

## **Mission to Ghana – Spring 2016**

### **Objective and goal**

Assist at least 2500 patients to better seeing.

### **Mission participants**

Project manager - Anders Schippers

Optometrists - Frederick Arthur  
- Bernard Aggrey  
- Sophie Rousku (student)  
- Sandra Ingemarsson (student)  
- Elin Asplund (student)  
- Ida Oxelgren (student)

Assistants - Araba Doristar Arthur  
- Stefan Lundin  
- Nils Lundin

Driver (and assistant) - Charles Kouffie  
- Ronald Arthur

### **Luggage**

Luggage allowance per passenger on KLM flights to Ghana:

- 2 x 23 kg of check-in luggage
- 2 items of hand luggage total weight 12 kg (max size 55x35x25 cm)

### **Check-in luggage**

All check-in luggage shall be glasses as needed for the mission. Each person shall bring four banana boxes, i.e. 40kg corresponding to 1000 pair of spectacles. Transport of glasses from VFA store to airport in Linköping can be arranged.

### **Two common suitcases**

You can put your hygiene articles and extra items that do not fit into your hand luggage in a common suitcase. Each traveller can put up to 5 kg into the common suitcases. Please let me know if you have more items for the common suitcase!

### **Hand baggage**

Most personal items are to be carried as hand luggage. It is important that the personal items are kept to a minimum as we can bring limited luggage. There is laundry service (paid by VFA) at some of the hotels where we stay. It is however recommended to bring some washing powder to rinse your shirts in the evening. Below are some suggestions for your packing:

- 3 shirts (you will be given one (or two) VFA shirt on loan for this trip)
- 2 shorts
- 10 sets of underwear
- X socks
- 1 pair of long trousers (use when flying and after dark when the mosquitoes come)
- 1 sweater (use when travelling by air)
- Hygiene articles (shampoo is difficult to buy in Ghana).

- Washing powder
- Mosquito net
- Mosquito repellent
- Antiseptic hand wash
- Towels (not always available at the hotels).
- Shoes for swimming/shower (there are “sjöborrar” in the sea)
- Swimming suit
- Passport
- Camera, mobile phone and chargers
- Flash light
- UK-type wall outlet adapter
- 1-to-many adapter (if you have many items to charge)

### **First aid kit**

The project manager brings a first aid kit including pain killers, head ache, adhesive plasters, antiseptic spirit et.c.

## **Visa application**

A visa is required for entry into Ghana. Visa can be obtained at the Ghana embassy in Copenhagen. Normal processing time is 10 days.

Tel: + 45 39 62 82 22

Fax: + 45 39 62 15 62

E-mail: ghana@mail.dk

www.ghanaembassy.dk

The project manager can assist you with the visa application. If you want to use this service then bring the following to the VFA workshop / team meeting in February:

- 4 completed visa application forms, see attachment to email.
  - section 1,2 and 3: complete with your personal data
  - section 4,5 and 6: leave as is
  - signature: Yes please!
- 4 identical passport photos
- Passport

## **Workshop in Linköping**

In February we will have a team meeting in Linköping, preliminary date is Saturday **6 February**. If possible this will be combined with a VFA workshop. All participants should attend. Activities:

- Packing of glasses
- Packing of sets of trial lenses, examination boards et.c.
- Fitting and distribution of VFA shirts
- Training of optometrists by experienced VFA member
- Check that vaccination against yellow fever (bring your vaccination booklet).
- Finalization of papers for visa application

## **Travel to Ghana**

Itinerary:

24MAR STOCKHOLM ARN - ADDIS ABABA ADD ET715 19:30 07:14+1

25MAR ADDIS ABABA ADD - ACCRA ACC ET921 08:30 11:20

xx APR ACCRA ACC - ADDIS ABABA ADD ET920 12:20 21:05  
xx+1 APR ADDIS ABABA ADD - STOCKHOLM ARN ET724 00:35 09:10

All participants travel out from Arlanda on 24 March. The project manager takes care of transport of glasses to Arlanda.

