

INTERNATIONAL NEEDS CANADA

DISCOVERY  
TOUR

Ghana 2018

**Medical Discovery Tour**  
Itinerary and Information



## GHANA



### Capital City

Accra

### Official Language

English

### Population

28 Million

### Main religion:

Christianity, Islam, and indigenous beliefs

## INTRODUCTION

International Needs Canada is a non-denominational Christian organization with multiple partnerships around the world; dedicated to promoting health, nutrition, education, and community development initiatives. These include child sponsorship, clean water programs, establishment of schools with feeding programs, healthcare and more. Key to the success and sustainability of these initiatives is a strong partnership with the recipient country, and ownership of each initiative **BY** the recipient country.

Medical outreaches in Ghana's Volta Region have been ongoing since 2005; collaborations between International Needs Ghana, International Needs Canada, and International Needs USA have resulted in medical teams visiting rural villages and schools almost every 6 months.

This year, we are re-establishing Canadian team visits as an integral part of ongoing medical care for rural areas of Ghana, working with Ghana's ministry of health, local public health officials, and health care practitioners from surrounding communities. Our objective is to visit communities with little access to health care and provide primary care to both the school children and their families, including education, screening, prophylaxis, treatment, and where necessary, referral to a hospital.

According to the World Health Organization (WHO), nearly 90% of the population in Ghana lack adequate toilet facilities. This leads to a high incidence of infections linked to contaminated water, such as diarrheal illnesses and bilharzia /schistosomiasis.

Over the past 20 years, International Needs Canada and its partner International Needs Ghana have worked collaboratively to improve the health and wellbeing of women and children in rural communities in Ghana.

**This year November 2018, International Needs Canada is working with International Needs Ghana to facilitate cross-cultural medical outreach in 8 communities in Ghana.**

### **CAN I BRING.....???**

International Needs has a strict policy on gifting and bringing things. It is understandable that participants are well intentioned and therefore inclined to 'give things' to the communities they visit. However, International Needs Canada has a strict policy in place, which requires any and all items (gifts, etc.) to be cleared with the organization prior to giving. We are happy to send you a copy of the Gift Policy.

If you have specific questions about certain items, you're welcome to email me directly, particularly with regards to medical or dental supplies that you may have access to.

**Dr. Rebecca Krusselbrink**

**jadine2013@gmail.com** - I am happy for you to connect with me via email initially.



### **IDENTIFICATION**

Remember that you are traveling outside of Canada and you will need a valid passport, valid for at least 6 months after the date of your return.



### **BAGGAGE RESTRICTIONS**

International Flights: 2 bags at 23 kilograms each.

### **TOURIST VISA**

Ghana: \$100 CAD (Application information will be sent after booking the flight).

### **DEPOSIT**

A non-refundable deposit of \$500.00 Canadian dollars per person is due upon confirmation of your reservation. Your next payments are due as instructed on the application form. Prices are guaranteed only with full payment as taxes and Fuel Surcharges can be implemented by airlines until full payment is received.





## COST OF THE TRIP

The cost of the trip for each individual accounts for flights from Toronto, accommodations, transportation and meals in Ghana. As well \$500 is required for medications and other supplies (varies, depending on the number of individuals that sign up for the trip and the number of outside donations that come in). We also need to register doctors and nurses with the Ghanaian Medical Council, which is a cost of \$650 US per registrant. The entire trip is tax-deductible and you can claim this on your tax return next year.

International Needs books all of the flights, accommodations and provides tax receipts for all funds donated.

Furthermore, International Needs Canada provides separate fundraising pages on their website for each individual team member so that you can hit up all of your friends and family to support your trip!

You will find this information on the website at [www.internationalneeds.ca](http://www.internationalneeds.ca) Click on **Get Involved**, click on **Discovery Tours** and look for the **November Medical Tour**.



## GHANA CROSS-CULTURAL MEDICAL OUTREACH

The Republic of Ghana is centrally located on the West African coast. It has a total land area of 238,537 square kilometers, and is bordered by three French-speaking countries: Togo, Burkina Faso and Côte d'Ivoire on the west. The Gulf of Guinea lies to the south and stretches across the 560-kilometre coastline.

Ghana has a tropical climate with temperatures and rainfall patterns that vary according to distance from the coast and elevation. The average annual temperature is about 26°C (79°F). There are two distinct rainy seasons in the southern and middle parts of the country, from April to June and September to November.

Ghana has a population of approximately 28 million people with an average life expectancy of 61 years. Of these 28 million people, tens of thousands die every year from common diseases.

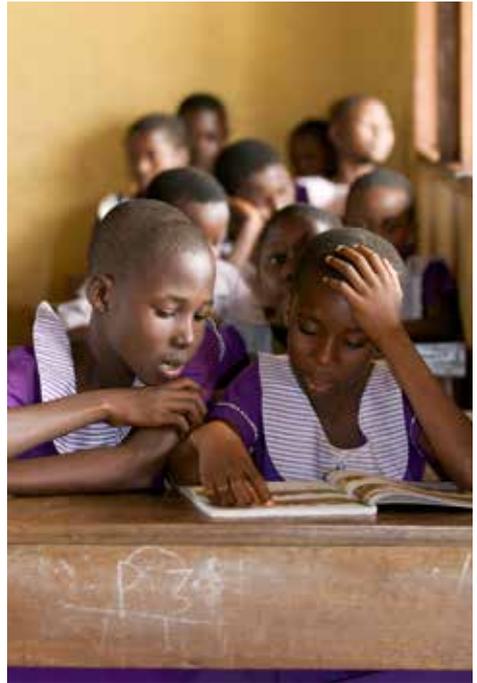
In recent years, Ghana has made improvements in its national health, such as the reduction of infant mortality. While the health of its people continues to improve, there are still many serious illnesses that affect the people of Ghana. Among these common diseases are lower-respiratory infections, Malaria, HIV/AIDS and diseases caused by lack of adequate sanitation.

