AKWAABA,

This is the second edition of No Worries! : The Indispensable Insiders' Guide to Accra. Like the first edition, No More Worries! contains the recommendations of members of NAWA and those of their family members, friends and business colleagues. We hope the information contained in the Guide will assist newcomers, long term expatriate residents and Ghanaians alike in enjoying all that Accra and the rest of Ghana has to offer. While extensive, the Guide's information is not exhaustive, and we hope that our readers will take our recommendations as a starting point. Moreover, our recommendations do not imply liability; we do not accept responsibility for the acts, goods, or services of any of the persons or companies listed in the Guide.

You will note that throughout the book, we have featured Adinkra symbols, one of the many deeply meaningful and respected artistic forms of expression among the Akan peoples of Ghana. In so doing, we hope to give the Guide a Ghanaian character and flavor in order to encourage our readers to fully explore the rich culture and traditions of the Ghanaian people.

All the proceeds from this edition, as with those generated by the first, will be used to support charitable projects in Ghana. From the proceeds of the first edition, NAWA has made contributions exceeding Fifty thousand U.S. dollars ($50,000) to various charities in Ghana. Over the years, NAWA has supported charitable projects in various regions of Ghana including the Greater Accra, Brong Ahafo, Ashanti, Central, Eastern, Northern, Volta and Upper East Regions. With your help by purchasing this Guide, we will be able to continue to support the various charitable projects designed to better the lives of underprivileged women and children of Ghana.

On behalf of NAWA and the communities that benefit from our charitable efforts, I thank you heartily in Twi: “Me dah se pii”. May your days in Ghana be epitomized by a phrase from our title: No More Worries!

Antoinette D. Hubbard  
Editor-In-Chief
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*Adinkrahene ("Chief of Adinkra Symbols") symbolizes greatness, leadership and charisma.*
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## CONTRIBUTORS

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No More Worries! is based on the strong foundation of their excellent work.

No More Worries Committee (1999-2001): Antoinette D. Hubbard, Editor in Chief; Cynthia Cobb, Deputy Editor & Services & Shopping Expert; Laurie Gulaid, Children’s Guru; Annie Hall, Protocol Expert; Suzanne Holleran, Pet Specialist; Laurie Korum, Health Specialist; Nicky Messner, Pet Aficionado & Computer Wiz; Thera Nidel, Entertainment Expert; Lori Siewecke, Travel & Sports Expert; Janet Taylor, Communications Specialist; and Susan Thomas, Dining Advisor.

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BEFORE YOU ARRIVE

Bring It With You Or Get It Here?

You really can get almost anything you want here, when it's available, if you have the patience to search long and hard enough, and are willing to pay the asking price. Keep in mind that the item you find in Accra may not be the exact brand, quality, color, or style for which you are looking. Although an item may be available somewhere in Accra, its limited availability may require you to shop at a number of places—which may be some distance apart—without any guarantee that the item will be in stock when you inquire.

Personal hygiene items (e.g., cosmetics, shampoo, soap, toothpaste, and feminine hygiene products) for instance, may not be the brand you're used to, and you may pay more than you'd like for them, but they are generally available. Similarly, housewares (e.g., pots and pans, knives, dishes, plastic containers, lamps, kitchen trash cans) and toys can be purchased, but they are usually quite expensive and/or of inferior quality. Moreover, although Accra has many clothing boutiques, there is nothing approaching a department store as of press time. The prices, selection, and quality of the clothing in these boutiques vary widely. Also, you may not find the styles of ready-made clothes and underwear you buy at home.

A rule to live by in Ghana is if you see something you may need someday, buy it; it may be gone tomorrow (or at least be more expensive) "It's finished" is a phrase with which you will become familiar. Therefore, if there are certain items that you absolutely cannot live without (and, depending on your proclivities, these may be food, toiletries, cleaning products, pet supplies, or underwear), bring them with you. Some people import prescription glasses, medicines, specialty baking ingredients, candles, shoes, clothes, seasonal decorations (e.g., Thanksgiving, Christmas, Easter decorations), birthday presents, reference books, kitchenware, parlor games, sports equipment, stationery, cocktail napkins, reading lamps, and other hard-to-find items.

On the other hand, there are many items that are easily found in Accra because they are locally produced. For example, a wide range of Ghanaian and other African textiles as well as fabrics imported from Europe and the U.S. are available at kiosks, markets, and shops around Accra. Fabric, particularly Ghanaian fabric, is inexpensive, and the cost of having clothing, curtains, slipcovers, or table linens made is extremely reasonable. Shoes and sandals are handmade in Accra for low prices. Local cobblers import leather from Italy, but some of the colors and other material for making a shoe (or copying a shoe you have a photo of or already own) are somewhat limited. It is a very good idea to bring prototypes or photographs of clothing and shoes you'd like to be made for you.

In addition, locally made rattan and wooden furniture, wrought iron plant stands and furniture, and ceramics are available at roadside stands and stores in a number of locations around Accra. These vendors are willing to make custom designed pieces.

Nyame Biribi Wo Soro ("God, something is in the heaven") symbolizes hope.
you show them a picture or provide the dimensions or a description of the piece you are looking for, they'll make it for a reasonable price. Also, baskets and other locally made crafts, such as beads, wood carvings, and other decorative items made in Ghana and other parts of Africa, are widely available at a range of quality and prices.

**Business Concerns**

If you are going into business in Ghana, a good first stop is the Ghana Investment Promotion Centre, PO Box M193, Accra, Ghana; located in the Ministries area; tel: 665125-9; fax: 663801; hours: M-F: 8 am-4:30 pm. This agency is responsible for facilitating the establishment of private foreign investment in Ghana and can provide information about setting up a business here. Another source for business information is the Public Affairs Department (formerly USIS) of the United States Embassy, which can perform a market analysis for you regarding your business prospects given the history of similar businesses in Ghana. Also of potential interest to new arrivals is a course at the Tamale Institute for Cross-Cultural Studies, run by director Jon Kirby. Contact him at PO Box 42, Tamale, Northern Region, Ghana; e-mail address: ticcs@afriaconline.com.gh.

**Climate and Clothing Needs**

One of the first things you need to know about the weather in Ghana is that it's hot nearly all year round (with daytime temperatures throughout the year approaching or topping 30 degrees Celsius and 86 degrees Fahrenheit). In addition to being hot, it is often very humid during certain months of the year. Accra experiences its hottest temperatures from November to April, with a brief reprieve in Dec.-Jan., because the humidity is reduced by the harmattan, which brings lots of dust and winds. October through April is the dry season, and it is followed by the rainy season, which runs from April to September, with the most rain falling in May and June. As with weather patterns elsewhere, the beginning, duration, and severity of these seasons vary from year to year.

Because of the tropical climate, it is important to bring hats, good quality sunglasses, enough sunscreen for daily application (remember, you may not be able to find the brand and SPF strength you prefer or it may be costly), swimsuits, and wash-and-wear clothing items (preferably cotton) appropriate for warm weather. Bringing the basics of a warm-weather appropriate wardrobe is particularly important because ready-made clothes are not easily obtainable and dry cleaning services can be "iffy" and expensive. However, keep in mind also that exceedingly short skirts, shorts, and dresses are generally not worn by Ghanaian women.

In Accra, the terrain of the city compounds the heat. There are no real sidewalks so walking on dirt paths and busy streets requires sturdy sandals and other shoes that ventilate the feet and protect them from heat and dirt. Another crucial point about the weather in Ghana is that during the rainy season it downpours daily and these downpours can last for hours, so bring adequate rain gear such as umbrellas, lightweight raincoats, and waterproof shoes or boots.

**Clock, Time, and Holidays**

Greenwich Mean Time (GMT) is used in Ghana throughout the year and there are no seasonal time changes. For example, when it's noon in Accra, it's 7 am in Washington, DC during the fall and winter but 8 am during the spring and summer months.

Because of Ghana's close proximity to the Equator, several degrees above it, sunrise and sunset times do not vary much throughout the year. In Accra, on average, the sun rises at 6 am and sets at 6:15 pm with slight variations depending upon the time of year. The summer
months bring days with slightly more daylight and the winter months slightly less. Ghanaian national holidays are as follows:

- **January 1**: New Year's Day
- **March 6**: Independence Day
- **(Variable)**: Good Friday
- **(Variable)**: Easter
- **(Variable)**: Easter Monday
- **May 1**: May Day
- **July 1**: Republic Day
- **1st Friday in December**: Farmer’s Day
- **December 25**: Christmas
- **December 26**: Boxing Day

The two official Muslim holidays, Eid Ul Adha (at the close of Ramadan) and Eid Ul Fitr, are determined by the lunar calendar, so the dates vary from year to year. Other holidays may be announced with relatively short notice.

**Currency and Exchange**

The currency in Ghana is the Cedi, the value of which fluctuates almost daily. For example, in early 1998, the exchange rate was approximately 2350 cedis to US$1.00 and in December 2000, the exchange rate was approximately 6800 cedis to US$1.00. Inflation and the devaluation of the Cedi have plagued the Ghanaian economy. Forex bureaus and most banks will exchange foreign currency (See the Money Matters section). There is a limit on the amount of cedis one can take out of Ghana.

**Electronics and Voltage**

Electricity in Ghana is 220V and 50 MHz, but can fluctuate as high as 260V. The fluctuations present dangers not only to electrical equipment but can also start electrical fires. An Uninterruptible Power Supply (UPS) is recommended for sensitive electrical equipment, especially computers and printers (although for printers it may be more practical to have a line conditioner). You can purchase UPS appliances in Ghana. Wherever you purchase one, be sure that it is intended for 50-60 MHz. This is particularly true if you plan to run your 110V computer with the aid of a transformer. Transformers do not convert cycles, only voltage. Before you plug your expensive UPS into an electrical outlet in Ghana, ensure that the polarity of the outlet or transformer is correct. An incorrectly wired outlet, a common occurrence, will destroy your UPS almost immediately. You can check your outlets with a voltage meter, or have an electrician check all outlets for you.

Aside from your computer, your other 110V appliances may also be affected by the different electrical cycles in Ghana. You may notice, for instance, that motors "drag," and eventually burn out. Other appliances may operate fine. If you bring 110V appliances and transformers, ensure that the transformers have adequate watt capacity. Hair dryers, for example, require a lot of watts.

Electrical plugs in Ghana are British-style (i.e., the three-square-prong type) usually with a fuse. You will sometimes find European-style two-round-prong outlets, particularly in older buildings. The two-prong plug on 220V appliances can be easily replaced with a three-prong plug, which is widely available locally. Or, ask your friends how to fit a European plug into a British outlet using a narrow plastic object. The power and water may be off for days at a time, so a generator and large water tank are almost necessities. They can, fortunately, be purchased locally once you arrive.

**Language and Communicating**

English is the official language, but most Ghanaians grow up speaking an indigenous language (e.g., Twi, Fantil, Ga, and Ewe) with English as a second language. It is important to speak slowly, as most Ghanaians are more accustomed
to British accents, not those of North Americans. It can be quite helpful to know a few Twi phrases (this is one of the more common dialects in Ghana) such as those listed phonetically below:

Akwaaba Welcome
Wo ho tay sanè or eh te sane How are you?
Me ho ye / eye I'm fine.
Mah chee Good morning
Mah ha Good afternoon
Mah joe Good evening
Me dah see Thank you
Sain How much
Yiw Yes
Dabi No
May pa cho Please
Bra mu Come in
Ko bra To go and come
Afenhyiapa Happy New Year
Afe nko meto yen Response to
Happy New Year greeting, which means many
Happy Returns
An "obroni" is a foreign person.

Vaccinations and Health Concerns

Yellow fever vaccinations are required for all foreign nationals visiting Ghana. Updating your tetanus vaccine and any others your doctor might recommend (such as cholera, typhoid, meningitis or rabies) is also a good idea. Taking malaria prophylactics before you arrive is generally recommended (See Health section).

There are several other matters you should be aware of before you arrive, including bilharzia and tumbu fly. Bilharzia (or schistosomiasis) is a parasite with a long and complicated lifecycle. It is quite common in fresh water all over Africa, and because of it, you should use extreme caution when swimming in lakes, lagoons, or rivers. Cautionary measures include having regular tests for the parasite, as it can take 30-40 days for symptoms to appear, and basically avoiding fresh water swimming. It is relatively easy to cure if caught early, but can do significant damage if not detected.

Tumbu fly is the reason everyone irons all of his or her clothing. If your clothes and linens are dried on a line, and not ironed, the tumbu fly may come along and lay its eggs in the cloth. When you next use the item, the egg can become embedded into the surface of your skin, and later develop into a lump, from which the worm eventually emerges in a thoroughly disgusting manner. Similarly if you brush against a leaf or sit on grass or the cushions of patio furniture that have been left out, you can contract a case, especially during the mango seasons of Nov-Dec. and May-June. The risk of tumbu fly infestation can be minimized by: (1) either using a tumble dryer or ironing all fabrics before wearing them; (2) not sitting directly on the grass; (3) and taking cushions for patio furniture inside while not in use. In any event, seek medical treatment if you develop a boil-like bump in order to rule out tumbu fly.

Dermatological problems like rashes and blemishes and conjunctivitis are also common health concerns. While easily treatable, they can be irritating and uncomfortable.

For recommended books on health concerns in the tropics, please see a listing in the Health section.

Driving and the poor conditions of the roads provide one of the greatest health risks in Ghana. Poorly lit streets and deep and wide gutters along the roadside make driving after dark particularly hazardous. Outside Accra, driving at night is not recommended because of careless drivers, poor road conditions, and lack of other drivers' headlights and streetlights. Exercise extreme defensive driving by yielding to drivers of tro-tros (overcrowded mini-vans which serve as public transport within Accra and throughout the rest of the country) and maintaining a "cushion"
between your vehicle and other vehicles to minimize the risk of an accident.

International Insurance Agencies

The following is a list of a number of companies offering health insurance to people living outside their home country. As this is not an exhaustive list, please use this as a starting point for information regarding your insurance options.

Access America
PO Box 90315 Richmond, VA 23288; tel: 800-284-8300 or (804) 673-1159. Access America is for U.S. and Canadian residents only. A policy may be purchased only while the client is in the North America but coverage is good worldwide.

Blue Cross/Blue Shield
550 12th St, SW Washington, D.C. 20065; Attn: Small Groups Marketing Dept. Direct Sales and Service; tel: (202) 479-8546. BC/BS can provide coverage to Americans living abroad for periods of 6 months or less. Coverage is determined by local office in the locality where the client has primary residence.

CSA Travel Protection
PO Box 919010, San Diego, CA 92191-9010; tel: 800-348-9505. CSA offers medical coverage, evacuation, trip cancellation, and baggage protection. Policies are mainly for trips less than 31 days.

Gateway Premier
Seabury and Smith Gateway Program Administration can be contacted by calling tel: (800) 282-4495, (202) 457-6842. This program provides medical insurance benefits and assistance for people living, working, or travelling outside their home country for 6 months or longer. If you plan to be out of the country for less than 6 months, ask for information about Gateway Int'l.

Global Care Clements and Company
1730 K Street NW, Suite 701 Washington, DC 20006; tel: (202) 872-0060. Under its "Global Care Program", Clements and Co. can provide overseas major medical insurance, including full worldwide evacuation services for individuals and families. Substantial coverage is available at reasonable cost.

Health Care Abroad
Wallach and Co, 107 W Federal St, Suite 13 PO Box 480 Middleburg, VA 22117-0480; tel: (800)237-6615. This program offers primary medical insurance, evacuation, and repatriation benefits on a daily basis.

Insurance Services of America
401 N. Alma School Rd, No 9, Chandler, AZ 85224, USA; tel: (800) 647-4689; fax: (602) 821-9297; e-mail: <Diplomat@data-max.com>.

International Private Healthcare Ltd
PO Box 488, IDH House, Borehamwood, Herts WD6 1TQ, UK; tel: (081)905-2888; fax: (081)207-2878.

International Traveler's Assistance Association
PO Box 5375 Timonium, MD 21094-5375; tel: 800-732-5309.
This program offers $100,000 coverage for medical and hospital expenses and other benefits. It uses MEDEX Worldwide Travelers Assistance to locate the nearest and most appropriate care and for evacuation purposes.

National Association of Evangelicals Missionary Liaison
Kupfel, Collimore and Co, 1450 So, New Wilke Rd, Arlington Heights, Illinois 60005-3497, USA; tel: (708)392-4302, (800)488-4302; fax: (708)392-8645. Available for Members of NAE who are missionaries,
Christian workers abroad and their dependants.

SOS Medevac Insurance
PO Box 11568, Philadelphia, PA 19116, USA;
tel: (800)523-8930 or (215)244-1500.

Talent Trust Consultants
Provides medical insurance for missionaries. 37 Cangkat Ria, Batu Ferringhi, 11100 Penang, Malaysia;
fax: (604)890-1552.

Traveler Assistance International
Worldwide Assistance Services Inc. 1133
15th St. NW Suite 400 Washington, DC 20005; tel: (800)821-2828.
This company offers basic medical and evacuation coverage on a per-trip or yearly basis. It also offers optional add-ons.

Travel Guard International
1145 Clark Street, Stevens Point, WI 54481; tel: (800)826-1300.
Various policies are available including evacuation, repatriation, medical, trip cancellation and interruption, personal injury, and baggage insurance.

Wiggins and Company
5307 E. Mockingbird Ln, Suite 610, Dallas, TX 75206, USA;
tel: (512)250-0933, (214)827-7830;
fax: (512)250-0163, (214)827-1534;
e-mail: <intl.hth@wiggins.com>.

Shipping Belongings and Ghanaian Customs
If you are moving to Accra for a while, and have a shipment/container coming after your arrival, you will need to complete an "unaccompanied baggage declaration" form when you enter the country. You will need to ask a customs officer to assist you in obtaining this form; it is not sitting on a counter. The officer will ask you what you have coming, write the information down on the form, sign and date it, and return the form to you. It is better to overestimate than to declare less than you ship. No money needs to be paid, or visas shown. If you forget to do this when you arrive, it is not fatal but it is better to comply with this rule as you enter, even if only to save yourself a headache later.

Many people bring their dogs and cats from abroad. See Pets section for entry requirements and other helpful information and suggestions.

Personal Documents
Valid passports and visas are required for all foreign nationals visiting or living in Ghana. If you think you might travel outside of Ghana once you are here, get a multiple-entry visa; it is time-consuming and a nuisance to get one after you’ve arrived.

You may also find it useful to obtain an international driver’s license until you can
CHILDREN

Accra is a wonderful place for families with children. Ghanaians love children and welcome them with warmth and friendliness everywhere. Safety and security are better than in many cities around the world.

This section is a new addition to the No Worries! Guide. It was conceived of and designed to make a kid friendly place even better. Sometimes it is difficult to come up with weekend activities for the kids or to know where to shop for them. We hope that the following references will make life in Accra for you and your children a little easier and, just maybe, a little more fun!

Childcare and Toddler Play Groups

Mum’s, Babies and Tots Playgroup

British High Commission Club, Osu Avenue Ext, off Ring Rd just past Police headquarters; call Melanie for details; tel: 778151. This loosely structured playgroup meets every Wednesday morning between 9:30am and 11:30am. This is a great place for new mothers (or fathers) to meet other mothers with babies and/or young toddlers.

Tumble Tots and Fit Kids Club

Pippa’s Health Centre, Ringway Estates; tel: 224488. Classes designed for children not yet in school to exercise and have fun. Fit Kids club is for children 3-5 years and includes exercise, organized games and open play to enhance coordination, fitness and posture. Tumble tots is for children 1-3 years and includes physical activities, soft play, dance and creative play. Call for schedule.

Kidstuff After School Program

6th St, near US Embassy Consular Section, Osu; tel: (024)382488, (024)252502; hours: M-F: 2:30pm-6pm. Childcare for children 1-8 years including creative play, fun time and simple English. Starting September 2001.

Labone After School Club

135 Labone Crescent, next to Securisafe, near Wangara Hotel; tel: 771683; hours: M-F: 10am-6pm. For children 3+ years old. Picks up children from school and provides lunch and afternoon activities, including offsite activities such as swimming.

* Nsoromma ("star") symbolizes guardianship.
**Education/Schools**

There is a good selection of international schools in Accra, but sometimes the top schools have waiting lists. Therefore it is best to contact schools well in advance of the child’s desired admission date. Please see the Education section for more information on select schools.

**Hair Cuts for Kids**

All the hair salons listed in the Services section under Barber or Beauty Salons provide haircuts for children. Most handle walk-ins, but appointments are sometimes appreciated. The following salons have been identified as particularly child-friendly: Al Ronny’s, Janet’s Beauty Salon, New World Haircuts, and the Shangri La Hotel Salon. Full details such as address, telephone number and hours can be found in the Services section.

**Health Care**

Please see pediatricians, dentists and other specialists listed in the Health section.

**Leisure and Play**

**Play Centers**

Afrikiko Pleasure Park

Liberation Rd at 12th Rd, near Sankara Interchange; tel: (027)552389; hours: daily: 10am-midnight. Small amusement park with three different rides for children two years and up, large moonwalk, and small go carts for older children; requires supervision. Can accommodate parties.

Celebrity Golf Club and Resort Area

Tema
tel:(022)401176/7; fax: (022)401176; take Teshie-Nungua Rd towards Ashaiman, turn right onto Sakumono Broadway to end at T-Junction, turn left and then at next junction turn right. At second junction look for sign board on left; follow signboards, and don’t give up; open weekends only. In addition to golf course, the club has three swimming pools (toddler, junior, and adult) and an old playground apparatus. Walk to bird watching tower for a good view of the wading birds at Sakumono Lagoon. Food and drink available.

**Jungle Mania**

Osu Food Court, Cantonments Rd, Osu, opposite Woodin; tel: (024)231793; hours: daily: 8:30am-11pm. Supervised, air-conditioned play area with bouncy castle and large climbing frame for older children and small house and slide for toddlers; can be rented out for birthday parties.

**La Raceway**

Behind Ghana Trade Fair Centre; tel: 701-2152; hours: M-Su: 11am-until the last person leaves. This is a race track for mini race cars for children (and adults). Rollerblading allowed on the back course with permission. Also has a fairly extensive game room with billiards, fussball and more. Swimming pool in the front.

**Matthew’s Fun House**

Located in North Dzorwulu; follow the signs off motorway; tel: (021) 500814, (024)381641; hours: M-F: 10am-8pm, Sa: 10am-10pm, Su: 2pm-8pm. Air-conditioned play area with climbing gym and ball pen, computers, Nintendo, ride-on toddler train, cars and motorcycles. Pay per child by the hour. Organizes special programs during school holidays. Can be rented out for parties.

**Swimming Pools**

Most of the major hotels and some of the private clubs have pools available for membership or daily admission rate. Following is a list of the most popular ones (full address and other details can be found elsewhere in this section, the Sports and Leisure section or under Hotels in the Travel and Accommodations section).

Celebrity Golf Club (weekends only); tel: (022)401176.
Golden Tulip;
tel: 775360.
Labadi Beach;
tel: 772501.
La Palm Royal Hotel;
tel: 771700, 771641.
La Raceway;
tel: 701-2152.
Novotel;
tel: 667546.
Shangri-La;
tel: 761111.
Tesano Sports Club;
tel: 222124.

**Other Activities**

**Accra Zoo**
Off Liberation Rd onto 12th Rd, right at the T-junction; the zoo is about one kilometer down on the right; hours: daily: 9:30am-5:30pm year round. A small zoo, with lions, leopards, hyenas, monkeys, camel, bushbuck, snakes, crocodiles and other interesting animals.

**Child's Library at the British Council**
See British Council under Libraries in Education section.

**Video Nut Plaza**
Orphan Crescent, Labone; tel: 768282, 768448; hours: daily: 2pm-2am. DVD and room rentals to view movies; has six movie rooms for rent with two that can accommodate up to 15 people with 52" screen. Price is based on room size.

**Wonders of the Wild**
PO Box 1250, Cape Coast; tel: 701-2593, or in Axim (0342) 22400; e-mail: <wonders_of_the_wild@hotmail.com>; founder and executive director: Mr. Malcolm Stark. This is a non-profit, non-governmental organization, whose founder is a Canadian field biologist, dedicated to helping children understand and appreciate nature and the environment through educational awareness programs; in addition to the school-based programs, WOW also periodically offers "nature camps" for children and families who want to discover the wonders of Ghana.

**Lessons and Instruction**
Many of the lessons and classes are fully detailed in the Sports and Leisure section, but the below mentioned activities are either strictly for kids and/or are very children-friendly. Please note though, if you can't find specific activities for you and your children, organize it yourself; people will be very responsive.

**Arts and Crafts**

**Unique Ceramics**
See Sports and Leisure section for details; tel: 501387. Pottery lessons; pay by the hour.

**Computer**

**Kidstuff**
6th Lane, around the corner from US Embassy Consular Section, Osu; tel: (024)382488, (024)252502; hours: M-F: morning and afternoon sessions. Variety of computer classes and also typing instruction. Starting September 2001.

**Omari Comptek Institute**
for Computer Instruction
See Education section for details. Special lessons for children held on Saturday mornings.

**Languages**

**French Language Tutors**
Contact the French School (see Education section for details) for information on French tutors.

**Kidstuff**
See address and telephone numbers above; hours: morning and afternoon sessions. Provides English as a Second Language classes for children from beginning to advance courses.
Little Acorns/Tall Oaks
20 Obenesu Crescent, East Cantonments; tel: 763607. Provides French, German and English as a Second Language instruction for children in the afternoon as part of their extra-curricular activities. Open to both students and non-students of the school.

Martial Arts
Karate and Self Defense
Shangri-La Hotel
Liberation Rd; tel: 761111/2, 762589/9; contact Special Events Manager. Karate classes held twice a week for 4 year ol and up. Pick up application at pool side. Special fee for kimonos.

Music
Mr. Emmanuel Dadson
Tel: 223952. Gives instruction in a variety of musical instruments.

Mr. Vincent Richter
Tel: 777920; piano teacher, very good with children.

Mr. Roger Tofa
Tel: 242346; teaches piano and flute.

Taekwondo
Pippa's Health Centre
Ringway Estates, tel: 224488. Taekwondo taught by Benaiah Tokornoo, a second Dan Black Belt and the African Bronze Medalist. Lessons offered weekly for boys and girls 4-15 years.

Soccer/Football
Ghana International School
Tel: 777163. Every Saturday morning at 9:30am, girls and boys ages 9-14 gather together for soccer training at GIS senior school; matches with visiting teams are scheduled throughout the season; a small fee is charged to help cover expenses.

Sports, Exercise and Dance

Ballet and Modern Dance
Mandy Fouracre Dance Academy
Pippa's Health Center, Ringway Link, tel: 224488. Dance classes for girls and boys three years and above. Ballet lessons following the Royal Academy of Dancing (RAD) syllabus, Tap and Modern. Students are offered the opportunity to perform and to take RAD examinations.

Shangri-La Hotel
Liberation Rd; tel: 761111/2, 762589/9; contact Special Events Manager. Ballet classes for girls and boys three years and above.

Horseback Riding
Burma Camp Saddle Club and Accra Polo Club
Both clubs have horses for rent and riding; talk to the stable staff about informal riding and/or polo lessons. See Sports and Leisure section for full details.

Softball
Bud Field
Fifth Link Rd in Cantonments, down the street from 4th Circular Pharmacy; tel: 776601, 776602, ask for Community Liaison Officer. Children ages 7-15 are invited to come join a pick-up softball game that is organized at Bud Field every Saturday at 9:30am during the academic year; some instruction and training given at each session.

Swimming
Little Acorns/Tall Oaks International School
See entry under Languages above; tel: 763607. Provides swimming lessons as part of the extra-curricular activities. Call for more information; open to both students and non-students.
Shangri-La Hotel
Liberation Rd; tel: 761111/2, 762589/90; contact Special Events Manager or Daniel. Lessons are held twice a week for three months; available any day of the week.

Mrs. Zenabu Sulemana-Akotoh
Tel: 236427. Physical education teacher at GIS; will come to your pool or she can arrange lessons to be held at La Raceway pool.

Tennis
Aviation Social Centre
Airport By-pass Rd; tel: 701-1280. In addition tennis instruction during the academic year, they plan to hold a tennis camp in the summers. Call for more information.

Sunrise Hotel.
Dr. Isert Rd, North Ridge; tel: 224575. Ask for Adam; he has a good manner with children. Non-members pay a user fee on top of instruction fees.

James Nunoo
Contact by leaving message at the security booth of the Canadian High Commission (see Embassies section for address). Personal tennis instruction. Will come to your house or club; if you don't have access to a court, he can play at SNITT Guest House in Ringway Estates (see Hotels in Travel and Accommodations section for address).

Party Services/Birthday Cakes

Birthday Cakes
Bake Shop Classics
Burma Camp Road at Palm Wine Junction; tel: 773044; hours: M-Sa: 7:30am-5:30pm.
Large selection of beautiful and delicious children's cakes to order.

Cake Gallery
Near North Ridge Hotel;
tel: 236781; hours: M-F: 7am-7pm, Sa: 7am-6pm; Sophia Sackey, owner. Very creative cake decorating techniques, such as air brushing. You dream it, they can create it.

Frankie's
Cantonments Rd, Osu; tel: 773567. Good selection of children's cakes to order.

Party Services
Kid's Castle
Tel: 306158, (027)547251;
e-mail: <kids-castle@mailexcite.com>, <leisure@africonaonline.com.gh>. Bouncy castles, story-telling, face painting, clowns and other characters, haunted tent, games, sing along, animal rockers, music and more.

Kids Dominion
Contact Peggy Osei-Tutu, tel: 301198, (024)322765. Bouncy castles and other party favorites such as face painting, clowns, cotton candy. Organizes children's games and more. Very reliable and professional.

Jimbooree at Meron's International Montessori School
Castle Rd, opposite Osu Cemetery; tel: 776304. Rental of bouncy castles and other party goods such as modelled balloons, face paintings, and popcorn.

Party Paradise
Contact: Susan Sackey-Sagoe;
tel: (024)364958;
e-mail: <partyparadise@hotmail.com>;
website: <www.partyparadise.net>. Professional kids' party planners, regular and gladiator bouncy castles, Paa "I" the clown, face painting, puppet show, magician, regular and modelled balloons, cotton candy, party bags, children's chairs, canopies, organized games and more.

The Party Shop
Cantonments Rd, Osu, next to Quick Pick; hours: M-Sa: 9am-6pm. Good selection of all children's party accessories such as party bags, party favours, hats, balloons, invitations, streamers, blowers, blow bubbles, and much more.
Restaurants (kid friendly),
Fast Food and Treats

Afrikiko
Liberation Rd at 12th Rd, north of Sankara Interchange; tel: (027)552388; hours: M-S: 10am-midnight. African and continental dishes. Check out the small amusement park while you wait for your pizza.

Champs Sports Bar
Paloma Shopping Arcade; tel: 228937; hours: M-F: 5pm-till the last person leaves; Sa-S: noon-till the last person leaves. Fussball, billiards, and a special curtained off section with playstation for children and large screen.

Frankie's
Cantonments Rd, next to Standard Chartered Bank, Osu; tel: 773557; hours: S-Th: 8am-11pm, F-Sa: 8am-midnight. Fast food takes out downstairs and eat in upstairs, terrific ice cream and baked goods.

Hirloom Restaurant
Orphan Crescent, Labone; tel: 772782; hours: noon-3pm, 6:30-11pm daily. Good Chinese food, very child-friendly.

Next Door
La Beach Road going towards Teshie-Nungua on the right, tel: 304188; hours: daily: 11am-till late. Varied continental and Ghanaian menu, overlooking the Gulf of Guinea. Lots of room to run around and small children's playground.

Paloma
Two locations: Ring Rd Central at Paloma Arcade; 2nd location on Nsawam Road, Tesano; tel: 228142; hours: M-S: 11am-1am. Serves chicken, pizza, variety of other dishes, casual outside dining.

Papaye
Cantonments Rd, Osu; tel: 773754; hours: M-S: noon-11:30pm. Fast food, chicken and burgers.

Le P'titi Paris Cafe
In Sedoo House, North Ridge, near North Ridge Clinic; tel: (024)316611; hours: M-Su: 7:30am-9pm. Good imported ice cream and fresh baked goods.

Osu Food Court
Cantonments Rd, Osu; tel: (024)231793; hours: daily: 8:30am-11pm. Several fast food options including Nando's (chicken), Pizza Inn (pizza), Creamy Inn (ice cream) and Vasil's café and bakery. Jungle Mania (see above) is located here.

Southern Fried Chicken
Danquah Circle next to Hardees Supermarket; tel: 771485; hours: M-S: 11am-11pm. Fast food take out or eat in restaurant specializing in fried, grilled and roasted chicken as well as pizza, burgers, and more. All food is imported.

Steers Drive Thru
Osu, Cantonments Road; tel: 764394; hours: S-Th: 7am-midnight, F-Sa: 7am-2am. Fast food including flame broiled burgers; there is a supervised kids corner on the first floor at no extra cost. Also has a drive-thru in case parking is a problem.

Shopping

Baby Supplies
Many of the children's clothing stores in Accra carry baby supplies, anything from bottles, bottle warmers, and diapers to cribs, and infant car seats. Like anywhere, quality and price vary considerably from store to store. An assortment of baby supplies can be found in each of the stores marked with an asterisk under Children's Shopping.

Books
Children's books can be found in most of the bookstores in Accra. Check out Books for Less for second hand children's books, including many American classics such as Goodnight Moon and Nancy Drew Mysteries; they get new arrivals all the time. EPP Books has an excellent selection of children's books and activity books, mostly imported from the UK. The University Bookshop at the University of Ghana, Legon has a nice selection of African children's books. As indicated in its name, The Children's Bookshop, in Asylum Down, is dedicated to bringing the joy of reading and learning to children. The names, addresses and telephone numbers of all the major bookstores are listed in the Shopping section under Books. Take your kids and enjoy browsing!
Clothing/Shoes

Following is a list of some of the major stores dedicated to children's clothing. By no means is this list exhaustive. In fact, it doesn't even take into consideration the numerous stores in Accra Central or the main markets that carry children's clothing, toys and shoes. The best thing to do is shop around; you'll soon discover which stores meet your needs best. But please note that imported goods carry imported prices.

Baby Depot

Viva Court, adjacent to US Embassy Consular Section, opposite Nuku Café; tel: 782295; hours: M-Sa: 9am-5pm. A one-stop-shop for all essentials for mother-to-be, newborn and infant child until age one. Stocks maternity wear, infant clothing, breast pumps, baby wear, bedding, feeding accessories and first toys.

Baby Grown Ups

Cantonments Rd, opposite Shell Station, Osu; tel: 778932; hours: M-F: 9am-7pm, Sa: 9am-5pm. Imported clothes for newborns to 16 years, children's shoes, some baby supplies and toys.

Blue Haven

Trinity House, Ring Rd opposite from Fire Station, tel: 772539, 767146. Imported clothing for children and adults and some toys.

Collectibles for Kids

Dzorwulu Junction, second mini-mall on the right third floor; tel: 762495; hours: M-Sa: 9am-6pm. Children's shoes and some clothing, baby supplies and toys. Another store on the first floor also has some children's clothes.

House of Damaris

H/N D 551/3 Asafoatse Nettey Rd, (between GPO Wato Roundabout and Palladium Cinema); tel: 664129, (024)315344; hours: M-F: 7:30am-5pm, Sa: 8am-1pm. Exclusive African embroidered clothing for adults and children.

House of Cramer

Embassy Road, near Salvation Army, Osu; tel: 774835; hours: M-F: 8:30am-6:30pm, Sa: 8:30am-3pm. Imported boys and girls' designer clothes and shoes.

Jennibeng Ventures

Airport By-pass Rd, near Giffard Road, opposite the pottery sellers; tel: 765524; hours: M-Sa: 9am-6pm. Good selection of baby supplies, including cribs, walkers, strollers, clothing for babies through children and children's bicycles.

