

# UW Food Security, Community Nutrition, and Public Health in Ghana Summer 2024 Program Handbook

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[UW Food Security, Community Nutrition and Public Health in Ghana](#) is offered by the College of Agricultural and Life Sciences (CALs) at the University of Wisconsin-Madison in partnership with International Academic Programs (IAP). This Program Handbook supplements handbook(s) or materials you receive from your Program Leaders as well as the general [Study Abroad Handbook](#), and provides you with the most up-to-date information and advice available about the program and host country. Changes may occur before your departure or while you are abroad.

Questions about your program (housing, itinerary, facilities abroad, etc.) as well as questions relating to academics (e.g. course credit and equivalents, grades, etc.) should be directed to your Study Abroad Advisor or Program Leader.

This program handbook contains the following information:

- Contact Information
- Program Dates
- Preparation Before Leaving
- Travel and Arrival Information
- The Academic Program
- In-Country Information

## Contact Information

### On-Site Program Information

UW Madison Program Leaders:

[Mary Crave](#), [mary.crave@uwex.edu](mailto:mary.crave@uwex.edu)

[Erika Anna](#), [anna@wisc.edu](mailto:anna@wisc.edu)

[Yaa Asantewaa Kafui Klu](#), [yklu@wisc.edu](mailto:yklu@wisc.edu)

Local phone numbers will be provided at the in-country orientation.

### UW-Madison Information

CALS Study Abroad

University of Wisconsin-Madison

116 Agriculture Hall, 1450 Linden Drive

Madison, WI 53706

Tel: 608-890-4196

Email: [studyabroad@cals.wisc.edu](mailto:studyabroad@cals.wisc.edu)

Web: [www.studyabroad.wisc.edu](http://www.studyabroad.wisc.edu)

<i>For Program Advising &amp; Grades:</i> <b>Kim Kroeger</b> Study Abroad Advisor Tel: (608) 265-5759 E-mail: <a href="mailto:kim.kroeger@wisc.edu">kim.kroeger@wisc.edu</a>	<i>For Financial Matters:</i> <b>Judy Humphrey</b> IAP Financial Manager Tel: 608-262-6785 E-mail: <a href="mailto:judy.humphrey@wisc.edu">judy.humphrey@wisc.edu</a>
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### Emergency Contact Information

For questions or general concerns that do not involve the immediate danger or threat to the health or safety of a student, call the main IAP number **(608) 265-6329** between 8:00 a.m.-4:30 p.m. Monday-Friday. Calls received outside normal operating hours will be returned as soon as possible the next business day.

If an emergency arises after-hours or on weekends, you can reach the IAP Staff On-Call at **(608) 516-9440**. This number is **ONLY for emergencies**, otherwise, please call the main desk.

### Embassy Registration

All program participants who are U.S. citizens must register at the U.S. Embassy before departure as this will help in case of a lost passport or other mishap. You can register on-line at <https://travelregistration.state.gov>. If you are not a U.S. citizen, register at your home country's embassy or consulate.

U.S. Embassy in Ghana  
No. 24, Fourth Circular Rd  
Accra, Ghana  
+233-30-274-1000  
<https://gh.usembassy.gov/>

It is highly recommended that students register with the State Department's Smart Traveler Enrollment Program (STEP) and download the free mobile app. This is a free service that allows U.S. citizens and nationals traveling abroad to register with the nearest U.S. Embassy or Consulate. Sign up for the STEP program at <https://step.state.gov/step/>. This program will benefit students by:

- Providing important information from the Embassy about real-time and country-specific safety information
- Maintaining contact with the U.S. Embassy in case of a natural disaster, civil unrest, or family emergency
- Establishing an efficient way for friends and family to maintain contact in emergency situations

### Program Dates

**Arrival date:** Monday, May 13, 2024\*

\*students will need to leave the U.S. on Sunday, May 12 to arrive in Ghana on the 13th

**Departure date:** Saturday, June 1, 2024

There will be several pre-departure orientation sessions during the spring semester. Dates and times will be communicated via email.

### Preparation Before Leaving

Refer to the [Study Abroad Handbook](#) for essential information on travel, personal logistics, money, communication while abroad, packing, etc.

## Immigration Documents

### Passport

A passport is needed to travel to Ghana. Apply immediately for a passport if you do not already have one. Passport information and application forms can be found on the U.S. State Department website (<http://travel.state.gov/passport>). If you already have your passport, make sure it will be valid for at least 6 months beyond the length of your stay abroad.

