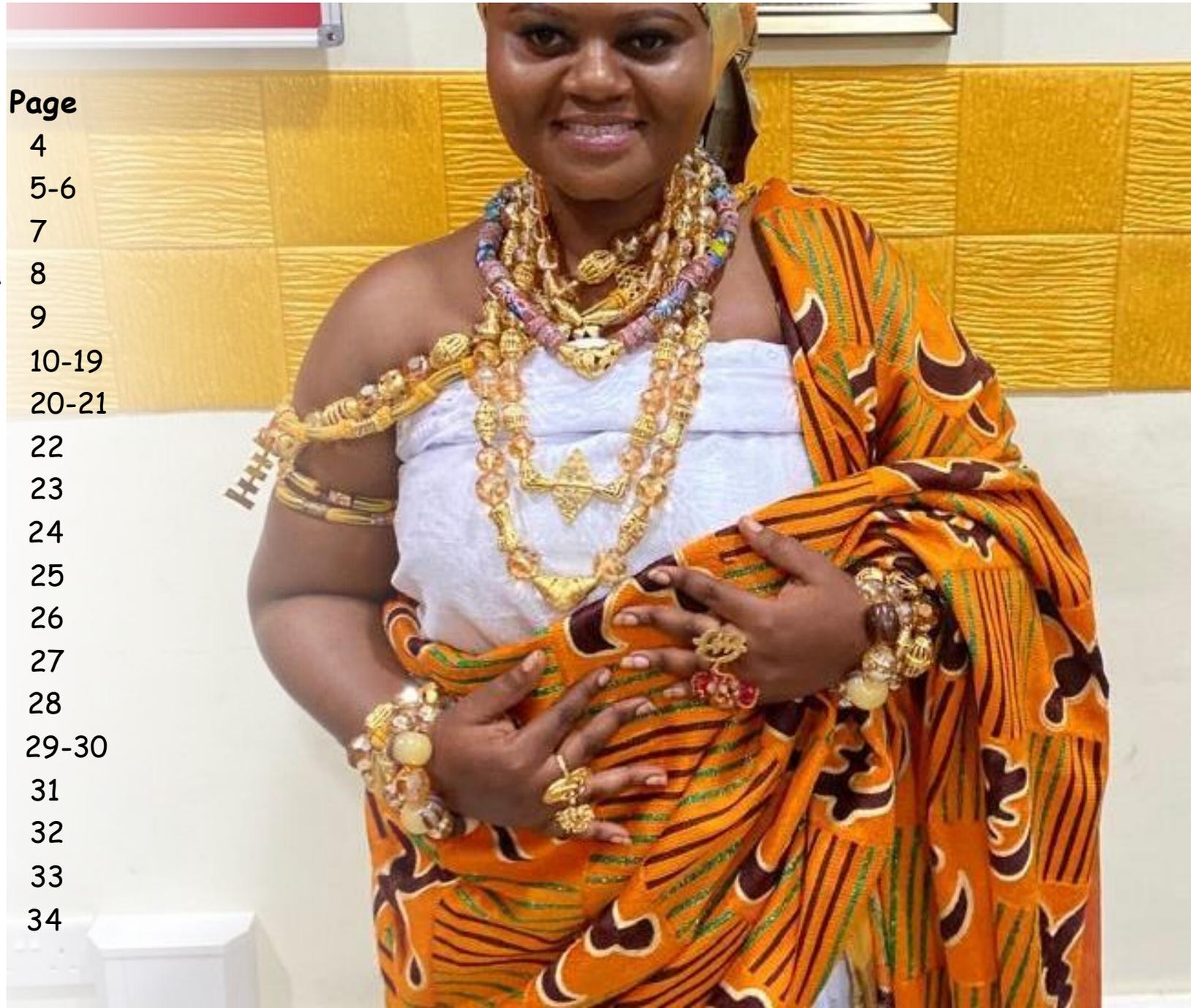
Event Company:

Lyme Haus Ltd, +233 24372 1993



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PROVISIONS FOR THE CONVENING

