



Senegal and Ghana Travel Information March 8 - 20, 2010

This trip is **LAND ONLY** to allow you the option of airlines and best fares as well as the opportunity for pre/post trips on an independent basis. Domestic and International air transportation are not included. Participants will need to make their own flight arrangements to Senegal; being sure to arrive in **Dakar, Senegal (Leopold Sedar Senghor International Airport - DKR)** on **Monday, March 8, 2010** and depart from **Accra, Ghana (Kotoka International Airport – ACC)** on **Saturday, March 20, 2010**. All travel arrangements outside of the Study Tour dates will need to be made and paid for directly by the participant.

For this trip we recommend booking your air travel with Lacy James of Poe Travel or Karen Harris of Carlson Wagonlit Travel:

Lacy James
Poe Travel
Phone: 1-800-727-1960
Email: ljames@poetravel.com
www.poetravel.com

Karen Harris
Carlson Wagonlit Travel
Phone: 1-800-643-3788, ext. 4785
Email: kaharris@carlsonwagonlit.com
www.carlsonwagonlit.com

Supplemental Travel Insurance:

While we make every attempt to follow the announced travel schedule, itineraries may change or be cancelled due to travel advisories or any other situation that may compromise the safety of participants. Therefore, we strongly recommend that you purchase travel insurance. Various companies offer supplemental travel insurance that is available for medical, trip cancellation, luggage, etc. This could be obtained from your insurance agent or travel agency. We have listed several companies you can contact directly. This list is provided as information and not as a recommendation for any one specific agency.

www.travelguard.com www.csatravelprotection.com www.travelinsure.com
www.travelsafe.com www.accessamerica.com

This site will compare various insurance options: www.insuremytrip.com

Health Information:

Health information and medical/inoculation recommendations for travelers can be found at the CDC website.

Senegal - <http://wwwn.cdc.gov/travel/destinations/senegal.aspx>

Ghana - <http://wwwn.cdc.gov/travel/destinations/ghana.aspx>

Visa and Passport Information:

Travel information can be found at the US State Department & Embassy websites:

Senegal - http://travel.state.gov/travel/cis_pa_tw/cis/cis_1013.html

Senegal Tourism Authority - <http://www.senegal-tourism.com/>

Ghana - http://travel.state.gov/travel/cis_pa_tw/cis/cis_1124.html

Ghana Embassy - <http://www.ghanaembassy.org/>

A passport and current yellow fever vaccination is required to enter Senegal. For U.S. citizens, a visa is not required for stays of less than 90 days. Please note that Senegal requires you to have a passport that is valid for at least 6 months after entering the country. And be sure that you have enough pages left in your passport.

A valid passport and visa are required to enter Ghana, as is evidence of a yellow fever vaccination. A Ghana visa application can be downloaded from the embassy website. Please note that Ghana requires you to have a passport that is valid for at least 6 months after entering the country. And be sure that you have enough pages left in your passport.

U.S. citizens traveling in Senegal or Ghana are encouraged to register with the nearest U.S. embassy or consulate at the Department of State's travel registration page (<https://travelregistration.state.gov/ibrs/ui/>) in order to obtain updated information on local travel and security. U.S. citizens without Internet access may register directly with the nearest U.S. embassy or consulate. Registration is important; it allows the State Department to assist U.S. citizens in an emergency.

You can send your visa applications and passport directly to the Ghana Embassy OR you may want to use a Visa Service to secure your TOURIST visa. A Visa Service generally charges \$50 or more per passport plus the Country visa charge. ALWAYS SEND YOUR PASSPORT BY A CARRIER WITH A TRACKING SYSTEM. The Visa Service that Heifer uses is:

DMS Visa International**Dastagir Samee****2661 Connecticut Avenue NW, Suite 201****Washington, DC 20008****(202) 745-3815****dsamee@dmsvisainternational.com****The Heifer Senegal Office Contact Information is:**

BP: 811

Thies, Senegal

Phone: +221-339-39-59-20 / 339-39-59-21

The Heifer Ghana Office Contact Information is:

P.O. Box 1504

Accra, Ghana

Phone: +233-21-501-381