Mosaic

Dzorwulu Junction on the ground floor of the first mini-mall Sahid Plaza, 4 Blohum Rd; tel: 234723, (027)598622; hours: M-F 8am-7pm, Sa: 9am-6pm. Nicely tailored children's clothes made out of West African Fabric. Also backpacks, dolls, accessories and more.

Mothercare Shops

Several locations: Kwame Nkrumah Ave, near corner of Castle Road; Cantonments Rd at Lokko St traffic light, Osu; and Nsawam Rd, Tesano; tel: 762931. Clothing for newborns to 12 years. Baby supplies, including blankets, and some toys.

New P.A.G.E. Design Company

Around the corner from Photo Club, Osu; tel: (027)597531; hours: M-F: 10am-6pm, Sa: 10am-3 pm; e-mail: <ashermillirer@hotmail.com>. Cleverly designed clothes for kids (and adults) made from tie and dye flour sacks.

PEP Store

Three locations: New Town Rd, Kokomlemle, near Sadisco traffic light; tel: 220336; hours: M-F: 9am-6pm, Sa: 10am-3pm; Kinbu Rd, between Kwame Nkrumah Ave and Kojo Thompson Rd; and Pagan Rd, opposite Melcom, Accra Central. Very good selection of children's play clothes, such as t-shirts and shorts; large selection of shoes, sandals, and much more. Some baby supplies and toys. Very good value.

Please Mum and Dad Befa Rock

Cantonments Rd at 6th Lane, Osu; tel: 760851; hours: M-Sa: 9am-8pm, Sa: 10am-7pm. Large selection of children's clothes for newborn to teenager, children's shoes, baby supplies, toys and accessories.
Plus One
4th Ringway, Ringway Estates; tel: 762979; hours: M-F: 9am-5:30pm, Sa: 10am-2pm. Wide selection of children's shoes and smaller selection of clothing imported from Italy.

Salma Garments
Adabraka (between police station and Dan's Bar); tel: 224546, (024)363203; hours: M-Sa 9am-7pm. Clothing for adults and children, western styled African prints andembroidered African authenticities.
Embassy Rd; tel: 773122; hours: M-F: 8:30am-6pm, Sa: 9am-2:30pm. Imported dressy clothing and shoes for children.

Wonderland
Swanzy Shopping Arcade,
Kwame Nkrumah Avenue; tel: 247593, hours: M-Sa: 8am-6pm (later closing times during holiday seasons). Good for children's clothing, shoes and baby supplies. Some toys as well.

Toys and Learning Materials

Collectibles for Kids
Details above; nice selection of toys.

Desire
Ring Rd Central, at 2nd Mango Tree Ave, corner of Hyundai dealership; tel: 250578. Good selection of educational toys and gifts.

Fairwings Gift Shop
Nyaniba Estates, opposite Labone Junction, a few shops down from Placito; tel: 777009; hours: M-F: 9am-7pm, Sa: 10am-3:30pm.
Toys imported mostly from North America.

Higher Learning
PO Box CT 3519, Cantonments, Accra; tel: 242707; (024)272209; contact Amanda Sedddoh Allotey to place an order. FUNdamentals learning aids and books for children ages 2-13; activity cards, templates, video guides, and games for reading, writing and mathematics.

Kiddie Place
Faafifa Rd, Kokomlemle, near Sabisco traffic light, opposite Georgia Carpets; tel: 240166; hours: M-F: 8:30am-6pm, Sa: 8:30am-4pm. Large selection of large Little Tikes children's toys, such as cars kitchen set, swing sets, children's basketball hoop, picnic table and much more.

Koala Shopping Center (upstairs)
Cantonments Rd at Danquah Circle, Osu; tel: 773455; hours: M-Sa: 9am-8pm. Large toy section in the department store upstairs.

Play 'N' Learn
Two locations: Cantonments Rd, on west side, between 2nd and 3rd Lane, opposite Mark Coffie House, Osu; tel: 660071; Asylum Down, near roundabout; tel: 223235; hours: M-F: 9am-7pm, Sa: 9am-4pm. A wide selection of Lego activities, crafts, puzzles, board games and other toys.

Please Mom and Dad Befo Rock
See details above; toy sections upstairs and downstairs.
Plus One
4th Ringway, Ringway Estates; tel: 762979; hours: M-F: 9am-5:30pm, Sa: 10am-2pm. Wide selection of children's shoes and smaller selection of clothing imported from Italy.

Salma Garments
Adabraka (between police station and Dan's Bar); tel: 22456; (024)363203; hours: M-Sa 9am-7pm. Clothing for adults and children, western styled African prints and embroidered African authentic.

Embassy Rd; tel: 773122; hours: M-F: 8:30am-6pm, Sa: 9am-2:30pm. Imported dressy clothing and shoes for children.

Wonderland
Swamzy Shopping Arcade,
Kwame Nkrumah Avenue; tel: 247593; hours: M-Sa: 8am-6pm (later closing times during holiday seasons). Good for children's clothing, shoes and baby supplies. Some toys as well.

Toys and Learning Materials

Collectibles for Kids
Details above; nice selection of toys.

Desire
Ring Rd Central, at 2nd Mango Tree Ave, corner of Hyundai dealership; tel: 250578. Good selection of educational toys and gifts.

Fairwings Gift Shop
Nyaniba Estates, opposite Labone Junction, a few shops down from Placito; tel: 770009; hours: M-F: 9am-7pm, Sa: 10am-3:30pm.

Toys imported mostly from North America.

Higher Learning
PO Box CT 3519, Cantonments, Accra; tel: 242707; (024)272209; contact Amanda Seddoh Allotey to place an order. FUNDamentals learning aids and books for children ages 2-13; activity cards, templates, video guides, and games for reading, writing and mathematics.

Kiddie Place
Faanofo Rd, Kokomlemle, near Sabisco traffic light, opposite Georgia Carpets; tel: 240166; hours: M-F: 8:30am-6pm, Sa:
COMMUNICATION
& NEWS

Telephone and Fax

There are two national companies that provide fixed line service in Ghana - Ghana Telecom and WESTEL. The area code for Accra is (021) which will be understood in this guide book if no area code is shown. The mobile phone companies require an area code unless you are using the same system, such as Spacefon to Spacefon. The codes are (020) Onetouch, (024) Spacefon, (027) Mobitel and (028) Celtel. Fax machines are readily available, depending on your specifications.

Fixed Line Services

Ghana Telecom

Headquarters, Telecom House at Kwame Nkrumah Circle; tel: 200200; fax: 221002. Pick up an application from the nearest Ghana Telecom Customer Service Point (CSP) in your vicinity. Fill out the form with full address and directions, in map form if necessary, and take it back to a Ghana Telecom CSP. A letter acknowledging receipt of the application will be given to you. Within a period of two weeks, a survey will be conducted, and based on the availability of lines, you will be served with the telephone. International Direct Dial (IDD) can be installed upon request for an extra fee. This will enable you to make international calls from your phone. Payments are made at the Ghana Telecom CSPs. When you pay your phone bills, be sure to get, and keep, the receipt in order to prove that the bill has been paid.

Need a Ghana Telecom phone number? For GT Directory Assistance, dial 105.

WESTEL

(Western Telesystems), Kyern Place, No. 1 Dr. Isert Road, North Ridge, Accra; tel: 701-0000; fax: 701-0392. Provides fixed line wireless service to both businesses and individuals using a network of microwaves and a satellite hook-up. Services include voice, data, fax and access to the Internet with options for dedicated lines and customised data handling provided to businesses. Applications can be picked up at the Customer Service Center (CSC) at the above address. A signal survey must be done before installation and the process takes about two weeks. WESTEL offers both a prepaid and a post-paid service and operates its CSC 24 hours a day, 7 days per week at 700-1234.

Mobile Phones

Mobile phones are widely used. They require dialing of an area code as mentioned above. You can buy your own handset from one of many, many locations around town, or get them from authorized dealers like Mobitel, Spacefon, Ghana Telecom or Celtel. Service is available from all of these companies in the greater Accra area and the various companies are widening their coverage all the time. Prepaid telephone cards are available with these systems, so a long-term contract is not necessary.

“Sipo” symbolizes freedom of speech.
Mobitel
(Miliicom Ghana Limited)
1st Dzorwulu Crescent; tel: 701-1000 or (027)551001/4; fax: 701-1001;
e-mail: <sales@mobiteldghana.com>. Currently has coverage in several regions in addition to Greater Accra. They have a dedicated 7 days a week service center, and convenient customer care and payment centers. All locations are open M-F: 7:30am-7:30pm and on Saturday and Public Holidays from 8am-5pm. The Accra-Barnes Road service center is open on Sunday from 1pm-5pm.

Spacefon
(Scancom Limited)
Auto Parts Building, Graphic Road, South Industrial Area, Accra; tel: (024)3000000, 238018; fax: (024)300013, 231974.
They are a GSM mobile service in Ghana. The service runs on the GSM 900 frequency. To sign a contract, you will need to show identification and to place a deposit for National, International or Roaming services. The subscriber then receives monthly bills according to the calls made. They have coverage in several regions of Ghana and numerous offices.

Onetouch
Headquarters, Telecom House at Kwame Nkrumah Circle; tel: 250306; hours: M-F: 8:30am-5pm, Sa: 9am-1pm. Ghana Telecom introduced a GSM mobile service in Ghana in early 2001. This system works the same as the other systems in town, you can sign a contract, or purchase prepaid cards.

Public Telephones and Prepaid Telephone Cards
Both Ghana Telecom and WESTEL (and their agents) sell prepaid telephone cards. At present, they can be used in their respective systems and stand-alone phone booths (Public Telephones). They can be used for national and international calls. There are also any number of Communications Centers in the city where calls can be made. If the Communication Center has IDD, then international calls can be made as well.

International access codes and collect calls.
The international access codes for calling cards and collect calls to Canada, United Kingdom and United States are listed below.

- AT&T Direct (USA) 0191
- Sprint Direct (USA) 019900
- MCI Direct (USA) 019019
- AT&T (Canada) 019222
- TELEGLOBE (Canada) 019233
- BT (UK) 0194
- BT Prepaid Calling (UK) 01934

Frequently Used Area Codes:

- Accra 021
- Kumasi 051
- Ada 0968
- Mampong/Ashanti 0561
- Akosombo 0251
- Navrongo 0742
- Axim 0342
- Nkawkaw 0842
- Bawku 0743
- Obuasi 0582
- Bekwai 0572
- Sekondi/Takoradi 031
- Bena-Aflao 0962
- Sunyani 061
- Bolgatanga 072
- Swedru 041
- Cape Coast 042
- Tamale 071
- Dunkwa 0372
- Tarkwa 0362
- Ho 091
- Tema 022
- Keta 0966
- Wa 0756
- Koforidua 081
- Winneba 0432
- Konongo 0531
- Information 103/105
Internet and E-mail Services

Internet Service Providers
You can connect to the internet as soon as you have your computer hooked up to a phone line.
Below are listed the major internet service providers (ISP).

Africaonline
Kwame Nkrumah Circle, GCB Tower, 5th flr; tel: 246065/9; fax: 246182;
email: info@africaonline.com.gh; hours: M-F: 8:30am-5pm.

AOL and Compserve
If you have an account with America on Line or Compserve, you can dial into their services with a local number. At the time of this printing, the local number was (021) 233643. The connection speed is rather slow, 9600 bps, but it is available.

InternetGhana
Kwame Nkrumah Avenue, Adabraka, Accra; tel: 227654, 2518711, (027)547703 (new accounts);
fax: 251876;
email: customercare@ighmail.com; hours: M-F: 8am-5pm.

Network Computer Systems (NCS)
7 Sixth Avenue, Ridge, Accra; tel: 220622, 762171, 225472; fax: 762173;
email: support@ncs.com.gh;
hours: M-F: 8am-6pm. On premises Internet Café open same hours.

Intercom Data Network (IDN)
25 Mushroom Street, Achimota Market (near Ghana Telecom Dome Exchange),
tel: 408311, 408268; fax: 408310; email: <support@idngh.com>; hours: M-F: 8am-6pm. On premises Internet Café hours: M-Sa: 8am-6pm, S: 2pm-6pm.

Personal Internet Service
Unlimited Dial-up Internet Access
US$ 25/month
Free E Mail Address
1 Dialup Login Account
Unlimited Access
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Our aim is to get as many Companies, organisations and individuals as possible connected to the Information highway
* Bringing them the benefits of the World Wide Web.
* Giving them Direct Unlimited Access to the Internet.
* Sharing the future of Communications in Africa using cutting edge technology.
* Providing World Class Customer Service

Our commitment to "Bringing The 'Ed' into an 'ING' environment' and the 'Regeneration of the next Generation' campaign.
* 24 Hour 7 day Customer and Technical Support

IDN doesn't just give you unlimited Internet Access. We give it to you the way you want it.
Internet Cafes
There are numerous Internet Cafes around Accra including those maintained by NCS and IDN above. They offer Internet browsing, e-mail and various software programs.

Paloma Cyber Café
Paloma Shopping Center, Ring Rd; tel: 241246, (024)387314; e-mail: <pcyber@ghana.com>; hours: M-Sa: 9am-11pm, S: 10am-10pm. They are also open public holidays.

Comspecx Cyber Café
F501/4 Nyaniba Estates (near Christianborg Hotel); tel/fax: 772048; e-mail: <comspecx@ghana.com>; hours: M-Sa: 8am-8pm, S: 9am-6pm.

Yamena Microsystems
106 Tanbu St, E Legon; tel: 510334; hours: M-Sa: 9am-10pm. They have 25 pc's available and do software design and self-training programs.

Amateur (HAM) Radios
Ham Radio licenses are normally applied for through the National Communications Authority (NCA). Once the application is approved, you will be allocated a frequency modulation license. You can use a radio once you have the license; however, radios are not readily available on the Ghanaian market. With the exception of those purchased by mining companies, all imported radios are subject to duty.

NCA
1st Rangoon Close, Accra; tel: 776621, 763444; e-mail: <nca@ncs.com.gh>.

Which is the Best Roads for your Company's Internet Traffic?
For total internet solutions all GOOD ROADS lead to NCS INTERNET GATEWAY

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Your Easy Access to the Net.
We DESIGN, IMPLEMENT, & SUPPORT your Internet and Intranet solutions.

We get you around the globe
- Documents Import/Export
- Mail Door to Door
- Parcels Guaranteed Reliability
- Freight Complete Security

Global Express, Logistics & Mail
Mail and Express Mail

Much of the local day to day correspondence is hand delivered by delivery services. The postal service does not deliver to residences. Mail sent from the Kotoka Airport Post Office usually arrives in Europe and North America much faster than if mailed from other post office points. Express mail and other special services may be obtained from the following companies. They all ship domestically and internationally.

Express Mail

DHL
North Ridge Crescent (behind KLM, off Ring Road), Accra; tel: 227035, 221552, 221647; hours: M-F: 8am-7pm, Sa: 9am-2pm. Couriers will pick up packages at residence or office. They have various branches and agents around Accra and Ghana.

Federal Express
Swazny Shopping Arcade
(former Kingsway Bldg.) 1st Floor, Kwame Nkrumah Ave; tel: 667330, 666859; fax: 237231; hours: M-F: 7:30am-6:30pm, Sa: 9am-2pm. Couriers will pick up packages at residence or office. They have various branches and agents around Accra and Ghana. They specialize in shipping within Africa.

Mailboxes

In theory, mailboxes are obtained in your area of residence, but in practice, this is virtually impossible. Instead, apply to all the convenient Post Offices. A form is issued which must be completed and returned. You will pay a rental fee. In a couple of months, depending on availability, you will receive notice of allocation. Keep in mind that the postal service does not deliver to residential addresses.

International Newspapers and Magazines

Foreign publications are available for reading only in some libraries (see Libraries listing in Education section). Accra's larger supermarkets and hotels sell international newspapers and magazines, but usually several days after publication date.

Crystal Link Ventures
Tel: 230321; Will deliver a variety of international newspapers and magazines to your doorstep. They provide prompt delivery after publication date.

McPherson Enterprise
P.O. Box 6048m Accra-North; tel: 779822, (027)575443; e-mail: <mcpherson_90@yahoo.com>. Supplies a variety of English newspapers and magazines.

Local and Regional News

The Ghana News Agency keeps bulletins for local and foreign news as well as the daily summary of world events from news agencies (Reuters, DPA, PANA, ITA, and TAS). They are open 24 hours a day and are located by the Ministries (next to Registrar General) in Accra.


Newspapers

The Daily Graphic and The Ghanaian Times are the most widely distributed sources for local news and advertisements. The High Street Journal is the leading business newspaper.
are numerous other local papers, including some National Enquirer-type papers.

Radio
The following are the FM radio stations heard in Accra. Some provide world news in English, most on the hour (*).
87.90 ATLANTIS
101.30 BBC FM
89.50 Radio France Intl.
102.30 Choice Radio
90.50 RADIO GOLD*
101.10 TOP RADIO
91.90 VIBE*
104.30 PEACE FM, 70% in Akan language
92.70 Channel R
105.70 RADIO UNIVERSE
95.70 GAR*
106.30 ADOM
99.70 JOY FM*

Shortwave Frequencies
International news and programs are available by short-wave radio. Several stations provide word news broadcasts in English on the hour every hour every day. Broadcast times are GMT.

BBC
Full program details available from the British Council (see Libraries).

Voice of America
Full program details available from the U.S. Public Affairs Section (see other Governmental Organizations in Embassy & NGO section).

Television
A license must be obtained to run a television in your home. For a license, walk into Ghana Broadcasting (west of Sankara Interchange on Ring Rd.) or any license desk, usually at larger post offices such as Cantonments or Osu. Give details on your set. You will be given a registration form, and you will pay a small fee. Ask for a receipt and keep it handy.

Ghana Television (GTV)
Presents various local programs as well as world and local news.

CNN
Transmitted every day from 6am to 10am (not continuously) and again at midnight prior to sign-off on either GTV or Metro TV depending on time.

TV3
Begins broadcasting every day from 4pm beginning with cartoons and then series and movies. They have the local news in English at 6:30pm, and world news in English at 10pm prior to sign-off.

METRO TV
Opens at 6am with CNN. Its claim to fame is its array of sitcoms, soap operas and sporting events. It closes at 12 midnight.

Cable Television
Multichoice Ghana, Ltd
15 Serengeti Street, Airport Residential Area; tel: 768666; fax: 768667; e-mail: service@gho1.mck.co.za. They offer cable tv in various combinations and DStv which requires the purchase of a satellite dish.

Cable Gold
Sakumono Flats, Tema; tel: (022)403549, (022)401744; fax: 401740. Offering 9 channels of cable television. Can provide services in some areas of Accra.
EDUCATION

How Schools Work

In general, the Ghanaian school system closely follows the British system. The schools that are usually viewed as meeting European or American standards follow. With the exception of the Dutch extracurricular school, none has any restrictions as to nationality or religion. Be aware that demand for these schools is very high; it is not uncommon to hear that parents have tried to place their children on waiting lists before they were even born! Some schools set aside places with higher tuition and enrollment fees for those who come to Ghana with less advance warning.

Transportation to and from the school is not usually provided, nor are prepared lunches. When previewing schools parents should ask about the school’s disciplinary methods; corporal punishment, or “caning,” is not uncommon. Parents should also check the grounds for safety, assure that adequate toilet facilities exist, and ask about the school’s educational philosophy. Although many Ghanaian preschools call themselves “Montessori,” they often have a very academic orientation, especially when compared to the American or European approach to preschool education.

Nursery Schools

Bizzy Bees

PO Box 6606, Accra; located at 4 3rd Norla St, North Labone; tel: 776268; Susan Amegashie (Mrs. Ashi), Director. A Montessori-based, multi-faceted play and learn program including reading and writing skills for children from 18 months to 6 years old. Classes from Monday through Friday, mornings only. Maximum 60 students. The student-teacher ratio is about 5:1.

Faith Montessori

PO Box 15063, Accra North; located on E186/9 5th Estate Rd in Kanda, down the street from Family Health International, behind the Accra Zoo (there are no signs); tel: 220100; e-mail: <faithfal@ghan.com>. A private Ghanaian Christian school using the Montessori method of teaching and learning, this nursery school accepts children from 2 1/2 to 5 1/2 years before they are moved to a satellite location in New Gbawe, Bank of Ghana Quarters (near McCarthy Hill) for primary and JSS. Preschool classes are limited to 10-12 per teacher; classes are Monday through Friday mornings.

The Gingerbread House School

Located next door to the British High Commission office at Osu Link, Ridge; tel: (027)564137, (022)303178; Martina Biney, Director. The Gingerbread House is Accra’s first purpose-built Montessori nursery school for children between the ages of 2 and 5.

Ntesle or Mafe Masie (“I’ve heard and kept it”) symbolizes wisdom & knowledge.
The children are guided through the curriculum, at their own pace, by qualified teachers and assistants. Classes are held Monday through Friday, 8am-12pm. Maximum 35 students. The student-teacher ratio is 7:1.

Little Acorns International Nursery Ltd
PO Box GP 145, Accra; located at 20 Obeneasu Crescent, East Cantonments; tel: 763607; fax: 776329; e-mail: clomoky@hotmail.com; URL: <http://littleacorns.homepage.com>

Petra Petersen-Ofei, Director; Irina Dafeamekpor, Head Teacher. A creche, nursery and preschool, Little Acorns aims to maintain an attractive, friendly environment which encourages positive growth for multinational children through opportunities to explore and learn. Children between the ages of 1 year and 5 1/2 years are accepted into small groups with adequate supervision. School hours are from 7am-2pm, Monday through Friday. Other activities include summer camp and renting of premises for children's birthday parties. For primary school see Tall Oaks under Preschool-Primary-Secondary.

Three Bears International School
(see Preschool-Primary-Secondary)

Trinity Montessori
Sapale Rd, Dzorwulu; turn onto Blohum Rd at Dzorwulu traffic light on Achimota Rd, then turn left at Sid Cinema Theatre, school is located at the end of street; tel: 773059, (027)562733; Ms. Korantung, Director. Established in 1999, Trinity Montessori offers children aged 2 to 6 years a learning experience based on the Montessori methodology of teaching. Classes are held Monday through Friday in the mornings. Other Ghanaian nursery schools to consider: Alpha Beta Montessori Learning Centre, Dansoman, tel: 300569; Merton Montessori Nursery School, opposite Osu Cemetery, tel: 776304; Merry Mary, Labone, tel: 775408.

Preschool-Primary-Secondary Schools

De Nederlandse School
(The Dutch School) Located at 12 Volta St in the Airport Residential Area; c/o Mrs. Annemarieke de Groot, Secretary. Box 3248, Accra; tel: 770298; e-mail: <odegroot@ghana.com>. This extra-curricular school accepts Dutch-speaking children who have at least one parent of Dutch or Belgian heritage. The school, subsidized by the Dutch government, offers Dutch cultural classes for children aged 3 to 18, with older children instructed in Dutch reading, writing, language, and literature. Class times vary according to age. School year runs from early September to mid-June.

Ecole Francaise Jacques Prevert
(Commonly called the "French School") PO Box C1813, Cantonments, Accra; located on Tanbu Street in East Legon; tel: (027)570576, 507171, 503688; fax: 500390. This newly built school offers the standard French system curriculum (programme frangais) for ages 3 to 14. Ages 11 to 14 receive instruction based on the CNED syllabus; this concludes with the equivalent of 'O' (Ordinary) level exams (Brevet des Colleges: BEPC). School year runs from early September to late June.

Ghana International School (GIS)
PO Box 2856, Cantonments, Accra; located on 2nd Circular Rd in Cantonments; Mrs. Sawyer, Principal; tel: 777163, 773299; fax: 772642; URL: <www.gis.edu.gh>. This school offers an international/British curriculum in English for ages 3 to 19. It accommodates about 1,120 students from 50 nations. English as a Second Language (ESL) classes are available for non-native speakers of English at both the primary and secondary level. The secondary school offers both GCE Ordinary and Advanced Levels from the University of London Board. The school is also a testing center for the Scholastic Aptitude Tests (SAT) for those wishing to enter tertiary institutions in the United States.
Children are admitted to the Nursery at age 3 and to class 1 at ages 5 or 6 and to other classes depending upon their age and placement. In order to ensure the availability of places for new arrivals to the country (short-term expatriates), there are a number of places in each section of the school specifically reserved for them. They may have to wait a little, however, for vacancies in some classes for which there is great demand such as the Nursery and class 1. There is a full range of extra-curricular activities for children 8 and up. School year commences in early September, ends in late June.

**Lincoln Community School**  
(LCS or “American School”) Located at 126/21 Dedeaba St, Abelenkpe; Dr. Don Groves, Superintendent, c/o U.S. Embassy, PO Box 194, Accra; tel/fax: 774018, (024) 320336, 763913, 772964; e-mail: <lincoln@lincoln.edu.gh>; URL: <www.lincoln.edu.gh>. Accredited by the Middle States Association, Lincoln Community School of Accra is a private, coeducational American school that offers an educational program in English from pre-kindergarten (4 year olds) through grade 12 for students of U.S. diplomatic mission families and others who seek an American education. Special language classes for non-native speakers of English are available. An international baccalaureate (IB) program will be offered starting September 2002. College placement exams are offered, as are a range of extra-curricular activities. School year runs from late August to early June.

**Little Acorns**  
See entry under Nursery Schools

**R.M.S. Swiss School**  
PO Box 1525, Accra; located on Ring Rd Central; tel: 223522; fax: 234252. This school, recognized and subsidized by the Swiss government, offers Swiss curriculum classes for ages 3 through 16 and boarding facilities Monday through Friday. The nursery class (for 3 and 4 year olds) is taught in English; kindergarten and classes 1 to 9 are all taught in German. School year begins in early September and ends in late June.

**Tall Oaks International School (TOIS)**  
PO Box GP 145, Accra; located at 20 Obenese Crescent, East Cantonments; tel: 763607; fax: 776329; e-mail: <lomoky@hotmail.com>; URL: <http://littleacorns.homepage.com>; Petra Peterson-Ofei, Director; Irina Dafeamekpor, Head Teacher. A sister school to Little Acorns, Tall Oaks offers an education in English, Monday through Friday, following predominantly the British National Curriculum and tops up with the Ghanaian Syllabus. German and Ga are taught as second languages. The school also provides a range of extra-curricular activities, which are open to non-students, including language training, sports and swimming. As of press time, the primary school includes class 1 and class 2 and plans to add a new class each academic year until they have a full primary school.

**Three Bears International School**  
PO Box CT2849, Cantonments, Accra; located off Patrice Lumumba Rd in Airport Residential Area; tel/fax: 761853; e-mail: <3bears@africaonline.com.gh>; Christine Simmonds, Principal. Established in 1997, Three Bears offers children a learning experience with facilities equal to any in the UK. Using imported equipment and books, it follows the British National Curriculum in the Nursery (aged 3-4 years), Reception (aged 4-5 years) and Primary classes (aged 5-7). Capacity for the Nursery and Reception: 40 children. The Primary is divided into two classes: 1a and 1b. 1a is for children 5-6 years and covers the first stages of the Key Stage One of the British National Curriculum and 1b for children aged 6-7 covers the final stages of Key Stage One. Capacity for the Primary classes: 24 students (12 in each class). The school has 8 permanent staff members.

**Special Needs Schools**

**New Horizon Special School**  
20 4th Circular Rd, Cantonments, at 4th Circular Roundabout; tel: 772878; Mrs. Salome Francois, Executive Director.
Tertiary Institutions
University of Ghana, Legon
Located in Legon off the Legon-Madina Rd, north of Tetteh Quaashee Circle. The University of Ghana is a public, co-educational comprehensive research and teaching institution offering undergraduate, postgraduate, and professional programs of study. It also conducts extensive research and provides services of various kinds to the public. Requests for application for admission into any of the postgraduate degree programs can be made anytime of the year. Such requests should be directed to The Assistant Registrar, Office of the Dean of Graduate Studies, University of Ghana, PO Box LG571, Legon; tel: 500793; e-mail: <dgs@ug.edu.gh>. Admissions requirements and applications for the undergraduate degree programs can be obtained by writing to the Deputy Registrar (Academic Affairs), University of Ghana, PO Box 25, Legon. Non-members of the University may be admitted to part of courses for up to one session/semester, subject to the approval of the Dean of Faculty and the Head of Department concerned.

Ghana Christian College and Seminary
PO Box 5722, Accra North; located on Abeka Road, near Abeka Post Office, hoping to relocate to larger campus by 2002 (property of Amrahia); tel: 226735. Offers baccalaureate degree and other programs leading to diploma or certificate. Includes a 5,000+ volume library.

Ghana School of Law
PO Box 179, Accra; tel: 664775. The Ghana School of Law offers a Post-Call Course for foreign lawyers at their downtown location across from the Makola Shopping Center, not on Legon Campus. This is also where holders of B.A. and B.S. degrees study for their professional legal degrees. Course is held every year from May to August. Contact the Registrar's office for admission application and more information.

Other Educational Opportunities

Language Instruction
Alliance Francaise
PO Box 1573, Accra; located or Liberation Link Rd, Airport Residential tel: 773134. French classes for children and adults, and some English classes for native French speakers. Also hosts numerous cultural events.

French Tutors
Call the French School for information on tutors.

Goethe Institut Inter Nationes
PO Box 3196, Accra; 30 Kakramadu Rd, East Cantonments; tel: 776764. German classes given daily.

Music and Dance and Other Arts Instruction
See Sports and Leisure Section.

Computer Instruction
Kay Micro-Data Services
Located behind NCR Building in Adabraka; tel: 221977. Instruction in a variety of software programs and networking. Morning and late afternoon classes offered.

K-Compu Service Ltd (KCS)
Located behind KLM on same road as DHL, North Ridge; tel: 224715, 244928, 244929; fax: 227802; e-mail: <kcs@ighmail.com>. Offers introductory and advance courses in Microsoft software, PC appreciation, and networking in an air-conditioned environment.

KPMG, Peat Marwick Okoh & Co
Tel: 664881/4. Accounting applications and systems training, especially for Sun accounting systems. Also provide
Management courses for interested companies.

NIIT
274/3 Ring Rd Central, opposite Barnett's Furnishers; tel: 250647, 251150/1; fax 250649; e-mail: <nii@ghana.com>, <enquiry@nii.gh.com>. Provides a full range of career courses in information technology, computer programming and software applications.

Omari Computek Institute of Computer Studies and Services
PO Box 0468, Osu, Accra; located at 85 Ring Road East, Labone; tel: 776212; e-mail: <omari@ghirmai.com>. Offers individual or group classes in basic Microsoft Windows, word processing, spreadsheets and other computer software, computer programming, and computer hardware engineering. Classes are held in the morning, noontime, afternoon and evenings. The institute also provides graded courses in computers for children of school-going age (6 years and over) on Saturdays.

Libraries
Balme Library
University of Ghana, Legon; tel: no phone; hours: M-Sa: 8am-4:30pm.

British Council
Liberia Rd and Independence Ave (across from Mobil House); tel: 663979; hours: M-F: 10am-3pm, Sa: 9am-1pm. Collection offers books and videos for loan, and a wide selection of British magazines and newspapers.

Martin Luther King Resource Center
US Embassy Public Affairs Section (formerly USIS), Independence Ave and Castle Rd; tel: 229829; hours: T-W: 9am-5pm, F: 8am-12:30pm, Sa: 9am-2pm; closed Mondays and Thursdays. Collection offers books for loan, videos for institutional use, and a selection of American magazines and newspapers.

U.S. Computer Training, Ltd
B112/21 Korle Gonno Street, North Kaneshie; tel: 238203; Annie Hall, Managing Director. Uses a practicum, activity driven approach to learning software. Students use the computer two hours a day for a total of 60 hours. Two levels are taught: a) Introduction (keyboarding, word processing, spreadsheet, and database basics, and b) advanced (more MS Word, MS Excel, data-base skills) to which publishing is added.
EMBASSIES & NGOs

Embassies, High Commissions, and Consulates

To the best of our knowledge, the nations listed below are those, which have Embassies and High Commissions in Ghana or elsewhere on the African continent.

Afghanistan
Resident in Addis Ababa, Ethiopia.

Algeria
22 Tito Ave; tel: 776719; fax: 776828.

Andorra
C/o Embassy of France, 12th Rd, off Liberation Ave, Labone;
tel: 228571, 774480; fax: 778321.

Angola
Resident in Lagos, Nigeria.

Argentina
Resident in Lagos, Nigeria.

Australia
Resident in Lagos, Nigeria. For passport and consular services, call the Canadian High Commission; tel: 773791, 228555.

Austria
Resident in Abidjan, Ivory Coast. For limited consulate services in Accra contact Addo-Atuah & Co.; tel: 220640.

Bangladesh
Resident in Dakar, Senegal.

Belgium
Independence Ave, between 37 Military Hospital and Flagstaff House
tel: 762281, 762282.

Benin
3 Switchback Lane;
tel: 774860; fax: 774889.

Brazil
Sir Arku Korsah St., Airport Residential;
tel: 774908.

Bulgaria
3-5 Kakramdu Rd, East Cantonments;
tel: 772404;
fax: 774231.

Burkina Faso
772/3 Farrar St., Asylum Down;
tel: 221988, 221936.

Cameroon
Resident in Lagos, Nigeria.

Canada
42 Independence Ave;
tel: 228555, 228566, 773791;
fax: 773792.

Central African Republic
Resident in Yaounde, Cameroun.

Chad
Resident in Lagos, Nigeria.

*Bin Nka bi (*"No one should bite the other") symbolizes peace & harmony.*
China
6 Agostino Neto Rd; tel: 777073; fax: 774527.

Cote D'Ivoire (Ivory Coast)
No. 9, 18th Lane, Osu;
tel: 774611, 774612; fax: 773734.

Cuba
20 Amilcar Cabral Rd;
tel: 774998, 775868; fax: 774998.

Czech Republic
7 Kanda Highway; tel: 223540;
fax: 774568.

Democratic Republic of Congo
Resident in Lome, Togo.

Denmark
67 Dr. Iserl Rd; tel: 226972, 229830;
fax: 228061.

Djibouti
c/o Embassy of France, 12th Rd, off
Liberation Ave; tel: 228571, 774480;
fax: 778321.

Egypt
34 Tito Ave; tel: 776854; fax: 776795.

Ethiopia
2 Mlne Close, off Amilcar Cabral Rd,
Airport Residential; tel: 775928.

European Union
81 Cantonments Rd (Round House);
tel: 774094, 774202.

Finland
Consulate services in Shangri La Hotel
near airport; tel: 772178.

France
12th Rd, off Liberation Ave;
tel: 228571, 774480; fax: 778321.

Gabon
c/o Embassy of France;
tel: 228571, 774480; fax: 778321.

Gambia
Resident in Lagos, Nigeria.

Germany
6 Ridge St., North Ridge;
tel: 221311, 221326; fax: 221347

Greece
c/o Embassy of Spain, Drake Ave Ext.,
tel: 774004, 774005; fax: 776216.

Guinea
4th Norla St., Labone; tel: 777921.

Holy See
8 Drake Ave, Airport Residential;
tel: 777759; fax: 774019.

Hong Kong
c/o Embassy of China, 6 Agostino Neto
Rd; tel: 777073; fax: 774527.

Hungary
Ayikuma Ave, Adebakra; tel: 223313.

India
9 Ridge Rd, Roman Ridge;
tel: 775601, 775602; fax: 772176.

Indonesia
Resident in Lagos, Nigeria.

Iran
12 Sir Arku Korsah St.;
tel: 766521; 774474.

Iraq
Resident in Lagos, Nigeria.

Ireland
5th Circular Ext., Labone;
tel: 772866, 779774, 76535.

Italy
Jawaharlal Nehru Rd; tel: 775621;
fax: 777056.

Jamaica
Resident in Lagos, Nigeria.

Japan
8 Tito Ave; tel: 765060, 765061, 775618,
775719, 775879; fax: 775851
Kenya
Resident in Lagos, Nigeria.

Korea (DPRK)
C61 Dideiba Road, Abelempke;
PO Box 13874, Accra-North.

Korea (ROK)
3 Abokobi Rd, East Cantonments,
tel: 777533, 776157.