Mastercard Foundation has covered the following costs:

- Conference package comprising meals and other logistics
- Airport pick-up and drop-off
- Experiential learning

Partner Institutions will cover the cost of and/or arrange:

- Hotel accommodation at the Lancaster Hotel, Kumasi
- Hotel accommodation for an overnight stay in Accra if required
- Cost of visa application
- Return airfare to and from Ghana
- Return domestic airfare to and from Kumasi
- Non-medical, travel insurance for trip cancellations and interruptions

Introduction: Ghana

(National Geographic: <https://kids.nationalgeographic.com/geography/countries/article/ghana>)

FAST FACTS

- Official Name: Republic Of Ghana
- Form Of Government: Constitutional Democracy
- Capital: Accra
- Population: 32.81 Million (2021)
- Area: 92,100 Square Miles (238,537 Square Kilometers)
- Official Language: English, Akan, Dagbani, Ewe, Ga
- Money: Ghana Cedi (¢)



Introduction: Ghana

World Bank: <https://www.worldbank.org/en/country/ghana/overview>

- Ghana sits on the Atlantic Ocean and borders Togo, Cote d'Ivoire, and Burkina Faso.
- 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 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.
- In the past two decades, it has taken major strides towards democracy under a multi-party system, with its independent judiciary winning public trust. Ghana consistently ranks in the top three African countries for freedom of speech and press.



Geography and Climate of Ghana

- Ghana is home to Lake Volta, the largest man-made lake globally, which was built to generate electricity for the country.
- The terrain of Ghana is made up of low plateaus and plains that are bordered by rainforests in the west and Lake Volta in the east.
- It is 672 kilometers long from North to South and 536 kilometers long from East to West. It was made up of rolling hills and flat land. The flat, dry Southern coastal region. It has hills covered in forest.
- Ghana remains a warm tropical climate year-round. Temperatures are on average 85° F / 30° C both day and night except in the northern part where you may have temperature averaging 33 C in the day and 25 C in the night.
- In the Southern region and the Central area, there are two separate rainy seasons; April through June then, September through November.
- It is hotter and drier in the Northern Savanna region.

Primary Health Care System In Ghana

- Institute for Health Metrics and Evaluation: [Health Data Ghana](#)
- Ministry of Health Ghana: [Ghana's Roadmap for Attaining UHC 2020-2030](#)
- WHO: [PRIMARY HEALTH CARE SYSTEMS \(PRIMASYS\)](#)
- World Bank: [World Bank Supports Ghana to Improve Primary Health Care, Resource Mobilization, and Accountability for Better Service Delivery](#)

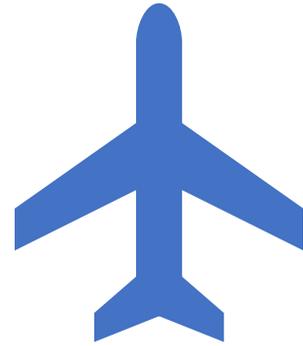


Kwame Nkrumah University of Science and Technology (KNUST)

- Kwame Nkrumah University of Science and Technology is a public University of Ghana that focuses on science and technology.
- Address: Kumasi, Ashanti Region - Ghana
- Total enrollment: 85,000+ (2023)
- Founded: 1952
- Colors: Black, Yellow, Forest Green
- Phone: +233 32 206 0021



Prior to Departure



a. Categories of Persons Exempt From Entry Visa Requirements to Ghana

A. Nationals of ECOWAS Countries

Benin	Burkina Faso	Cape Verde	Cote D'Ivoire	The Gambia	Guinea	Guinea-Bissau
Liberia	Mali	Niger	Nigeria	Senegal	Sierra Leone	Togo

B. Holders of Diplomatic, Service or Official Passports:

Brazil	Cuba	Germany	Namibia	China	Sudan	
Hungary	India	Equatorial Guinea	Morocco	St. Kitts & Nevis	Suriname	Venezuela
Malta	Hong Kong (Diplomatic only)	Turkey (Diplomatic only)	Qatar (Diplomatic only)			

NB: Exemptions for Category B above shall be for a period not exceeding ninety (90) days from date of entry

C. All nationals of the following countries:

Jamaica	Kenya	Singapore	South Africa	Tanzania	Trinidad and Tobago	Uganda
Mauritius	Seychelles	Barbados	Rwanda	Guyana	St. Vincent & Grenadines	

b. Visa Requirements and Application

- The visa application process for Ghana is relatively straightforward.

