

A LIFE OF PEACE WELLNESS INSTITUTE



A Life Of Peace



**NATUROPATHIC
CLINICIAN TRAINING**

**February 8 – 19,
2021**

AKWABAA! (Welcome!)

Preparing for the Trip

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Passport

An official United States Passport is required for travel. Passports are obtained through your local post office or at your local passport office. Visit **travel.state.gov/passport** for all official information on obtaining a passport. You must apply for your passport at least two months prior to your departure travel dates. If a passport is not obtained, you will not be able to travel to Ghana.

Visa

An entry visa to Ghana is required. You must present your US passport to obtain a visa. There are two Ghana Consulates in the US that issue visas. Download an application off line at **www.ghanaembassy.org**, read the instructions very carefully, yes you do have to either take your application and passport in to the consulate or mail them in and they will return the passport with the visa. There is no refund whatsoever for failure to obtain all proper admission documents. Failure to obtain all valid travel documents shall not create a right to cancellation or refund.

Guidelines on Application for Visa

ALL VISA APPLICANTS ARE STRONGLY ADVISED TO SUBMIT THEIR APPLICATIONS AND PASSPORTS FOR VISAS TWO WEEKS TO ONE MONTH PRIOR TO THE INTENDED DATE OF DEPARTURE.

1. Your type of visa will be (D) Tourist
2. An applicant shall complete a visa application form in duplicates (2 copies) and attach two (2) passport size photographs which were taken not more than three

(3) months from the date of submitting the application.

3. An applicant should possess a return air ticket, **which should be submitted upon request, in the case of an application for tourist visa.**
4. An application for a visa shall take not more than seven (7) business days to process.
5. When an application for a visa is turned down, the visa-issuing officer is not obliged to offer any explanation. An applicant may however re-apply for a review.

NOTE: APPLICANTS MUST INCLUDE THEIR PASSPORTS AS PART OF THEIR APPLICATIONS, AS ALL VISAS, IF ISSUED, ARE INSERTED INTO THE PASSPORTS.

6. **Visa Fees**

Money order, Cashier's check or Certified bank check made payable to the Embassy of Ghana.
Note: Personal and company checks are not accepted.

Cash payments: Please do not mail cash.

-Single Entry Visa (must be used within 3 months from date of issue) \$60.00

-Multiple Entry Visa \$100.00

-Single Expedited \$100.00

-Multiple Visa Expedited \$200.00

An expedited/emergency service will take 72 hours.

NOTE: If mailed, a visa might take longer than twenty-four (24) hours to reach the applicant.

1. Visa application fees are non-refundable.
2. In accordance with INTERNATIONAL SANITARY REGULATIONS, all persons entering Ghana are requested to have a valid certificate of immunization against yellow fever.

Do not submit your certificate together with visa application form. Keep it and present it at the port of entry in Ghana.

3. Submit the following documents:
 - Completed visa application form
 - Valid passport for at least six (6) months (Before Expiration)
 - Evidence of financial support or letter of invitation from host in Ghana(not required)
 - Visa Fee - money order, postal order, cashier's check or certified bank check
 - Two passport-size photographs of applicant. Should be taken at least within the last three months (Very Important)
 - 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:**

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

4. These guidelines are subject to change as may be directed by the competent authorities in Ghana and apply to the Consulate General Office in New York.

For further information please call:

(202) 686-4520 (202) 686-4520 ext. 208

or e-mail: consular@ghanaembassy.org

Immunizations

The Ghana Embassy requires Yellow Fever Vaccination; however, exemption forms are permitted.

An Anti-Malaria Herbal Supplement Formula

The regimen should be started a month before the trip, during the trip and one month after you return to the U.S. Everything should be taken daily after breakfast unless otherwise indicated.

Cats Claw 1000mg

Ginger 500mg

COQ10 100 mg

Vitamin E 400mg

Vitamin B Complex 100mg

Vitamin C with Rosehips 3000mg at bedtime

Echinacea with Goldenseal the highest dosage - take three weeks on and 1week off

The Flight

The roundtrip airline ticket is the sole responsibility of the student.

Your flight itinerary should be sent by email to A Life Of Peace Wellness Institute, ghana@alifeofpeace.org If there is a flight schedule change or cancellation, please notify us as soon as possible.

Most airlines limit passengers to two normal size suitcases (50 lbs.), one carry-on bag and one personal item (briefcases, purses, camera or computer bags). Checked luggage should measure no more than 62 linear inches. For example: Linear = Height + Width + Depth. Don't over pack. Your luggage should be manageable.

Consider your souvenir items you will probably purchase. Overweight luggage or extra bag fees are sometimes \$200+. We recommend you bring items for barter, or school supplies for donation in one suitcase, that way you will have plenty of luggage space for your return trip.