Kuwait
Resident in Dakar, Senegal.

Lebanon
F884/1 Cantonments Rd, Osu;
tel: 776727; fax: 764290.

Lesotho
Resident in Nairobi, Kenya.

Liberia
10 West Cantonments Rd,
tel: 775641, 775642, 775987.

Libya
47 Liberation Rd, tel: 774819;
fax: 774953.

Malaysia
14 Temple Lane, Airport Residential;
tel: 763691; fax: 764910.

Mali
Bungalow No.1, Liberia Rd, opposite
Ministry of Trade and Industry near
National Theater; Tel: 663276;
fax: 666942.

Mauritania
c/o Embassy of France, 12th Rd, off
Liberation Ave, tel: 228571, 774480;
fax: 778321.

Mexico
Resident in Rabat, Morocco.

Monaco
c/o Embassy of France, 12th Rd, off
Liberation Ave, tel: 228571, 774480;
fax: 778321.

Morroco
Resident in Abidjan, Ivory Coast.

Netherlands
89 Liberation Rd, tel: 773644;
fax: 773655.

Niger
Independence Ave, opposite Swiss Air
Building; tel: 224962.

Nigeria
Tito Ave, tel: 776158, 776159;
fax: 774395.

Norway
Cola Ave, off Ring Rd, near Ghana
Cement (GHACEM); tel: 220101, 220144.

Pakistan
11 Ring Rd East, off Danquah Circle, Osu;
tel: 775910, 776059.

Palestine
Ghana Airways Ave, Airport Residential;
tel: 778736; fax: 778737.

Philippines
c/o Honorary Consul Alex T. Quarmayne,
Kinshasa Road, off Adebe Pala St, East
Legon, Accra, Ghana; tel: 500907;
fax: 500032.

Portugal
c/o Embassy of Spain, Drake Ave Ext.,
tel: 774004, 774005; fax: 776216

Romania
16 Nme Lane, Airport Residential;
tel: 774281; fax: 772554

Russia
13th Lane, Ring Road East, opposite
"Chick 'n Lick'n", Ring Rd, East, Osu;
tel: 775611; fax: 772699.

Rwanda
Resident in Cotonou, Benin.

Saudi Arabia
10 Noi Fetteke St., Airport Residential
tel: 774311, 773211.
Senegal
C/o Embassy of France, 12th Rd, off Liberation Ave, tel: 228571, 774480; fax: 776321.

Sierra Leone
83-A Senchi St., Airport Residential; tel: 769190; fax: 769189.

Singapore
C/o Ministry of Foreign Affairs, Singapore.

Slovak Republic
Resident in Lagos, Nigeria.

Somalia
Resident in Lagos, Nigeria.

South Africa
Klottey Crescent, North Labone; tel: 764501, 762380, 764500; fax: 762381

Spain
Drake Ave Ext., tel: 774004, 774005; fax: 776216.

Sudan
Residence in Lagos, Nigeria.

Sweden
11th Lane, Osu; tel: 773145; fax: 773175.

Switzerland
9 Water Rd, North Ridge; tel: 228125; fax: 223583.

Tanzania
Resident in Lagos, Nigeria.

Togo
Togo House, Cantonments Circle; tel: 777950.

Trinidad and Tobago
Resident in Lagos, Nigeria.

Tunisia
Resident in Lagos, Nigeria.

Turkey
Resident in Lagos, Nigeria.

United Kingdom
1 Abdul Gamel Nasser Rd.; tel: 221665, 221715; fax: 7010655.

United States of America
Embassy: Ring Rd East, near Danquah Circle, Osu; tel: 775347, 775348, 775349; fax: 776008; Consular Section, (for visa and Passport services), 11th Lane, Osu; Public Affairs Section (PAS), formerly USIS, Independence Ave between Castle Rd and Sudan Rd; tel: 229179, 229829, 230571/2; fax: 229882.

Venezuela
Resident in Lagos, Nigeria.

Viet Nam
Resident in Luanda, Angola.

Yugoslovia
Resident in Lagos, Nigeria.

Zimbabwe
Resident in Lagos, Nigeria.

**Other Governmental Missions and Agencies**

Agence Francaise de Development
6th Rangoon Close, off Josif Tito Blvd Ave; tel: 773840, 778755, 778756.

Canadian International Development Agency (CIDA)
42 Independence Ave; tel: 228555, 228556; fax: 773792.

Danish International Development Agency (DANIDA)
67 Dr. Isert Rd, North Ridge; tel: 226972; fax: 228061.

Department For International Development (DFID)
C/o British High Commission, Development Section, Accra; tel: 221688.

Food and Agricultural Organization of the UN (FAO)
Regional office for Africa on Maxwell Rd; tel: 7010930; fax: 668427, 233599.
German Aid (GTZ)
Located near Labone Coffee Shop on Abafun Crescent, Labone; tel: 7011902, 773108, 760448; fax: 773106.

International Monetary Fund (IMF)
c/o Ministry of Finance and Economic Planning; tel: 666031, 221724, 226156, 232070; fax: 665889.

Japan International Cooperation Agency (JICA)
c/o Japanese Embassy, tel: 765060, 765061.

Organization of African Trade Union Unity (OATUU)
633 Aviation Rd; tel: 774531; fax: 772621.

United Nations Children’s Fund (UNICEF)
48 Rangoon Crescent; tel: 777972, 773583, 772527, 772524; fax: 773147.

United Nations Development Program (UNDP)
Ring Rd, East, near Fire Service Headquarters; tel: 773890 through 773896; fax: 773899.

United Nations Education, Science, and Culture Organization (UNESCO)
Ring Rd, East, near Fire Service Headquarters; tel: 765499.

United States Peace Corps
Located off Switchback Rd, near 37 Military Hospital; tel: 775984, 773831.

World Health Organization (WHO)
20 Water Rd, tel: 225276

International Non-Governmental Organizations (NGOs)

Action Aid-Ghana
13 La Tebu St., East Cantonments, off Burma Camp by-pass; tel: 764931, 764932; fax: 764930; P.O. Box AN-19083, Accra-North; e-mail: <aghanai@africaonline.com.gh > c/o Ms. Frema Osei Opare.

Action on Disability & Development (ADD Ghana)
P.O. Box 306 Tamale, N/R; tel: (071)23026; fax: (071)22213. Contact Mariama Adamah, Gender Officer. Catholic Guest House Road, Tamale.

Adventist Development & Relief Agency (ADRA)
P.O. Box 1435, Accra; SSNIT Guesthouse Rd, Accra; tel: 220779, 220893; fax: 220243. Country director, Mr. George Baiden. E-mail: < baiden@adra.org.gh >.

Aid to Artisans Ghana (ATAG)
PMB Trade Fair; Pavilion X, Ghana Trade Fair Centre, La-Accra; tel: 771325; fax: 771378.

Association of African Universities
7th Floor, Bay 1, State House; tel: 774495, 761469, 76109.

Canadian Universities Services Overseas (CUSO)
P.O. Box 9070 KIA; Koi St., CITCA House, Accra; tel: 770627; fax: 772948; e-mail: < amesu@ghanacomm >. Country director, Mr. Lawrence Amosu.

Care-International
P.O. Box C-2487, Cantonments-Accra; 6th Ringway Close, Ringway Estates;
tel: 225920, 226001; fax: 764547
Regional Director, Mr. Jean Michel Vigerreux

Catholic Relief Services
P.O. Box 6333, Accra North; 7th Lane, Ringway Estates, Accra; tel: 776188, 776735; fax: 777099;
e-mail: <crsgh@crs-gh.org> Tamale office, PO Box 334, Tamale; tel: (071)22648; fax: (071)22041;
e-mail: <crsaccra@uggn.apc.org>.

Christian Children's Fund of Canada (CCFC)
PO Box 7726, Accra North, Op. Avenue Club behind Elf Station (near Yoofi Pharmacy); tel: 232335;
e-mail: <ccfc@afriaconline.com.gh>; Mrs. Sanatu Nangtomah, field director. Tamale office, PO Box 1151, Tamale;
tel: (071)22324, (071)22004; fax: (071)23138.

Ded German Development Service
PO Box C-1865, Cantonments-Accra; 16 Abokobi Rd, East Cantonments, near Home Touch Restaurant; tel: 772064, 760836; fax: 772062;
e-mail: <dedgh@ghana.com>; Dr. Karl-Heinz Frank, resident representative.

Freedom From Hunger
PO Box 01705, Osu, Accra; 20 Blohum St., Dzorwulu, near Sid Theater;
tel: 774828, 769785; fax: 775387;
e-mail: <ffghana@ghana.com>; Mr. Francis Beipuo, director.

Freidrich Ebert Foundation
PO Box 9722, Airport, Accra; 67 Ring Rd, East, opposite American Embassy, Accra;
tel: 772471, 772687; fax: 772990;
e-mail: <fesghan@ghana.com>; Mr. Peter Scheuschmidt, resident director.

Freidrich-Naumann-Stiftung
PO Box CT-2656, Cantonments, Accra; B10 Labone Link, Labone, near Hotel Wangara; tel/fax: 778066;
e-mail: <reception@fnghana.org>; Mrs. Eva-Maria Kohler, regional director for Anglophone West Africa.

Global Technology Network
Labone, Accra;
e-mail: <barbs@ghana.com>; website: <www.usgtn.org>
Barbara Gbologah-Quaye, country representative.

Habitat for Humanity Ghana
28 Samora Machel Rd., Asylum Down; tel: 231268, 233595;
e-mail: <hfhghana@ghana.com>.

International Executive Services Corps (IESC)
PMB C-31, Cantonments-Accra; No. 52 Josiah Tongogare St., Labone, Accra;
tel: 771426;
e-mail: <aryee@ghana.com>; website: <www.iesc.org>
Mr. Ebenezer Aryee, country director.

International Needs
PO Box B90, Dansoman Estates, Accra; Scripture Union Centenary Bldg., near YMCA, Castle Rd;
tel: 236582; fax: 226620;
e-mail: <intheeds@ghana.com>; Rev. Walter Pimpong, executive director.

Oxfam
c/o Action Aid, Accra; tel: 764931, 764932;
Mr. Ben Pugansoa, country coordinator.

Plan International Ghana
Private MailBag, Osu; Anchor House, 1st floor, La Beach Rd, Osu;
tel: 776039, 764405; fax: 776102;
e-mail: <c-ghana@plan.geis.com>; Mr. David Muthungu, country director.

Ricerca e Cooperazione
PO Box 348, Legon; near EU offices and Togo Embassy; tel: 775559; fax: 761369;
e-mail: <rcghan@ghana.com>; Gianna Da Re, country representative.

Save The Children Fund UK
PO Box C-976, Cantonments, Accra; 18 Senchi St. Airport Residential
tel: 772601; fax: 772148;
e-mail: <scfghan@afriaconline.com.gh>; Mr. Greg Ramm, country director.
Sight Savers International
PO Box 18190, Airport, Accra; 10 Nii Nortey Ababio St., Airport Residential; tel: 774210; fax: 774209; e-mail: <waromail@ssiwa.africaonline.com.gh>. Mr. Simon Bush, director.

Symposium of Episcopal Conference of Africa and Madagascar (SECAM)
4 Senchi St., Airport Residential; tel: 774724; fax: 772548.

SNV (Netherlands Development Organization)
PO Box KIA 30284, Airport, Accra; 6 Mankata Close, Airport Residential; tel: 231991; 776198, 775240; fax: 772332; e-mail: <snvghana@ighmall.com>.

SOS Children’s Village Association of Ghana
PO Box 16657, Accra North; C522/3 Mango St., Asylum Down; tel: 222867, 223089; fax: 233087; e-mail: <sosghan@ncs.com>. Bruno Fugah, coordinator.

TechnoServe
PO Box 135, Accra; Z75 Volta St., Airport Residential; tel: 773873, 773875, 763675; fax: 772789; e-mail: <insgh@tns.org>. Mr. Nick Railston-Brown, country director.

VSO Ghana
PO Box 5526, Accra North; Wawa St., Kokomlemie, near Accra Technical Training Centre; tel: 220471, 234832, 239383; fax: 225071; e-mail: <vsoghana@africaonline.com.gh>. Mrs. Adelaide Addo-Fening, program director.

Wateraid
PO Box KIA 16186, Airport, Accra; near Dimples Inn off Achimota Rd.; tel: 760440, 302576; fax: 302576; e-mail: <wateraid@africaonline.com.gh>. Mr. Gordon Mumbo, country coordinator.

World Health Organization (WHO)
13 Kanda Hwy, Accra; tel: 225276, 223502.

World Vision International
Private Mail Bag, Accra North; 3 Kotei Robertson St., North Industrial Area, Accra; tel: 232601, 226643; fax: 232602; e-mail: <william_gomado@wbi.org>. Mr. Bismark Nar-Quaye Tetteh, director.
Entertainment in Accra

Luckily entertainment is not hard to find in Accra! Be it highlife music, jazz, performing arts, African dancing, theatre, cinema or video rental, all are available and accessible once you know where to find them.

About Highlife Music

Highlife music is the form of entertainment that first comes to mind in Ghana, and although it is not quite as ubiquitous as one might imagine, there are several venues where you can hear wonderful highlife music and dance the night away.

Highlife is a tradition in Ghana that traces back to the Fanti recreational music of the southwest coast of Ghana, which was subsequently influenced, in part, by military marching music and other Western music played by regimental bands of the European forts in the 16th and 17th centuries. Other outside influences came from sea shanties' tunes introduced by sailors from the Caribbean, the Americas and neighboring African countries, and played on portable instruments such as guitar, banjo and harmonica. A third influence on highlife was the hymns introduced by missionaries and schoolteachers, popular among the Christian-educated Ghanaian elite. This local and African neo-folk style became generically known as "highlife" in the 1920s, when it was incorporated into the repertoires of the high-class dance orchestras and spread throughout Ghana. Subsequently, many variations of highlife evolved such as "palmwine" music and "Ashante blues", and eventually it was also influenced by the swing bands introduced by the Allied troops, culminating in a fusion of swing, calypso and Afro-Cuban music.

Contemporary highlife incorporates pop, soul, jazz, and Afro-beat as well as reggae and disco. Over the past ten years, there has been an upsurge of gospel-highlife bands, which have introduced many female singers to the stage. Artists to look out for are Amakye Dede, Dasebere Dwamina, Oheneba Kisi, Kojo Antwi, Naa Agyeman, Nana Acheampong, Baffour Kyel Mensah, Cindy Thompson, Yaw Sarpong, the Tagoe Sisters, Suame Pentecost Fire Band, the City Boys, CST Amankwah, Pat Thomas, and the Daughters of Glorious Jesus, to name a few. But nowadays you will find more than just highlife in Accra. Many of the clubs play the latest American, European and Caribbean music, and a new genre called "hip-life", a fusion of African-American hip-hop music and elements of highlife. In fact, you can find just about any musical genre if you look around.

About Local Nightlife

In Accra, weeknights tend to be somewhat quiet, but on weekends the nightlife livens up considerably, and is considered to be among the most dynamic in West Africa. There are plenty of nightclubs and bars in Accra, although a few of them are of a dubious nature. Be prepared to rebuff prostitutes and drugs in some bars and clubs. The clubs listed in this section include the most popular nightspots in town.

Nkyinkym ("Twistings") symbolizes initiative, dynamism & versatility.
Cinemas and Movies

Most Ghanaian cinemas are open air and somewhat uncomfortable. However, the Executive Theatre on Twelfth Rd, near Sankara Circle, is an air-conditioned, indoor theatre, which shows many recently released foreign, and children’s films. Current features are listed on the sign located opposite the theatre on Liberation Rd. The Ghana Film Theatre next door (behind Afrikiko Restaurant) is also an air-conditioned cinema, which shows the latest Ghanaian films. It is possible to rent this theater and show your own video.

Although nice cinemas are few and far between in Accra, you can always rent a video! There are many video rental shops, most of which carry PAL/SECAM (European system) tapes, although quite a few also stock American-standard NTSC. Prices vary, depending on how recent the films are. Unfortunately, the quality of tapes varies as pirated copies abound. Increasingly video shops also offer DVDs for rental.

Cultural Entertainment and Drama

Cultural centers of various countries offer exciting entertainment through visiting troupes and shows. Check the daily press for upcoming events.

There are several drama groups in Accra, which can be considered semi-professional. They are for the most part associated with the Drama Studio at the University of Ghana, Legon, where they perform in the amphitheater on campus. They also perform at the Arts Centre on occasion.

Music and Live Bands

For private parties, why not hire a live band? One of the great things about living in Ghana is the affordability of live bands for functions and parties. See the listing at the end of this section for local bands for hire. To contact bands with no listed address or phone number, just ask around; they can be found through personal reference.

Nightclubs

Afrikiko

Independence Ave, near Sankara Interchange; tel: 229997; hours: 6pm-1am. Every night, dancing to live band. No cover charge. The Latino Club provides Latin and Salsa dancing classes every Tuesday and Saturday. Also serves food.

Aquarius

Off Ring Rd East on Nyaniba Estate, Osu; tel: 774970; hours: T-Sa: 6pm-3am. German pub and popular drinking spot. Also serves food. Good recorded music. Billiards, darts and pinball machines.

Baseline Jazz Club

75 North Ridge Rd, near KLM; tel: 243629; hours: M-F: 4pm-midnight; Sa-S: 4pm-4am. Closed on Sundays. Live band F and Sa. Small, intimate club which offers excellent jazz. There is a Chinese restaurant called Wok Inn and kebabs are available at the bar.

Bywell

Opposite Sotrec Supermarket, Osu; tel: 773434 (owner, Big J); hours M, T, W, F, S: 12am-12pm and Th, Sa: 12am-1am. Live music on Thursday by Alpha Waves band (also for hire; call Desmond at 241152). Various other bands play on Saturdays...On...Fridays...the—Theatre Mirrors group performs. Basic grill menu.

Champs Sports Bar & Restaurant

Located in Paloma Shopping Arcade; tel: 228937; hours M-F: 5:00—until; Sa and S: Noon—until the last person leaves. Karaoke on Fridays. Multiple screen coverage of sports events. Billiards, darts and fussball. Tex-Mex food.

Chester's Place

Near Labone Jct at Nyaniba Estates, Osu; tel: 777503; hours: M-Sa: 9am-midnight. Restaurant. Bar and disco with live music on Wednesdays.

A treat when Chester himself is in the house. Cover charge.
Crown Apartamento Hotel
Airport Residential; tel: 762941. Jazz band every Friday from 7pm-11pm. Piano performance on Thursday and Saturday on the terrace.

Fusions
Osu, behind Quick-Pik; tel: 775442; hours: M-S: 5pm–midnight. Karaoke on Wednesday nights.

GBC Club
Liberation Ave, near Christ the King Church, next to Flagstaff House; tel: 773241; hours: daily 10am-10pm. Dance with live band on Fridays at 7pm, admission free.

Glenn’s Nightclub
Located in Adabraka, near Vibe FM. Disco; tel: 237148 or (027)552593.

His Majesty’s Night Club and Casino
Opposite Trade Fair grounds on Giffard Rd, near Labadi Beach; tel: 773623, 773824; hours: daily 8pm-4am. This casino offers roulette, blackjack, poker; free entrance. Temporary membership for night club available for a fee.

Joker’s Centre
Pub and restaurant opposite Sikkens in Labadi; tel: (024)253320 or (024)370752 hours: daily 5pm-4am. Fast food, casino, pool tables, music.

Jump Sports
Located near Modern Photos off Kwame Nkrumah Circle (opposite the now defunct Tito nightclub) tel: 228451; hours: daily 5am-2am. Restaurant. The Sweet Vibrations Dance Band plays every night except Tuesdays.

Indigo
Ring Road (East) above Danoaah Circle as you travel toward US Embassy and Beach Road; Borsellino’s and Macuba’s; tel: (024) 365177; this club features adult contemporary music, highlife, calypso, and salsa on varying nights. Call for details and a roster.

Kaprice
Nsawam Rd and School Rd. 2km north of Kwame Nkrumah Circle in S. Tesano; tel: 226509; hours: daily 6pm-12pm. Casino, disco and night club; cover charge. Chinese Restaurant; hours: from noon.

Macumbo
Ring Rd at Danoaah Circle; tel: 732531; hours: daily 10pm onwards. Accra’s most popular nightspot caters to the younger European disco set and very crowded on weekends. Cover charge higher Friday through Sunday; less on Wednesdays. Thursday night ladies’ night. No food.

Maape’s Jazz Club
15th Lane, Osu (same compound as New Connection); tel: 760312; hours: daily 6pm-1am. Jazz pub.

New Connection
(Formerly Kotton Club) 15th Lane, Osu; tel 750312; hours: F, Sa: 9pm-3am (closed on weekdays). Hard-core disco with R&B and occasional live band. Under new management.

Novotel Hotel
Barnes Rd, downtown Accra; tel: 667546. Pianist every evening in the bar.

Oops! Nite Club
Near Bubishe Roundabout, Accra (on top of Hungry Me Restaurant); tel: 301083, (027)546407. Wednesday, African Night; other nights either live band or guest DJ. Entrance fee. Call for weekly program.

Red Onion
Kaneshe; tel: 222350; hours: F-SA: 8pm to daybreak. Excellent bar and disco popular with expatriates. Cover charge. No food.

Ryan’s Irish Pub
Osu; tel: 762334; hours: daily from noon onwards; live band Fridays and Saturdays.
Shangri-La Hotel
Liberation Rd near Airport Residential; tel: 777500. Live band on the Lower Terrace every night, hours: M-Sa: 7pm onwards. No cover charge. Saddler's Arms nightclub; hours: daily 7pm onwards. Fridays Happy Hour from 6pm-8pm and Saturdays live jazz from 8pm. Darts on T and Th.

Golden Tulip Hotel
Liberation Rd near 37 Circle; tel: 775360; hours: daily: 7pm-2am, with live music on Saturday from 10pm. No cover charge. Live music is also featured nightly at poolside; hours: 7pm-11pm. There is a pianist every evening in the cocktail bar; hours: 7pm-11pm. On weekends they feature live jazz with Rama Brew.

Village Inn Jazz Club
Abelemkpe Rd, near EMB Bakery and Lincoln School; tel: 300918; hours: daily 10pm-1am. Live jazz band Fridays in nice courtyard setting. No cover charge. Restaurant.

Waikiki

The Goethe Institut
Kakramdu Rd, East Cantonments; tel: 776764; fax: 779770; e-mail: <goetheill@ncs.com.gh>. Ha weekly showings of German movies on Thursdays. Admission free.

Surfer's Inn
Located in East Legon at "Americar House" (call for directions); tel: 505111; fax: 505112, Email: <ktgh@ghanal.com>. Movie house, which seats forty; you can pick your own movies from a great selection. Restaurant, bar, game zone (computer games) and Internet café. Opens at noon. Very flexible in organizing children's birthday parties.

Video Stores

Cassaba Video
Near Rabito Clinic, 14th Lane, Osu; tel: 773964, 765051; hours: M-Sa: 9am-9pm, S: 2pm-7pm. PAL/SECAM only. Also shows movies in an open-air theatre on weekends; look for the listing outside.

Cassaba Video Annex
Aviation Rd, Airport Residential Area; tel: 776022; hours: M-Sa: 9am-11pm, S: 2pm-11pm.

DVD Video Home Entertainment Centre
A63 Patrice Lumumba Road, Airport Residential Area; tel: 782073, (024)325529; e-mail: <dvd@afriquemail.com.gh>. Offers the latest movies on DVD only, and kid’s movies on video for rent.

Spectrum Video
Odwira road, Christiansborg; tel: 777242; hours: M, T, Th, F: 10am-8pm, W: 1pm-8pm, Sa: 10am-4pm.

Video Bay
Off Dade street, North Labone (next to Headlines); tel: (024)360487; hours: M-Sa: 3pm-9:30pm. Large selection of NTSC tapes and some PAL/SECAM.
They also do video coverage and converting of tapes from PAL to NTSC.

**Video Biney**
Near Papaye Fast Food, Osu; tel: 772972; hours: M-Sa: 10am-10pm. Mostly NTSC tapes.

**Video Biz**
136 1st Norla St, Labone; tel: 774228, 773173; hours: M, F: 10am-9pm, T-Th: 1pm-9pm, Sa: 10am-1pm. Mainly PAL/SEACAM, but some NTSC also.

**Video Nut Plaza**
Orphan Crescent, Labone; tel: 768292, 768448; hours: daily 2pm-2am. Provides rooms and videos (Ghanaian and Foreign films) for rental; also has game arcade.

**Video Zone**
Located at Danquah Circle, under Flash Photo sign; tel: 778667; hours: M-F: 4pm-9pm, Sa: 5pm-8pm. Good selection of recently released PAL/SEACAM tapes. Also has some DVDs and video CDs.

### Music and Dance

#### The National Theatre
Also called the Centre for National Culture, located in the heart of the city just off Independence Ave, offers a variety of events including the National Dance Ensemble, the National Symphony and many visiting artists and troupes. It has a capacity of 1500 seats. Events are advertised on banners in front of this unusual and attractive building, as well as in the daily press. There is a resident professional drama group "Abibigroma" who perform there regularly. Other regular events are the traditional concert parties on Saturday afternoons. Ticket prices are usually quite reasonable; tel: 663449, 663559 for details of individual performances.

#### The Arts Centre
Located on High St in the downtown area, this was the main venue for all cultural events until the National Theatre was constructed. It is also the home of a number of amateur theatre groups. Many other cultural events take place there and are advertised in the daily press as well as on banners outside the entrance.

### The Academy of African Music and Arts Ltd (AAMAL)
Located in a small beach resort approximately 14km outside of Accra just off the road to Cape Coast; PO Box 2923, Kokrobite, tel: 665987, (027)554042. (See Travel section for directions) Live drumming and dancing shows take place on Saturdays and Sundays at 2pm, when the resident troupes, Akrowa and Obonu, perform. There is a small entrance charge on Sundays only. AAMAL also offers lessons in drumming.

### The School of Performing Arts at the University of Legon
Located on Legon Campus. Frequently gives dramatic and cultural performances.

### Drama

#### The Free Lance Players
Samuel Amfong Manu, Arts Centre.

#### Evans Hunter’s Audience Awareness Group
Tel: 220082, 234129. Semi-professional actors rehearse M, W, and F at 6pm at the National Museum. They do about four to six productions each year and can be hired for performances at functions, festivals, and schools. They perform in Ghana as well as abroad.

#### The International Players
This international group stages about three productions every year, with a lavishly produced Christmas production or pantomime. Newcomers are always welcome! For information, please call Tom Byrne at tel (022)207732.
Cultural Centers

Many cultural centers periodically offer musical, dance, and other events to showcase the unique features of their country, ethnic and/or linguistic group. Check for each center's calendar of events.

Alliance Francaise
Liberation Link Rd, Airport Residential Area; tel: 773134, 760278.

British Council
Liberia Rd, near National Theatre; tel: 663414.

Goethe Institut
Kakramadu Rd, East Cantonments; tel: 776764.

Indian Social Cultural Centre
Opposite the US Embassy Consular Section, Osu; tel: 779633.

Martin Luther King Resource Center
Independence Ave, just off African Liberation Square; tel: 229179, 229829, and 230571.

Russian Cultural Centre
Near Papaye Fast Food, Osu; tel: 775804.

Bands for Hire

African Brothers
Enquire at Bassline Club; tel: 234629.

Alpha Waves
Call Desmond at 241152.

Ampofo Ageye, Amakye Dede,
Apollo High Kings
Enquire at Joy FM radio.

Black Generation, City Boys Band,
Gold Coasters, Hits House Band
Contact Martin Verdoes; tel: 667003.

Jimmy's Jazz Combo
Enquire at Shangri-La Hotel or at tel: 400153.

Lumbo Brothers, Marriott's
International Band
Enquire at M Plaza Hotel; tel: 772501.

Qu'est-ce que c'est? Sounds
Unlimited, Y2K
Contact Malek Crayem; tel: 778431, 778674, 770208.

Rama Brew
Enquire at Golden Tulip Hotel or tel:223513.

Western Diamonds
Enquire at Labadi Beach Hotel; tel: 772501.

Zoom International
Enquire at Golden Tulip Hotel; tel: 775360.

FESTIVALS

Attending one of the many year-round traditional festivals is a most colorful and entertaining way to spend time in Ghana. They can be classified into several categories signifying the planting season, abundant harvests, commemorating historical events or outstanding leaders and ancestors, or the coming of age of adolescents girls. Each festival is climaxed by a durbar—a gathering of the chief and people of a region, celebrated with dancing and drumming and other festivities. One of the biggest is the Hobetsotso festival, which takes place in November in Anloga in the Volta Region, and commemorates the Atnos’ sojourn from their ancestral Home of Notsie in Togo to Anloga in modern-day Ghana. The Homowo-Ga festival is celebrated in August and September in thanks for an abundant harvest. Other festivals to look for: Damba, the festival of the Dagomba of Northern Ghana, in or about Tamale; August/September; Aboakyer, the deer-hunting festival held in May in Winneba; Odwira, in September in the Eastern Region. Ghana Tourist Board has a complete listing of festivals and dates.
ETIQUETTE

The plane comes in for a smooth landing at Kotoka Airport, Accra, Ghana. Only when the passenger door opens and you step out into the tropical heat of Ghana are you sure that you are in a tropical climate. From the air, Accra looks like any other city at night.

Accra has most of the amenities of any other capital of a country: embassies of many countries; people who speak many different languages of the world; people who wear the national dress of their particular country; highways, banks, telephones, an international variety of foodstuffs and restaurants, taxis, hotels, etc., etc., etc. How to find these things is the challenge.

The Ghanaian people have an international reputation for being friendly and helpful. In your travels, you also may find that to be true. Traveling to various parts of the country is an excellent way to get to know the people and their culture. To help you to show that you are adjustable and considerate of the culture and traditions in Ghana, here are a few hints as to how to adjust to Ghanaian ways.

Protocols

• Smile at people you meet.
• Extend your RIGHT hand for a handshake (except when in the presence of a chief; see reference to greeting chiefs).
• Keep the LEFT hand away from greetings, eating or receiving anything from someone else. (The left hand is considered to be the toilet hand.) Those who are left-handed should try especially hard to get used to this tradition. Times and attitudes toward use of the left hand for writing are changing. Practice using the RIGHT hand until you find out how traditional the people you meet are.
• When entering a group, shake hands with the people present beginning with the person on the right, moving toward the left.
• It is acceptable to interrupt and greet a group.
• Always invite a guest to eat with you when you are eating. Eating together is socially significant and not a mere question of hunger or nutrition (many Africans do not like Western food anyway). It is insulting to have someone wait in the living room while you eat.
• It is considered polite to invite close friends, acquaintances and work colleagues to certain functions; it hardly matters if the person is well known. Offense is taken if someone should have been invited and was omitted.
• Never sniff any food or beverage offered you.

Emra Krado ("Lock or seal of law and order") symbolizes the authority and power of the Court.
Younger ones must always relinquish their seats for older ones when seats are not available.

**Eating The Traditional Way**

First, a bowl of water with soap and a towel are brought out for the washing of hands. Then the bowls of food are served. Individuals may be given bowls to eat from with their RIGHT hand or a communal bowl may be shared by the group. The food comes in two parts, the starchy base like fufu, rice, or yam. The second part is the soup or stew. The starchy part is picked up with the fingers, rolled into a small ball which is dipped in the soup or stew and then popped in the mouth. Bits of meat and fish are torn off with the fingers. Plenty of hot pepper may be used. This style of eating takes some practice before you can eat without dripping all over yourself.

**What to Wear**

Ghanaians place much value on dressing and consider it disrespectful to dress inappropriately at various functions. Ghanaians will appreciate it when visiting women wear dresses or loose-fitting pants instead of shorts to their affairs. Ghanaian women cover themselves well in their beautiful up-and-downs. Some tips on what to wear at special occasions: pale colors are usually worn at weddings or naming ceremonies; don white and black at a funeral for a deceased who has lived for a very long time: black, red and black, brown or adinkra cloths are worn at other funerals (varies with each ethnic group).

**Visiting a Chief**

There are special protocols being in the presence of chiefs, queen mother's or elders. When you are visiting a village for the first time and you are not expected, you must ask for the okyeame (spokesman/linguist) of the chief. You should not ask for the chief himself. The spokesman will inform the chief of your presence, if he is around. The spokesman will inform you as to whether or not the chief can give you an audience. If the audience is granted, then the spokesman will be the interpreter for you and the chief.

The spokesman will help you with protocols necessary for being in the presence of a chief. Often you are asked to remove your shoes, hat and sunglasses before entering the room of the chief. Stand until you have been directed where to sit. Never cross your legs, ankles or arms in the presence of a chief. Again, follow the lead of the spokesman. You must wait for the royal to extend his hand to shake yours. Use your right hand only for greetings (never use the left hand as that is an insult.) Then you shake with your right hand while covering his hand with the other.

You may be offered a drink after libation is poured. It is disrespectful to refuse. The drink is usually strong. One to three sips will make the people happy. If you do not drink alcohol, say so respectfully.

When leaving the presence of royals, it is customary to ask for permission to leave. Someone will probably accompany you to your car.

**Communication**

Remember that though English may be the official language, it is not the native language of many Ghanaians. Some expressions may therefore be literal translations from local languages and may not easily be understood by foreigners. Some expressions used by foreigners may be difficult for Ghanaians. When speaking with others, speak slowly and distinctly (not louder.) The pronunciation of words varies from person to person.

- The word for greeting people is "Akwaaba". You will see it at the airport, on buildings, signs and hear it.

- People love to joke and tease; many requests are not serious.
Terms We Use That May Be Offensive to Ghanaians

Some words and expressions that we find common and relatively non-threatening are a taboo in Ghana; for example: “You are a little beast/monkey”, “foolish”, “silly,” “fool,” “stupid.”

Common Ghanaian Expressions

“at all”  definitely not;
“bush” an emphatic no
“chop” primitive; uncivilized
“dash” food or to eat food
“dear” gift or tip
“dear” expensive (when used in the context of value of items)
“finished” all gone
“I beg you” please
“is true” it is a fact
“it’s all right” it is enough/do not think much of it
“petrol” gasoline
“spoiled” it is broken; doesn’t work
“sitting room” living room/parlor

Nonverbal Communication and Gestures

• Close fingers repeatedly with palms toward the ground: request to come.
• Flicking fingers away from oneself: request to go away.
• Removing feet from sandals or removal of native cloth from shoulders (men): sign of reverence and respect.
• Both hands placed on head: sign of grief, sorrow, and mourning.
• Shaking index finger at someone: warning/admonition.
• Scratching of the chin with a sheepish grin: person wants a gift or money.
• Scratching palm of left hand with fingers on right hand: sign of money.
• Biting one’s index finger: intense feeling of pain/regret/forgetfulness.
• Stamp foot on ground: sign of annoyance.
• Tapping stomach with right hand then raising one’s hand: sign of satisfaction.
• Tapping pocket: money in pocket.
HEALTH

What You Need to Know

Before coming to Ghana please check with your local community health care organization for health requirements to enter Ghana. Make sure that you have adequate health insurance to cover you outside of your home country and that you have medical evacuation insurance should you need to be transported out of Ghana for medical care. (For a list of U.S. insurance companies providing medical coverage overseas see Before You Arrive section.) Do not assume that this is part of your normal domestic policy. This health section is a list of health services where English is spoken and where expatriates sometimes obtain health care in Accra. This list is not exhaustive of competent medical practitioners or facilities in Accra. Further, NAWA does not guarantee the professional ability or integrity of anyone listed in this or any other section.

Vaccinations

The only vaccination required for entry into the country is yellow fever. Recommended are vaccinations for polio, typhoid, hepatitis A and B, meningitis, rabies and tetanus. Children’s vaccinations should all be up to date. Begin the vaccination process well in advance of your arrival in Ghana; some vaccinations must be administered over a period of weeks or months.