[Complete an online visa application](#) via the Ghana High Commission's page.

- Alternatively, visa-on-arrival service is available.

Contact (https://gis.gov.gh/Visa_on_arrival.html) for more details.

c. Visa Requirements and Application

- For the purpose of the online application, below are the host, sponsor, and references information:

Host & Sponsor

Organization: Kwame Nkrumah University of Science and Technology (KNUST)

First Name: Christian

Other Name:

Last Name: Agyare

Address: Office of the Vice Chancellor, KNUST, Kumasi

City: Kumasi

Digital Address: AK-385-1973

Phone/Mobile #: +233246369803

Email Address: cagyare@knust.edu.gh

Reference #1

First Name: Eva

Other Name:

Last Name: Boakye-Yiadom

Address: KNUST Africa Health Collaborative

City: Kumasi

Digital Address: AK-385-1973

Phone/Mobile #:

+233500482808

Email Address:

evaboakyeyiadom@knust.edu.gh

Reference #2:

First Name: Princess

Other Name: Ruhama

Last Name: Acheampong

Address: KNUST School of Public Health

City: Kumasi

Digital Address: AK-385-1973

Phone/Mobile #: +233244248443

Email Address:

princessracheampong@gmail.com

d. Flights

- International Flights:

Secure international flights and update the registration portal with times of arrival and departure.

- Domestic flights between Accra and Kumasi

Find the two main domestic airlines:

a. Africa World Airline

(<https://www.flyafriaworld.com/>)

b. Passion Air (<https://flypassionair.com/>)



e. Travel Itinerary (Delegates from Canada)

Overnight Flight from

Toronto - Amsterdam - Accra

- Schiphol airport offers shower rentals and relaxation areas, spa services for use during your layover: <https://www.Schiphol.Nl/en/at-schiphol/services/shower-at-schiphol#:~:text=mercure%20hotel&text=we're%20located%20after%20security%20on%20the%20upper%20level%20in,visit%20the%20mercure%20hotel%20website.>

- Short term hotel room rentals also available at [Yotel](#) and [Mercure](#) *(May not be needed for shorter layovers as the minimum rental time is 4-hours)

f. Travel Insurance

- You are to purchase travel insurance to protect your trip.



g. Health Insurance

You are required to secure medical insurance coverage before departure.

Health Insurance should cover:

- Medical evacuation
- Pre-existing medical conditions
- Repatriation in case of death



h. Waivers

You will be asked to complete and sign a waiver minimizing the Organizer's liability for any injury to your person, illness, loss or damage to your personal property, or any consequential damages arising in any way resulting from your participation in the Convening.

A copy of the Waiver can be found [here](#):

Please email completed and signed waivers to (convening2024@knust.edu.gh)

i. Check List

- ✓ Ensure vaccinations (especially yellow fever) are up-to-date
- ✓ Ensure you have your travel insurance policy handy
- ✓ Check the weather and pack appropriate attire:

What to Wear (1)

- Business formal during sessions
- Business formal/casual during site visits (experiential learning)
- Smart casual evening attire for dinners

NB: Ghana is well known for having a year-round tropical environment with high temperatures, kindly pack light clothes.



What to Wear (2)

To enhance your experience of the vibrant traditions of Ghana, we encourage all delegates to wear **African traditional OR formal outfits** during the sessions, especially on the 23rd October, the official opening and where we welcome the King of the Ashanti Kingdom, Otumfuo Osei Tutu and his sub-chiefs.

Kindly reach out to Ms. Kezia Gardner via WhatsApp on +233 55 447 9800 for assistance.