### Visa

Students will need to [apply for a visa](#) prior to departing for Ghana, with guidance from the Program Leaders during the pre-departure orientation. Students are strongly encouraged to use a visa expeditor that works with Ghanaian visas. With coordination between students, passports can be mailed together.

Applicants will submit the following documents:

- Completed visa application
- Passport valid for at least six months past the last day of the program
- Evidence of financial support or letter of invitation from host in Ghana
- Visa Fee - money order, postal order, cashier's check or certified bank check
- Two passport-size photographs of applicant. Should be taken in at least the last three months.
- Affix each photograph with glue on the top right corner of the application form.
- Applications submitted by mail must be accompanied by prepaid self-addressed overnight, trackable envelope (FEDEX) for return of passports. Only requests accompanied by certified prepaid return envelopes will be processed.
- Send the completed application to:

**Embassy of Ghana  
The Consular Section  
3512 International Dr. NW  
Washington DC, 20008**

All applicants are strongly advised to submit their applications and passports for visas *two weeks to one month prior to intended departure*. Regular visa processing takes 15-20 days, not including shipping time.

You may incur additional fees to re-apply if your original visa application is rejected for any reason. You may also incur additional fees if your visa is delayed and you need to change your flight departure date.

### Handling Money Abroad

This will be discussed in your pre-departure orientation.

### Packing

General items to pack include: tennis shoes/ hiking shoes, closed toe shoes (may be tennis shoes), comfortable clothing, a hat, sunglasses, sunscreen, and insect repellent. More specific packing information will be discussed in your pre-departure orientation.

### Electronics

This will be discussed in your pre-departure orientation.

## Travel and Arrival Information

A more complete itinerary will be provided at the pre-departure orientation. Students are responsible for making their own flight arrangements, but are given guidelines for arrival routes, dates and times and are encouraged to coordinate with other program participants. Contact the program's Study Abroad Advisor or Program Leaders with questions or concerns.

## The Academic Program

### Course Information

On this program, students will be exposed to multiple and complex socio-cultural, political and economic factors that influence humans, agriculture and environmental health in a low-income country. Students will also study the relationships between the components of human and environmental health and food systems. Additionally, students will practice community engagement skills by working side by side with local populations during site and community visits. Finally, students will develop a general world view of integrated "health" and "wellbeing". Visit the [program webpage](#) on the UW Study Abroad website for more detailed information about the academics and program excursions. A detailed itinerary will be provided to you during the pre-departure orientation sessions.

This study abroad program is approved as a field experience for the Undergraduate Certificate in Global Health, and fulfills the College of Agricultural and Life Sciences International Studies requirement.

Students will earn three credits of Nutritional Sciences 421 or International Studies 504 upon successful completion of the program.

### Field Study

Be aware that a field study can be stressful for many reasons. Students are away from the comfort and familiarity of home/campus and this might be uncomfortable. Students will meet local individuals and will face language barriers and cultural differences. As a field study participant, students will be expected to be a team member. Students will be with the same travel mates for days, evenings, and even nights as they share bus rides, meals in restaurants, and overnights in hotels or local homestays. It is a 24-hour job to be a field study participant. Please anticipate these challenges and be ready to address them with respect and grace. On-site staff and leaders are there to help students with difficult situations, to encourage open conversations, and to build greater understanding.

During a field study, students visit many sites, oftentimes multiple in one day. At many of these sites, the people students interact with have typically volunteered their time to teach about their business / culture / country. It is essential to remain respectful and considerate with everyone you meet throughout the program. Keep in mind that each site offers firsthand experiences and opportunities to learn about the local people, culture, and programs.

Most importantly, though, a field study provides opportunities to build connections between both participants and locals. Students are challenged to think outside the box and oftentimes quickly make decisions. Being proactive and deliberate during site visits can help students feel more connected to their program and local culture, especially considering the short duration. The rewards of a field study are only limited by what the student can achieve, so we encourage every participant to embrace their unique experience.

## In-Country Information

**City/Site Specific Information:** You will visit multiple locations during this program. More information on specific city/ site location will be provided in the program itinerary sent out by your program leader.

**Housing:** Students will stay as a group in various accommodations including conference centers, a training center and hotels.

**Transportation:** The students will travel with a UW Program Leader. All in-country travel is arranged by program staff.