Malaria

Malaria is a real health concern in Ghana. Before coming to Ghana, check with your doctor and/or tropical disease clinic about malaria prophylactics. Malaria prophylactics are readily available at pharmacies in Accra. There are at least four known types of malaria and at least one —*Plasmodium falciparum* (which can develop into cerebral malaria)— is fatal if not treated. Malaria parasites in Ghana are increasingly becoming chloroquine resistant. Check with your doctor for appropriate diagnosis and treatment. While you are in Ghana be sure to use mosquito repellent after dusk, put screens on your windows and use mosquito netting, especially on children’s beds. Take symptoms of malaria very seriously (high fever, headache, and flu-like symptoms such as body aches, nausea, vomiting and diarrhea) and keep in mind that you may not experience all symptoms at the same time. Check with a doctor when unexplained symptoms arise.

Health Facilities

Most physicians, particularly specialists, work long hours in public hospitals and clinics and are generally in short supply and kept tremendously busy. Some physicians have

Sunsum ("The Soul") symbolizes spirituality, soundness & purity.
after-hours private practices. In the private settings, appointments can often be made. In the public-practice settings, patients are often seen on a first-come, first-served basis, which may mean a long wait in a crowded hall. Check with each doctor about weekend hours and availability for house calls. If you would like to be established as a patient with a local physician, set up a routine appointment so the doctor can get to know you before an illness or problem develops.

Many Ghanian physicians are well trained, in many cases in European or American institutions. However, their standard of care may be constrained by limited resources, time, and support personnel. Expatriates are normally charged higher fees, often double what Ghanian patients pay. Patients are usually expected to pay in cash, often before services are provided. Insist on health care professionals using new gloves and new needles when they are caring for you.

**Domestic Help**

A medical exam prior to employment is wise. This should include a general physical for contagious diseases, chest x-ray to screen for tuberculosis, and three stool tests to screen for parasites. Yearly repeat exams are advised. Domestic employees should be carefully instructed in proper food preparation, handling, and dishwashing. It may be wise to repeat instructions frequently to make sure they are understood and correctly carried out. Never assume that your staff know or do on their own the kinds of things you take for granted. Provide soap and clean towels for frequent and thorough hand washing in the kitchen. It is especially important to have household staff immunized for meningitis, measles, polio, and tetanus. They should also have a chest x-ray read by a radiologist read it to be sure they don’t have an active case of tuberculosis.

**Food Preparation**

Un-peeled fruits and vegetables to be eaten raw or lightly cooked should be scrubbed with soap and water; rinse soaked with chlorine or iodine solution boiled, then cooled, water for 20 minutes then rinsed again with boiled, cool water. It is unsafe to drink fresh, unpasteurized milk. UHT milk is available and safe to drink.

**Water**

Contaminated food and water may carry a variety of viral, bacterial, and parasitic infections. Contamination comes from human waste contacting a water supply. Contaminated water or ice can be the source of typhoid fever, cholera, hepatitis, and other waterborne diseases. Guarantee a safe water supply by vigorously boiling drinking water and water for ice for not less than three minutes. Many bacteria and parasites are killed within a few minutes, but it takes a full three minutes at boiling temperature for the hepatitis virus to die. The cooled water should then be filtered and stored in the refrigerator if not used within 24 hours. Most of the well-known, locally bottled beverages are safe to drink without ice cubes in local restaurants. UHT preserved milk is safe to drink and canned and powdered milk is safe when prepared with boiled and filtered water.

**Pest Control**

Some pest control products sold in local markets may not be safe. If a product contains the active ingredient dichlorvos or DDVP be aware! This chemical is HIGHLY TOXIC and no products containing it should be used.

**General Recommendations**

- Take any anticipated, needed supplies when going to a clinic for example, syringes, needles, gloves, bandages, suture materials, etc. It is especially helpful to bring along pediatric supplies.
- Bring a sufficient supply of all necessary prescription drugs (eyeglasses, contacts, etc.) with you from your home country. Prescription drugs and eyeglasses are
generally available locally and are often cheaper in cost. However, selection and brand names may be limited so some feel more comfortable bringing these things from home.

* Periodic tests (every three to six months) for parasites in blood and stool (including malaria and bilharzia) are recommended.

## Hospitals and Clinics

The following is a list of major hospital and clinic facilities in and around Accra.

### 37 Military Hospital

Independence Ave, near 37 Circle; tel: 777397, 776111-5, 776118; radio room tel: 777585. First choice to go following trauma or motor vehicle accident and first choice for after-hours care. Emergency Department straight inside front gate, 24-hour x-ray available, pharmacy open 24 hours, 7 days a week located next to Emergency Department. This facility is open to the general public. Currently in process of remodeling and/or rebuilding entire facility. Highly recommended.

### Accra Psychiatric Hospital

Castle Rd and Barnes Rd, Adabraka, near Catholic Cathedral; tel: 228888.

### Adabraka Polyclinic

Castle Rd, opposite Psychiatric Hospital, entrance is off Barnes Rd; tel: 222490, 220880. You can get yellow fever vaccinations here. Good place to take household staff for vaccinations.

### Akai House Clinic

First Floor, Akai House, Third Rd, Osu; tel: 763822, (027)546488; fax: 763821; e-mail: <akai@ghana.com>; Dr. Adrian Oddoye, General Practitioner/Director. Small family-practice clinic. Color Doppler ultrasound/ echocardiogram, vaccination facilities including Hib and MMR available. Visiting specialists including Dr. Nequaye, a pediatrician. Medlab has a branch at this clinic. Highly recommended.

### Holy Trinity Clinic

Swanlake, North Kaneshie; tel: 233506, 252265, 252264; e-mail: <htc@afriacoonline.com.gh>. Neat, well equipped clinic and small hospital facility. Services include 24-hour ambulance service including holidays and weekends, x-rays, EKGs, optical services and dental services.

### Korle-Bu Teaching Hospital

Tel: 665401; CCU: tel: 670545, 660551, 780545, 780546, 780551; ICU: tel: 668043, 668033. Has an excellent cardio-thoracic intensive care unit.

### Korle-Bu Department telephone numbers:

- Accident Center; tel: 664685.
- Blood Bank; tel: 665402.
- Child Health-Out Patient Department; tel: 665407.
- Department of Anesthesia; tel: 665408.
- Department of Child Health-2nd floor; tel: 665405.
- Emergency Unit; tel: 665409.
- Medical Fevers Unit; tel: 665403.
- Medical Unit-1st floor; tel: 665413.
- Microbiology Laboratory; tel: 665404
- Night Superintendent Office, Allied Surgery; tel: 665411.
- Obstetric-2nd floor/Labor Ward; tel: 664602.

### Obstetric and Gynecology Theater

tel: 664551.

### Physiotherapy Department

tel: 663978.

### Polyclinic Emergency Ward (female)

tel: 665406.

### Radiology Department

tel: 664554.

### Surgical Department-2nd floor

tel: 664684.

### Surgical Department-5th floor

tel: 664684.

### Surgical Theatre-1st floor Recovery

tel: 663294.

### Surgical Theater-1st floor

tel: 664364.

### Manna Mission Hospital

First Estate Junction Rd, Tsuibleo last bus stop, Teshie-Nungua Estates; tel: 716054, 7010919, fax: 768501; Dr Seth Ablohr, Director. Small, mission
hospital. At times has American-trained doctors on staff and often has visiting
American medical teams.

**Medicare Center Clinic & Laboratory**

Located at Adabraka, off Kojo Thompson Rd., behind Agricultural Development Bank; tel: 220119, 225779, (024)345333; Dr. Joyce Djabarley, Director. Clinic open 24 hours. Does general and pre-employment physicals. Has facilities for admissions for observation. Very clean and neat. Clinic staffs several specialists.

**Megavest Medical Center**

Point 4, North Kaneshie (Former Rushhouse); tel: 243156; Rev. Dr. Emmanuel Nterful, Director/General Practitioner. 24-hour service with lab, EKG, X-ray and ultrasound facilities. Clinic has 17 beds for admissions or observation.

**North Ridge Clinic**

Located near Ring Rd, near KLM Office and Mobil Station, next door to Sedco house; tel: 227328; Dr. K.A. Kwarko Jr., OB/GYN / Director. Good place for IV hydration and OB/GYN services; 24-hour service with resident medical, nursing, and dispensary staff including gynecologist and supervising consultant. Clinic does general medicine, general surgery, pediatrics, OB/GYN, well baby care and some vaccinations.

**Nyaho Medical Centre**

Aviation Rd, Airport Residential; tel: 775341, 775341, 775291, 776670 (residence); fax: 777593; Dr. Tamakloe, Director.

**Police Hospital**

Cantonments Rd, near Danquah Circle; tel: 776141, 773900.

**Ridge Hospital**

Castle Rd, near intersection with Kanda Highway; tel: 228382, 228315, 228348.

**Temo Women's Hospital**

Vertical Center, Tema; tel: (022)304332.

**Trust/SSNIT Hospital**

Cantonments Rd, Osu, next to Dynasty Chinese Restaurant; tel: 776787, 777137-9; Dr. Fifi Ellis, Director. A clean general clinic and hospital. Quality mammograms done here but many have the results sent abroad to be read. To avoid a long wait, the fast track clinic is available upstairs and to the right. 24-hour malaria testing is available.

**Urgent Care Hospital**

Located down the road from Hotel Djoko in Achimota; tel: 410696, 410913; e-mail: <haganmp@its.com.gh>; Dr. Hagan, Director. Brand new facility with a US-trained doctor and new equipment.

**Physicians**

**Anesthesiology**

Dr. Anitei
National Cardio-Thoracic Center, Korle-Bu Hospital; tel: 668043.

Dr. Eric Graham
Adenta, SSNIT Flats, 37 Military Hospital & Trust Hospital; tel: 501556, (024)312626, 774840.

Dr. Ketoku
Trust Hospital; tel: 776787.

**Cardiology**

Dr. Amoah
Korle-Bu Cardio-thoracic Unit; tel: 780545, 670545.

Mr. Van Amusu
Korle-Bu Dialysis Unit; tel: 668043, Technician.

Dr. Matilda Andoh
Korle-Bu CTU; tel: 670545. Internist.

Dr. K. Frimpong-Boateng
Korle-Bu Cardio-Thoracic Unit; tel: 780545, 780546, 780551, 669043, 665401 ext. 437; or 667196 (direct).
670545; Surgeon; Head of CT Unit, German trained.

**Dr. John Kpodonu**
Department of Medicine and Therapeutic Cardiology, Korle-Bu Teaching Hospital; tel: 662282, 665401 ext. 520, 524; ward ext. 6581, 6415-7.

**Dr. Zacharia**
Korle-Bu ICU; tel: 668043.

### Dental and Orthodontic Services

**Dr. Baafour Ankoman-Tutuh**
New World Dental Clinic; 23 Mango Tree Avenue, opposite Mavis Hotel, on Snaps School Rd, Asylum Down; tel: 226038. Periodontist.

**Dr. Victoria Barnor**
North Labone Dental Clinic; house No. F42/6, Inner Labone Crescent; tel: 775471.

**Dr. Dennis Ilugu**
Beaver Dental Clinic Ltd; 7 Roman Rd, Roman Ridge; tel: 771785, (024)324639. State-of-the-art equipment; offers digital x-rays, newer composite resin-white fillings and crowns, veneers and inlays. Does root canals, treats gums, fissure sealant for kids and tooth whitening. Follows guidelines established by British Dental Association for sterilization and surgical hygiene. Trained in U.K., practiced in U.K. for the last 16 years. Great with kids and highly recommended.

**Dr. Lt. Col. Kwasie**
37 Military Hospital; tel: 776111-5, (027)548288, 777620(h). Oral surgeon; highly recommended.

**Dr. Merley Newman-Nartey**
D34/4 2nd Brewery Rd, Adabraka, from Fanisco traffic lights on Addirom School Rd, 3rd turn on left, go halfway down the road, clinic is on the right side; private clinic; tel: 233720; Ghana Dental School; tel: 662072. Orthodontic surgeon. Offers edgewise technique of orthodontics and its variants and makes functional appliances and activators. Certified by both Canadian and American Boards of Dentistry. Highly recommended.

**Dr. Irene Sogbodjor**

### Dermatology

**Dr. Hector Addo**
Department of Medicine, University of Ghana Medical School, Korle-Bu; tel: 665401, ext. 6548. Will see patients privately at Korle-Bu by appointment; Nyaho Medical Centre; tel: 775291, 775341; hours: F: 3pm-5pm. Highly recommended.

**Dr. Mrs. Esther Annankra**
37 Military Hospital; tel: 776111-5.

**Dr. Brig. A.B. Gyening**
37 Military Hospital; tel: 777397, 776111 ext. 2083, 3686.

**Dr. Susu Kwawukume**
Trust Hospital; tel: 776787.

### Ear, Nose and Throat

**Dr. Kinie Ayee**
Korle-Bu Hospital, ENT Department; tel: 673033; Trust Hospital; tel: 776787, 771974; private tel: 310535, (028)212625.

**Dr. James Danso-Adams**
Department of Surgery, ENT Department, University of Ghana Medical School; Korle-Bu; tel: 665401, ext. 6423, 6419, theatre ext. 6468; Cathedral Clinic on M, TTh: 2-5pm, tel: 662790, 667957, 665158, 37 Military Hospital, tel: for pager office: 664788, pager No: 536.

### Endocrinology

**Dr. Francis Ofisi**
Center for Tropical Clinical Pharmacology; tel: 660903; University of Ghana Medical School, Korle-Bu; tel: 668219.

**Dr. S. K. Owusu**
Nyaho Medical Centre; tel: 775341; Korle-Bu; tel: 665401, ext. 52. Dean of Ghana Medical School. Particularly interested in diabetes and thyroid diseases. Highly recommended.

### General Practitioners

**Dr. Ameutzzi**
Medicure Center Clinic; tel: 220119, 225779.
Dr. Dorcas Annan Nanka-Bruce
Ayifua Clinic; 9 Mowule St, Nyaniba Estates, follow the Aquarius Restaurant sign from Ring Rd to Aquarius, then proceed to the fourth house on the same side of the street; tel: 761823. British trained and UK licensed. Does complete physicals and pap smears.

Dr. Julia Derban
Trust Hospital; tel: 776787, 777137, and 761974-7.

Dr. Joyce Djabetey
Medicare Center Clinic & Laboratory, Adabraka, off the Kojo Thompson Rd, behind Agricultural Development Bank; tel: 220119, 225779, (024)345333. Provides comprehensive health care. Does general and pre-employment physicals, prenatal, postnatal and family planning clinic. Clinic provides immunization and a 24-hr ambulance service. Clinic provides inpatient facilities. Clinic staffs several specialists. Highly recommended.

Dr. Mitch Duininck
American physician at Manna Mission Hospital, First Estate Junction Rd, Tsebieleco Last Bus Stop, Teshie-Nungua Estate; tel: 716054, 712892. Highly recommended.

Dr. Radha Hackman
DUA Clinic, c.43, Liberty Ave-off Ring Rd near Hyundai dealership offices; tel: 227678. Recommended especially for ear cases.

Dr. Davina Markwei
North Ridge Clinic; tel: 227328.

Rev. Dr. Emmanuel Nterful
Megavest Medical Center; tel: 243156, (024)278840, 242244. Highly recommended.

Dr. Adrian Nii Odoys
Akai House Clinic, Osu; tel/fax: 763821, (027)546488; e-mail: <akaise@ghanat.com>. Very nice clinic; provides vaccinations, including MMR and Hib, and very good ultrasounds. Highly recommended.

Dr. Joseph Owusu Adjei
Medicare Center Clinic & Laboratory, Adabraka, off the Kojo Thompson Rd, behind Agricultural Development Bank; tel: 220119, 225779.

Internal Medicine

Dr. Seth Abaroh
Manna Mission Hospital, Teshie-Nungua Estate; tel: 716054, 7010919, fax: 766501.

Dr. Reginald Addae
Castle Drive Clinic, Castle Rd; tel: 662700. Specializes in tropical disease and medical evacuatios medicine.

Dr. David Ofori Adjei
Noguchi Memorial Institute, Legon; tel 501178,9. Gastroenterologist. Private appointments available at Trust Hospital; tel: 776787. An expert in the field of malaria. Highly recommended.

Dr. Jane Ansafo-Mensah
Phillips Clinic, 12 Adema Rd, Cantonments; tel: 766681. Director of clinic.

Dr. Hagan
Urgent Care Hospital, Achimota; tel: 410696, 410913. Director of clinic; American trained.

Dr. R. Adukwei Hesse
Korle Bu Hospital, Department of Medicine, Medical Block; tel: 665401 ext. 357, 1st floor tel: 665413. Asthma specialist.

Dr. Koma Steem Jehu-Appliah
Korle Bu Hospital Chest Clinic, National TB Control Program; tel: 665401, ext. 5398, 300006. Rabito Clinic; tel: 777465. Director of Medical Relief Emergency Services. Specializes in chest diseases, certified in urology and operative nephrology. Highly recommended.

Dr. Alfred Neequaye
Korle Bu Hospital, Department of Medicine; tel: 665401. Asthma specialist.

Rev. Dr. Emmanuel Nterful
Megavest Medical Center, Point 4, North Kaneshie, former Rushhouse; tel: 243156, (024)278840; residence tel: 242244. Does complete physicals with laboratory, EKG, X-ray and ultrasound facilities. Clinic has 17 beds for admissions or observation. Has nebulizer for treatment of asthmatics. Very good all-around practitioner. Especially interested in cardiovascular diseases and hypertension.
Dr. Isaac Newman
Korle-Bu Teaching Hospital, Department of Medicine; tel: 665401. Substance abuse specialist.

Dr. A.N. Quacee
Superior Medical Centre, Dome, Accra; tel: 400328. Pathologist.

Dr. Lt. Col. Eak Wayo
37 Military Hospital; tel: 776111, 776118 ext. 2006. Prilway Specialist Clinic, Baba Yara, Medina; tel: 501601, 778534; fax: 501601.

Nephrology
Dr. Mate-Korle
Korle-Bu Department of Medicine; tel: 665401, ext. 579.

Neurology
Dr. Nii Bonney Andrews

Obstetrics and Gynecology
Dr. David Asiedu
Bethel Hospital, Hospital Rd, Tema; tel: (022)305048.

Dr. Kwasi Boodu
Akorua Hospital, Ring Rd Central; opposite Bus Stop; tel: 221122, 223978; fax: 22029, (024)371194; 656971(home); e-mail: < aboraa@africaonline.com.gh>.

Dr. Issah Egala
Humana Clinic, Amilcar Cabral Rd, Airport Residential; tel: 772853, (024)322889.

Dr. K. A. Kwaroko, Jr.

Dr. Edward Mahama
Superior Medical Centre, Dome, near Paraku Estates, Accra; tel: 400328, (024)320931. American trained.

Dr. Joseph Mainoo
Pro Vita Specialist Hospital, Community 6, Tema; tel: (022)204266, (022)202113. Fertility specialist, German trained. First doctor to deliver a test tube baby in Ghana.

Ophthalmology
(Eye Glasses, see Other Services in Health section.)

Dr. Virginia Dankwa
37 Military Hospital; tel: 776111; Trust Hospital; tel: 776787, 777137.

Dr. Kponyo
37 Military Hospital; tel: 776111, ext. 2076, (027)555597; Gokals Opticals; tel: 777077.

Dr. Alex Mensah
37 Military Hospital, Eye Department; tel: 776111. Highly Recommended.

Dr. Christine Teki Ntim-Amponsah
Trust Hospital; tel: 776787, nurse Sophia Kitcher; hours: T: 12:30pm-5pm, Th: 2pm-5pm; Korle-Bu Hospital; tel: 665401, hours M: 9am-2pm F: 9am-2pm.

Emmanuel Eye Center
Block No. C197/26, Adamfio Link, East Legon, third right turn from Tetteh Quarshie Circle; tel: 500578. Periodically, visiting American trained doctors provide extensive eye care; by appointment.

Orthodontistry
See Dentist section in Health section.

Orthopedic Surgery and Trauma
Dr. Laurence Appiah
Clinic at Ringway Estates; tel: 229289; hours after 5pm; Korle-Bu Hospital; tel: 665401, ext. 406 or 525. Nyaho Clinic; tel: 775341,775292; hours: Th: 3pm-5pm. Highly recommended.

Dr. Casals
St. Joseph Hospital, Koforidua; tel: (081)24221

Dr. Laryea
37 Military Hospital; tel: 776111, ext. 2296.

Prof. G.K. Korsah
Nyahlo Clinic; tel: 775341, 775291; hours: W & F: 9am-12noon.

Dr. Fordjour
Military Hospital; Tel: 776111, ext. 2056. Orthopedic and trauma specialist. Highly recommended.

Dr. Abednego Ofori-Addo
Korle-Bu; tel: 665401, ext. 6406, 6231; Trust Hospital; tel: 776787. Highly recommended.
Pathology
Dr. Sowa Boite Maale-Adsei
Police Hospital; tel: 773900, ext. 3422.
Performs autopsies.
Dr. A.N. Quacoe
Superior Medical Center, near Parakuo Estate, Dorm; tel: 400328.
Dr. Wadhwani
37 Military Hospital; tel: 776111.
Performs autopsies.

Pediatrics
Dr. Wing Commander Sam Annankra
37 Military Hospital; tel: 776111, ext. 2810;
hours: 7:30am-4pm. Chief of Pediatrics. Highly recommended.
Dr. Frank Djabanor
St. Luke’s Clinic, 55th Airport, Airport Residential; tel: 775405. Many adults see him as well; tends to be heavily booked. Vaccinations available at this clinic. Highly recommended.
Dr. Afua A. J. Hesse
Dr. Adwoa Kwashie
37 Military Hospital; tel: 776111, 777620(h). (027)7142888; hours: M-F: 7:30am-4pm.
Dr. Janet Neequaye
Akai House Clinic on M, W, Th; tel: 763821. Head of Department of Children at Korle Bu Teaching Hospital.
Dr. Billy Noble Agbolosu
Trust Hospital; tel: 776787, 777137, ext. 214, 777646(h). Specializes in tropical medicine.
Dr. Peprah
Trust Hospital; tel: 776787.
Dr. Jennifer Wellbeck
Korle-Bu; tel: 665405, 665407.

Physiotherapy/ Chiropractics
Joe Appiah
Near Kaneshie Police station; tel: 242768. Orthopedic herbalist; specializes in fractures and massages. Highly recommended.

Mrs. Victoria Buckman
Samtoria Health Complex, Dzorwulu directly opposite Sid cinema studio; Or paved road to the right, just before Dimples Inn; tel: 774738; hours: M-F: 9am-5pm. Will make house calls. Does body massages, sauna treatment & facial massage.

Mr. E. Lutterodt
Korle-Bu Hospital; tel: 665401, ext. 444, 663978; Trust Hospital; tel: 776877, 777137; Chief of Physiotherapy Department. Has done some training in U.S.

Dr. Marcus Manns
42 Examination Loop, North Ridge; behind BassLine Jazz Club on Ring Rd in a yellow building on the 2nd floor; tel: 252400, (024)635625. American chiropractor with state-of-the-art chiropractic equipment.

Galina Mensah-Wonkye
Tel: 220227 daytime; leave message); home: 227793, (027)954510. A Russian, university trained physio-therapist. Does body massages also.

Tanya Molovic
Pippa’s Health Center; by appointment only; tel. 224488.

Plastic Surgery
Dr. A. G. Laing
Plastic Surgery Centre, Korle-Bu Hospital; tel: 662809; Nyaho Medical Centre; tel: 775341, 775291; hours: M-F: 4pm-6pm. Call ahead for appointment.

Prosthetic
and Orthopedic Technician
Daniel C.O. Quaye
NPOC Ministry of Health; tel: 664161.

Psychiatry and Mental Health
Dr. J.B. Asare
Psychiatric Hospital, Accra; tel: 221920, 228688, 221340; 37 Military Hospital; tel: 776111. Chief of Psychiatry, Ministry of Health and Director of Psychiatric Hospital; in charge of national drug program. Very calm and helpful with psychiatric emergencies. Runs AA meetings.
Dr. J.J. Lamptey
Valley View Clinic, 32 Asafotase Djeene St, Dzorwulu; tel: 775249; hours: M-S: 10am-6pm. Speciality in substance abuse; counselor for victims of torture, physical and sexual abuse, and refugees.

Dr. Angela Ofori-Atta
University of Ghana Medical School. Family Counseling; tel: 763050, (021)701-0070 (leave message).

Prof. Araba Sefa-Dedeh
University of Ghana Medical School; tel: (020)813-6296, (027)553090 (leave message); practices at the Accra Psychiatric Hospital; tel: 228688, ext. 18; hours: M, T, F: 9am-2pm. Clinical Psychologist, American trained.

Dr. Nii-Aryee Turkson
University of Ghana Medical School; tel 228688, 665461, ext. 6472. Consultant Psychiatrist, British trained.

Pulmonology
Dr. Alfred Neequaye
National Cardio-Thoracic Center, Korle-Bu Hospital; tel: 780545, 780551; Nyaho Medical Centre; tel: 775341.

Dr. A. Opoku
Bethany Medical Services; tel: 225380. Physiotherapy, EKG and ultrasounds.

Speech Therapy
Stephen Appiah

Surgery
Dr. J.M Ayettey
37 Military Hospital; tel: 776111-5, ext. 2801, ext. 2745, ext. 2710; radio room; tel: 777595-ask for radio 13. First choice for trauma. Highly recommend.

Dr. Kwaku Gyesi Fordjour
37 Military Hospital; tel: 776111-5, ext. 2056, radio room tel: 777595. Orthopedics and trauma.

Dr. Clifford Lamptey
37 Military Hospital; tel: 776111, ext. 2219, radio room tel: 777595; Cathedral Clinic, High Street next to Cadbury Ghana Ltd, across from Scanship; tel: 667957, 662790, 665158. Director of Surgery at 37 Military. Pediatric and general surgeon.

Dr. K.O. Dako
Trust Hospital; tel: 776787, 761974-6. Specializes in surgical gastro-enterology, breast diseases, and thyroid surgery. Also, does upper GI endoscopy.

Dr. H.K. Takyi
North Ridge Clinic; tel: 227328; Nyaho Medical Centre; tel: 775291, 775341; hours: M-F: 9am-1pm. Sees patients at Korle-Bu, North Ridge, and Nyaho any day when called upon.

Dr. J.B. Quartey-Papafio
Reroy House; behind Ghana Commercial Bank Towers, Kwame Nkrumah Circle; tel: 244660; hours: M-F: 6am-7:30pm; Korle-Bu Hospital; tel: 665401. Lower gastrointestinal surgeon, does upper and lower GI endoscopy. Also hospitalizes patients at Link Rd clinic, Lantebiorkorship, Accra.

Urologist
Dr. John Quartey
Korle-Bu Hospital; tel: 665401; Nyaho Medical Centre; tel: 775341.
Prof. Edward Donkor Yeboah
Ghana Medical School, Korle-Bu Hospital; tel: 665401, ext. 6439, 6268; hours: M, W: 9am-6pm; Nyaho Medical Centre; tel: 775341; hours: F, 3pm-6pm.

Laboratories
Medlab
14 Ridge Rd, SGS House near Global 2000 and Indian High Commission, Airport Residential Area; PO Box 732, Accra; tel: 776844, 773994, 773995; fax: 778013; Hours: M-F: 8am-5pm; David Edwards, Manager. Highly efficient, excellent laboratory services. Has HIV testing facilities.

Medlab Branches
• Akai House, Osu; tel: 7011909. Collection center for Medlab.
• Medlab-Kumasi Branch
Old Beckwai Rd; tel: (051)29725.

Trust Hospital Lab
Cantonments Rd, Osu; tel: 776787, 761974; Mrs. Acheampong, Manager. Open 24 hours a day for malaria testing and some other basic blood work.

Public Health and Reference Laboratory
Korle-Bu Teaching Hospital; tel: 661046, 665404; Dr. Asamoah-Adu, Director. HIV Testing; free for all sick patients (Ghanaians and expatriates), fee for well patients. See Mrs. Veronica Bekoe.

Pharmacies
Avenue Chemists
Tesano, behind the Police Training Depot near Awo’s Boutique and Capitol Courts Hotel; tel: 228247.
Lapaz Branch; tel: 400197.

Bamel’s Tesano
PO Box 8728, Accra North; tel: 227380; hours: M-Sa: 8am-9:30pm, Su: 4-9:30pm.

BB Chemists
Community 2, opposite SSNIT, Tema; tel: (024)253561.

Bedita Pharmacy
Blohum Rd, adjacent to the SID Theatre, Dzonwulu; tel/fax: 778375.

Beecham/Smith Kline
Representative
Tel: (027)540906.

Bendos Pharmacy
Located near UTC light in from Metropol Restaurant, Ridge, Okaishie, Accra; tel: 669453; Ben Ansah, Director, US trained.

Bernswett Pharmacy
North Labone Rd, near Morning Star School; tel: 776794, 220938. An additional store will be opening soon on Ring Rd, opposite US Embassy.

Charleston’s Pharmaceuticals
PO Box 16259, Accra West, opposite Tesano Baptist Church; tel: 226647; fax: 226902; hours: M-Sa: 8am-10.30pm, Su: noon-5pm. Travels to US frequently to shop and will bring back ordered items.

Danpong Pharmacy
Empong Annex
Intex Rd; tel: 766859, (024)256249.

Doyden Pharmacy
Labadi Beach Rd, near La Polyclinic,
South Labadi Estates; tel: 778050.

Ernest Chemist
Ring Rd Central, near Shell gas station
overhead bridge; tel: 229293. Giant
importer of pharmaceutical products; will
procure needed drugs from other
countries on request via DHL.

Fourth Circular Rd Pharmacy
4th Circular Rd, east of Cantonments
Circle; tel: 777754; hours: M-Sa: 8am-
930pm, Su: 3pm-8:30pm. Very helpful in
finding what they don’t have in stock.

Korle-Bu Pharmacy
Located at Korle-Bu Hospital; tel: 670599;
hours: 24-hour service; tel: 665401, ext.
6599; hours: M-F: 8am-5pm; Mrs.
Elizabeth Bruce, Head Pharmacist, tel:
667500; (h); Jemah Selawu, Pharmacist.
Open evenings, nights, weekends, and
holidays.

Longview Chemist
Kojo Thompson Rd, Adabraka; tel:
223257, (024)315125; hours: M-F: 8am-
5pm; Sa: 8am-6pm; Mrs. Abbey, Director.

Maple Leaf Pharmacy
Opposite TDC, Tema; tel: (022)203621.

Media Pharmacy
East Legon; tel: 504065.

Mokat Chemists
La Beach Rd, near La Polyclinic; tel:
773086; Mrs. Ribiero, Director, UK
trained. Will order needed drugs from UK
through DHL; will have to pay for drugs
and shipping in advance.

Medo Chemists
Near Sadisco traffic lights, Kokomlemle;
tel: 232177. Not open Sundays.

Nyaho Medical Centre Pharmacy
Nyaho Medical Centre, Aviation Rd,
Airport Residential; tel: 775341, 775291;
fax: 777593; hours: M-Su: 8am-7pm.

Oyster Chemists
Adabraka; tel: 232478, 229624. Not open
Sundays.

Paracelsus Pharmacy
Mission Rd, just off Cantonments Rd; tel:
772334. Alcon contact lenses products
available. Not open Sundays.

Palace Pharmacy
Danquah Circle, tel: 774670; hours: M-Sa:
8am-9:30pm, Su: 3pm-9:30pm.

Parker Pharmacy
Korle-Bu branch; tel: 666804.
Adabraka branch; tel: 224762.

Pill Box
Ringway Estate, Osu, down the road from
the American Embassy, Consular Section;
tel: 765500, (024)420320;
e-mail: thepillbox@ghan.com.
Beautiful shop, large selection of high
quality medicines but tends to be more
expensive for many things. Carries
supplies for contact lenses.

Premier Point
Josiah Tongogara St, near Labone Coffee
Shop; tel: 762496, 778990.

Reiss & Co. Ghana Ltd Wholesale
Ring Rd East; tel: 760975, 302773; Mr.
Minta. at Opebia House, #17 Liberation
Rd; tel: 775359, 775484, 772949,
772950. Many immunizations available to
purchase here.

Universal Chemists
Kojo Thompson Rd, near Nigerian
Airways, Adabraka; tel: 221374.

Vicdoris Pharmacy
Ring Rd Central, near Bus Stop
restaurant; tel: 227091, 235145,
fax: 220198. Also has a branch
near Obetsebi-Lamptey (Kaneshie) Roundabout. Wholesale and retail, wide variety of drugs (especially German Drugs).

**Other Health Information**

**Cremation Services**

Ridge Cremation and Funeral Services
Tel: (027)576488. Joe Quarcoo performs Indian style cremation. He is hoping to get the funding needed to purchase a gas furnace but at this time there is no gas furnace available for cremation in Ghana.

**Eye Glasses**

Gokals Optical
Opposite Frankie's, Cantonments Rd, Osu; tel: 777077. Very good service.

Robert & Sons Ltd Optical Services
Ramia House 1st Floor; near Elf head office-former BP head office, Koko Thompson Rd, Adabraka; tel: 222601, (021) 701-0273.

**Al Anon**

St. Paul's Lutheran Church
Kanda, off Ring Rd, near Ghana Broadcasting Corporation; tel: 776775, 302277, 774417, 662416; hours: M, W: 5:30pm-6:30pm.

**AA Meetings**

Korle-Bu Teaching Hospital, Medical Block
Recovering Alcoholics & Drug Addicts Unit; tel: 665401, ext. 6397; hours: Su: 4pm-5pm. Dr. Isaac Newman.

Alcoholics Anonymous
19 4th Circular Rd, Cantonments; tel: 779595, 302277, and 774417; meets W: 6pm-7pm.

**Blood Bank**

Mr. Olaga
Korle-Bu Teaching Hospital, Blood Bank; tel: 665402, 665401 ext. 434.

**Center for Tropical Clinical Pharmacology**

University of Ghana Medical School.
Korle-Bu Hospital; tel: 668219.

**First Aid Boxes**

Ghana Red Cross Society
High St, near Riviera Beach Hotel; tel: 667492/3; fax: 660953, 667491; e-mail: <GRCS@ghan.com>.

**Hearing Testing**

H.A.A.S. West Africa Hearing Center
32 Amuji Ave, Adabraka; behind Hol Spirit Cathedral—1st right, then 1st left-3rd house; tel: 236096. For hearing test and hearing aids.

**HIV/AIDS Testing, Counseling and Education**

Ghana Social Marketing Foundation (GSMF)
Dworbulu; tel: 779881, 779395. Conducts HIV awareness and STD educational classes sponsored by SAID.

**Salvation Army Clinic**

Located next to Salvation Army Headquarters; tel: 776971, 246764 (Morris). Offers free HIV testing and counseling.

Korle-Bu Hospital
Has a HIV/AIDS counseling service run by Dr. Jehu-Appiah.

**Home Health Care**

Elite Nursing Agency & Health Promotion Centre
Tel: 225086, 810963; Dorothy Owusu, RN, Director. American trained. Nursing agency that trains and provides nurses for home health care, private duty nursing and for private clinics.
PPD Skin Testing for Tuberculosis
Akai House Clinic
tel: 763821. Contact Iris Aggrey-Orleans.

Mortuary Services
Korle-Bu Medical School
(not the Teaching Hospital)

Police Hospital
37 Military Hospital
Trust Hospital
(recommended)

Watson Services
Labadi Beach Rd, opposite St. Peter's Catholic Church; tel: 775817, ask for Mr. Butler. Will provide body bags; prepare, package and ship bodies.

Medical Schools
Korle-Bu Medical School
Tel: 665101.

University of Ghana Medical School
Perry Ofosu; tel: 660345. Administrative Secretary tel: 666987.

Nursing Schools
University of Ghana Nursing School
Legon
Tel/fax: 500399; Mrs. Elizabeth Brobby, Nurse Technician, Mrs. Margaret Osei-Boateng.

Red Cross/ CPR Lessons and Certification
Mr. J.K. Mensah
Tel: 241621, 241622, 662298.