What to Bring

Clothing

- Comfortable cotton clothing for walking long distances, nature walks, and general outdoors comfort.
- Comfortable walking shoes/sneakers, flip flops, water shoes and sandals.
- Sisters can wear sundresses, pants and shorts and any other clothing that might expose their legs or arms.

Personal items

It would be better to bring with you from the US all of the personal items that you use for necessity and convenience. Many of the local shops close at dark. For example: feminine products, snacks, natural deodorants, familiar toothpaste, cordless razors, hair oils, natural skin care products (there is plenty of shea butter), electrical outlet adaptors, Reading Material (Holistic, meditative, healing) etc.

Cash

We recommend that you carry cash or credit/debit cards. You can exchange money at the banks and forex exchange bureaus in the country. It is best to bring \$100 bills, they get a higher rate of exchange than the smaller bills. We will assist you in this process. The exchange rate fluctuates daily and hourly.

Ghana's currency is the Ghana Cedi (GH¢) which is made up of 100 Ghana Pesewas. The Ghana Cedi denomination comes of 1, 5, 10, 20 and 50 notes and 1, 5, 10, 20, and 50 Ghana Pesewas in coins.



To get a general idea of what the exchange rate will be, it is at the moment about one (5.40) Ghana Cedi to one (1) US Dollar.

You can use credit/debit cards to get money from ATM machines in the country. The machines dispense Ghana cedis not US money. Visa and MasterCard provide you with

more ATM options than American Express. Discover cards are not accepted in the country.

Bring enough spending money for bottled water, laundry, excess baggage, telephone use, fax, Internet use, tips for waiters, drivers and any personal items.

Bartering Items

Bartering is still an intricate part of the Ghana market places. Many vendors are willing to exchange their local goods for US goods, you can barter for clothes, art, handcrafts, etc. So, test your “haggling” skills. Some of the popular items for bartering are pretty women’s dresses, purses, small electronics, European soccer team items, etc.

Camera

Bring a digital camera and enough memory cards with you. When you are taking pictures of people, please ask them if you can, some will demand money before allowing you to, however, most will be ok. If someone does refuse please respect their decision.

Keep it real. Be Open to Experience.

Transportation

Transportation to and from the airport is included in your student fees. Transportation to all your independent locations is your responsibility. If you wish to venture off on your free time or to explore the night life, there are very convenient modes of public transportation that are affordable.

Tro tro is the local short and long distance modes of transport. They are passenger vans and mini vans that are independently owned and operated. They are a part of an intricate organized country wide transportation system. You can literally get anywhere in the country on a tro tro, or a combination of tro tro and taxis. There are major street “bus stops” or transit centers in all areas of town and market centers for transferring from one van to the next. I recommend riding a tro tro at least once for the experience.

Taxi also goes everywhere and if shared can be very inexpensive. If you request for a taxi to take you a long distance, they will try to charge a lot of money. Negotiate all taxi fares before you sit inside the cab when you are traveling on your own. If you are in doubt about what to pay, ask one of your hosts.

Food

Two meals a day: morning breakfast and the midday meal which is the heaviest meal of the day. The meals are all vegetarian/vegan. You are welcome to purchase meat dishes on your own as we will eat at some restaurants that will serve meat selections. Evening snacks and meals will be on your own. ALOP do not prepare any flesh items. You are on your own if your desire meat, seafood, etc...

Drink bottle water or pure water from the bags.

When buying food on your own, do not buy food off the street, sanitation requirements do not exist with street vendors. You can purchase factory produced foods such as biscuits, bottled or carton juices or supermarket goods.

Fruits and vegetable are ok to eat, however, wash off all raw foods with salt water. Cut food with a knife that has been washed with bottled water.

Ghana has a variety of traditional dishes from the various ethnic groups. Ghanaian dishes have staple in starchy foods like [rice, fufu (pounded cassava and plantain or pounded yam and plantain, or pounded cocoyam), banku (cooked fermented corn dough and cassava dough), konkonte (from dried cassava chips), kenkey (fermented corn and cassava dough, wrapped in corn or banana leaves and cooked into a consistent solid paste), etc] and a sauce or soup saturated with fish, snails, meat or mushrooms. The most popular soups are groundnut soup, palmtree soup and okra soup.

Shopping

There will be opportunities for you to purchase souvenirs and clothes and artwork on your off days. Don't spend all your money in one place! If buying custom items, it is customary to leave a deposit upfront and the balance paid upon receipt of the items.

Lodging

Lodging is based on double occupancy.