Expectations of Delegates

In accepting to travel to Ghana for the 2nd Annual Convening, you will be committing to be part of an international team with passion for transformative healthcare delivery in Africa. As such, you:

- Agree to uphold the reputation of the Africa Health Collaborative at all times
- Agree to uphold the reputation of the host institution, KNUST at all times and
- Agree to uphold the values of professionalism, humility, teamwork, and respect.

On Arrival



Overnight stay in Accra

Upon arrival in Accra, Delegates will be met by Ushers from KNUST.

It is recommended that Delegates who arrive later than 17:00hrs GMT spend the night in Accra before proceeding to Kumasi on the next day.

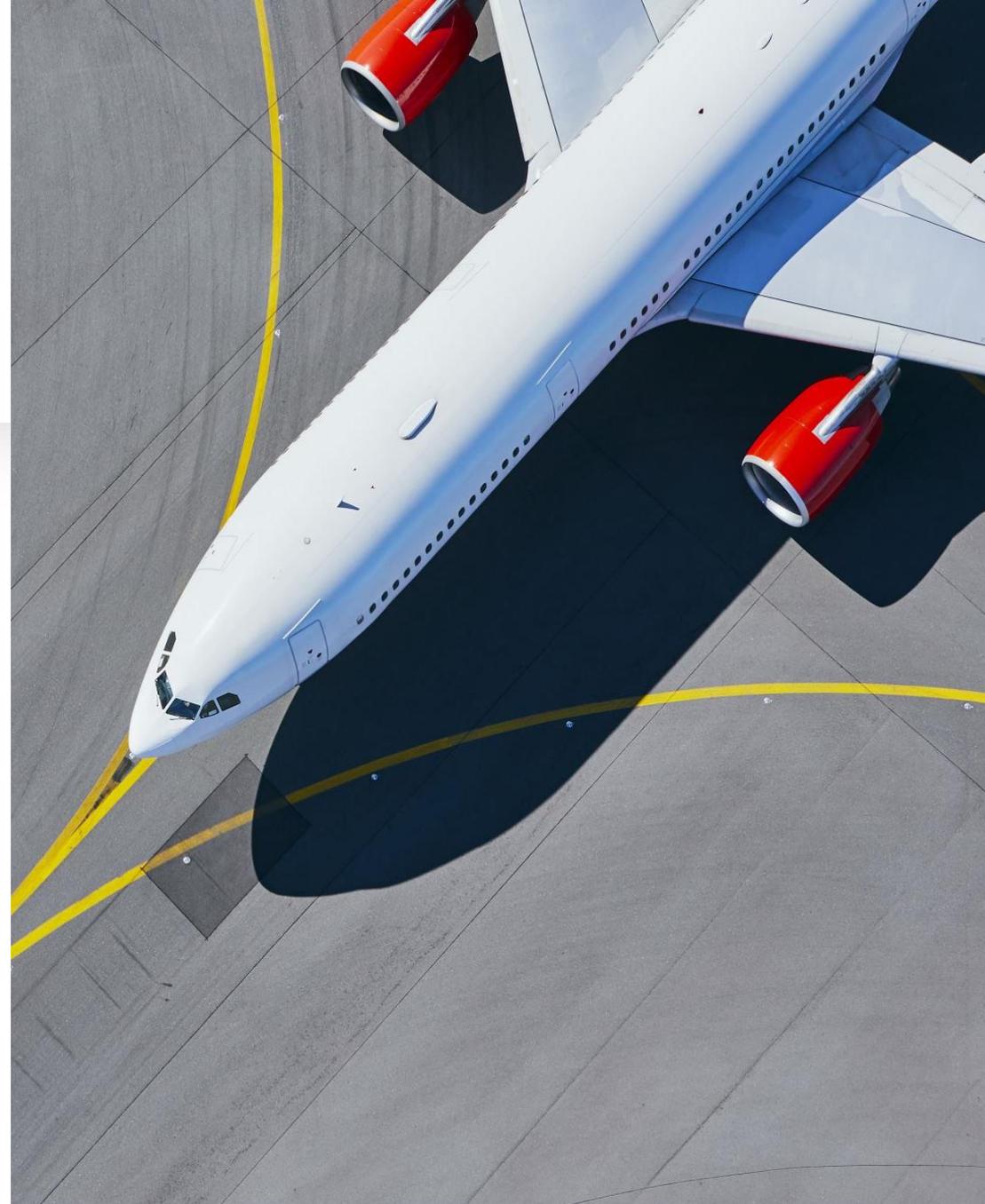


Suggested Hotels near the Airport, Accra

Hotel	Price (USD)		Contact
	Single Occupancy	Double Occupancy	
African Regent Hotel	\$210	\$230	+233 3027 65181
Lancaster Hotel, Accra	\$200	\$230	+233 5014 23571
Airport West Hotel	\$100	\$120	+233 3027 67870 +233 5016 34238
Ibis Styles Hotel	\$174	\$194	+233 5797 12030 +233 5748 70878

Accra to Kumasi by Air

- Delegates travelling from Accra to Kumasi by flight:
 - KNUST to transport delegates from the hotel to the domestic terminal
 - KNUST to transport delegates from Kumasi airport to the Lancaster Hotel, Kumasi





Accra to Kumasi by Road

- Delegates travelling from Accra to Kumasi by Road:
- KNUST to transport delegates from the Lancaster Hotel in Accra to the Lancaster Hotel, Kumasi by road Departure at 11:00 am.
- KNUST to transport delegates from Lancaster Hotel, Kumasi back to Accra by road Departure at 10:00 am.

Money Exchange

- A forex bureau is available at the Lancaster Hotel for money exchange from United States dollars to Ghana cedis.
- Alternatively, there are nearby banks where delegates can withdraw money.



Food



Jollof Rice

One of the most famous dishes. It is a tomato sauce and rice dish, served with fried chicken/fish, salad and shito sauce.



Fufu