Recommended Books on Health in the Tropics

Don't Drink the Water, by Dr. J.B. Keystone, editor. Published by the Canadian Public Health Association, Canadian Society for International Health; 400-1564 Carling Ave, Ottawa, ON K1Z8R1, Canada; tel: (613)725-3769.

Where There is No Doctor, by David Werner. Published by the Hesperian Foundation, PO Box 1692, Palo Alto, CA, 94302. A great resource for anyone living in Ghana.

Health Hints for the Tropics, by Martin S. Wolfe, M.D. Published by the American Society of Tropical Medicine and Hygiene; 6436 31st St, NW, Washington, DC, 20015-2342; tel: (301)496-6721.

Medlab Ghana Limited
International Standard Medical Laboratory

LABORATORY
14 Ridge Road,
Roman Ridge,
P.O. Box 732, Accra.
Phone: (233-21) 776 844
E-mail: medlab@africoplace.com.gh

COLLECTION ROOMS
OSU
Akai House
KUMASI
Prime House
Akropong

"QUALITY WITH CARE"
The Need for Domestic Help

In Ghana, household help is plentiful, affordable, and most often necessary, as each domestic task may require many more steps and steps to accomplish than in North America or Europe. How many persons or the type of staff you hire will depend on your individual needs and lifestyle. However, finding and keeping good staff will require time and attention.

The best way to find reliable help is to ask friends, colleagues, and acquaintances if they know of an available person. Embassies sometimes keep files of available household help who have worked previously for their employees. Most people rely on word of mouth or the recommendation of a friend, a colleague or an acquaintance. A personal referral cannot be overestimated, and it saves you the fees charged by placement agencies. In case you cannot find any help through friends, check the listing at the end of this section for referral agencies. These general guidelines should assist you in choosing the best staff possible to meet your needs.

Reviewing Resumes

Always check the background and references of house help before you hire them. If you have the good fortune of having written resumes to sort through, keep the following points in mind. Look for true literacy in the applicant, not adherence to a form letter from a resume book. Look for experience, of course, but remember that common sense, initiative, and the desire to learn are usually more important, especially for nannies. Be sure to check references; forged letters of reference do appear.

Interviewing

Be prepared! Compile a list of the usual questions in advance. Include such questions as experience, schooling, availability after hours and on weekends, salary history, and need for accommodations. Assess the age and family situation of the applicant according to your personal needs (are you prepared to provide accommodations for just one, a whole family or no one?). Give the applicant ample opportunity to elaborate, to give more than yes-or-no answers, and to ask questions of you. This gives you a chance to judge his/her communication skills and personality.

Involve the whole family

When interviewing nannies, consider having one or all of your children at the interview simply to see what initiative the candidate takes in interacting with them. Your children will often be able to tell you very quickly whether or not they like a particular person.

Osrane Ne Nsoromma (“The moon & the star”) symbolizes faithfulness and fondness.
Involves any existing household staff

For new household help that will be expected to work closely with other members of your household staff, you might want to consider including the existing staff in the interview. Expatriate employers may not pick up in advance on potential conflicts, whether personal or cultural.

Present a scenario

Try posing a hypothetical, but very likely, scenario to your applicant and ask what the person would do in such a situation. For instance, give the age(s) of your child (ren) and ask what the potential nanny would do with them while you are away from home for several hours. The ones who give the most specifics and show the most imagination score highest. Another good question would be to give a possible emergency situation and ask the applicant how s/he would respond. For cooks, give a scenario where you call from work at 10am to say that you are bringing some colleagues home for lunch; what would he/she prepare on such short notice? Ask the candidate for a couple of menus of three or four courses to see if s/he understands the concept of balanced meals.

Be alert to communication skills

Good communication skills are essential because the person you hire will receive verbal, and perhaps written, instructions from you daily, interact with your children, answer the phone, take messages, tell you what happened during the day, contact you or others in case of an emergency, and read directions on packages and containers. A cook must know how to read in order to prepare a variety of meals without your immediate supervision and instruction.

Gauge your personal feelings about the candidate

The personal chemistry between you, your family, and your help is very important. Don't hesitate to reject an otherwise good candidate just because you don't like his/her vibes. You will be spending a lot of time with them in your personal space, so you should be comfortable with each other. Similarly, be aware of what qualities, intangible though they may be, that you value (e.g., cheerfulness, trustworthiness, initiative or common sense). Be on the lookout for indications whether applicants possess these qualities.

Employment

Once you have found a person you would like to hire, establish a probationary period. It is recommended that one also prepare a written contract outlining all requirements, conditions, and expectations of the job and the person. It is wise to include even those requirements that you might assume are mutually understood such as personal cleanliness, punctuality or honesty. Salary, overtime pay, accommodations, benefits (vacation, medical, uniforms, school fees, etc.), hours, meals...in sum, all the basics should be included in the contract. Most domestic employees work about 45 hours a week. Generally an extra month's salary is paid immediately before Christmas, and the normal severance pay upon your departure is one month's salary for each year of service. If you are unsure about standard pay and benefits, ask your friends or colleagues. Be very clear in both the contract and in person as to what you consider grounds for immediate dismissal such as theft. You should also check regarding your obligation to register your employee with The National Social Security Insurance Trust (SSNIT), the national pension plan that provides protection in the event of retirement, invalidity, and/or death. Contact SSNIT at SSNIT Pension House, PO Box M 149, Accra or in person at the Pension House, which is located near The National Theater in Accra.

tel: 667742 666670-6; 667731-2/4-9,
Ext. 3606-11; Fax: 667745
e-mail: <ssnit@ncs.com.gh>
Salary, review and incentive

Loans and advances of salary are common requests from your staff. Come up with a strict policy and stick to it; you can always ease up later if you desire. Try to offer some incentive for good service. Some people make monthly contributions to a fund that is turned over to the person only upon their departure and is forfeited if he/she is fired. Others guarantee periodic raises or contributions to something the employee really needs (e.g., a child’s tuition or a bicycle) or wants to do. Check with your friends as to different practices.

Getting along

Introduce the new person to your other staff and explain to them what his/her job and responsibilities are. Give your other staff some indication about where the new person fits into your staff hierarchy and to whom he/she answers and for what he/she is responsible; try to minimize power and personality struggles.

Medical screening

All staff should be initially screened for tuberculosis and parasites before employment (see the Health section) and at least annually thereafter. Consider providing relatively generous health benefits (e.g., paying for immunizations, doctor visits, contraception, and/or prescriptions), as your family will be among the primary beneficiaries. If members of your staff are healthy, it will help your family stay healthy.

Training your staff

Regardless of their previous experience, be sure to train your household help in how to do things in your household. Assumptions may prove dangerous. Do NOT assume that they know how to operate all the appliances, how to safely and correctly use cleaning chemicals, or that they even know basic safety procedures (not leaving knives, potential poisons, and hot pots within reach of little ones). Review explicitly and in detail personal hygiene and household sanitary measures (do it in writing if you are uncomfortable). Always provide emergency procedures to be followed any time that you are absent, and it is a good idea to arrange for first aid training if possible. A final word on training is patience. Give your staff and yourself time to adapt to the new situation, keeping in mind that, once trained, they will give you a variety of services.

Security concerns

Household staff may come and go quickly. Never forget the security of your house, and that a person who once worked in your house will continue to know your house, your routines, and all the things in it as well. Do not be careless about leaving your valuables and money lying about and never reveal where your safe storage place is. It never pays to tempt people. If you must terminate a domestic worker’s employment with you, do it with no prior notice, hand her/him severance pay if warranted, collect your keys, and show the person the door. You might consider changing your locks after you dismiss someone in case copies of your keys have been made. Also be very careful when you are preparing a move, as the chaos of packing could be a perfect opportunity for items to disappear undetected.

Cultural benefits to you

Your staff can be a valuable source of information regarding local culture and customs. Ghanaians are generally quite friendly, helpful, and an invaluable source of information on Ghanaian culture, language, dress, food and etiquette.

Agencies

Flair Cooking School
4 Josif Broz Tito Ave, off Ring Rd East; tel: 775599, 777366. Can provide trained cooks for domestic employment.

H.H.S!!! Household Help Simplified
There are two locations. One is in Tesano; tel: 223524, (027) 541600; the other is in Tama in Community 7, call (022) 308776; hours: M-F: 9am-5pm, Sa: 9am-noon. Can provide a wide variety of household help including maids/ stewards, nannies, gardeners, qualified cooks, drivers; background checks on applicants and bonding are part of their services.
The information presented in this section should serve as a guide to newcomers to Accra who might be interested in renting, leasing or purchasing a property. However, it does not represent a guarantee on behalf of NAWA. The prospective tenant or purchaser should take all necessary precautions to ensure that the transaction is devoid of set-backs.

Where to Live
Some of the traditional choice locations in town include Airport Residential Area, Cantonments, East Legon, Labone, North Ridge, Ringway Estates, and Tesano. However, houses are being fixed up or newly built all over town (Roman Ridge, Dzorwulu, New Achimota, McCarthy Hill to name a few) and attractive new housing developments along Spintex Road are now in demand.

Buying and Leasing
Unlike the West, for buying, selling or renting property, there is no statutory framework protecting consumers. All transactions are chiefly governed by the agreement reached between parties. Be very vigilant in negotiating any terms of leases or contracts. There are also no fixed rules or requirements debarring laymen or non-professionals from touting real estate. Listings of properties as such do not exist. One can, however, find accommodation through a few real estate agencies or development companies. Also it should be mentioned that any or all of the following may yield good results: Word of mouth, advertisements (hotels, shops, embassies, etc), friends, colleagues, departees. Be aware that one to two years’ rent is frequently requested “up front” for rental properties. Also, in negotiation, don’t presume that certain items such as kitchen appliances, air conditioners, water tanks, generators, are included with the property. There are few properties that are fully equipped and you will have to negotiate for these items. Lastly, verify with service providers that there are no outstanding bills and if there are, make adequate provisions as to whom will be responsible for arrears.

Information Sources
For advertisements, the most widely consulted papers are The Daily Graphic and The Ghanaian Times. Generally the best approach would be to use recommendations from embassies, NGOs, companies or hotels that have dealt with real estate agents. Another way to identify groups that deal in finding accommodation is through the Ghana Institution of Surveyors which has all the officially recognized agencies under its umbrella.

Fiankra ("Compound House") symbolizes security & safety.
Using an Agent
Rentals
Agents can represent the landlord or the prospective tenant or both. Although there is no fixed fee, it has become conventional to pay as a commission either 10% of the annual rent or the equivalent of one month’s rent. It is wise to have clear guidance as to how much and as to which party is going to pay the commission since based on the above, agents often collect from both parties.

Purchases
For purchases, as in the case of rentals, the agent will take between two and a half to five percent of the price of the property depending on the value of the property (from the buyer, owner or both). The actual figure will depend on the value of the property and the work involved (preparing documents, conducting investigations on owner’s titles, doing the registration at Lands Department, etc.). It should be pointed out that non-Ghanaians are only allowed to purchase the “leasehold” interest, and that it can only be for a maximum of 50 years (building and/or land reverting to original owner or Government at that time). Leasehold interest can eventually be sold in the same way. In all property dealings, legal advice and reference to the Lands Commission is recommended.

Development Companies
Africa Concrete Products Estates
North Industrial Area; tel: 221133
(Sales only).

Green Capital Ltd
4 Third Close, Tesano; tel: (024)356432, (027)556432.

Manet Housing Ltd
8 Odio Kwaa Street, Airport Residential, opposite National Banking College; tel: 768531, 764450, (024)266125; fax: 768613; e-mail:<manet@ghan.com>; website: <www.manet.com.gh>.

PHC Estates Ltd
PO Box 296, Accra; fax: 235854. Furnished and unfurnished apartments for rent, central location.

Regimanuel Gray Ltd
2 La Bypass, La, Accra; tel: 764682/5; fax: 775730; e-mail: <regigray@ncs.com.gh>; website: <www.regimanuelgray.com>. Also offers rental services.

Social Security and National Insurance Trust (SSNIT)
Tel: 228831, 228866.

State Housing Corporation
Tel: 221422 (Sales only).

Swanzy Real Estates of Unilever
Tel: 664985, 663840.

UTC Estates of Ghana Ltd
Tel: 222061.

Real Estate Agents
Alpha Property Services
C 731/3 2nd Crescent, Asylum Down, behind Media Magic; tel: 224671; fax: 222772. Contact Yvonne Sowah.

Estate Consult
Located behind Trust Bank in Adabraka; tel: 222461.

Domani Ltd
Aviation House across from Hotel Shangri-La, near Airport; tel: 775696, (024)310710. Contact Audrey Manyo Plange.

Ideal Real Estate
PO Box C2303, Cantonments, Accra; tel: 701-0288, (024)340171. Contact Sylvia Nutsugah.

Mona Caesar Addo
Ringway Estates behind State House; tel: (024)317588; 773957.

Owusu Adjepong & Co
3rd Floor, Teacher’s Hall Complex, Adabraka, directly behind Ministry of Communications, near Mobitel; tel: 224464.

Triumph Ventures
F/6626 Labone Link, Labone; tel: 773483, 760541. Contact Ms. Amoa.

William Ofori & Co
4th Ringway, Ringway Estates; tel: 222970, 223127.
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MONEY MATTERS

Currency
Local Currency: The Cedi
The name of Ghana’s national currency, the Cedi, is derived from the Twi word for the cowrie shell, which was formerly used as a medium of commerce along with gold dust during the early history of the area now known as Ghana. Cedi coins in circulation are in GH¢50, GH¢100, GH¢200 and GH¢500 denominations. Bank notes are available in GH¢1,000, GH¢2,000 and GH¢5,000 denominations.

Foreign Currency
There is no limitation on the amount of foreign currency one can import into Ghana. There is, however, a limit on the amount of cedis one can carry out when leaving Ghana. It is advisable to check on what the latest regulations are prior to travel.

Banks
There are many commercial banks in Accra catering to businesses and the general public. While most have international banking facilities and correspondent relations with foreign banks, their individual services may vary. As individual banking needs also vary, it is suggested that you do some comparisons in order to make a selection which best fits your needs. Below we have listed the head offices of a number of major banks; contact these offices for information regarding branches and automatic teller machine locations.

Agricultural Development Bank
Cedi House, Liberia Road, Accra; PO Box 4192, Accra, Ghana; tel: 662758, 662762, 662972, 670319-22; fax: 662846, 662803; e-mail: <adb@africaonline.com.gh>.

Amalgamated Bank Ltd (ABL)
C 131/3 Farrar Avenue, Accra; PO Box CT1541, Accra, Ghana; tel: 249690; fax: 249697; e-mail: <amalbank@aghmail.com>.

Bank for Credit and Commerce
PO Box 11011, Accra-North; tel: 228001, 220797, 220739, 220782; fax: 220788.

Barclays Bank(Gh) Ltd
High St, Accra; PO Box 2499, Accra; tel: 664901-4, 665382-7, 662396; fax: 667420; e-mail: <www.barclays@africaonline.com.gh>.

Bese Saka ("Bunch of Cola Nuts") symbolizes power & affluence.
CAL Merchant Bank Ltd
45 Independence Ave, Accra;
PO Box 14596, Accra, Ghana; tel: 221056, 221087, 221091, 222345; fax: 231913, 231104, 231099, 767209.

Ecobank Ghana Ltd
19 Seventh Avenue, Ridge West, Accra;
P.M.B. GPO, Accra, Ghana;
tel: 221103, 228812, 231931-2, 225498;
fax: 231934/232096;
e-mail: <ecobankgh@ecobank.com>.

First Atlantic Merchant Bank
Atlantic Place, No. 1 Seventh Avenue, Ridge West; PO Box CT1820, Cantonments; tel: 231433-5, 225309; fax: 231399;
e-mail: <fambl@ghanacom>.

Ghana Commercial Bank Ltd (GCB)
High St, Accra; PO Box 134, Accra;
tel: 664914-7, 663480, 662548, 663964; fax: 667420.

Merchant Bank (Ghana) Ltd
44 Kwame Nkrumah Avenue, Merban House, Accra; PO Box 401, Accra, Ghana; tel: 666331-5;
e-mail: <merban-services@ghanail.com>; website: <www.merchantbank.com>.

Metropolitan and Allied Bank
Valco Trust House, Castle Rd; PO Box CT1776, Cantonments, Accra, Ghana;
tel: 232772, 232770, 232775;
fax: 232728.

National Investment Bank
37 Kwame Nkrumah Avenue, Accra;
PO Box 3726, Accra;
tel: 240000-24, 240031; fax: 669307.

Prudential Bank Ltd
Kingsway Building, PMB GPO Accra,
Ghana; tel: 226322, 238737-9, 671943-5;
fax: 226803;
e-mail: <prudential@ghanail.com>.

Social Security Bank Ltd (SSB)
Kokomlemle, adjacent ATTC;
PO Box 13119, Accra;
tel: 221726, 221743, 300256, 667146-8/667138;
fax: 220713, 668651;
e-mail: <enquiriesssb.com.gh>.

Stanbic Bank Ghana Ltd (SBGL)
Valco Trust House, Castle Road, Ridge, Accra; PO Box CT 2344, Accra, Ghana;
tel: 234679, 234683-4, 250066-7;
fax: 234658.

Standard Chartered Bank Ghana Ltd (Stanchart)
High St, Accra; PO Box 59, Accra;
tel: 664590-9; fax: 667751, 663560.

The Trust Bank
Kwame Nkrumah Ave; PO Box 1862, Accra, Ghana; tel: 222407, 230403, 230416, 240049-52; fax: 240059, 240056.

Banking Services

Operating Hours

Generally banking halls are open daily from 8am-3pm, and are closed on weekends. If you need to change money on a Saturday, most forex bureaux operate for at least limited hours. The major hotels have forex facilities which operate on both Saturdays and Sundays, but please bear in mind that their exchange rates are usually less attractive than those of the forex bureaux. The following information is an overview of some of the current services and requirements relative to banking in Ghana.

Opening an Account

In order to open any type of account, most banks require an acceptable source of identification/introduction which includes, but is not limited to, presentation of your passport, a letter of introduction from a bank in your home country, a personal reference from one or, in some cases two, current account holders of the bank, and/or an introduction by a person(s) known to the bank who is in a responsible position (e.g., an accountant) at the company where you are employed. You will also be required to complete an application form and signature card. In addition to the above, a company opening an account must provide a Corporate mandate and resolution, Certificate of Company Registration, complete and/or present other documentation depending on the type of business.
Personal Checking Account
Most banks have requirements regarding minimum deposits and/or balances. In opening an account, one should check on such requirements. Funds availability (waiting period): immediate or anywhere from 2 to 21 days depending on source and/or type of deposit (e.g., check), and the financial institution. One may receive printed checks the same day or have to wait as long as two weeks depending on the bank. Overdraft protection is available at various rates and repayment schedules, but may require that the account be established for a certain period of time.

Time Deposits and Fixed Deposit Accounts
Most banks accept deposits from 30 to 90 days and 3, 6 and 12 months. Naturally, minimum deposits and interest rates vary depending on the bank’s requirements and the duration of investment.

Foreign Exchange Service and Currency Accounts
Most banks offer foreign currency and foreign exchange accounts giving the consumer a variety of options. One should check regarding minimum deposits and balances and in which currencies the accounts are available.

Statements
The banks are quite flexible in meeting the customer’s requirements. Statements are generated monthly, quarterly, annually or, in some cases, daily, but often only on demand.

Other Banking & Financial Services
Banks offer letters of credit, loans and other services too numerous to mention. In deciding on which bank to select, you may want to consider if the following services are offered:

Funds/Wire Transfer
This service is often vital to those with dependent children or other obligations in their home country. Although electronic transfers can be completed in most cases within two days, mail transfers can take as long as one to two weeks, so inquire about this service when reviewing prospective banks.

Inward Transfers
These allow one to transfer funds to Ghana whether or not one has an account with the bank. Acceptable currencies include US Dollars, Pound Sterling, Deutsche Mark, Japanese Yen, Italian Lire, Dutch Florin and/or Canadian Dollar, but one should consult the individual banks as to availability and the preferred currencies. Charges for this service are assessed by the remitting bank. On receipt of transfer, disbursements will be made in cedis (Ghana’s currency) unless otherwise directed. There is a fee, should one request monies in foreign currency. Needless to say, beneficiaries must present proper and acceptable identification.

Traveler’s Checks
All the major banks and larger hotels cash traveler’s checks, as do some forex bureaus, but generally they are of no value when making purchases from local stores and suppliers. One can buy traveler’s checks at all major banks in Dollars and Pound Sterling; for other hard currencies, consult your bank. Traveler’s checks cannot be purchased by credit card at the banks.

American Express traveler’s checks may be purchased with your American Express card at Scantravel Ghana Ltd, PO Box 4960/4104, Accra; tel: 664456, 664204; fax: 663134. Scantravel is located in Enterprise House, High St, opposite the former Multistores. As the exclusive agent for Amex, Scantravel offers a full range of services including the sale of traveler’s checks, replacement of lost or stolen checks, traveler’s check refunds and bill payment. Although Scantravel operates M-F from 8am-5pm, it is best to purchase Amex traveler’s checks between 8am and 2pm M-Th and 8am-3pm on Friday in order to accommodate Barclays Bank’s hours. For control purposes, after
authorization is received, one is given a letter to present to Barclays’ High St branch which will then issue the traveler’s checks or take other action, as necessary.

Credit Cards, Cash Advances, and Debit Cards
Credit cards are of little use on a daily basis but are accepted when settling hotel bills and making travel arrangements. Since Barclays is an agent for Eurocard, Visa, Mastercard and JCB, should you run short of funds, contact the bank to find out which branch can accommodate you should you need a cash advance against your credit card. If you carry Diners Club card, Social Security Bank’s International Banking facility located behind the National Theater can assist you.

Most major banks now offer customers debit cards on cedi accounts. Given that normal shopping can total in hundreds of thousands, if not millions of cedis, debit cards can be very convenient. With them, one can avoid carrying large quantities of cedars around.

American Express’ representative for cash advances is Scanttavel Ghana Ltd. After Amex authorizes an advance, Barclays Bank will accept a letter from Scanttavel to release funds.

Automated Teller Machines
Barclays Bank, Standard Chartered Bank, and Ghana Commercial Bank have automated teller machines (ATM) in busy areas in Accra. Since ATM disbursements are in local currency, one must have a cedi account. Also, ATM cards are not interchangeable; the issuing bank’s card can only be used in that bank’s machines.

Foreign Currency Exchange
There are numerous foreign exchange bureaus in Accra, and most of the major hotels have forex bureaus. Exchange rates fluctuate daily and may vary from one forex bureau to another. Often those at the larger hotels do not offer the best rates. It’s important to remember that the money changers pay a lower rate for bills of small denominations and traveler’s checks. One should consult the individual forex bureau about its policy regarding traveler’s checks. It is advisable to count your funds before leaving the window of the forex bureau and to request a receipt. Always conduct business with a licensed moneychanger and do not, under any circumstances, change money on the street as the bills may be counterfeit. Some convenient bureaus include:

Forex Bureaus
Abdex Forex Bureau
Located in Black Caesar’s Palace building on the southeast side at Danquah Circle; entrance off Ring Rd just east of circle; tel: 776097; hours: M-Sa: 8am-5pm.

Efoshi Forex Bureau
Behind SSNIT Hospital in Osu; tel: 773630, 776683; hours: M-F: 8:30am-8pm; Sa: 9am-2pm.

Imani Forex Bureau
Achimota Rd near Le Papillon Restaurant; enter access road just after light at Way In heading toward 37 Military Circle; tel: 221301; fax: 249038; hours:
M-F: 7:30am-5:30pm, Sa: 7:30am-4pm.

Nayok Forex Bureau
Nkrumah Ave and Castle Rd in Adabraka; tel: 225091, 224389; fax: 226104; hours: M-F: 9am-5pm, Sa: 9am-2pm.

Salom Forex Bureau
Palm-Wine Jct on the Trade Fair Rd; tel: 773104; hours: M-F: 8am-6pm, Sa: 8am-2pm.

Other Financial Institutions
Ghana Stock Exchange
5th Floor, Cedi House, Liberia Road, Accra; tel: 669908.
The Securities and Exchange Commission (SEC)
1st Floor, State Enterprises Commission Building, Ministries, Accra; tel: 669019, 701-0476; fax: 701-0477; e-mail: <sec@africaonline.com.gh>.

Stockbrokers/Investment Advisors.
The following institutions are duly licensed companies able to act as stockbrokers and/or investment advisers with The Ghana Stock Exchange at the time of press. Please verify the present status of the companies by contacting the SEC. You may also contact the SEC for a full listing of registered stockbrokers and/or investment advisers. NAWA explicitly assumes no responsibility for listing the companies below and suggests that readers conduct their own review of the companies before selecting one.

DataBank
5th Floor, SSNIT Tower Block; tel: 669110, 669421, 665124, 663763; e-mail: <info@databankgh.com>, <www.databankgh.com>.

Ecobank Stockbrokers Ltd
19th Seventh Avenue, Ridge West, Accra; tel: 231931-2; e-mail: <sbebga@ecobank.com>.

Strategic African Securities Ltd (SAS)
2nd Ridge Link, North Ridge, Accra; tel: 251546-9; 7011770; fax: 251550, 7011774; e-mail: <sas@africaonline.com.gh>; <www.sasghana.com>.

Sterling Securities Ltd
No. 2 Rangoon Link, Cantonments, Accra; tel: 764332-5; e-mail: <sterling@africaonline.com.gh>.
ORGANIZATIONS

This is by no means an exhaustive list of organizations in Accra. The list includes organizations that many newcomers to Accra find of interest. Talk with your friends to learn about additional groups.

Accra Bridge Club
Duplicate bridge is played. All interested should contact Mrs. Adele Holmes at 225197 or (024)328740 for Tuesday morning and Friday afternoon sessions or Miguel Ribiero for Tuesday evening sessions at 222538 (O) or 776836 (H). All levels welcome.

The African American Association of Ghana (AAAG)
AAAG is a non-profit organization of African Americans residing in Ghana on a permanent or temporary basis, which supports members in the Diaspora. AAAG seeks to provide greater interaction among all members and their families; to promote programs in concert with Ghanaians; to serve as a resource for visiting African Americans and those abroad seeking information about Ghana. Meetings are held on the third Sunday of the month at the Du Bois Centre at 3 pm. For more information, check out their web page at www.africaonline.com.gh /AAAG.

Alumni of Canadian Universities in Ghana
As the name denotes, this organization seeks to socially bring the graduates of Canadian universities together. For a schedule of meetings and events, contact the Political and Public Affairs Officer at the Canadian High Commission, at tel.: 228555; fax: 773782; e-mail: <id@dfait mac.gc.ca >.

American Chamber of Commerce
The Chamber exists to promote commercial, economic, educational and cultural ties between the United States of America and the Republic of Ghana, and to advance the general welfare and prosperity of the citizens of Ghana. Located at Hse#C609/3 5th Crescent Street, Asylum Down, Accra; tel.: 247562, (024)251605; e-mail: <amchamgh@ghana.com>, <www.amcham_africa.org>.

ANZAC and South Pacific Women's Association
The women of Australia, New Zealand, Papua New Guinea, and the South Pacific have recently formed a social group. All women and the spouses of the above-mentioned nationalities are most welcome to join. Meetings are held on the third Monday of each month. Phone the CLO at either the Canadian or British High Commissions or the

Nkonkonkorson ("A chain") symbolizes unity & human relations.
American Embassy for a current list of members and their telephone numbers.

British Women's Association (BWA)
Established in 1967, the British Women's Association is a social and service group open to women over 18 years of age who, or whose husbands are, British citizens. The objectives of the association are to promote and support friendship among British women in Ghana through a wide variety of activities, and to raise funds for local charities. The group meets the second and fourth Monday of each month at the British High Commission Club on Osu Ave Extension, just east of Sankara Interchange. Telephone the British High Commission at tel: 221715 for information.

Caledonia Society of Ghana
The Caledonia Society of Ghana celebrates Scottish traditions, especially dancing, through several social functions during the year, and also raises funds for charitable causes. Full membership is open to those with Scottish heritage and associate membership is open to others who want to support the aims of the society. Several dances, including the St. Andrew's Ball, provide an opportunity to dance traditional Scottish dances. Dancing lessons are held at the British High Commission Club prior to the functions. For information about meeting venues and activities, contact the British High Commission or see the notice board at the BHC Club on Osu Ave Extension, just east of Sankara Interchange.

The Canadian Business Association - Ghana
Established in 1994, this Association is a business-networking group of Canadian businesses and Ghanaian businesses representing Canadian companies. Meets the last Thursday of every month at 5:00 pm. For more information, please contact the Canadian Trade Commissioner at the Canadian High Commission; tel: 228558; fax: 773792; e-mail: <td@dfait-maecas.gc.ca>.

FIDA Ghana (Federacion Internacional de Abogadas)
FIDA International is an association of women lawyers in more than 50 countries worldwide who have come together to promote and enhance the status of women and children in society. FIDA Ghana shares these same aims and objectives. The organization provides a Legal Aid Service and a Legal Literacy Program; tel: 225479; fax: 230035; or write c/o PO Box 16502, Accra North.

Friends of the National Zoo (FONZ)
FONZ is a voluntary, non-profit organization whose objectives are: 1) to promote and support the development of zoological parks in Ghana for the purposes of education, recreation, conservation and scientific study; and 2) to foster the use of the national zoo by the general public and schools for educational purposes. FONZ raises funds for specific zoological projects and coordinates with individuals and organizations interested in the long-term development of Ghana’s zoos in cooperation with the authorities responsible for their ongoing operation; tel: 774018; or write PO Box C74, Cantonments, Accra.

Ghana Bead Society
The Ghana Bead Society aims to develop knowledge, appreciation, and interest in beads in Ghana, both from a traditional and contemporary point of view. The society works to establish a permanent bead collection in Ghana, and to research and publish information about beads found and made in Ghana. Membership is open to anyone with a keen interest in beads who will work to achieve the aims of the society. Monthly meetings are held in the British Council the first Thursday of each month at 4:30 pm; tel: c/o SunTrade 235982; e-mail: <bendagi@ghana.com>.

Ghana International Muslim Women's Association (GIMWA)
GIMWA welcomes any Muslim women living in Ghana to join them for social and fundraising activities. The group supports
charitable projects within the Muslim community. A general meeting is held the first Thursday of each month. For further information, write to PO Box 9544, Airport, Accra.

Ghana International Women's Club (GIWC)
The Ghana International Women's Club was formed in 1980 by a small group of women from various nationalities with the intention of establishing a strong bond of friendship among "Women of the World", and fostering a better understanding of each other's cultures in a neutral, non-political setting. Its chief objective is to better the lot of the disadvantaged in Ghana, particularly women and children, through volunteer work. The members organize fundraising events to finance carefully selected projects. GIWC now has nearly 125 members from more than 40 different countries. The club meets the second Wednesday of each month at 9:30am at Shangri-La Hotel.

Ghana Wildlife Society
Ghana Wildlife Society (GWS) is dedicated to the preservation of Wildlife in Ghana. It provides educational programs and maintains a library. GWS organizes trips and special events to increase knowledge about wildlife extant in Ghana. For more information, contact GWS at its offices adjacent to Efua Sutherland Children's Park, opposite the Public Affairs Section of the U.S. Embassy; tel: 665197, email: <wildsoc@ighmail.com>.

The Indian Women’s Association (IWA)
The IWA is a social and service organization open to Indian women in Ghana. The group meets the first Wednesday of each month at 4:30pm at the Indian Cultural Center in Osu; turn at Total station, then second left. Fundraising activities are organized at different times during the year to support selected charities. Newcomers are welcomed; tel: 779633-4.

The International Players
The International Players is a local, amateur dramatic group that performs publicly. Anyone interested in amateur theater is invited to participate. Anyone talented or interested in acting, directing, singing, dancing, staging, make-up, props, sound, lighting or marketing is welcomed. For up-to-date information about the group’s activities contact Lavina, tel: 225775 or Trish; tel: 027-573318, e-mail: <Trish_graham@excite.com> or Tom at tel: 027-552060.

The International Spouses
Association of Ghana (ISAG)
ISAG is an organization of foreigners, both male and female, who are married to Ghanaians. It serves as a support group to help spouses adapt to the new culture, understand their rights under Ghanaian law and develop friendships. The group meets at the Ghana International School Film Room the first Wednesday of each month at 6pm.

Italian Women’s Association
The Italian Women’s Association is a social and service organization open to Italian women living in Ghana. The group sponsors various fundraising activities during the year to support charitable groups and projects. Meetings are held the last Thursday of each month at 3:30pm, usually at the home of the current president of the group. For the venue, contact the Italian Embassy; tel: 775621.

Lebanese Women’s Association
A benevolent organization to benefit the needy in Ghanaian society. For meeting times and venue, contact the Lebanon Society at PO Box OS 2440, Accra; tel: 664460 or 664403.

North American Women’s Association (NAWA)
The purpose of the North American Women’s Association is to promote friendship among North American women, to promote friendship and understanding
between North American and Ghanaian women, and to raise funds to assist Ghanaian charities, particularly those concerned with the welfare of women and children. NAWA is the proud author and publisher of this book! Membership is open to all North American women residing in Ghana who are citizens or permanent residents of North American countries, or women who are married to citizens or permanent residents of North American countries. Meetings are held the second Thursday of each month. Call the American Embassy Community Liaison Office for time and venue of meetings; tel: 775297, 775347-9 or the Canadian High Commission at tel: 228555; 28566; 773791.

Russian Friendship Association
The Russian Friendship Association is open to any woman from Russia or any of the former Soviet republics. Meetings are held the last Saturday of each month at 3pm at the Russian Cultural Center, Kuku Hill, Osu. For additional information, contact Mrs. Abierdu; tel: 772424.

Soroptimist International Club
This club belongs to the European Federation of a worldwide association of service clubs for women. The Ghana Club was chartered in 1985 and has six international areas of service: economic and social development; education and culture; environment; health; human rights and status of women; international goodwill and understanding. There are three clubs in Ghana. Call venues for details: Club of Accra: PO Box 16047, KIA, Accra. Meets at Golden Tulip Hotel; Second Club of Accra: PO Box C-334, Cantonments, Accra; meets at Ghana Commercial Bank Club House; Club of Kumasi: PO Box 4536, Kumasi.

Zonta Club of Accra
Zonta International is a worldwide service organization of executives in business and the professions working to improve the legal, political, economic and professional status of women. Meetings are held in Accra at Christ the King Church, Nehru Rd, at 5pm on the 20th of each month (if the 20th is on a weekend, meeting held on following Monday). For more information, contact Elizabeth; tel: 400755.

Area Lions Clubs
Contact Alfred E. Amoah, tel. 224514 for up-to-date information on meeting times and venues.

Accra Premier Lions Club
Accra Golden Lions Club
Meets at Wargara Hotel; 1st and 3rd Mondays at 6:30pm.

Accra Ebony Lions Club
Meets at Golden Tulip Hotel; 1st and 2nd Wednesdays at 6:30pm.

Accra Diamond Lions Club
Meets at Novotel Hotel; 2nd and 4th Tuesdays at 6:30pm.
Contact one of the above for up-to-date information on meeting times and venues of Lion Clubs outside of Accra.

Area Rotary Clubs
Rotary Club of Accra
Meets at Labadi Beach Hotel on Mondays at 12:30pm.

Rotary Club of Accra-Achimota
Meets at Sun Lodge Hotel on Thursdays at 6pm.

Rotary Club of Accra West
Meets at Golden Tulip Hotel on Wednesdays at 12:30pm.

Rotary Club of Accra East
Meets at North Ridge Hotel on Thursdays at 6pm.

Rotary Club of Accra North
Meets at Golden Tulip Hotel on Mondays at 6pm.

Rotary Club of Osu
Meets at North Ridge Hotel on Thursdays at 6pm.