The electricity in Ghana operates on a 220/240 volt system. Electric outlet accepts either 2 or 3 pronged plugs or convertors.

Safety

Protect your passport at all times. Do not pack it or other important papers and medications in your checked luggage. Put these documents in carry-on bags and keep them with you.

Drink and brush your teeth with bottled water only. We recommend that you do not use ice in your drinks. You can get cold water and juices. There are different types of bacteria and viruses that your immune system may not be accustomed to, so don't chance it.

Please do not discuss politics and religion despite your driving urge to do so. You are a guest in Ghana, don't draw unnecessary attention to yourself.

When you visit internet cafes, make sure that you completely log out when you are finished. Otherwise, you will begin to get a lot of e-mail requests for money or offerings for you to participate in numerous money schemes. Some predators look for access to your e-mail address and data. Also, erase any of your downloads from the hard drive.

Gifts can be given out, but be careful of the number of people around. Sometimes people will cause a scramble and unintentionally cause injury to you or someone else. If you want to give a gift to someone, please wait until it is time for you to leave.

US Consulate in Ghana

The **American Citizen Services (ACS)** unit of the Consular Section provides information and assistance to the U.S. citizens, resident or traveling in Ghana.

Hours of Operations

Passport services (including additional pages), notary services, and federal benefits services: Monday - Friday, 8:30 a.m. - 12:00 p.m., closed on [holidays](#).

Emergency services related to the serious illness or injury, death, or arrest of an American citizen: Monday - Thursday, 7:30 a.m. - 5:00 p.m.; Friday 7:30 a.m. - 12:00 p.m.

Questions related to citizen services should be sent to ACSaccra@state.gov. You should receive two automatic replies acknowledging receipt of your email, and a response to your email within three (3) business days. NOTE: If you did not receive our automatic reply, then we did not receive your email. *Email is the preferred method of communication.*

By Phone:

American Citizen Services (ACS) unit will accept calls Monday - Friday, 8:30 a.m. - 12:00 p.m., closed on [holidays](#), at +233.30.2741.570 or +233.30.2741.000, x1570.

Emergencies after Hours:

Emergencies after business hours please contact the U.S. Embassy Duty Officer at telephone: +233-30-2741-775

Cultural Norms

When in doubt, always ask first. Your instructors are an excellent resource and will assist you with your requests.

GRATUITIES: NOT INCLUDED. PLEASE TIP AS YOU GO ALONG.

All human interactions and transactions are carried out with the right hand, even in left-handed individuals. Please get in the habit of passing food, shaking hands, etc. with the right hand exclusively. This is true all over Africa no matter what country you visit. If you find yourself, using your left hand despite warnings, just apologize “Excuse my left hand” and move on. The African sentiment is to forgive you and they know that you are from the USA and will often laugh it off.

The Language

If you would like to learn a little of the language before your trip, I recommend studying mini courses in Twi or Fante.

Places to Visit on Your Free Time

- KAKUM PARK

Kakum National Park, Ghana’s Premiere tropical rain forest. Kakum is a 360sq km sanctuary and home to over 40 large mammals and 400 bird species, a multitude of butterfly species and is a divine botanical oasis. The Canopy walkway of seven bridges extending 330m long and hanging 100 feet above the forest floor is truly having a taste of heaven. If height does not set well with you then take the 2 km nature walk through the forest to view exotic flowers, plants and trees and learn some of their medicinal values as well.

-CAPE COAST & ELMINA CASTLES

The Cape Coast Castle was built in 1653 and taken over by the British. The West African Historical Museum established by the Smithsonian Institute and the Ghanaian Government in 1994 houses artifacts from the slave trade era that sends the mind on a haunting visualization of what the ancestors endured. After lunch, visit the Elmina Castle built by the Portuguese in 1482. This castle was the first European structure built in Sub – Saharan Africa. The stories that the tour guides share is a totally different story than what we have been told about the final land structure of the ancestors before entering the DOOR OF NO RETURN.

- CAPE COAST CITY TOUR AND SHOPPING

Travel to downtown Cape Coast for a taxi tour of the University Area and visit the local markets, vendor stores and shops for souvenirs, a brand new wardrobe or a collection of artifacts for everyone you have waiting for you at home or take the day off.

– ABURI BOTANICAL GARDENS

Aburi Botanical Gardens is Ghana’s eco-paradise. I want to live in Aburi Gardens! 😊 It is a habitat for beautiful botanicals, insects, butterflies and animals. After lunch, visit the Woodcarvers’ Village and get very, very, very, very reasonably priced artifacts and souvenirs. You will want to buy everything!