Fufu and soup is highly favoured in Ghana's Eastern and Ashanti regions, cherished by the Akans.



Kenkey-Accra Kenkey

Similar to Banku, Kenkey and fried fish can be found on nearly every street in Ghana, particularly in the evenings.



Ampesi

Ampesi typically refers to boiled yams or plantains with stew.

And Many More!

Dietary Needs

Provisions have been made for delegates with dietary needs.



Language

Ghana has a wide range of cultural traditions, and this diversity is reflected in the language.

With English as its official language, the nation is home to more than 80 other tongues. Twi, Fante, Ewe, and Ga are the most commonly used languages.

While most Ghanaians have English names, they also have local names based on the day they were born and their gender. For example, individuals in Ghana are often given specific names corresponding to their gender and day of birth as indicated in the table.

Day of the week	Male version	Female version
Sunday	Akwasi/ Kwesi	Akosua/Akos
Monday	Kwadwo	Adwoa
Tuesday	Kwabena	Abena
Wednesday	Kwaku/Kweku	Akua/Ekua
Thursday	Yaw	Yaa
Friday	Kofi	Afua/Efua
Saturday	Kwame	Ama

Emergency Contacts (Ghana)

Name	Contacts
Dr. Kofi Akohene Mensah, KNUST	+233 54042 9936
Dr. Mrs. Princess Ruhama Acheampong, KNUST	+233 24424 8443
Mrs. Eva Boakye-Yiadom, KNUST	+233 50048 2808
Ms. Barbara Mensah, Lancaster Hotel - Kumasi	+233 54435 1030

Emergency Services (Ghana)

Service	Contacts
Emergency	112
Police	191 or 18555
Ambulance	193
Fire	192

Other Preparations (Delegates from Canada)

For Canadians, you are encouraged to register with the [Registration for Canadians Abroad \(ROCA\)](#) prior to travel. This free service allows the Canadian government to support you in an emergency by providing advice and important information in urgent situations.

U of T uses [International SOS](#) to provide international travelers medical, security, and logistical support and expertise.

Website: log on to the [International SOS Member Portal](#) with U of T's membership # **27ACAS808982** and your **UTOR ID**

Enjoy your
stay