Rotary Club of Accra-Ring Rd
Meets at North Ridge Hotel on Tuesdays at 12:30 pm.
Contact one of the above for an up-to-date listing of meeting times and venues of Rotary Clubs outside of Accra.
PETS

Before You Arrive in Ghana

If you bring your pet into Ghana, you will need to provide a certificate of health from a veterinary surgeon, with up-to-date vaccination records, including distemper, parvovirus, leptospirosis, hepatitis, kennel cough, and rabies (depending on whether you have a dog or a cat). Rabies exists in Ghana, and all dogs and cats must be vaccinated at least four months prior to arrival. They must be free of any infectious diseases at least six months prior to departure.

Food

Packaged pet food may be found in the larger food shops, pet shops and pet pharmacies. Another alternative is to feed your pet a combination of local foods such as rice, garri, kenke with fish, or minced meat. You may ask your local meat shop for scraps and bones. Bird feed may be purchased at the local markets or pet stores.

Health

Even with the greatest care, it is difficult to prevent parasites from infesting your pet in such a warm climate. You may find that Ghanaian remedies, available through your local veterinarian, will be more effective than imported ones as they are developed for Ghanaian parasites. Tick fever is a problem in Ghana, and checking your animals daily for ticks is a good idea. You can find anti-tick and anti-mite products available locally. Also, it is essential to de-worm your pet at least every three months. Contact a vet for a suitable regime for your pet. Be very careful to keep your pets (to say nothing of small children) away from poisons, and keep them indoors if you have your grounds sprayed; the insecticides used here are quite capable of killing small animals. Rabies inoculation is strongly recommended yearly and can be done by any veterinary surgeon. Feline vaccines other than rabies are not readily available in Accra.

Leaving Ghana

Remember to fulfill the requirements of your final destination, which may include a certificate of health and proof of rabies vaccination, because each country has its own restrictions. Check in advance! Changing locations often involves interim trips and numerous destinations. To reduce the stress of multiple airplane trips for your pets, you may want to consider leaving your animal with a friend, and then having it shipped to

♡ Akoma ("The heart") symbolizes patience & tolerance.
your new location once you've arrived. However, if you opt to do this, check on direct freight possibilities, regulations and costs first. To ship an animal as unaccompanied airfreight is often much more expensive than shipping it as accompanied excess baggage. Be sure to check airline regulations as well, as they may have health certificate requirements. Also, check regulations in transit countries to avoid quarantines. To export exotic animals, such as monkeys, snakes and tropical birds, you must obtain a permit from the Department of Game and Wildlife. Exportation and importation of any species of parrots, including Grey Parrots, is now prohibited. Further information may be obtained from your local vet, or at the Veterinary Services Department.

Veterinary Services

State Veterinary Services

Veterinary Services Department

Located at the end of Ring Rd East at Labadi Beach Rd; PO Box M161, Accra; tel: 775377, 775823; hours: M-F: 8am-5pm; Sa: 8am-noon. Laboratory services and consultations. Previously a full service clinic, but now privatized with most vets working out of the La Veterinary Clinic.

Military Services or Armed Forces

Veterinary Services

Located near El-Wak Stadium, at corner of Giffard Rd and 2nd Circular Rd; no phone at this time; hours: M-F: 8-5pm; Sa: 8am-noon. General veterinary services, and surgery for large and small animals. Some of the veterinarians practicing at Military Services during working hours: Maj. Bel-Nono; tel: 761743; hours: house calls and emergency service. Maj. Dafeamakpor; tel: (027)564131; hours: house calls and emergency service. Dr. Elliot Francis Kwaku; tel: (020)8130639; hours: house calls and emergency service. Dr. David Rodgers; tel: (027)5668450; hours: house calls and emergency service. Maj. Teteh; tel: (027)544549; hours: house calls and emergency service.

Private Veterinary Services

La Veterinary Hospital

Dr. J. Amakye-Anim and Dr. K.B. Darkwa, and four other vets on rotation. Kosher St; located near Veterinary Services Department off Ring Rd East, behind Mays and Jokers; tel: 769061, (024)282186 Amakye-Anim, (024)281952 Darkwa, fax: 307651; hours: M-F: 8am-6pm, Sa: 8am-2pm, S: 2pm-5pm. Veterinary clinic and surgery for small and large animals, x-ray services, vaccinations, pharmacy and pet supplies.

Dr. K.B. Darkwa

Airport Residential Area Veterinary Clinic, 34 Patrice Lumumba Rd; tel: 775977, (024)281952; hours: M-F: 8am-5pm for Resident Veterinarian, M-F: 8am-5pm for Dr. Darkwa, Sa: 8am-2pm, S: by appointment.

Dr. Felicity Gyand-Toninga

South Ofankor Veterinary Center & Atomic Road Animal Clinic; tel: 404142, (027)578329: hours: M-F: 7am-7pm, Sa: 7am-5pm. General veterinary services and house calls. Highly recommended.

Dr. E.B.M. Koney

East Legon Veterinary Centre, C33/29 La Baleshie Rd; East Legon, street on right before overhead bridge at University of Ghana; tel: 500138; hours: M-F: 8am-7pm, Sa: 8am-3pm. To see Dr. Koney himself go from 5:30pm-7pm during the week and on Saturdays. Clinic is staffed by his assistants during the day clinic.

Dr. G. Opoko-Pare

57 4th Circular Rd, East Cantonments tel: 775639 (office), 777777 (home), (024)314473; hours: by appointment; Sa: 8am-noon. House calls and emergency service. Extremely conscientious and kind, UK trained.

Dr. Andy Quarcoopome

Tema Animal Hospital/Vetpharm; Fraiser St, Community Seven Center, Tema (on
same road as Datus School Complex); tel: (022)306193 (office), (022)306271 (home); fax: (022)306194; hours: M-Sa: 7am-6pm. Veterinary clinic and surgery, laboratory services, breeding and sale of pedigree puppies, house calls for dog washing and vaccinations, import and distribution of pet drugs, food and accessories.

Dr. Quaye-Kumah
Beach Road Animal Hospital, Beach Road, Nungua, (near police barrier); tel: (021)716777, (027)540608; hours: M-F: 7am-4pm, Sa: 7am-3pm. Veterinary clinic and surgery, laboratory services, vaccinations, etc.

Dr. Daniel Sackey
70 5th Avenue Extension, Cantonments (on the road past Christ the King Church, Jawaharlal Nehru Road); tel: (024)320734, 774948 (home), 754776 (office); hours: M-F: 6pm onwards. Trained in West Germany, former Chief Veterinary Surgeon of Accra. Has written book on care of dogs in Accra.

Dog Trainers
Peter Awoonor Renner
Office is K-9 Services, located behind Nestle’s office in Dzorwulu, Accra. tel: 510903/2, (024)317075; hours: M-F: 8am-4pm, S: 9am-noon. Obedience training, security, attack training and kennel.
Highly recommended.

C T Kennel Centre Ltd
P.O. Box 136, Ofankor, Accra; Moving to Tema Industrial Area in 2001, please call for directions; tel: (021)701-1607 home/office, (024)322020 Thibault, (027)578329 Gyang-Toninga; website: www.ckt-ghan.com; hours: M-F: 7am-5pm, Sa: 8am-3pm. Founded by a Canadian, Constant Thibault, professional dog handler and trainer, and Felicity Gyang-Toninga, DVM Dog breeding, training and boarding. Highly recommended and reasonable rates.

Grooming/Dental Care
Ms. Sussie Adayifio
Tel: 221995 (home), (024)361615, (020)812-7482; hours: by appointment. House calls/24-hour emergency.

Horse Stables
Please see ‘Sports & Leisure’ chapter.

Pet Stores
Aquarium Masters
100 yards north of Total station on Achimota Rd; tel: 235843, (027)555476; hours: M-F: 8:30am-6pm, Sa: 8:30am-2pm. Fish tanks and supplies.

Beach Road Animal Pharmacy
Beach Rd, Nungua; tel: (021)716805; hours: M-Sa: 7am-8pm. General veterinary medicines and supplies.

Sakiee Farms & Pets Centre Ltd
On Labadi Beach Rd, next to Osu Post Office; PO Box 4119, Accra; tel: (024)279760, tel/fax: 776336; hours: M-F: 8am-6pm, Sa: 8am-3pm. Pet supplies, locally made bird food mix, pets and cages for sale.

The Pets Place
Mrs. Adai Sai Yamoh, 10 11th Ave, Tesano; tel: 223524, (027)541600; hours: M-Sa: 9am-4pm. Best to call ahead. Also manufacturers of Nutripack Healthy Dog Food.
The Shoppers Pleasure...

A thousand and a hundred square metre easy shopping complex housing...
a Supermarket, Coffee Shop, Flower Shop, Photo Lab and Glassware, Toys, Home Appliances Sections.

A guarantee of Top Brands
Excellent Service
Secured parking
All at your convenience

Opposite Golden Tulip Hotel
Opening Hours:
Mon - Sat.: 8.30a.m. - 8.30p.m.
Sundays.: 1p.m. -6.30p.m.

☎ 783750
783751
FAX: 783755

...A Promise Of Shopping Excellence!
Mosque in Northern Region

Boti Falls
Market Scene in Accra

Peppers in their Glory
Elephant in Mole National Park

Canoe near Mile 13, outside of Accra

Chop Bar in Central Region
Meat Pie Vendor in Tema Market

Dipo Puberty Rites in Somanya

Market in Koforidua
Real Small

THAT'S HOW WE SEE
The World FROM Accra

With Ghana Airways, the Star in the Sky
RESTAURANTS

Eating Out

Dining options in Accra continue to expand. There are many excellent restaurants featuring diverse cuisines, from Lebanese to Chinese, from Ethiopian to Indian, from Ghanaian to Irish. The listing in this section is not exhaustive but a good beginning. Many of these restaurants have been in existence for many years and have excellent reputations. It is always wise to confirm that a specific eatery is still in operation as things do change rapidly here. Many restaurants accept credit cards but it is suggested that you check before you order your meal. Service charges are sometimes included in the bill, but very little of that money actually goes to the server. Most people tip somewhere between 1 and 5% in addition to the service charge. Paying the tip with cash is always preferred, as that assures that your waiter will receive it promptly. Tipping the car park attendants at the restaurant is also a usual practice, although not required. Food related health issues have been described in a separate section. Bottled water, however, is always a safer bet than tap water, especially when dining out. If you’re really nervous about food concerns, don’t eat the vegetable garnish on your plate and stay away from salads, raw vegetables, ice cubes and ice cream.

Enjoy and bon appetit!

Restaurants : Accra Area

Abafun Lodge
Located in Labone; from the Labone Junction, turn right at “Dot’s Inn” sign, then take second left, shortly ahead on the left; tel: 779341; hours: daily; M-Sa: noon-3pm and 5pm-11pm. German, home cooked food and good draft beer.

Afrikiko
Located on Liberation Rd at 12th Rd, north of Sankara Interchange; tel: (027)552389 or 761027; hours: daily; 10am-midnight. Serves African and Continental cuisine (chicken, fish and pizza) with children’s play area, including rides and carousel; outside seating; very casual.

Al E Barbos
Located in Osu, behind Trinity House on 1st Ringway; tel: 772906; hours: T-Su: noon-5pm, 6pm-11pm. Steak house featuring imported beef.

Funtuntunefu - Dēnkyeymfunetu (“Siamese Crocodile” : They fight but share a common belly)
Akwaaba Restaurant
Located in Labadi Beach Hotel; tel: 772501; hours: daily; breakfast/lunch: 7:30am-2pm; dinner: 7pm-10:30pm; Sunday brunch: noon-3pm. Good buffet and à la carte dining; wide range of hot and cold dishes, always has a selection of roast joints and a short order menu. Half price Monday night; check specials.

Aloden Restaurant
Osu, opposite Steers, 3rd Ln off Cantonments Rd; tel: 782236; hours: daily; 7am- midnight. Lebanese and Continental food; baked goods and confectionary.

Aquarius
Located in Nyaniba Estates; tel: 774970; hours: T-S: 6pm-midnight. German cuisine and imported beer in a pub atmosphere; billiard tables and darts.

Bali Hai
Located in La Palm Royal Beach Hotel; tel: 771700; hours: W-S: 7pm-11:30pm. A first class South Pacific Restaurant serving food from the Pacific Rim. Japanese grill with seating for sixteen people.

Bambolino
North side of Tema Motorway Extension, halfway between Nsawam Rd and Abeke/La Paz junction (big sign). Open-air restaurant; excellent well-prepared food; kid friendly.

Beverly Hill Restaurant
Located at the top of Farrar Ave in Asylum Down; tel: 224042; hours: daily; noon-3pm, 6pm-11pm. Continental cuisine; no lunch on Sunday.

Blue Ribbon
Osu, Cantonments Rd across from Total Station; tel: 765772; hours: daily; noon-3:30pm, 6pm-10:30pm. Chinese cuisine; reasonable.

Bombay Curry House
Off 1st Street in Osu, two blocks in from Ring Rd, near Le Bouquet; tel: 778526, 779294, 775779; hours: M-W-S: noon-3pm and 6pm-11pm. Good southern Indian cuisine, buffet or menu; reasonable.

Champs Sports Bar and Restaurant
Paloma Shopping Arcade on Ring Rd; tel: 228937; hours: M-F: 5pm until the last person leaves; Sa-S: noon-1am. Tex-Mex cuisine; multiple screen coverage of major and minor sports events; billiards, darts, and foosball.

Chez Lien
Located in Osu, opposite Christianborg Hotel, follow signs from junction next to Koala; tel: 775356, 775357; hours: daily; 6am-11:30pm. French and Vietnamese cuisine; indoor and outdoor dining.

Chez Mommie
Located in Osu on Cantonments Rd in the middle of the fork in the road near the Shell station; tel: 775670; hours: daily; noon-7pm. Continental cuisine.

Chez Marie Lou
Located in Osu on Cantonments Rd beyond Total station; tel: 227975; hours: M-Sa: 6pm-midnight. Continental and Swiss cuisine.

Chick'n'Kick'n'
Behind Le Bouquet off Ring Rd; tel: 778314; hours: daily; 11am-midnight. Good roasted chicken to go; pizza and other fast food available.

China House Restaurant
Danquah Circle, on ground floor of Flash Photo building near Regina's Beauty Shop; tel: 760284; hours: daily; 11am-11pm. Good Chinese food at reasonable prices.

Chukka Grill
Located at the Polo Club behind The Granada Hotel (turn at the hotel);
operated by Kpong Farms; tel: 772775; hours: daily: 9am-9pm. Serves sandwiches and roasted chicken.

Country Kitchen
Located in Ringway Estates on 2nd Ringway; tel: 229107; hours: daily: noon-10pm. A good place to try Ghanaian food; dining al fresco; reasonable.

Cuppa Cappuccino
Located in Airport Residential Area at 6 3rd Close, off Volta St; tel: 773412; hours: M-Sa: 8am-7pm, S: 1:30pm-7pm. Coffee, desserts and sandwiches.

Dynasty Restaurant
Located in Osu on Cantonments Rd on the corner of 5th Lane; tel: 775496; hours: daily: noon-3pm, 7pm-11pm. Good Chinese food with extensive menu.

El Gaucho
Abebreseem Street, Osu, Accra ; Tel: 027-555717 ; e-mail: <elgauco@post.com> ; hours: daily: noon-3pm and 7pm-midnight. Argentinean cuisine with Argentinean beef, plus ostrich and kangaroo. Good fish dishes. Tapas bar offers continental breakfast on weekends.

Esther’s Hotel
4 Volta Rd, Airport Residential; tel: 772368; hours: daily: 7:30am-9pm (flexible). Hearty, German cuisine.

Fusion
Osu, turn right at Total Station, then first left; tel: 775442; hours: W, F, Sa: 5pm-4am; Su-T, Th: 5pm-1am. Sports and cocktail bar serving quick food and sandwiches. Dancing on Fridays and Saturdays; movies on Sundays from 8pm.

Golden Tulip Hotel
Located on Liberation Rd, north of 37 Roundabout; tel: 775360; hours: daily: Café open for breakfast, lunch and dinner, 6am-11pm. Lunch and dinner buffet, which changes daily; monthly food themes. Café and pool menus available.

Guest Lodge Restaurant
East Legon, on road to American House; tel: 511370-1; hours: daily: 9am-midnight. Good food; nice setting. Jazz band on weekends.

Haveli Indian Restaurant
Located in Osu; tel: 774714; hours: daily: noon-2:30pm, 7pm-10:30pm. Excellent Indian cuisine.

Hilltop Restaurant
Achimota Rd, top of slip road next to Gypsy; tel: 234736; hours: M-Sa: 5pm-midnight. Good food; limited menu.

Hinlone Restaurant
Located in Labone on Orphan Crescent; tel: 772782; hours: daily: noon-3pm, 6:30-11pm. Good Chinese food and children friendly; reasonable.

HomeTouch
Giffard Rd, southeast of 37 Roundabout, near Air Force Officers’ Mess en route to Trade Fair; tel: 777662; hours: daily: 8am-midnight. Good Ghanaian dishes; menu includes specialties of Cote d’Ivoire and Nigeria; reasonable.

Imperial Peking Restaurant
Located at Granada Hotel, Independence Ave near Tetteh Quarshie Circle; tel: 761299; hours: daily: lunch: 12-3pm; dinner: 7pm-11pm. Excellent Chinese cuisine; pleasant setting.
Ivy
Ring Road Central (between Alitalia and Ecobank); tel: 228449; hours: M-F: 9am-6pm, Sa: 9am-3pm. Bistro-style cuisine featuring salads, sandwiches, soups and a daily special; a popular luncheon spot. Always a great selection of current magazines to flip through while dining.

Shangri-La Hotel; tel: 772408; hours: M-F: noon-2:30pm, 7:30pm-11pm, Sa: 7:30pm-11pm. Excellent French cuisine.

Labadi Beach Hotel
See Akwaaba, Ristorante Primavera listings.

Lalibela
Located off Ring Road across from American Embassy; tel: 782168; hours: M-Sa: 12:30-3pm, M-Su: 6:30pm-10pm. Ethiopian style restaurant.

La Palm Royal Beach Hotel
La Beach Rd, end Giffard Rd near Trade Fair; tel: 771700; hours: daily: breakfast: 6:30am-10:30am; lunch: noon-2:30pm; dinner: 6:30pm-10:30pm. Buffet for breakfast, lunch and dinner with wide variety of choices. Children welcome.

L’Arco
Located in Osu behind SSNIT Trust Hospital; tel: 778949; hours: T-S: 6:30pm-11pm. Good Italian cuisine.

Landing Restaurant
Adjacent to the Airport near the V.V.I.P. Lounge; tel: 773747, 760775; hours: daily: 7:30am-2am. Ghanaian, Continental and Chinese dishes.

L’Arco
Located in Osu behind SSNIT Trust Hospital; tel: 778949; hours: T-S: 6:30pm-11pm. Good Italian cuisine.

Le Borsalino
Formerly La Pizzeria, located on Ring Rd near Danquah Circle, next to Macumba Night Club; tel: 760842; hours: M-Sa: 7pm-midnight. French and Italian cuisine; relaxed atmosphere, good food and great pizzas. Take-away available.

Le Bouquet
Located in Osu on Ring Rd East at corner of 1st St, next to Chicks'n'lick'n'; tel: 772417; hours: daily: noon-3pm, 7pm-11pm; no Saturday lunch. Good Lebanese food.

Le Magellan
Ring Rd across from American Embassy; tel: 777629; hours: M-F: noon-3pm, M-Sa: 6:30pm-11pm. Good French and Continental cuisine; serene surroundings.
Le P'tit Paris Café
North Ridge, ground floor of Sedco House; tel: (024) 316611; hours: daily; 7:30am-9pm. Pastries, bread, coffee, ice cream and snacks.

Mokaira
Labone on Orphan Crescent; tel: 778266 or (027) 580922; hours: M-Sa: 10:30am-3pm, 6:30pm-11pm. French cuisine; delicious gourmet food.

Mediterranean Restaurant
Cantonments Rd, turn opposite Papaye onto Mission St, 50m on the right; tel: daily: 779926; hours: noon-3:30pm, 6:30pm-11pm. Serves a wide variety of beef, chicken, seafood and pasta.

New Club 400
Located off Ring Rd across from SSNIT Guest House; tel: 223723; hours: M-Sa: noon-3pm, 7pm-11pm, S: 7pm-11pm. Excellent Lebanese food; mezze appetizers make a meal. Phone to verify the hours as they are always changing.

Next Door
Past La Beach on Teshie Nungua Beach Rd to Tema just past the shooting range; tel: 767547; hours: daily; lunch and dinner. One of the only places in Accra to eat and drink right next to the ocean. Adequate Ghanaian and Continental food but allow plenty of time; children’s playground.

Niagara Plus Hotel
Located in Osu off Koala side street; tel: 772402; hours: daily; lunch: 12pm-3pm; dinner: 6pm-late night. Snacks, grills, pizza-brick oven; relaxed; takeaway available.

Nogahil
Between Tetteh Quarshie Circle and Achimota Rd on the Motorway; tel: 778002; hours: daily; breakfast: 6am-11am, lunch: noon-5pm; dinner: 6pm-11pm. Serves a variety of items including pizza and Ghanaian dishes. Nice dining room or terrace sitting.

Novotel Hotel
Located on Barnes Rd, north of Kinbu Rd; tel: 667546; hours: daily; breakfast: 6am-9:30am/10:30 Sa-S, lunch: 12pm-3pm, dinner: 7pm-10:30pm. A la carte available until midnight. Serves Continental cuisine; good breakfast buffet and excellent pizza.

Osu Food Court
Osu, Cantonments Rd.; tel: 783444/555; hours: daily; 8am-11:30pm. Five separate food selections, all available to eat-in or take-away. Nando’s Chicken (grilled), Vasili’s Bakery and Coffee Bar (large selection of excellent bread, rolls and pastries), Chicken Inn (fried/breaded), Pizza Inn, Creamery Inn (ice cream). Very clean and popular; good pizza; casual; family oriented. Includes Jungle Mania, a children’s play area with climbing equipment, fee payment required.

Paloma
Located off Ring Rd Central at Paloma Arcade; tel: 228142; hours: daily; 11am-1am. Serves chicken, pizza and wide variety of other items; casual outdoor dining; moderate.

Papaye
Cantonments Rd, Osu; tel: 773754; hours: daily; noon-11:30pm. Fast food; chicken is a specialty; inexpensive; takeaway available.

Pearl of the East
Located on 15th Lane in Osu, behind the Penta Hotel; tel: 774907; hours: daily; noon-3pm, 6:30-10:30pm. Chinese.

Picasso Restaurant
Located in Crown Apartamento Hotel, Airport Residential Area; tel: 762941; hours: daily; 6:30pm-11pm. Spanish/Italian cuisine (order in advance for paella); business lunches; pool side tapas and music on weekends.
Pit Stop
Asylum Down; tel: 222944; hours: daily; breakfast and lunch until 4pm. Outdoor bar/restaurant at back of auto mechanics shop; limited menu but delicious; reasonable.

Princess Garden
Osu, Cantonments Rd, above Searock Travel near Frankie's; tel: 774991; hours: daily; lunch: noon-3pm; dinner: 6:30pm-11pm. Excellent Chinese food.

Regal Restaurant
On 5th Lane off Cantonments Rd; tel: 773386; hours: lunch: daily: 11:30am-3:30pm; dinner: 6:30-10:30pm. Good Chinese cuisine; moderate prices; catering available.

Ristorante Primavera
Labadi Beach Hotel; tel: 772501; hours: M-Sa: 7:30pm-10pm. Italian menu; nice presentation and setting.

Royal Orchid
Osu, around corner from Regal Restaurant; tel: 773878; hours: daily; lunch: noon-3:30pm; dinner: 6:30pm-10pm. Good Thai and Chinese cuisine.

Ryan's Irish Pub and Restaurant
Osu, off Cantonments Rd, follow signs at Papaye; tel: 763334; hours: pub: M-Sa: 5pm-late night; restaurant: M-Sa: 7:30pm-11:30pm. Irish pub downstairs serving simple but good food (hamburgers, lasagna, beef pie) and upstairs, a more upscale restaurant; will arrange functions, including luncheons.

Secaps Hotel
Located on Legon Rd at the Tetteh Quaashe Circle; tel: 222179; hours: 24 hours daily. Good food but slow service.

Seoul Grill
Osu, right on Mission St off Cantonments Rd; tel: 761208; hours: daily; lunch: noon-3pm; dinner: 6:30pm-11pm. Korean, Chinese and Japanese, including sushi.

Shangri-La Hotel
Independence Ave near the Tetteh Quaashe Circle; tel: 777500; hours: daily; breakfast, noon-3pm, 7pm-10:30pm. Lebanese, Ghanaian, Continental cuisines, good pizzas and kebabs; sandwiches also available; dining inside or outside; good with children.

Sole Mio
Osu, up from Total Station, near US Consulate; tel: (024)272401, (024)361206; hours: daily; lunch: noon-3pm; dinner: 7pm-midnight. Italian cuisine; reasonable and friendly.

Southern Fried Chicken
Ring Rd East, Daquah Circle, near Hardees; tel: 771485; hours: daily: 11am-11pm. Fried, grilled and roasted chicken, chicken nuggets, pizzas, hamburgers, hot dogs and ice cream.

Sunrise Hotel
North Ridge; tel: 222201; hours: daily: 6:30am-10pm, all day dining. Continental and English cuisine; nice atmosphere; pub dining.

Swiss Society Club House
On premises of Swiss-School-on-Ring Rd; tel: 222265; hours: daily: 5pm-10pm, W: 8am-10pm. Swiss food; snacks, sausages, cheeses; club membership not required for eating.

Tandoor Taj Restaurant
Out Kofi St, off Angola Rd, behind State House, Ringway Estates; tel: 778760; hours: daily: noon-3pm, 7pm-11pm. Good Indian cuisine.

Taverna Tropicana
Located at Nikolic Design, off Nima Rd, turn left opposite Nima Police car park; tel: 229101; hours: M-Sa: 12pm-12am (kitchen closes at 11pm). Mediterranean cuisine.
Theatre Garden
Located at the National Theatre; hours: M-F 11am-8pm. Simple outdoor dining; reasonable prices and food; Ghanaian, Chinese and Continental.

Trattoria Romana
Accra North, located near Abeka Junction and Police Training depot on Nseawam Rd in Tesano; tel: (024)310306; hours: daily; 7pm-11pm (subject to diners and owner). Very good Italian, home-cooked food; daily menu changes; always an adventure as the owner, DiGorgio, likes to entertain his guests with Italian love songs.

Restaurants: Tema Area

Golden Bowl & Chopsticks Ltd.
Tema, Community 5, Hospital Rd Plot, Rotary Avenue; tel: (022)206424; hours: daily: lunch: noon-3pm; dinner: 6:30pm-10pm. Excellent Chinese food; popular businessmen's lunch place.

Great China Wall
Located in Tema in Community 10; bottom of Herman Gmeiner Rd; tel: (022)302336. Take-away Chinese food.

Holiday Restaurant
Tema, Community 6; tel: (022)208396; hours: daily: 11am-10pm. Chinese; extensive menu; elegant.

Manna Restaurant
Located in Tema, Community 12; Koreanna Hotel; tel:(022)306244; hours: daily: 10:30am-3pm, 6:30pm-10pm. Korean cuisine including sushi; reasonable.

Silerspoon
Tema, Community 11, off Rotary Avenue; tel: (022)305573; hours: M-F: 8am-10pm; Sa, S: 10am-10pm. Chinese, American; sandwiches, casual, in home; will also do catering.

Other Services
Mr. Delivery
Tel: 770600-2, provides a food delivery service for several restaurants. They are reliable and their service fee is based upon the location of the delivery. Call to confirm which restaurants they cover and the applicable fee - ranging from 5,000-15,000 cedis.

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SECURITY & SAFETY

Crime Prevention

Accra is probably one of the least violent cities in Africa, but crimes such as mugging and purse snatching are on the rise so you should use good sense and take preventive measures. These include keeping your possessions close to you at all times; keep purses and bags in front of you (but not across your body), with the catch, zip or opening turned toward you and closed. Try to keep your hands free and don't carry large sums of money. Keep a low profile. Be friendly, but wary; avoid large crowds; put your purse out of sight in the car, and be alert. Immediately upon arrival, you should register with your embassy or consulate. It's helpful for them to have an accurate list of who is in country in case of natural or other types of disaster.

Security at Home

Pick the Right Neighborhood

Check with your embassy or consulate and other expatriates as to which areas of town are safest. Most houses are built with perimeter walls or fencing, some with spikes, barbed wire or glass shards set in the top to discourage climbers. Most people employ security guards at night from a reputable security company (See below). It's not a bad idea to make sure the guards are awake at various times during the night. Outside or perimeter lighting is also recommended, and guard dogs are often the best security because their bark may wake you in case of an intruder.

Locks and Bars

Be sure your outside doors have dead-bolt locks. Grills over the windows are useless unless they are actually set into the concrete around the window, rather than screwed or plastered into place. Give them a strong tug to check—they shouldn't move. Change locks when you move into a house and keep close control over who gets copies of keys. Sliding glass doors can be secured by either drilling holes through the frames and inserting a nail, or placing something like a broomstick in the track behind the door. Lock fuse boxes and electrical panels. Solid wooden front doors, peepholes, and intercoms are suggested for further security. Never leave keys in locks, especially near windows.

It is also suggested that you use caution regarding what your staff knows about your safety precautions—for example, where your safe is and where money and valuables are kept. It is important to be careful as to who is allowed inside your house; casual visitors with your staff and door-to-door vendors may use the opportunity to "case the joint." Also, many break-ins occur after workmen have been in your house.

Akoben ("War Horn") symbolizes loyalty, devotion & service.
Know Your Neighborhood

Get to know your neighborhood and as many neighbors as you can. Locate your nearest hospital or doctor’s office, police station and fire station, both in daylight and at night, and know alternative routes to them in case of bad traffic.

Electrical Wiring and Safety

Buy good quality electrical cords and avoid overloading circuits to prevent electrical fires. Practice emergency drills with staff and family, keep a variety of fire extinguishers easily available on every floor of the house and make sure everyone knows how to use them. Wall switches should be turned off when not in use, especially at night or when you leave the house. Fires have started from electrical surges, even on voltage regulators and air conditioners. Find a good electrician on whom you can call when problems arise.

Shortages

It is very useful to keep candles, matches or lighters, first-aid kits, flashlights and extra batteries, a rope ladder if appropriate, and a supply of water and canned foods on hand just in case. Power and water supplies can be intermittent, to say the least. Besides, they’re useful if you just don’t feel like leaving the house for a few days!

Valuables

Keep copies of important documents (passport, employee information, vehicle registration) in a very safe place. Photographs and/or serial numbers of electronic equipment, jewelry and other expensive items should also be kept safe.

Driving

When driving in Accra, use extreme caution; it is not so much thievery but the drivers you need to be careful of. Road hazards are numerous. One should always drive defensively, especially on highways, (tro-tros have been known to avoid a pothole in their lane and hit oncoming traffic in the wrong lane). Many accidents result in fatalities. It is also a good idea to keep your car doors locked and your windows rolled up. This discourages street vendors and purse snatchings.

Accidents

If you don’t have a driver and you are in an accident, use caution and good sense. Take careful note of the other party’s license, registration, insurance, name, etc. If you sense trouble, drive to the nearest police station and report the accident immediately, then take them back to the scene of the accident. Avoid accusing or insulting others or admitting fault. You may be asked to go to the police station to make a written report. Try to notify your spouse, a friend, or lawyer immediately as to your situation and location.

Checkpoints

Usually you will not be stopped at a police barrier; occasionally, however, you may be stopped at a random checkpoint. The officials will probably want to see your “papers”—driver’s license, insurance, car registration. If possible, give them copies of these documents, not the originals; if they find anything out of order they will want to keep the papers until the matter is resolved. Remain polite. They may also check for your warning triangle, fire extinguisher, etc. If there is a problem and you are lucky enough to have a driver, either leave the driver to resolve the difficulty and drive yourself away, or flag down a taxi and take it home. Your driver will have a much better idea what to do than you will.

Official Requirements

A current booklet of road rules can be obtained from the Vehicle Examination and Licensing Centre off Liberation Rd behind the Police Church. Extra oil and water for your car are advisable, and a safety triangle and fire extinguisher are mandatory.

Scams

Watch out for scams, especially at night. For example, someone claims to have been hit by your car or rear view mirrors.
but will "take care of it" if you give him or her money. Send a bystander to fetch the police. Never put someone who claims to be injured into your car, unless it is obviously a life-threatening emergency.

Swimming Safety
The beaches around Accra are beautiful and a fun place to spend the day; however, never make the mistake of underestimating the strength and predictability of the currents. The strongest swimmer can easily drown here. Ripides, whirlpools and undertows are common. Keep a very close watch on children—having them wear life jackets at all times is not a bad idea—and if going into water deeper than your waist, having a flotation device, such as a kickboard or float, is highly recommended. Before going into the water, ask the lifeguard or someone from the area what the conditions are like. Be aware that there are more tricky currents during the rainy season. Strong winds may also indicate dangerous offshore conditions. Watch out for submerged rocks or offshore formations that restrict the flow of water, resulting in increased turbulence. If you are caught in a ripide or whirlpool, DO NOT PANIC, and don't try to swim to shore. Do your best to float on your back and assess the direction of the current. Swim parallel to the shoreline until you feel the current weaken, then turn and swim toward shore. Use your surfboard or flotation device to maintain your energy.

Inter-Con Security Systems
In Abelenpko, down the street from Lincoln Community School; tel: 7619712, 762314; fax: 761973; hours: M-F: 8am-5pm. Supplies guards, bodyguards, residential and industrial business security, and quick response teams. Used by several embassies.

K-9 Services
PO Box C1246, Cantonments, Accra; tel: 5106023; e-mail: <k9serv@ghana.com>; contact: Mr. Peter Awoonor Renner; hours: M-F: 8am-5pm; Sa: 9am-12pm. A division of Performax Ltd, provides fully trained guards, guard dogs and alarm systems for domestic and business security needs; can accommodate specialized personal security needs.

Safetech (Integrated Safety and Security)
PO Box CT 57 T, Cantonments; located at 17B Aviation Rd, Airport Residential; tel: (021)701-0413/9, hotline: 765372; fax: 701-0484; e-mail: <3@africomonline.com.gh>. Offers very reputable guard service and a full range of technical security services and products, including alarm and fire detection which they install and service. Best known for 24-hour alarm rapid response.

Securisafe Ltd (Safety, Security and Communication)
Opposite Wangara Hotel, Labone; tel: 776349; e-mail: <securi@internet.com.gh>; website: <www.internet.com.gh/securisafe>; hours: M-F: 8:30am-5:30pm. Offers communication and security systems for car, house and industry.

Universal Utility Services
PO Box GP 140077, Accra Central; located off 37th Military Circle towards airport, building on the right with a sign; tel: 776335, 768466; hours: M-Sa: 8am-1pm. Offers guard protection for companies and individuals; can be contacted 24 hours a day.

Westec Security Systems (Gh) Ltd
P.O. Box C2775, Cantonments, Ring Road Central, near Shell Filling Station; tel: 245338, 245638/6; fax: 248849; hours: M-Sa: 8am-6pm. Provides guards, guard dog services and alarm systems; can be contacted 24 hours a day.
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SERVICES

This section lists various general services and some of the recommended providers. Services are listed in alphabetical order, some under subcategories. All of the attorneys and accountants listed have been recommended by NAWA members. However, NAWA can accept no responsibility for any individual service provider's or professional's integrity or professional abilities. They are listed in alphabetical order.

Tips on Service Providers

Automobile

Besides the many automobile dealers who have service departments for maintenance and repair work, there are also private garages and individuals who are available, some specializing in certain types of repair work. Always be sure to receive an estimate before agreeing on the work to be done.

Beauty

Beauty salons abound in Accra but there are only a limited number of operators who are experienced in dealing with a variety of hair textures and types. Many of the following have owners who are either European or American trained and give excellent results. Most salons do not require an appointment although it is advisable unless you have time to wait. Salons are usually unisex and offer a full range of services. In addition to the salons listed, there are several good technicians who will come to your home for manicure, pedicure and massage. Recommendations for these services come best from friends and acquaintances.