**Safety:** UW-Madison is dedicated to maintaining the personal safety and security for each of our study abroad participants. Our office takes necessary precaution, remains in close contact with the program staff, and will work with them in case of an emergency. While traveling abroad, make sure safety is your first priority. Safety will be discussed further during pre-departure orientation.

Visit <http://internationaltravel.wisc.edu/> for more resources.

### Lesbian, Gay, Bisexual and Transgender (LGBT) Issues in Ghana

In March 2024 the Ghanaian legislature passed a bill into law that seeks to criminalize any person who identifies as LGBTQ+. The Embassy advises all LGBTQ+ U.S. citizens who are residents or visiting Ghana to exercise caution. For further information LGBT travel, please read the US Department of State's [LGBT Travel Information](#) page.

LGBTQIA students have participated in the program in the past and we encourage students to speak with the program's Program Leader and/or Study Abroad Advisor if you have questions or concerns.

Visit our [LGBTQ+ identity resource](#) for more information about how to prepare as well as to learn about past student experiences abroad, and review the International Division's [Considerations for LGQTIQ Travel Abroad document](#) for additional country specific information.

**Health:** This will be discussed in your pre-departure orientation. All students will receive health insurance coverage through Cultural Insurance Services International (CISI). The cost of the insurance coverage is included in program fees. Please refer to your MyStudyAbroad account "Health and Insurance" tab or visit [www.culturalinsurance.com](http://www.culturalinsurance.com) for more information.

This program requires all participants be fully-vaccinated against COVID-19.

### **Communication**

When making calls keep in mind the time zone difference. ([www.timeanddate.com/worldclock](http://www.timeanddate.com/worldclock)). Country and city codes can be found online ([www.timeanddate.com/worldclock/dialing.html](http://www.timeanddate.com/worldclock/dialing.html)). Some of the following steps can vary if you are using a calling card, landline, or cell phone.

To call *from* an international country *to* the United States:

- Dial the country *exit* code for the country you are in. Oftentimes this is "00."
- Dial the country *access* code for the country you want to reach. For the United States it is "+1" or "011."
- Follow with the area code and the local number as normal.
- **Example:** Ghana's exit code is "00." To call to the U.S. from Ghana, the following format would be used:
  - 00-1-XXX-XXX-XXXX

To call *from* the United States *to* an international country:

- Dial the United States' exit code "011," the country code for the country you want to reach, the area/city code, and the phone number
- **Example:** Brazil has country code 55, Rio de Janeiro has city code 21. To call Brazil from the U.S., the following format would be used:
  - 011-55-21-XXX-XXXX
- Note: some countries employ varying numbers of digits for area/city codes and for telephone numbers. Don't be surprised if the number you are trying to call has more or less than the standard "three plus seven"
- The international code for Ghana is +233

Sometimes, calling internationally can be unreliable and expensive. Skype may be the best communication option when internet connections are available, strong, and secure. Visit [www.skype.com](http://www.skype.com) for more information and to sign up.

### **Additional Relevant Information/Websites of Interest**

UW Madison International Travel:

<http://internationaltravel.wisc.edu/>

U.S. State Department Students Abroad:

<http://www.studentsabroad.state.gov/>

UW-Madison International Academic Programs

<http://www.studyabroad.wisc.edu>

U.S. State Department:

<http://travel.state.gov>

Center for Disease Control

<http://www.cdc.gov/travel/>

Current exchange rates

<http://www.oanda.com>

Lonely Planet

<http://www.lonelyplanet.com>

## **Student Testimonials**

"This program was an incredible experience and is unlike any other experience I've ever had. I not only met a great group of UW-Madison students through this program, but also met so many inspiring, amazing Ghanaians. The trip involved a wide variety of activities and thus can draw various different majors. The most important requirement is that the student be patient, easy-going, and willing to frequently adapt to changes and lack of a set schedule."

“Ghana was amazing. The experience really helped me reflect on myself.”

“Ghana is a wonderful country, with a lot to offer! All of the excursions that were planned really helped to showcase the country's culture.”

“Change money as you go, since you won't know how much you'll spend at the beginning. \$150 lasted me the whole trip, and I spent pretty generously. Book your flights early, and get your visa as soon as possible to avoid having to spend extra money expediting, etc.”

“I would suggest reading up on the country and the history / culture of Ghana before you go.”

“It will be uncomfortable many times, especially if you're not used to being a racial minority. However, you'll soon realize that being out of your comfort zone helps you grow and be more empathetic to those who face this experience every day in the US.”