Anders:

homebound: Accra 12 April / Arlanda 13 April

Sandra and Sophie:

homebound: Accra 15 April / Arlanda 16 April

Elin and Ida:

homebound: Accra 10 April / Arlanda 11 April

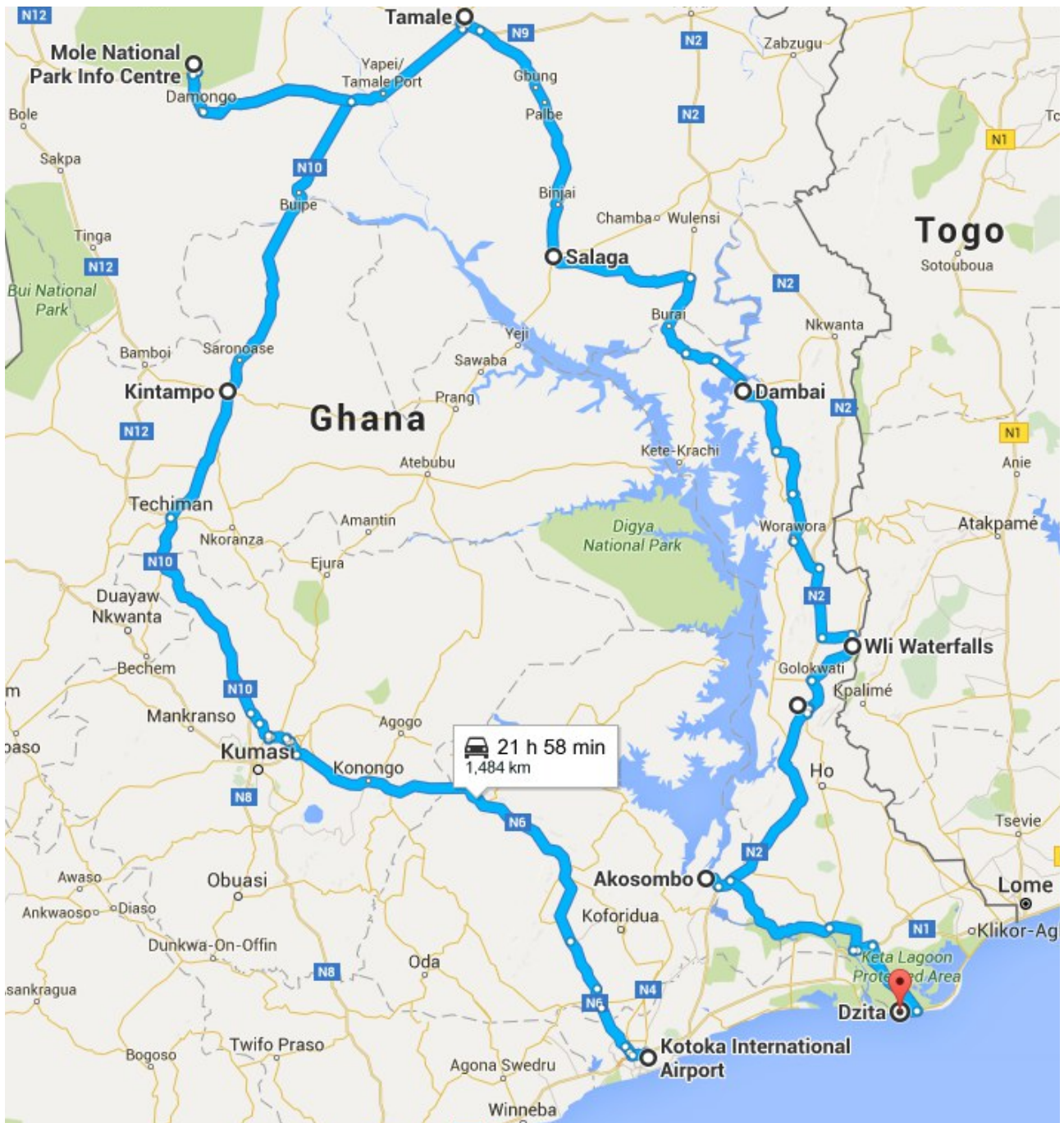
Nils and Stefan:

outbound: Arlanda 24 March

homebound: Accra 14 April / Arlanda 15 April

## **Travel in Ghana**

A bus with seating for up to 16 people will be rented, including driver. In addition a pick-up will be used for transportation of staff and glasses. The Ghana team will travel to Accra with the bus and collect the Swedish team at the airport.



## Workflow

There will be one station for registration and payment. This station will normally be staffed by Araba (who speaks one of the local languages).

There will be three eye examination stations, each staffed by one or two optometrist and if needed an assistant per station.

There will be one eye glasses distribution station manned by the remaining staff. This is where the patients try out glasses.

## Local labour

There will be a local team in Ghana comprising two optometrists and one secretary. VFA will pay

the Ghana team 2600 GHS for the work.

## Excursion

An excursion in the Mole National Park is planned for the first weekend. In addition we will visit waterfalls, a monkey sanctuary and perhaps also the Volta dam at Akosombo.

## Accommodation and internet access

Accommodation will in general be very basic, but we have tried to locate a better hotel for the stay at the beach. Laundry service will be available at some of the hotels, but not all.