Catering and Party Set-up

To entertain outdoors or to accommodate large crowds, several companies in Accra rent out canopies, tables, chairs, tablecloths, cutlery, glasses, flatware and serviceware required for such occasions. There is usually a delivery charge in addition to the rental fee and the companies come and set up the equipment if needed (e.g. canopies or tents). Depending on how much entertaining you do, knowing a good caterer can be invaluable. There are many caterers in Accra but those listed in this section offer a variety of cuisines and have established reputations. They can provide services for every type of occasion or size of crowd.

Akoma Ntoaso ("Linked Heart") symbolizes understanding & agreement.
Cleaning

Due to the dry, dusty climate most of the year, it is a constant challenge to keep carpets, furniture, auto upholstery, and floors clean and in good condition. The companies in this section provide a broad range of specialized cleaning services for the home and the auto.

Laundry and Dry Cleaning

While we have included a selection of laundries and dry cleaners in this section, please be aware that the quality of dry cleaning is mixed, and you may not get the same results you would get in North America.

Tradesmen

Finding reliable tradesmen such as carpenters, electricians, plumbers, seamstresses/tailors can be a frustrating experience in Accra. While we have listed several recommended tradesmen in this section, asking neighbors or friends for their recommendations of someone in the area is often the best approach.

Television and Cable

Cable and satellite services offer an alternative to receiving just the stations available through local television. While Multichoice sells the decoder boxes and cable and will provide installation and repair services, there are a variety of companies that can do the hook-up and installation of the antenna and repairs as needed. These companies also install antennas to improve reception of the local stations and sell, install and service satellite dishes.

Water Delivery

No matter in which area you live, you will very likely suffer from water shortages at some point. Admittedly, some areas are much better than others, but this can vary from year to year. Even if you think you may have adequate storage tanks for water, city water can be cut off for days and you may find yourself without water. There are a number of private companies/independent contractors who buy water from the city and then resell it to residents. Ask your friends and neighbors who they use, or when you see the water trucks driving around town—they all have their names and phone numbers printed on the side—write down the number and keep it handy for when your time comes! Once you have the name and phone number of a delivery driver/company, it is a painless, quick and relatively inexpensive procedure.

Other

Some of the services such as security service firms, Internet providers, car rentals, and services specifically relating to children's activities can be found in their respective sections. We have tried to cross reference these services as much as possible so please check the index if you can't find what you are looking for in this section.

Accountants

Emmanuel Clark
PO Box 5613, Accra; tel: 712504.

Chaos Osso
Asylum Down, shares building with OTB French Services on Adanta St; tel: 226806; hours: 8am-5pm.
Ernst & Young
G9 White Avenue, Airport Residential; tel: 779429, 701-1756; fax: 778894, 779276; hours: M-F: 8am-6pm, closed for lunch from 12:30pm-2pm.

Price Waterhouse Coopers
PMB CT 42, Cantonments, Accra; Gulf House, 4th floor, Tetteh Quarshie Roundabout; tel: 506218/7; fax: 506216.

Air Conditioner Repair and Servicing
Bernard Refrigerator and Air Conditioner Services
PO Box 01435, Osu, Accra; tel: 764522; contact Joseph Adjej. Specializes in air conditioning repairs, rewiring, A/C installation and servicing.

Ikitech Company Ltd
Located near Osu Post Office, Osu; PO Box 1324, Osu; tel: 764800. Repairs both auto and residence air conditioners.

Potential Refrigeration and Air-Condition Services
Star Ave, near SSB Head Office, Kokomlemle; tel: 233059. (027)542499; contact Edmund Sackey, managing director. Specialist in refrigeration and air conditioners.

Refco Engineering
Ring Rd East between the American Embassy and the Ghana Libyan Arab Building Company; tel: 779113; hours: M-F: 8am-6pm, Sa: 9am-3pm; contact: Mr. Victor Kwaku. Assembles, installs, services and repairs residential air conditioners.

Tropitech Ltd
C94/7 Standfast St, Kokomlemle, near Dome Hotel; tel: 250244; fax: 250329; contact Henry Saky. Dealers, sale and service of new and refurbished air conditioners for residential and office buildings.

Appliance Repair
Africa Electrical Engineering Company
Kofi St in Osu Akpagko-Adjei, adjacent to St. Michael's School; tel: 778645; hours: M-F: 8am-5pm; contact: Mr. Godoga. They will fix anything electrical except computers; recommended for refrigerators, generators, cookers; will come to your house.

Victor Alcon
Located behind EgyptAir; tel: 779113. General repairs and service, used by LG Company.

Mr. Azim
Tel: 300189. Comes highly recommended for repair work, but is often difficult to contact.

Plex Electronic Service
Tel: 235084; ask for James Acquah.

Starwars Electronics
Nyaniba Estates; tel: 776808; ask for Nana Brew. VCR and television repairs; will come to your home.

Attorneys
Roland Agbenoto
4th Floor, 25th Liberia Road Mobil House, Accra; tel: 663274, 676469; fax: 662320.

Kojo Bentzi-Enchill
Tel: 772591, 773435.

Cyril Brown
PO Box 044, Osu, Accra; tel: 226314, 227642; fax: 667227.

Raymond Cudjoe
Tel: 220199, (027)603080; e-mail: <codjolaw@idngm.com>.

Andrew Daniels
Tel: 240271, (027)548579; e-mail: <adaniels@ghana.com>.
Daniel Kobla Glymin  
F2022 Troes Street, Osu Klottey (off La Road); tel: 760204.

Nutifafa Kuenyehia  
PO Box 6564, Accra North; tel: 225443, 221532; fax: 223024.

Ken Laryea  
5 Mankralo Close, turn right off Burma Camp Rd going South, before Palmwine Junction, look for sign; 2nd house on left; tel: 775282; hours: 8:30am-6:30pm.

Auto Repair  
Auto Parts Ltd  
Graphic Rd; tel: 224056, 222311; hours: M-F: 8am-5pm. Specializes in Nissans.

Geolix Engine and Electrical  
In Kokomlemle, opposite Mogyabi Yedom House; tel: 222425; hours: M-F: 9am-5:30pm, Sa: 9am-2pm. Specializes in air-conditioning for autos.

Mr. Obert Mensah  
359 South La Estates, near La Polyclinic; tel: 779820; hours: M-Sa: 8am-5pm. Will come and pick up your car and deliver back. Engine repair, suspensions and electrical are specialties; repairs American, Japanese and German autos.

PHC Motors Ltd  
Ring Rd; tel: 228806, 228823. Repairs Jeeps and other Chrysler products; very professional workshop.

M. Carian Ltd  
Located in Asylum Down; turn off Ring Rd at Asylum Down junction near Hyundai dealership, then go right and follow the road around to the left; at point where a road enters on the left, go straight onto the dirt road; garage is on the right; known for reliable repair work and excellent body work; under British management; tel: 222944; hours: M-Sa: 7am-2pm. Eat while you wait at the Pit Stop; good English breakfasts served.

Barbers  
Alfred’s  
Embassy Rd and Roberto, adjacent to House of Cramer, near Salvation Army; tel: 762392; hours: M-F: 8:30am-7pm, Sa: 8:30am-6pm.

New World Barber Shop  
Cantonments Rd, adjacent to Papaye, Osu; tel: 775787; hours: M-F: 9am-8pm.

Richard  
Golden Tulip Hotel Beauty Salon; tel: 775360, ext 1719; hours: T-Sa: 9am-6pm, Su: 2pm-7pm, does not work on Mondays.

Beauty Salons  
Allure  
Labone Crescent, Labone; tel: 768573, (024)366110; hours: M-Sa: 9am-5pm; Eleonara Wentum, cosmetologist. Facials, pedicures and manicures. Also sells Green Mama line of facial scrubs, masques, body creams, food cream and scrubs, natural herbal shampoos and conditioners imported from Eastern Europe.

Quintessential  
E 245 Ringway Link, Ringway Estates, near Pippa’s Health Centre; tel: 764508;024-643713 hours: M-Sa: 8:30am-6pm. Run by Alice Van Der Staaj who is U.K. trained. Haircuts for women, men, and children, pedicure, manicure, body massage, waxing, etc. Highly recommended; prices are dollar based.

Becutil Base  
5th Norla Link, Labone; tel: 762537, ext. 26; hours: T-Sa: 9am-6pm, Su: 2pm-6pm, closed Mondays. Facials, body treatments, full body massage, waxing, toning tables, nails, eyelash and eyebrow tint.

Bellitos  
18th Lane, down from Havell’s, Osu; tel: (024)283996, (020)811-3277; hours: M: 10am-2pm, T-F: 10am-6pm, Sa: 10am-7pm: Fatat Anderson and Victoria Rettenmund, managers/co-owners. Full
service hair and beauty salon: all hair care and coloring treatments, plus full body treatments (eyelash tints, facials, manicures, massage, pedicures, and waxing). Very professional, UK-trained, international products used. Appointments recommended. Highly recommended.

Body Kitchen
Ring Rd East, north side of road near Danquah Circle; tel: 775384; hours: M-Sa: 9am-7pm. Manicure, pedicure, massage, facials.

L'Eden Beauty Care
Shangri-La Hotel, Liberation Rd, within hotel compound; tel: 777500, 762589/90, 762112, and then ext. 2092 or (024)265179; hours: M-Sa: 8:30am-7pm, Su: 2:30pm-7:30pm. Services include facial treatment, manicure and pedicures, waxing, hair treatments.

First Class Hair Clinic
Olympics Rd, Kokomlemle, near Sadisco Hotel; tel: 226860; hours: M-Sa: 7:30am-6pm. Owner McAdams Ntim is a US-trained stylist.

God's Willing
Tel: 779267. Manicurist, comes to your home.

Hair Control
Madina Rd, between New Rd and Old Rd, near Anglican and Pentecost churches; tel: 566623; hours: M-Sa: 8:30am-6pm. Mariska Taylor-Darko is European trained and speaks Danish.

Headlines
3 Dade Walk in North Labone; tel: 773334; fax: 773504; hours: M-F: 8:30am-6pm, Sa: 8:30am-8:30pm. All hair care, pedicure, manicure, waxing, facials, exercise equipment and classes; the owner, Thyra Riby-Williams, is European trained.

Janet's Beauty Saloon
Golden Tulip Hotel on Liberation Rd; tel: 775460/1, ext 1719; hours: T-Sa: 9am-8pm, M and Su: 2pm-7pm. All hair care, manicure, pedicure, waxing; owner is Janet Tekyi.

Jony Salon Beauty House
13th Lane, Osu, down the street from Chic 'N' Lick 'N', opposite Russian Embassy; tel: 404077, 772036; hours: M-Sa: 9am-7pm. European and African hair styling, manicure and pedicure.

Joyce Arts
Trade Fair Center; tel: 775311 ext. 766, 779003; contact: Joyce Odamten. Braiding and all other hair care.

Labadi Beach Hotel
La Beach Rd; tel: 772501 ext 84; hours: M-Sa: 7:30am-7pm, Su: 8am-noon. All hair care, manicure, pedicure; owner, Florence is European trained and does not work on Tuesdays.

Nails Studio
Akai House, 3rd Rd, Osu; tel: 764154; hours: M-Sa: 8:30am-6pm. Manicures, pedicures and extensions.

Opik Glossy Nails and Beauty Clinic
14th Lane, Osu; tel: 778103; hours: M-F: 8:30am-5pm, Sa: 8am-5pm. Specializes in nail care, French/English manicures, acrylics and fiberglass nails, nail sculpture; also offers massage, facials, ear piercing, steam therapy, seradics and a mini gym for private workout; appointment suggested; the owner, Evelyn Kufour, is UK trained.

Regina's
Danquah Circle, NE side, enter from Cantonments Rd opposite Police Hospital; tel: 777910; hours: T-Sa: 8am-6pm. All hair care, manicure, pedicure, waxing by appointment. The owner, Regina Quaye, is especially good with short haircuts.

Rose Marie
Tel: 763112; excellent hairdresser; will make housecalls.

Shiku's Saloon
12 Patrice Lumumba Rd, near Gold House, behind Hotel Georgia; tel: 765485,
or leave message at 765484; hours: M-Sa: 8:30am-7pm. All hair care including European cuts and treatment, especially good with short hair, manicure, pedicure, waxing; the owner, Mona Liza, is European trained.

Tonia
Paloma Shopping Arcade
tel: (027)559666; hours: M-Sa: 9am-6pm. Professional hairstylist.

Cable, Satellite, Antennas and TV
Cable Gold
Sakumono Flats, Tema; tel: (022)403549, (022)401744. Offers multiple cable channels such as M-NET, CNN, and Cartoon Network. There is a one-time only installation fee (which includes 6 months free rental) and then a monthly fee after that.

Cadmus Electronics
7 14th Lane, opposite Grapewine; tel: 776830, (024)314472, (027)598031; fax: 760465; hours: M-F: 8am-6pm, Sa: 9am-2pm. Sell and install DSTV satellites; they will also service and repair other electronic equipment, such as VCR, stereo, CD players.

Solar Electronics Ltd
Burma Camp Rd, opposite Trade Fair Centre, next to EPP Books; tel: 762826; Joseph Tofah, General Manager. Fixes VCRs, TVs, sets antennas; excellent service, makes house calls.

Car Rentals
See Travel and Accommodation section.

Carpentry Work
Innocent Akoto
Tel: (024)635820; general carpentry work; all around true artisan.

Catering/Party Set-up
Balloon Décor
PO Box 507, Accra; tel: 229711, (024)317906; contact Rose Sasu, director. Balloons, flowers, clowning, wedding and party invitations, favors, printing, caterers.

Cause Celebre
PO Box 8957, Accra; tel: 222072, 774084; contact Deena Chatani, Dipti Purswani. Décor, games with different themes, cocktail parties, birthday parties for kids, take home gifts, luncheons, dinners, showers, etc.

First Catering
Spintex Rd, opposite Dark and Lovely; tel:(021)701-0409. Provide catering services to the airlines but do outside catering as well.

Flair Catering
6 Josif Broz Tito Ave, off Ring Rd East; tel: 775599, 777366; hours: M-F: 8am-5pm. This company can accommodate parties or receptions on their rooftop terrace if a venue is needed.

Chef Francois
B 23/24 North Tesano Close, Tesano; tel: 234304, (027)556820, 224289. Owned by an executive chef, specializes in event planning; provides a package service
which includes everything except the guest list. Handles breakfasts, brunches, lunch, cocktails, dinners; French, Lebanese, British, Thai, Korean, Chinese and Ghanaian cuisine.

Karish
Tel: 776379 and (024)376848. Appetizers including Indian and other Asian starters.

Party Rental Services
Carita Services Ltd
3rd Dade Walk, Labone; tel: 775620; hours: M-F: 9am-noon, 2pm-5pm, Sa: 8am-noon. Chairs, tables, canopies, tableware, linens, ice, and much more.

Choricot
11 Volta St, Airport Residential; tel: 775443; hours: M-F: 9am-12:30pm, 2pm-5pm, Sa: 9am-noon. Chairs, tables, canopies, glassware, and more.

Ritzly Accessories
16/3, Second Ringway, Osu; tel: 225008; hours: M-Sa: 9am-6pm. No delivery provided; the uniqueness of this company is the beautiful white canopies they offer and the variety of balloon decorations they can create.

Tybeth Enterprise
Flavor House, next to Mobil gas station, Osu; tel: 778887; hours: M-T: 9am-5pm, W-F: 8am-6pm, Sa: 8am-2pm. Glassware, plates, cutlery, chairs, tables, canopies, and more.

Cleaning Services
Danabus Cleaning Services
Located on Farrar Ave just off Kwame Nkrumah Ave in Adebabra; tel: 229229; hours: M-F: 7am-6pm, Sa: 7am-3pm. Cleans carpets and upholstery as well as provides dry cleaning and laundry services.

Gelorm Carpet and Floor Care
6 Josif Broz Tito Ave, Cantonments, on the Flair Catering premises; tel: 775599; hours: M-F: 8:30am-5:30pm. Contact: Mr. Kuadey.

N & Kama Company Limited
11 Cornelian Crescent, behind the Kaprice Hotel on the Nsawam Rd; tel: 221851, (027)540787; hours: M-F: 8am-5pm, Sa: 9am-4pm. Janitorial services, general property maintenance, on-site cleaning of upholstery, curtains and blinds.

Raduclean Ltd
Embassy Rd; tel: 775138, (024)272796; hours: M-F: 7:30am-5pm; Eric Defor, managing director. Professional cleaning services throughout Accra, specializing in cleaning services for offices, cars (seats, dashboards, engines), and homes (upholstery, chairs, etc). Highly recommended.

Computer Networking Support and Repair
Advanced Communications Machines Ltd (ACM)
PO Box 355, Legon; tel: 500468, (027)600716; fax: 500469. Servicing and repair of all computers; supplies computer accessories, Toshiba notebooks, turbo-brand computers; also, designs PABX telephone equipment.

IPMC
Tel: 226830, 226890, 236904, (027)534300; fax: 226189; e-mail: <alex@impghan.com>
Very reliable.

K-Compu Service Ltd (KCS)
Located behind KLM on same road as DHL, North Ridge; tel: 224715, 244928, 244929; fax: 227802; e-mail: <kcs@ghmail.com>

Mcsoi Computers
8 1st Noria St, Labone; tel: 777703; hours: M-F: 7:30am-4:30pm. IBM country partner.

Network Computer Systems
7 Sixth Ave, North Ridge; tel: 220622, 225472; fax: 762173; e-mail: <support@ncs.com.gh>, <support@ghana.com>; website: <www.ghana.com>, <www.ghana.com>. Provide system
A Selection of Mobil Service Stations Nationwide

RING ROAD SERVICE STATION
Near KUM Offices Ring Rd.
P.O. Box 10186, Accra-North
Tel: 021-22244
* 24hrs. * Mobil Mar
Contact: Mr. S. Y. Ameduo

MOBIL HOUSE SERVICE STATION
Near Mobil House
P.O. Box 4163, Accra
Tel: 021-67545
Mobile: 027-54564
* 24hrs. * Mobil Mar
Contact: Mr. C. E. Yao

ACHIMOTA SERVICE STATION
Near Achimota Truck Park
P.O. Box 723, Accra-North
Tel: 021-60035
Mobile: 020-34148
* 24hrs. * Toyota Service
* Fast Mar
Contact: Mr. P. O. Ayenina

DAKUMAN JUIN. SERV. STATION
Near Dakumase Junc. Kokompe
C/o P.O. Box 72, Oik-Accra
Tel: 031-33875
Mobile: 027-55484
* 24hrs. * Toyota Service
* Fast Mar
Contact: Mr. J. K. Aman

LEGON SERVICE STATION
Legon-Vedloa Road
C/o P.O. Box 450, Accra-Ghana
Tel: 027-50319
* 24hrs. * Toyota Service
* UPG * Fast Mar
Contact: Mr. M. Agovette

KOHLE BU SERVICE STATION
Kohle Bu Mamprobi Road
C/o P.O. Box 450, Accra-Ghana
Tel: 021-66039
* 24hrs. * Mobil Mar
Contact: Mr. A. Aman

AIRPORE JUNICE SER. STN
Near 37 Military Hospital
C/o P.O. Box 450, Accra
Tel: 021-77784
* 24hrs. * Toyota Service
* Auto Mar * Fast Food
Contact: Mr. S. M. Kumah

BARMAN SERVICE STATION
Maame Junction
P.O. Box 101, Maame Acrora
Tel: 021-23139
* 24hrs. * Toyota Service
* Mobil Mar
Contact: Mr. Y. Okyere

BAATOWA SERVICE STATION
Spintex Road
Temaa
Tel: 021-70183
* 24hrs. * Fast Mar
* Internet Cafe * Barbering Salon
Contact: Mr. S. A. Amao

SAGUYOMO SERVICE STATION
Sambroni Junction
Temaa
Tel: 022-404648
* 24hrs. * Fast Mar
* Nabor Service Center
Contact: Mr. T. T. Abaagye

ATOMIC JUC. UPG FILLING FACILITY
Alomatic Junction
Maido Road
Tel: 021-803910
* Inland UPG Refilling facility
* Open 7 days a week
Contact: Kofi Dadee (Manager)

TEMAY MOYOWAYA SER. STN.
P.O. Box 1402, Tema
Tel: 022-302219
* 24hrs. * Mobil Mar
* Nabor Service Center
Contact: Mr. A. A. Amoabeng

MIRIM SERVICE STATION
Samme Tounoobou
C/o P.O. Box 847, Kumasi
Tel: 021-24471
* 24hrs. * Fast Mar
* Toyota Service Center
Contact: Mr. K. P. Aman

PRAAVALEE SER. STATION
Old Bekwai Roundabout
C/o P.O. Box 847, Kumasi
Tel: 021-28189
* 24hrs. * Fast Mar
Contact: Mr. Stephen Horgan

NEW YORK SER. STN.
New York Traffic Light
P.O. Box 163, New York, Kumasi
Tel: 021-22242
* 24hrs. * Mobil Mar
* Toyota Service Center
Contact: E. B. Dano

OSWARI SER. STATION
New Asmara Lodge
Tel: 0582-313
* 24hrs. * Mobil Mar
Contact: Boilee Dankwa

TDI AIRPORT JUNCTION SER. STN.
Airport Roundabout
C/o P.O. Box 305, Takoradi
Tel: 031-23675
* 24hrs. * Toyota Service
* Fast Mar
Contact: M. J. K. Aman

TAMALE SER. STATION
Hospital Road
P.O. Box 503, Tamale
Tel: 021-23343
* 24hrs. * Mobil Mar
Contact: M. O. Saka

BOLGA SER. STATION
Tamale Road
Tel: 021-22233
* 24hrs. * Mobil Mar
Contact: M. Julius Saif

BAWAKU SER. STATION
Near Post Office
Tel: 074-1203
* 24hrs.
Contact: M. A. Apposow

CAPE COAST SER. STATION
Cape Coast
Tel: 021-33344333
* 24hrs. * UPG * Toyota Service
Contact: M. A. Aman

HO SER. STATION
Near S.S. Monastery
P.O. Box 1174, Ho
Tel: 021-27130
* 24hrs. * Mobil Mar
Contact: M. Philip Mennon

KOFORIDUA SER. STATION
Near Koforidua Monastery
P.O. Box 1714, Koforidua
Tel: 061-20666
* 24hrs.
Contact: J. Ade Boafo
integration and management, local area networks and wide area networks, internet, training, and PC maintenance.

Tara Systems
On Legon-Madina Rd, before the University; tel: 501237/8; hours: M-F: 8am-5pm,
e-mail:<support@tara.com.gh>. Computer local area and wide area networking and communications, Oracle country partner.

Construction Services
AA Nyanzu Company Ltd
Located in Asylum Down; turn off Ring Rd at 2nd Mango Tree Ave at Motherland Hyundai dealership; go straight to second intersection, turn left; house on right with sign reading Asamo Bonsu, near Gye Nyame Hotel; tel: 224783, 228585; hours: M-F: 7am-5:30pm, contact: Mr. Nyanzu.

ADC Construction and Trading
c/o Roxel Communications Center, Accra North, near Mexico Hotel, turn right onto dusty road and look for sign reading AF Nationwide Society; tel: 221851 page 669863 (ID211); hours: M-Sa: 8am-5pm

Parakuo Ltd
PO Box AC3727, Accra; tel: 22324: 229977; fax: 223568;
e-mail:<mail@parakuo.com>; Gaby A Mattouk, managing director. General construction services including maintenance of structures.

Taysec Construction
4 Brewery Rd, Adabraka; tel: 228544 225165, 230533, 230267.

Electrical Work
Fanel Ltd
Located behind Salem Secondary School in Ringway Estates; tel: 773961; ask for Ken.
Patmos
17th Lane, off Cantonments Road and opposite Jesus Christ of Latter Saints, Osu; tel: 538825. Contact Mr. Asare. Very consumer friendly.

Tractor & Equipment
* Power Solutions in Ghana.
* From Residential Standby to Large Power Stations
9KVA - 2000KVA (Single Units)
* Supply, Installation and Turnkey.

Contact us...... WE CAN HELP

ACCRA, RING ROAD WEST.
P.O Box 1642, Accra
Tel: (233-21) 221851/8524, 224880
Mobile: 024 951 536, Fax: (233-21) 221850

KUMASI, HARPER ROAD.
P.O Box 5205, Kumasi
Tel: (233-21) 226675/226675/224880/221850
Fax: (233-21) 221850

TAKEHARA, CAPE COAST ROAD.
P.O Box 2243, Sekondi
Tel: (233-21) 226675, 224880
Fax: (233-21) 221850
Randy’s Electricals
Musule Junction, Fadama; tel: (024)285924. Reliable electrician who does contract wiring, house wiring, correcting faults and appliance repair.

Sanctus Electrical Agency
D575/2 Ogle St, Swalta; 50 meters from Post Office Square; tel: 668159.

Mr. Sowah
Located on Tantra Hill, off Achimota Rd; tel: 302995. Building contractor.

Express Mail Services
See Communications and News section.

Fire and Water Damage Repair
Dekon Engineering Services
Energy Management Consultants; PO Box 6565, Accra; tel: 228366; contact: Mr. E.K.A. Dickson.

Floral Arrangements
See Florists in Shopping section.

Framing (Paintings and Photographs)
Berj Art Gallery
E245/3 Ringway Link, Ringway Estates; tel: 764606. Very professional framing services offered. Gallery also represents many local artists.

Bubula & Naibo Ghana, Ltd
Oau, around the corner from Photo Club, across from N.E.W. Page; tel: 701-1293, 764890, (024)373010; hours: M-F: 9am-7pm, Sa: 9am-2pm. Good selection of frames and mats for framing.

Fumigation and Pest Control
Co-Stars Pest Control Services
Tel: 224800; contact: Mr. Christian Nelson; hours: M-Sa: 7:30am-5:30pm. Suppliers of insecticide and agrochemicals; provide domestic and industrial pest control.

Damtwik Enterprises
Tel: 668720; contact: Mr. Duada Apau-Awuku or Mr. Addo; hours: M-F: 8am-5pm. Provides pest control for domestic and industrial locations, including gardens.

La Santo
Faana Road, Kokolere; tel: 244203. Provide fumigation services both indoor and outdoors, septic tanks, and gutters.

Patob Pest Control Fumigation & Supply Co
PO Box 175, Onra; tel: 663231. Ask for Mr. Patrick.

Picador Agencies & Co Ltd
Tel: 400245; fax: 401245; hours: M-Sa: 9am-4:30pm. Ask for Dr. E.K. Oponi. Provides interior and exterior fumigation, both residential and commercial; also treats septic tanks.

SGS Sanitee
SCO yard, Plot B15, Community 1, Tema; tel: (022)203015, (022)204082; fax: (022)204488; e-mail: rightham-fumigation@sgsgroup.com>. Conducts an extensive analysis to determine pest problem and select appropriate products.

Generator Maintenance and Repair
B & D Consultancy Co
PO Box CT 1000 Cantonments; tel: 775534, (024)317033; fax: 775534; hours: M-F: 7:30am-5pm; Bruce Anderson, director. Specialists in generator installation and maintenance and other electrical installations; overseas-trained staff.

Green Power Assembling
Located near Pippa's Health Centre in Ringway Estates; tel: 762218; e-mail:<bluetech@ghana.com>.
Evacuen Enterprise Ltd
Tel: (027)555345, 230023; contact Nile Afutu Neequaye. Interior decorator, highly recommended, especially for curtains.

KC's Interiors Ltd
14 Patrice Lumumba Rd, next to Georgia Hotel, Airport Residential; tel: 771731/2, 760978; fax: 771613. Interior design consultancy services and accessories for the home and office.

Mold Minchin
Ring Rd East, south side, opposite UNDP; tel: 228132; hours: M-F: 9am-5pm. Interior designer, makes drapes from her own fabrics.

Internet
Services/Providers
See Communications section.

Landscape Design

Hespinal Florot: Design
On Liberation Link off the Achimota Rd; no telephone; hours: M-F: 7:30am-6pm, Sa: 7:30am-3pm. Outdoor landscaping, large selection of potted garden plants.

Green Thumb Landscape Development
17 6th St, Osu, opposite Saudi Arabian Embassy; tel: 776220; hours: M-F: 9am-5pm; contact Suzette Ayensu. Specializes in interior and exterior landscape design by individual contract for homes and businesses.

Ghana Jute Horticulture
PO Box 337, Legon; Nsawam Rd near ABC Junction; tel: 400543; hours: 8am-5pm. Contact or leave message for Judith Sowu. Landscape gardening of any size project, rejuvenates old gardens, maintenance, flower arrangements, indoor and outdoor plants, and more.

N & Kamo Limited
See entry under Cleaning Services for details. Outdoor landscaping.
Laundry and Dry Cleaning
American Launderers and Dry Cleaners
Dzorwulu Junction; no telephone; hours: M-F: 7am-6pm, Sa: 7am-2pm.

The Golden Tulip
Liberation Rd; tel: 775360 (ask for Laundry Services); hours: daily, operates 24 hours a day. Dry cleaning, laundry; provides services to non-hotel guests as well.

The Laundry Basket
Examination Loop Extension, off Ring Rd, behind Mobil station and next to KLM; tel: (020) 701-0219, (027)581431; hours: M-F: 7:30am-5:30pm, Sa: 9am-2pm. Dry cleaning, laundry, minor sewing repairs, same day service if in by 10am.

Novotel Hotel
Barnes Rd, Accra; tel: 667546 (ask for Laundry Services); hours: daily 8am-4pm. Provides laundry services to non-hotel residents as well.

The Perfectionist
11th Lane, Osu, near US Consulate; tel: 754654; hours: M-F: 7am-6pm, Sa: 9am-5pm. Dry cleaning and general laundry; pickup and delivery services available; special reduced prices for regular customers.

Sunset Laundries
6 Abafun Crescent in Labone; tel: 772691; hours: M-Sa: 7am-6pm. Laundry and dry cleaning; 3-day service; faster service for additional cost; also carpets and draperies.

Wiseway Cleaners
Head office at Republic House, Room 109; on Kojo Thompson Rd, Adabraka; tel: 225401; hours: M-Sa: 8:30am-5pm. Drop-off locations: Legon, opposite entrance to the University; tel: 500507; Adabraka, on Kojo Thompson just after Bank for Housing and Construction; tel: 229999.

Locksmiths
JMA Key Service
Turn onto Second Lane, off Cantonments Rd in Osu; shop is on left; tel/fax: 773687; hours: M-F: 8:30am-5:30pm, Sa: 9am-1pm. Makes keys and sells many types of locks but offers no repair or installation services.

Key Express
Samora Machel Rd in Asylum Down, near intersection with Farrar Rd; tel: 229931; hours: M-F: 8am-5:30pm, Sa: 9am-1pm. Sells locks and makes keys and safes; some repairs can be done.

Moving and Shipping
AGS
PO Box CP1323, Cantonments, Accra; Spintex Rd, East Legon; tel: 766050, (024) 321371, (024)310221, (021) 701-0555; fax: 766049; e-mail: <agsghana@africaonline.com.gh>. International moving and storage company. Highly recommended.

Antrak Freight
Danquah Circle, in Antrak House, Osu; tel: 777134, 776833.

CAC Limited
At the junction of Abelenkpe Rd and Achimota Rd; tel: 779993, (024)314649; hours: M-F: 8:30am-5pm; e-mail: <cactld@africaonline.com.gh>. Also has AFGO office; tel: 763106. Contact Francis Cudjo, managing director. Very efficient and honest freight fowarder.

Compact Limited
4th Close, off Akosombo Rd, opposite Sharita Lodge, Airport Residential; tel/fax: 774475, (024)317480; hours: M-F: 9am-4pm. Contact: Mr. George Darko.

Ewoid
34 North Ridge Rd, near the German Embassy; tel: 228883, 228994; hours: M-F: 8am-5pm. Also provides forklift service.
King's Packing and Services, Ltd
Trade Fair Centre, opposite DU PAUL House near African Pavilion; tel: 779448, 779443; fax: 764216; hours: M-F: 8am-7:30pm. Professional packers and shippers, long and short period storage.

Panalpina
Cargo Village, Afgno, KIA; tel: 772539, 775836; hours: M-F: 8am-5pm.

Watson Services
On Labadi Rd, across from St. Peter's Catholic Church in Osu; tel: 775617; hours: M-F: 8am-4:30pm. Also provides specialized services for the removal of remains.

Painting
Awet Construction and Decoration Works Limited
48 Lokko Rd, Osu; PO Box 0239, Osu, Accra; tel: 775744; contact: Mr. B.D.K. Adu.

Photo/Camera Repair
New Vision Camera Services
Located down the street from Photo Club, before reaching La Beach Rd, enter through the back; tel: (024)254251; hours: M-Sa: 8am-6pm. Camera servicing and repair; very reliable.

Photo Developing
Flash Photo
Danquah Circle, entrance across from the Police Hospital on Cantonments Rd; tel: 773377, 776228; fax: 773327; hours: M-F: 8am-6pm, Sa: 9am-12:30pm. Next day processing, enlargements; 35mm film and batteries available. Good developing service, and will adjust color of the print if you are not happy with it.

Fotorama
Ring Rd, past Barnett before Kwame Nkrumah Circle; tel: 225801. One of the few places that develops and prints black and white film; can also make negatives.

MacBore Photos
Tema-Main Market, Community 1, close to the casino; tel: (022)202319; hours: M-Sa: 7am-8pm. Same and next day service, enlargements; film and batteries available.

Photo Club
Abebersem St, just at left fork on Cantonments Rd at 2nd Shell, Osu; tel: 773413; fax: 774656; hours: M-F 8am-8pm, Sa: 9am-7pm. Next day processing; 35mm film, slide, 110 and Polaroid film, APS film. Also has a large selection of batteries and other electronics, including digital and APS cameras; as well as blank video and audio tapes.

Photocopying/Lamination
Margins Company Ltd
4 7th Ringway Estates; tel: (021) 701-1617; hours: M-F: 8:30am-5pm, Sa: 10am-1pm. Photocopying, binding and lamination of all things up to poster size; price lists, menus, and business cards. Also sells laminating and binding machines and accessories and do access control electronic identification systems.

Tudon Ventures
Ring Road Central, near Kwame Nkrumah Circle; tel: 222500, 227674, 763900.

Photographers
Bonjal Styling Photo Enterprise
PO Box 1033, Madina; tel: 503157, 503198; ask for Peter Esiri. Professional photographer, will come to house for individual or family portraits and videos.

Nuku Films
11th Lane, opposite US Embassy Consular Section, Osu; tel: 764266, Francis Provencal, professional photographer. Also provides graphic design services. Provided cover photograph for this book.
Path N Art Photo
PO Box 214, Trade Fair La, Accra; tel: (027) 579529; ask for Patrick Brown Egue, freelance photographer. Also provides printing services such as color printing on T-shirts, caps, and more.

Piano Tuning
Clement Korley-Sackey
PO Box 6715, Accra North; tel: 403586.

Music Mosaic
Tel: 223627, 233108; fax: 777098. Piano and guitar.

Plumbing Work
Andop Company Ltd
18 Sapele Loop, Kokomlemie, behind Challenge Bookshop; tel: 224910; hours: M-F: 9am-6pm; contact: Seth Tetteh Adusu. All types of plumbing work and general contracting. Quality and reliable services.

Royal Plumbing & Sanitation Co
Tel: 406060; contact: Mr. Joseph Ankrath. Leave message for identification #1499.

Pool Maintenance
Thomas Ago-Tetteh
c/o Saana Lodge, Tesano; tel: 220443; ask for Thomas. Provides weekly pool cleaning and maintenance services. Very reliable.

Aquatec Services Ltd
Located on Nsawam Rd, Tesano, by the Shell gas station in a cream building with brown stripes; tel: 220998, 226843; hours: M-F: 8am-5pm; contact: Sandy Anderson. Carries supplies for pool maintenance. This company also builds concrete swimming pools and fountains.