- ACCRA CITY TOUR

Accra is almost 130 years old and has the most modern architecture that summarizes her history. The tour includes a visit to Independence and Black Star Square, Kwame

Nkrumah Memorial Park, the W. E. B. Dubois Center for Pan African Culture, the African Arts Center and Makola Market. Enjoy lunch in a local Ghanaian Vegan restaurant and end your day at the Accra Shopping Mall, the new center of Accra social and commerce venue.

– BLACK STAR LIONS (A LOOK AT REPATRIATION) AND FIHANKRA INFORMATION SESSION

Fihankra is land that was set aside by Ghanaian elders and chiefs for African Americans who are inspired to repatriate and/or have a second home in Ghana. The current elders have BEEN working on the land for 15 years. There is still a lot of progress to be made. The land is fertile and rich in resources in the central mountain region.

- KUMASI CITY TOUR

Drive through the city with monuments dedicated to the memory of the great Ashanti people, visit Manhyia Palace Museum, the National Cultural Center, the Prempeh II Jubilee Museum to be enlightened by the legacies of the Ashanti kingdom.

- ASANTI CRAFT VILLAGES

Visit three famous craft villages of Ashanti Kingdom. First, visit Ahwiaa, the wood carvers' village, Ntonso, the home of Adinkra and Bonwire, the Kente weaving village. Explore how African crafts are made and buy directly from the artists.

Naturopathic Clinician Training Curriculum

The need for naturopathic clinicians with a wide variety of therapy trainings is in high demand throughout the global community. Become one of the few who are equipped to provide specialized naturopathic services that enhances and heals the whole client.

This 2 week international training with Dr. Akua, Dr. Chenu and Ghana's Top Naturopaths is designed to provide students with whole concept theory and actual hands on services in a clinic setting for a full learning experience.

Course Study Includes

Aroma Therapy Training

Learn the science of herbology through the olfactory system and methods of application for the healing process.

Chakra Therapy Training

Learn to align and open the chakras through meditation, touch therapy, energy cleansing and herbal remedies.

Colon Therapy Training

Learn colon therapy as a detox and whole body rejuvenation method. Explore the complete theory and various colon therapy machine options that are available for client care.

Crystal Therapy Training

Crystals can and should be used in the healing processes of your clients. The methods of application in crystal therapy

are unlimited. Learn to develop crystal therapy programs for various care plans for your clients.

Detox Therapist Training

Learn to develop holistic detox programs to fit the needs of all your clients. This hands on class will provide you with the latest in detox therapy for the mental, physical, emotional and spiritual cleansing techniques that provide total balance.

Naturopathic Iridology Certification

This course is designed to train you in reading the iris to gain insight into your client's inherent weaknesses related to health, it allows you to look into the body systems for areas of internal stress and give you a glimpse of your client's body's history. Also learn about the latest Iridology equipment for more precise analysis.

International Holistic Health Business

Where will you take your business? Learn about international opportunities for owning and operating a wellness business. Bring you countries of interest and we will explore the possibilities.

Naturopathic Touch Reflexology

A healing touch technique for the hands and feet that stimulates the complete body system. Learn reflex points, finger action techniques advanced theory on this ancient art of touch healing.

Naturopathic Reiki 1

Reiki is a system of energy vibration for total body, mind and spirit relaxation. Reiki helps to relieve stress and physical energy imbalances.

Therapeutic Herbology

Become the herbalist you have always wanted to be. Learn the plant life of Ghana and the most popular international herbs. Get hands on techniques in methods of application.

Vegan Foods Chef Certification

Learn to prepare foods from the original diet of man.

Classes and Clinical Schedules will be received upon arrival for your program.

Refund Policy

1. Program fees are nonrefundable however a student may use their submitted fees for use to another ALOP certification, retreat, or training class.

RESPONSIBILITY

A Life Of Peace Wellness Institute assumes no liability or responsibility for any injuries, damages, or loss of property, accident, delay, change in schedule or itinerary or incidental damages occurring as a result of circumstances beyond our control or by any person or reason whatsoever, including any third party providing transportation or hotel services featured in this package. Our organization is not to be held responsible for any act, omission or event during the time the student is not involved with their respective conveyance. Our organization assumes no liability or responsibility in connection therewith.

AKWAABA! *(Welcome)*



We are glad you have chosen to share this life experience with us!

If this is your first visit or if you are an experienced traveler to the Motherland, we want you to have a great time living and learning.

We have prepared the way for an experience of Ghana's culture, history, language, people, land, food and relaxation! We know you will find areas of surprise and familiarity in the things you do, the places you will go and the people you will meet during this journey.

So come with an open mind, an open heart and the free spirit to enjoy the beauty and excitement of this wonderful place in Africa!

Dr. Akua and Dr. Chenu