## LOGISTICS OF THE TRIP

Our dates are set for **November 11 – 23, 2018**. Our typical program includes one day of orientation and travel into the Volta Region, eight to nine school and community visits and clinics, and one day of relaxation mid-trip, to showcase some of Ghana's natural beauty. We also ensure you will have some time to shop for souvenirs in the capital city prior to departure.

Clinics are organized within the physical space of the International Needs school in a given community. The older students efficiently clear out the school-desks and set up space for intake (*weighing, measuring, prophylaxis*); physician consultation, medication distribution, and education. On a given day we may see 200-400 individuals, depending on the size and needs of the community. Joining us will be public health and local nurses, local pharmacists, and Ghanaian physicians. The physicians have been recipients of International Needs' medical student sponsorship program.

Depending on your area of skill or interest, you will be asked to participate in specific areas. If you are a nurse, you will most likely find the greatest demand for your expertise in the medication administration area. If you are a physician, you will be working in the consultation area (and yes, everyone has a translator as most of the patients do not speak English). If you are an allied health provider (physio, occupational or respiratory therapist,



social worker, dietician, etc.) - we can find a role for you too! Just reach out to me! And if you are none of the above but want to do work for two weeks with Ghanaian children and their families, we welcome 'non medical volunteers' as well – I have a full (and enjoyable) task list for you too!



## TEAM COMPOSITION

Typically, the Canadian contingent consists of 2-4 physicians, 3-4 nurses, and 2-4 allied health providers or general volunteers. I am the team leader this year and have been involved with the International Needs Medical Outreach since 2008, when I was a first year medical resident, and have since been to Ghana 9 or 10 times. I can't wait to go back this year!

# Discovery Tour Itinerary

## SUNDAY NOVEMBER 11

Depart Toronto to Ghana.

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## MONDAY NOVEMBER 12

Arrive in Accra, check into Sunlodge Hotel.

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## TUESDAY NOVEMBER 13

Travel to Adidome • Rest/Packing • Orientation with Ghanaian Medical Officer

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## WEDNESDAY NOVEMBER 14

Clinic at Kebenu.



## THURSDAY NOVEMBER 15

Clinic at Mepe.

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## FRIDAY NOVEMBER 16

Collaborative Clinic with Adidome Hospital.

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## SATURDAY NOVEMBER 17

Work on statistical data sheets

Mini Clinic at Adidome - Vocational Institute

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**SUNDAY NOVEMBER 18**

Attend Church • Rest or take recreational trip.

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**MONDAY NOVEMBER 19**

Clinic at Lasivenu.

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**TUESDAY NOVEMBER 20**

Clinic at Anawoekope.

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**WEDNESDAY NOVEMBER 21**

Clinic at Morkplikpo Battor.

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**THURSDAY NOVEMBER 22**

Clinic at New Bakpa.

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**FRIDAY NOVEMBER 23**

Travel to Accra • Shop at African Market • Debrief  
Depart for Canada



## MEDICAL INSURANCE

Extended medical insurance must be purchased at time of booking. Usually a package of cancellation and medical is less expensive than purchasing individual insurance. You must have extended medical coverage over and above provincial medical coverage. Cancellation insurance is optional.

## CANCELLATION FEES

All monies are 100 % non-refundable at all times or as stated in the terms provided by the airlines. We highly recommend you purchase cancellation insurance to cover yourself in case of illness by you or a family member.

## RESPONSIBILITY

International Needs and the Travel Agent have made arrangements and act solely as agents for such services and cannot be held responsible for the acts or omissions on the part of suppliers. They are not liable for any injury, damage, default of any firm or person engaged in conveying passengers, carrying out travel arrangements, strikes, war, or any other causes beyond their control.

## TOUR PRICE

From Toronto: **\$4,850 CAD per person.**

Add-on fares available most Canadian cities. Airlines have the option to increase taxes and add fuel surcharges until fares are paid in full.

### TOUR PRICE INCLUDES

- Round trip air transportation.
- Daily breakfast, lunch and dinner.
- Airport transfers.
- Sightseeing as per itinerary.
- Accommodations and taxes.
- Service charges.
- All on-ground transportation.

### TOUR PRICE DOESN'T INCLUDED

- Tourist visa for Ghana.
- Vaccinations and medications recommended by your travel clinic or medical care provider.
- Items of a personal nature
- Tips.
- Meals and beverages while in transit.
- Cancellation & Medical Insurance.
- Extra baggage.

## FOR MORE INFORMATION

Contact Festus Addei at International Needs Canada

Office: 905.637.9411 or 1.888.702.9805 | Email: [sponsorship@internationalneeds.ca](mailto:sponsorship@internationalneeds.ca)