Internet access will be limited or unavailable at most if not all accommodations during the roadtrip. The project manager will arrange for a Ghana SIM-card and offer limited (slow) internet access via the mobile data network.

## Local law and customs

There is a risk that we will be required to pay customs on the glasses when bringing them into Ghana. We hold a certificate from First Intervention Ghana and a statement from the Ghana Ministry of Health, which has proven useful for passing customs.

## Examinations and fee

There will be a charge of 3.00 GHC (5 SEK) for the eye examination, i.e. not for the glasses. Money collected for glasses are to be used for special glasses for patients for whom no suitable glasses are available on stock.

Patients who do not need glasses do not get money back. Patients who need glasses but for whom we can not supply suitable glasses will receive their money back.

## Local currency

There are VISA ATMs in Ghana that can be used to withdraw cash money. Otherwise Euro, USD and Pound Sterling are readily accepted. Credit cards and Swedish kronor are not readily accepted. 100 SEK = 40 GHS (Cedi).

## Vaccinations

Required vaccinations:

Yellow fever – **vaccination proof (yellow booklet) required for entry into Ghana**. If first vaccination it has to be taken at least 10 days before entry.

Recommended vaccinations:

Malaria  
Hepatit A

## Budget

VFA pays airfare, food and accommodation from entering the airport until return in Sweden. This includes e.g. entrance fees during excursions arranged by VFA, cost of Visas, laundry et.c.

Any personal expenses such as vaccinations, souvenirs, personal hygiene articles, extra drinks or excursions are to be paid by the participant.

For project budget see separate document.

## Contact list

Frederick Arthur

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Ghana

Mr Bernard Aggrey

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Anders Schippers

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Address: Vikingavägen 5  
SE-14148 Huddinge

Elin Asplund

Mobile: 0708221528  
Address: Drottning Margaretas väg 16  
SE-392 46 Kalmar

Ida Oxelgren

Mobile: 0767669434  
Address: Skräddaretorpsvägen 8  
SE-39353 Kalmar

## Planning

		duration	Activity	Work place	Sleep
24/Mar	Thursday	--	travel to Accra	-	air
25/Mar	Good Friday		travel to Accra		
		04:00	travel to Kumasi	-	North Kumasi
26/Mar	Saturday	02:30	travel to Kintampo work	Kintampo	Kintampo
27/Mar	Sunday		vist Kintampo		
		03:30	travel to Mole rest		Mole
28/Mar	Easter Monday		rest	-	Mole
		00:15	travel to Damango work	Damango	
29/Mar	Tuesday	02:00	travel to Tamale work	Tamale	Tamale
30/Mar	Wednesday		work	Tamale	Tamale
31/Mar	Thursday	02:05	travel to Salaga work	Salaga	Salaga
01/Apr	Friday	02:30	travel to Dambai work	Dambai	Dambai
02/Apr	Saturday	02:15	travel to Wli work	Dzobedze / Wli	Wli
03/Apr	Sunday		rest		Wli
04/Apr	Monday	00:45	Travel to Tafi Atome work	T.A.	T.A.
05/Apr	Tuesday	01:30	travel to Akosombo work	Akosombo	Akosombo
06/Apr	Wednesday	02:15	travel to Dzita work	Dzita	Dzita
07/Apr	Thursday		work	Anloga	Dzita
08/Apr	Friday		work	Keta	Dzita
09/Apr	Saturday		rest		Dzita
10/Apr	Sunday	02:30	travel to airport travel to Addis		air
11/Apr	Monday		travel to Stockholm		home

Extension:

10/Apr	Sunday	02:00	travel to Oboyambo work		Oboyambo
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The mission will end on April 10:th when the first participants return to Sweden. The glasses will be transported back to Cape Coast. A school/orphanage run by two Swedish girls will be visited en route to Cape Coast, where an extra work day will be organised.

## Examinations

The communities will be asked if they wish to receive a visit by VFA. If so, to make proper announcements at least one week prior to the visit. The announcements should clearly state date and time, examination cost and that glasses are free.

## Miscellaneous

Left over glasses can be stored in Frederick's shop.

Dress code: Short sleeve shirts are OK. Trousers covering at least the knee is recommended, especially for female participants.

Anders should bring a bottle of Brandy to Frederick.

## **VFA insurance**

VFA holds a travel insurance for mission participants, covering medical expenses, delay, cancellation and personal items. [Click for more information](#). Not valid for private extension of trip.

In case of emergency contact:

SOS international homepage: <https://www.sos.eu/sv/business/#simple2>

phone: +4570105050

## **Climate**

Be prepared for some heat!!