Clear Water Pool and Construction Limited
PO Box M115, Accra; tel: 228102; pager: 8627; fax: 227656; contact: Joe Mograhi.

Gil's Pool Service
Tel: (027) 570604; ask for Gilbert K. Wilson.

Hydrotech Services
Tesano, follow sign boards at Abeka Junction; tel: (024) 364900, 227982. Ask for Gabriel Amaegashitsi. Pool construction and maintenance.

Secretarial Services
Efosht Ltd
Located behind Trust Hospital, Osu; tel: 773631, 773630, 776682; fax: 773611, 777971; hours: M-F: 8:30am-7pm, Sa: 8:30am-5pm. Secretarial services, forex bureau, binding, lamination, photocopies, translations (French and Spanish).

Security Services
See Security & Safety section.

Sewing/Seamstresses
Mousie
Tel: 500314.

Margaret Banful
Community 3, Tema; tel: (022) 205283.

Claudelle’s
Cube House, Bostal Road, Roman Ridge; tel: 777304; British trained, Western and African designs.

Privilege Fashion House
Nyaniba Estates, tel: 773822; hours: M-F: 9am-6pm, Sa: 9am-1pm. Women's clothing. Trained in Paris, carries fabrics imported from France. Does not work from patterns and does not copy. Charges western prices.

Water Services
Boreholes
Jimpex Water Company Ltd
Tel: 768846, (020) 812-1506; ask for Priscilla von Dzerzewa. Dig boreholes for private residences.
Water Delivery Services
Ghana Water & Sewerage Corporation
ATMA Office, Near 37 Military Hospital; tel: 774011/3, 777389; Accra Central, opposite Railway station; tel: 664253; Accra East, Palm Wine Junction near the Ghana Trade Fair site; tel: 775061; Accra North, adjacent to State Housing Corporation, Ring Road West; tel: 221241; Accra North West, behind P&T Cable and Wireless Station, Darkuman; tel: 225016; Accra West, on Link Road; tel: 223460, 223301; GWSC Head Office, near VRA Head Office Ministries; tel: 666781/5. Madina, near Madina District Council Office; tel: 500948.

Welding
Dr. Iron Modern Top Metal Works
Located behind the Ghana Libya Holding Company, Ring Rd East; next to the American Embassy; no telephone.
Availability of Items

When arriving in Ghana, you will find that many excellent products, locally produced and imported, are available on the market. Let us just take the example of food. It is very easy to find excellent French baguettes and croissants or the best quality of Italian olive oil. Once you know where to shop, you will know where to get capers, Brazil nuts, teas, herbs, spices and ground coffee from all over the world. You will also discover that many local products are of a very good quality, whether it is milk products such as yogurt or ice cream, meats, or excellent fresh fish and seafood.

Market Bargaining and Bargain Hunting

For newcomers arriving in Africa, the way of doing business in Ghana may be unfamiliar because they are used to items having marked or fixed prices. In Ghanaian markets, commodities are worth whatever the seller can get for them and bargaining is the name of the game. In the tourist markets such as the Arts Centre or vendors on the roadside, sellers will inevitably make their asking price high. Bargaining is very much expected and should always be done in a friendly way. How then to go about negotiating reasonably? Given the wide range of goods and services offered and the wide range of personalities selling them, there are no universal guidelines to be given. However, the following may help:

Decide what you want to pay or ask your friends what they have paid so that you have an idea of what you should pay. After hearing the seller's opening price, your first offer should always be lower than what you are willing to pay. The seller will inevitably reduce his initial price and the bargaining process has begun. If the final price you offer is too low, remember that nobody will sell at a loss. Walk away. If the seller does not follow you, offer a slightly higher amount to a competitor. Repeat the process if necessary. In this way you will establish the baseline.

Some people think that they will get better prices if they send a Ghanaian shopping or bring a Ghanaian with them to do the bargaining. This works less frequently than you'd think, because the seller immediately knows that your agent is not spending his own money.

Some people will find the process of having to negotiate the price of everything to be hard work and tedious. Be that as it may, this mode of doing business is like every other—the less work you put in, the more money you will have to spend. The issue is striking a balance that suits you. It won't take as long as you think.
Tips for Success for Shopping in Accra Stores

There are a few tips about shopping that should be kept in mind:

Hours of operation vary considerably around town, but most stores are open between 9am and 6pm, Monday to Friday, with some from 9am to 2pm on Saturdays. Very few stores are open on Sundays.

Addresses and telephone numbers are provided when available. However, many good shops are without phones, and some streets don’t have a name. In these cases, directions are provided in this guide to help you find your way around. You never know when a shop might just close down. At press time, all of the information in this section, including every phone number, was verified; but these conditions can change rapidly. If you find a store closed when going shopping, try another time. The attendant might just have gone out temporarily.

Never expect to find everything you need in one or even two shops. Many stops will be necessary in order to complete your errands. When a product is available, buy it. You never know when shops may run out of essential products such as bottled water, cheddar cheese or ketchup, or more select products such as lasagna noodles, olive oil or Dijon mustard.

Check the freshness of products. Although it is illegal to sell out-of-date products, freshness might be questionable, either because of the heat or a power failure for frozen goods. This is especially true of biscuits, cereal or flour that sometimes turn out to be stale or full of weevils.

It also pays to shop around in terms of prices, as the price of the same item can vary greatly from store to store. Moreover, you should expect to pay substantially more for imported products.

Arts and Crafts in Ghana

West Africa is rich in arts and crafts, and much can be found in Ghana. Art for art’s sake does not traditionally exist in Africa; everything that was crafted had some purpose or meaning behind it. In Ghana you can find beautiful handwoven textiles, old and new beads, brass works, go jewelry, ceramics, paintings, sculpture and wood carvings.

Please note that there is a substantial tax on Ghanaian antiquities exported from Ghana. If you buy anything that looks like an antique, be sure to get a receipt from the seller and a statement or certificat from the National Museum to the effect that your purchase is not an antiquity. It should be relatively easy.

Following is a brief description of the major arts and crafts found in Ghana.

Adinkra

A particular textile associated with Ghana is the adinkra cloth which bears the symbols by the same name. The cloth is generally associated with funerals and special celebrations. However, the symbols can be seen everywhere, from walls to candlesticks to tro-tros (even throughout this book!). Each one has a name and a meaning, as well as an aesthetic appeal. For more information on adinkra symbols and their meaning, find a copy of Values of Adinkra Symbols by Adolph H. Agbo (Ebony Designs and Publications, Kumasi, 1999).

Beads

Beads play an important role in African life. They are worn to signify special occasions, wealth, and status; they serve as heirlooms; they indicate stages in life, such as motherhood or mourning; and they become a symbol of office for chiefs, traditional priests, and other figures in the community. Beads were used in the barter for slaves, ivory, palm oil and gold in previous centuries, and hence became very valuable. Some beads are imbued with special powers, and some tribes believe that their ancestors sprang from beads. In Ghana, beads are made from recycled glass, brass, bauxite, shells and seeds, but beads from all over Africa are available in the bead markets here, and sometimes even rare ones from Europe can be found. An excellent book on beads is called The World of Beads (see Travel and Accommodation section for detailed information).
Brass
Another common craft in Ghana is items made from brass. Brass items are made by a method referred to as "lost wax casting." The item is originally formed from beeswax, and a mold is made around it. When the mold is hard, the wax is melted out, and molten brass poured in. The craft began as the production of gold weights, which were used historically to measure currency (gold dust) by the Ashantis. Often the pieces represented some proverb or adinkra symbol. Later, brass was used in the place of gold, making it more widely available, and today items made from lost wax casting are mainly decorative in purpose.

Ceramics
Traditional pottery can be found in almost every region of the country. It is made to serve such purposes as holding water, eating, and cooking, and even today many people still use clay vessels in their day-to-day life. Pottery is made almost exclusively by women throughout Ghana. Often pieces are decorated with patterns and symbols which have significance in the community, and though pottery varies from region to region, it shares a simplicity of shape and the burnt markings that come from being pit-fired. However, in Kpando in the Volta region the women potters make animal shapes which are unique in all of West Africa. For those who prefer contemporary pottery, beautiful kiln-fired pieces are increasingly available.

Jewelry and Gold
Ghana, formerly the 'Gold Coast', has an exciting jewelry industry. It is well known for its gold, but silver is also prominent. Most gold jewelry is 18 karat, although both 22 karat and 14 karat are available. Ghana's handcrafted gold jewelry, molded in unique cultural symbols, embodies the Ghanaian personality. Ghanaian goldsmiths are exploring a mix of Western concepts intertwined with African motifs. The traditional adinkra and contemporary designs make their work unique. These designs are displayed in most shops. It is also possible to sit down with most reputable jewelers to create a special design. They are also able to copy designs from magazines and pictures, readily welcoming opportunities to create unusual pieces. Be sure to shop around, however, as the price per gram does vary considerably from store to store. For more information about gold in Ghana, get a copy of *Ashanti Gold* by Professor Edward S. Ayensu (Marshall Editions Development Ltd, London, 1997).

Kente
Another textile associated with Ghana is kente, the intricately hand-woven, brightly-colored cloth. There are two types of kente: the Asante and the Ewe kente. Weaving kente is labor-intensive work and takes years to learn, making the end product expensive, but a wonderful keepsake of time spent in Ghana. This large piece of cloth is traditionally worn in a toga-like fashion by men, and the colors and patterns of each piece of kente carry some meaning. Two excellent books on kente are *African Majesty: The Textile Art of the Ashanti and Ewe* by Peter Adler (Thames and Hudson, 1992) and *Wrapped in Pride: Ghanaian Kente and African American Identity* by Doran H. Ross (UCLA Fowler Museum of Cultural History Textile Series No. 2).

Painting
Painting as an art can be seen in many public domains, from brightly colored fishing boats, to the sayings on the backs and fronts of tro-tros, to signs for hairdressers and barbers, to the symbols painted onto the mud walls of homes in the north. Contemporary paintings can be found adorning the walls of hotels, private homes, and the increasingly numerous galleries opening around town. Several Ghanaian painters, most notably Ablade Glover and Wiz, have achieved international recognition, but they are still producing their art locally.

Stools
Carved wooden stools occupy an important place traditionally in Ghana. In the South, a chief's highest symbol of office is the stool (in the North, it is the skin). In ordinary households, stools will be given as gifts for certain special
occasions. Between the base and the seat of the stool is where the artist can be most creative, and you will find a wide range of symbols carved into this space, each one, of course, carrying a meaning. A good history of the stool and its significance in Ghanaian culture is The Sacred Stools of the Akan by Peter Sarpong (Ghana Publishing Corporation, 1971).

Wood Carvings
There are many other forms of wooden carvings that not only play a significant role in ceremonial and traditional life in Ghana but that have an aesthetic value as well. Look at the carvings on the top of chiefs and linguists staff, each embedded with symbolism. The coffin makers take pride in their craft by designing unique coffins in the shape of fish, birds, beer bottles, coco pods, pineapples, cars and much, much more. The ubiquitous akuaba fertility dolls come in many different shapes, sizes and styles.

Tema Market
Residents of Accra might also find it worthwhile to drive to Tema. The Community 1 Market has many good quality products: African prints, batik, imported material from Holland, household appliances, kitchenware, good cobbler, watch repair, tailors and seamstresses, fruit and vegetable section, second hand clothes, etc. It is a sprawling market with lots of activity but not too much congestion and well worth a visit.

* Look for this symbol next to listings for Tema locations.

Last tip, don’t judge an entry by the length of its description. If it is in the book, it was recommended by one of our members. Happy Shopping!

Arts and Crafts
Antiquities
Ouedraogo Baba Mahama
In Nuku Gallery, opposite US Embassy, Consular Section, Osu, or Tudu branch of the Social Security Bank Building; tel: 667716; 764268. African art specialist, by appointment only.

Mamoudou Sylla/ Issa Mohamed
On the Nima Highway, near the Duni Cinema; tel: 224998; hours: 8am-7pm daily.

Nima African Art and Craft Dealers
Alata Rd; from Ring Rd turn right on Nima Rd, follow to roundabout and bear right to continue on Nima Rd, then turn left on the second junction at sign for Al Cheap Forex Bureau and before Mosque, then go about 20m. on left; tel: 232352; ask for Mr. Mohamed Abubakar. Interesting selection of antique crafts from all over West Africa at a reasonable price. Look for the other handicrafts stores on the same street.

Artifacts and Crafts
Aburi Industrial Centre
PO Box 111, Aburi, located at Aburi 'Y' Junction, just after Aburi Girls Secondary School. Wood carvers cooperative with numerous booths of wood carvings including stools. Need to bargain.

Afia Gallery
12 Agbaamo Street, Airport Residential, around the corner from Aviation Rd, near Nyaho Clinic; tel: 775859; e-mail: <afia@africatimeonline.com.gh>; hours: M-Sa: 9am-6pm, or after hours by appointment. Excellent selection of wooden artifacts, chests, beads, necklaces, silver jewelry, brasswork, fabrics, blankets, soapstone pots, stools and much more from Ghana and several other West African countries. Relocating to new site near Arts Centre in late 2001.

African Art Arcade
Off Jawaharial Nehru Rd, opposite Italian Commercial Section and the Frank David Hotel; tel: 772668; hours: M-Sa: 9am-7pm, Su: noon-5pm; Malam Mustapha Mohammed, owner. Beads! Beads! Beads! Plus other quality African art pieces at fair price.

African Things
Arts Centre Shop # 72; PO Box AC 459; Art Centre, Accra; tel: 662442; Abigail Adogla, owner. Dealer in kente and other
African products, excellent selection and prices for quality Ashanti Stools.

**Aid To Artisans Ghana (ATAG)**
Ghana Trade Fair Centre, Pavilion X; tel: 771325, 771375; hours: M-F: 7am-5pm, Sa: 8am-2pm;
e-mail: <atag@atag.com>. A local NGO and non-profit organization creating employment opportunities for local artisans. Carries a wide range of items, including unique products not found elsewhere. Guided tours of artisan villages and workshops can be arranged for a reasonable fee. ATAG also operates stores at the Aburi Gardens, Kakum National Park, and the Erima and Cape Coast Castles.

**The Ark**
Legion Village, Liberation Rd, north of the Golden Tulip Hotel, on the left. African art, some antiques. Large carved elephants can be found here at reasonable prices.

**Arts Centre Market (Centre for National Culture)**
28th February Rd, near Kwame Nkrumah Monument; tel: 662581; hours: M-F: 8:30am-5pm, Sa: 9am-3pm; Su: some stalls open. Market for African art and antiquities: kente items, wood carvings, leather boxes, baskets, fans, drums, local leather bags, beads, imported objects from surrounding countries. Be prepared to bargain hard here, starting prices are inflated.

**Artist Alliance/Omanyce House**
From Accra, take the Labadi Rd to Teshie Nungua, on the Tema Rd before Channel 5 (C-5 Station), it is on the north side of the road; tel/fax: 712350, 7666387; open 7 days a week including holidays, from 7am to 7pm. Wide selection of traditional and contemporary arts and crafts, art books and books on Ghana and West Africa. (See entry under Paintings for information on the art gallery.)

**K. Baka Designs**
Near intersection of Airport By-pass Rd and Giffard Rd, before Aviation Club House; tel: (027)599969; hours: M-Sa: 9am-6pm. Pictorial batik, paintings, carvings.

**Buzz**
Bizzy Bee Learning Centre, 3rd Norla St, Labone; tel: 775256. Artifacts and child art, unusual gifts.

**The Ceramica Shop**
6th Ringway Close, opposite Empretec in Ringway Estates; tel: (021)701-1505; hours: M-F: 9am-5pm, Sa: by appointment. Interesting ceramics vases, plates, coasters, incorporating adinkra designs. Can also purchase goods directly from pottery workshop called Tamakloe Ceramica located past Madina in Adenta.

**Coffin Makers**
Located on Teshie-Tema Rd. Specialized coffins shaped as animals, shoes, beverage bottles and other inanimate
objects; unique to Ghana. Look for Paa Joe’s and Paa Willie’s workshops.

Colours in Africa
7 North Labone Ave, Labone Estates; tel: 775967; hours: M-F: 9am-7pm, Sa: 10am-6:30pm. Interesting arts and crafts from all over West Africa.

Craftsman’s Studio
At Ginatu Exclusive’s compound, on Lanki St, off Mukose Rd, near CNB Flat, North Kaneshie; P.O. Box 6345, Accra; tel: 230730; fax: 7755564; e-mail: <craftsin@yahoo.com>; hours: M-Sa: 8:30am-6pm, Su: by appointment; Joana Lekia Nelson, owner. African dolls, costume accessories, jewelry, bags and home accessories.

Craftland International
On the Nima-Mamobi Highway, turn off Achimota Rd at Le Papillon Restaurant adjacent to Accra Girl’s Secondary School; tel: 231605; fax: 240067; hours: M-F: 8am-5:30pm, Sa: 8am-2pm. International craft products from all over Africa. Jewelry, clothing, home furnishings, and music instruments.

Getrade
Nsawam Rd, inside Capital Mall Building. good selection of baskets, masks, beads, furniture and figurines.

New Horizon School Crafts Shop
4th Circular Rd and Cantonments Circle, on the southwest corner; tel/fax: 772878; hours: M-Th: 8am-4pm, F: 8am-1pm. Batik tablecloths and fabrics; wicker trays, stools, chests. A good place to buy postcards, African dolls and other handicrafts made by special needs children at good prices.

Nuku Gallery
Across the street from Consular Section of U.S. Embassy, Osu; tel: 764266; hours: M-Sa: 10am-11pm. Bronze sculptures, Ethiopian jewelry and crosses, cloth, and artifacts from all over Africa. Interesting gift items. Check out the restaurant/café next door.

Ofori Duodu Pottery
12 Oneyaa Crescent, right at the Nir Police Station; first left, then bear right opposite Swiss School; tel: 253577; e-mail: <sg_avador@yahoo.com>; hour M-Sa: 6am-5pm. Interesting family ceremonial pots, tea sets, centerpiece garden statues, and many other items.

SEFAM African Trading Enterprise
Located in Nsawam, on Accra-Kumasi Rd on left hand side of the road after Densu Bridge (look for the sign); tel: (0832)22215. Dealers in high quality African arts and crafts such as wooden carvings with antique finish at reasonable prices.

Sun Trade Ltd
S.O.S. Children’s Village Headquarters, Mango Tree Ave, Asylum Down; tel/fax: 235982; fax: 500982; e-mail: <bendag@ghana.com>; hours: M-F: 10am-6pm, Sa: 10am-5pm. Large and quality selection of Ghanaian handicrafts, including beautiful and creative bead designs by local designers; custom orders taken.

Tetteh Quarshie Circle
Numerous artisans’ stalls selling good wood carvings and much more are popping up along Tetteh Quarshie Circle. An alternative to the Art Centre for those who are willing to bargain hard but don’t want to face the downtown traffic.

Unik Batik
PO Box 885, Madina, Ghana; tel: (027)590791. (027)545858; hours: flexible. Hawa Weeks, owner. Beautiful batik tablecloths and napkins.

Unique Ceramics Centre Ltd
Located on road behind Gulf House off Tetteh Quarshie Circle; tel: 501385; fax: 503047; e-mail: <uniqueger@ghmail.com>; hours: M-Sa: 8:30am-6pm. Happy Kufu, Executive Director. Quality ceramic products for domestic and export market, including ceramic fountains, contemporary ceramic lampstands and shades.
wide variety of pots, flower vases and candle holders. Also provides pottery classes for children and adults and a tour of production facilities.

Wild Gecko Handicrafts
Off Tetteh Quarshie Circle, near Unique Ceramics; tel/fax: 508500; fax: 777098; hours: M-Sa: 10am-6pm. Excellent selection of quality arts and crafts from all over Ghana and West Africa plus custom designed wrought iron, wood and cane furniture and accessories.

Kente
Afranie Handicrafts
Located in the Swanzy Shopping Arcade, Kwame Nkrumah Ave; tel: 223344, (024)381821;
e-mail: afranie@kaycc.africanoine.com.gh; website: <www.webstar.com.gh/afranie>;
hours: M-F: 9am-6pm, Sa: 9am-3pm. Experts in kente, kente accessories, adinkra, arts and crafts, batiks and tie & dye.

Baffour Gyamoh Enterprise
John Mensah Sarbah Rd, near Obooba Cafe in Kokomlemle; tel: 229027; hours: M-F: 7am-6pm. Dealers in kente, adinkra, tie-dye and batik.

Mr. Bobo
Tel: (027)579477; every other Wednesday; ask for Debbie for time and venue. Excellent quality Ewe kente.

Colhei Enterprises Ltd
Corner of Cantonments Rd and 2nd Circular Rd across from Ghana International School. Dealers in quality kente products; does very good work and pays attention to detail.

Dento Kente
On road parallel to Liberation Rd, between airport traffic light and Shangri-La, turn left before you get to Polo grounds, continue down road to the right until you see small Dento sign in grass in front of house; tel: 761738. Top quality kente, made to order.

Paintings and Fine Art Galleries
Kofi Agorsor
Bizzy Bee Learning Centre, 3rd Norla St, Labone; tel: 776268; hours: M-Sa: 9am-9pm. Paintings.

Kofi Aryee
Craft Shop and Art Studio, Ghana National Museum, Barnes Rd; tel: 221633; hours: M-Sa: 8am-5pm. Pen, ink and watercolor landscapes, village scenes, tro-tros. Provided the cover art of the first edition of NO WORRIES!

Ahema African Art
4th Ringway Estate; tel: (028)202190; hours: M-F: 10am-6pm, Sa: 10am-1pm. Good collection of contemporary paintings, pastels, drawing and small sculptures.
Artist Alliance/Omanye House
From Accra, take the Labadi Rd to Tesbie Nungua, on the Tema Rd before Channel 5 (C-5 Station), it is on the north side of the road; tel/fax: 712350, 7666367; open 7 days a week including holidays, from 7am to 7pm. Owned and operated by Prof. Ablade Glover, perhaps Ghana’s most famous artist (renowned for his depictions of women and market scenes). An excellent collection of contemporary Ghanaian artists, plus a wide selection of traditional crafts and art books. Special showings and exhibits.

Asphifii’s Art Gallery
Mantse-Boi St, opposite Cocoa Clinic, Kaneshie; tel: 228445; hours: M-F: 9am-9pm, Sa: 10am-9pm. Good selection of pencil drawings, paintings, screenings.

Beri’s Art Gallery
E245/3 Ringway Link, Ringway Estates; tel: 764606; hours: M-Sa: 9am-6:30pm. Some of Ghana’s best artists display their work here.

Victor Butler Gallery
1st St, Ringway Estates, located in house next to Teffler Gallery. World famous Ghanaian artist.

Charway Art
Burma Camp Rd, across from Ghana Trade Fair Centre; tel: 779210; a converted shipping container holds many paintings by Chris Charway, very distinctive, full of life, color, and humor.

Golden Tulip Hotel Lobby

Labadi Beach Hotel Lobby
La Beach Rd; tel: 772501. There are few paintings on permanent display plus a few more that rotate.

The Loom
Samlotte House, 119 Kwame Nkrumah Ave, Adabraka, just south of the Kwame

Nkrumah Circle; tel/fax: 224746; hours: M-Sa: 8:30am-5pm. Good selection of paintings, sculpture, ceramics and crafts by most of Ghana’s outstanding artists; ask to look through artists portfolios. Prints framed or unframed.

Novotel
Barnes Rd, Accra Central; tel: 665746. Has monthly openings and shows so it’s a good place to keep in mind for an introduction to contemporary Ghanaian artists’ work.

Step-in Gallery
Farrar Ave, down the hill from Office Max, Adabraka; tel: 220129. This small gallery carries quite a good sample of Nicholas Kowalski’s work plus a few other artists such as Aryeetey and Tarrot.

Teffler’s Art Gallery
1st St, Ringway Estates, near U.S. Consultate, Osu; tel/fax: 777989; hours: M-Sa: 9am-7pm. A collection of sculptor Francis Nee-Owoo, a well-known artist for “cold casting”. Multi-metal studies using copper, brass, bronze, and aluminum. Also carries artists such as Owusu Antwi and Kwadwo Ani.

Touch Of Bronze Gh Ltd
PO Box GP 203, Accra, Ghana; take main Legon Rd from Tetteh Quareshi Circle, turn right at third street and then turn right again on first tarred road; tel/fax: 501145; e-mail: <bronz@ighmail.com>; hours: M-F: 9am-5pm. Francis Kwatei Nee-Owoo, sculptor of exquisite hand-made cold cast bronze pieces of art.

Tribal Eye Gallery
La Palm Royal Beach Hotel; tel: 701-2299; hours: daily: 10am-8pm; impressive collection of the major Ghanaian artists including Glover, Agorsor, Aryeetey, Asomani and many more. Notable art in the lobby, lounge and hallways (although not for sale) leading to the gallery as well.

Wild Apple Art Gallery
Odanta St, opposite Trinidad and Tobago House, Asylum Down; tel: 241258;
fax: 762276; hours: M-Sa: 8am-8pm. Paintings by Seth Klotey.

Beauty Supplies/Cosmetics

Bioderma
Dzorwulu Junction, opposite World Miracle Church; tel: (024)369105. Wide selection of cosmetics.
Nadeen Shop
At Dzorwulu Junction traffic light, opposite Collectibles; tel: 769290; hours: M-Sa: 8am-8pm. Wide selection of imported hair and beauty supplies.

World of Fragrance Ltd
Mark Cofie House, Cantonments Rd, Osu; tel: 763825; fax: 763826; e-mail: <wof@africaonline.com.gh>; hours: M-Sa: 9am-6pm. Good selection of imported perfumes, cosmetics, and body lotions.

Books

Books for Less
16th Lane, Osu, behind Woodin; tel: 770770; fax: 763945; hours: M-Sa: 9am-7pm. Used books to buy and trade. Excellent selection.

Challenge Book Shop
Opposite Accra Technical Training College, Kokolimle; tel: 222437, 223493; hours: M-F: 7:30am-7:30pm. Christian books, reference books and children's stories.

The Children's Books Company
Odanta St, near Asylum Down Roundabout; tel: 223235; hours: M-F: 9am-7pm, Sa: 9am-6pm. Stocks over 5000 titles for ages 0 to 18. Art and craft kits, art paper, CD ROMs, and wall charts also available.

E.P.P. Services
Giffard Rd, opposite Trade Fair Centre; tel: 778853, 778347; hours: M-Sa: 8:30am - 6:30pm; e-mail: <epp@africaonline.com.gh>. Wide selection of books, including many children's books, World Bank, IMF and UN publications.

Mayan Book Centre Ltd
C96/26 East Legon; from Tetteh Quarshie Circle, take third left, then first right; tel: 501599, 511001; fax: 501599; hours: M-F: 9am-5pm. Good selection of Oxford University Press publications including classic fiction, educational dictionaries, and children's books.

Omari Bookstore
85 Ring Rd East, Labone; tel: 776212; hours: M-F: 9am-6pm, Sa: 9am-3pm. Very good selection of books on Ghana.

Play 'N' Learn
Two locations: Cantonments Rd, on west side, between 2nd and 3rd Lane, opposite Mark Cofie House, Osu; tel: 660071; Asylum Down, near roundabout; tel: 223235; hours: M-F: 9am-7pm, Sa: 9am-4pm. Children's books, toys, games, and puzzles.

The University Bookshop
University of Ghana, Legon; tel: 500398; fax: 500774; e-mail: <lubshop@ug.ac.ug.org>; hours: M-F: 8:30am-4:30pm, Sa: 8:30pm-1pm. Very good selection of books at good prices.

Cards

Duval
Cantonments Rd, between 11th Lane and 8th Lane next to Chez Julie; tel: 772492. Party supplies, favors, gift wrap, greeting cards, gifts, and diaries.

Obsession
Cantonments Rd, opposite Mark Cofie house; tel: 774682; e-mail: <pureobsession@excite.com>; hours: M-Sa: 9am-9pm; helium balloons, cards, gift items, men and women's perfume, men's and women's wear, cuff links and CDs.

Omari Bookstore
See listing under Books. Greeting cards, postcards, gifts, souvenirs, books, computer and photocopy paper.
Placito
Three locations: Airport Shell Station, Ring Rd East, Kwame Nkrumah Rd; Hallmark cards, invitations, imported wrapping paper, bows and ribbons; hours: M-Sa: 8am-6pm. Good selection with imported prices.

Car Dealers
African Automobile
Kaneshe-Winneba Rd; tel: 229903, 222508; fax: 223116; hours: M-F: 8am-6:30pm. Mitsubishi, Daihatsu, Fiat.

Africa Motors
Ring Rd West; tel: 221900, (024)355116; fax: 221950;
e-mail: <kumin_ampofo@tractorequip.com>; hours: M-F: 7:30am-4:30pm, Sa: 8am-3pm. Vitara, Suzuki, Isuzu.

Auto Parts Ltd
Graphic Rd; tel: 224056, 222311; hours: M-F: 8am-5pm. Nissan.

CFAO Motor Division
D46/4 Arena Ave; tel: 664111, 664114
fax: 668584; hours: M-F: 8am-5pm. Renault, Mazda.

Chapok
Dansoman; tel: 234062, (027)544826;
hours: M-F: 8am-5pm, Sa: 9am-5pm. Used cars, any make.

Enyidado Industries Ltd
Graphic Rd; tel: 224316; fax: 224960;
e-mail: <sales@eii-gh.com>; hours: M-F: 8am-5pm. Daewoo, Ssangyong.

Gold Coast Motors
Dadeban Rd; tel: 228027; hours: M-F: 8am-5pm. Jeep.

Japan Motors Trading Co Ltd
Graphic Rd; tel: 234440-3; fax: 223353; e-mail: <sales@japanmotors.com>; hours: M-F: 8am-5pm. Nissan.
For sales, service and genuine parts, contact:
Pl. 625, Agra, India. Tel.: (227) 224096 / 222314

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Graphic Rd; tel: 229312; Adenta office; tel: 501314; hours: M-F: 8am-5pm. BMW.

Motherland Motors
Two locations: Ring Rd Central opposite RMS Swiss School; tel: 251862/3; Ring Rd just before Obetsebi Lamptey Circle; tel: 228429; hours: M-F: 8am-5pm. Hyundai.

PHC Motors
Ring Rd, West, South Industrial; tel: 22806, 228823, 228828; fax 228847; e-mail: <phc@africonline.com.gh>; hours: M-F: 8am-5pm. Jeep, Chrysler, Daihatsu.

Rana Motors
Graphic Rd; tel: 226839, 221993; hours: M-F: 8am-5pm. Kia.

Silver Star Auto Ltd
Graphic Rd, opposite Japan Motors; tel: 234964/5; fax: 224960; e-mail: sales@silverstar.com; hours: M-F: 8am-5pm. Mercedes-Benz, BMW.

Toyota Ghana Co Ltd
Graphic Rd; tel: 221316, 223122. Toyota.

Clothing

Swatch Shop
Cantonment Rd, Mark Kofe Bldg; no telephone; hours: M-Sa: 9am-6pm. Newly opened store specializing in Swatch watches, batteries and accessories. Also services Swatch watches.

Vadek Leathercraft
Mowule St, Nyaniba Estates, down the road from Aquarius Restaurant; tel: 763402; hours: M-F: 9:30am-5:30pm, Sa: 9:30am-2pm. Quality leather and kente handbags, cosmetic bags, belts, rucksacks, wallets, pencil cases, desk blotters, briefcases. Custom orders and designs.

African Clothing

Alfie Designs
Opposite Kaneshie Presbyterian Primary School, Kaneshie; tel; 222864; hours: M-F: 7am-5:30pm. African and western designs for men and women.

Azedu of Shapes
Ghana Trade Fair Center, Pavilion Y; tel: 773500; hours: M-F: 8am-3:30pm, Sa: 8am-2pm. High quality African clothing.

Ben ‘N’
14 Senchi St, Airport Residential Area; tel: 778307; hours: M-Sa: 9am-5pm. Uses African prints, mud cloth and indigo. African inspired, western-style clothing, exquisitely tailored.

Bibio Fashion House
Teshie Nungua Estate, 1st Junction, opposite Jotoku Spot; tel; (024)230002. African design clothing.

Cecilee’s Fashion
329/7 Awudome Estates, Kaneshie; tel: 229820; hours: M-F: 8am-6pm. African embroidery for clothing.

Designer Georgie
Mallam Atta Market, behind Oxford Cinema; tel: 228122; hours: M-F: 8am-6pm. Textile designer and dressmaker.

Accessories

Max Mara
Roberto Rd, near Embassy Rd, Osu; tel: 776536; hours: M-F: 9am-7pm, Sa: 9am-4pm. Women: Italian shoes, handbags, wallets, designer silk scarves, Lise Belle cosmetics. Men: suits, dress trousers, shirts, leather shoes, belts, ties, all Italian made, mostly designer labels.

Sole Inspiration
107/18 Tenbian St, Abelenkpe, near Edith Memorial Bakery; tel: 765015. High quality leather accessories, including sandals, slippers, bags and belts; colorful cotton items, bead jewelry and hair accessories.

SHOPPING
Festus Industries  
Asafoatse Netty Rd, near Central Post Office, off Korle-Bu Rd, opposite Gymnfi Brothers; tel: 663737; hours: M-Sa: 8am-6.30pm. Dealers in African garments, tie-dye, African costumes, T-shirts.

Fidele Couture  
Moame Street, North Kaneshie (near Adodo Hotel); tel: 226183, 222859, (021) 701-1278. hours: M-F: 9am-5pm. Home of quality embroidered clothing for women and men for all occasions. Special men's shirt collection. Choir and pastor's robes in authentic African designs. Also embroidered table linen.

Fulero Enterprises  
6 Cinnamon Ave, behind Kpeshie Division Police Headquarters, Teshie-Nungua Estates; tel: 712789; hours: M-Sa: 9am-6pm. Batik and tie-dye of silk, polyester and cotton.

Ginatu Exclusive  
North Kaneshie; from Nkrumah Circle, turn left before Sun Lodge Hotel; take the first left, then right after CMB flats; tel: 230730; hours: M-F: 9am-6pm. African clothing, African dolls, bead jewelry, bags and purses, and home decorating accessories.

Golden Threads Collection  
North Labone Estates, near Metro TV; tel: 772188; hours: M-F: 9am-7:30pm, Sa: 9am-2pm. African designs for men and women.

House of Damaris  
H/N D 551/3 Asafoatse Nettay Road (between GPO Wato Roundabout and Palladium Cinema); tel/fax: 664129, (024)315344; hours: M-F: 7:30am-5pm. Exclusive executive African embroidered clothing for adults and children.

Jern Afrik  
Near Trust Tower, Asylum Down; tel: 233923; fax: 231239; hours: M-F: 9am-5:30pm. Ready-made and custom orders, fabrics.

Kofi Ansa-Art Dress  
10 18th Lane, across from Havel; tel: 773591. Showroom; stylish couture clothing, ready to wear and special occasion.

Mawuli Kofi Okudzeto (MKOGH)  
Two locations: 15th Lane, Cantonments Rd, Osu; and 2nd Ridge Link, near SAS Securities, North Ridge; tel: 225813, 228833, 772976 fax: 773626; e-mail: <mkoclothing@hotmail.com> hours: 8am-8pm. Beautiful and classic men's and women's exclusive African couture; predominantly linen; US prices.

Nano Gyosia & Sons Ltd  
First junction opposite Nima Police Station Barracks; tel: 227345; hours: M-Sa: 7am-9pm. African fashion including embroidery for men, as well as Italian shoes.

Nora Garment  
On Ring Rd, opposite UNDP. 100 yards from Trinity House; tel: 773063; hours: M-F: 8am-5pm, Sa: 9am-4pm. African clothing for all occasions.

Salma Garments  
Adabraka between Adabraka Police Station & Dan's Bar; tel: 224546; (024)363203; hours: M-F: 9am-7pm, Sa: 9am-5pm. Ladies, gents and children's wear; casual, sports/active wear; wear-to-work; wear-to-church; formal/evening. Western styled church. Embroidery, boubous, skirts, suits, and shoes.

Sandie Enterprises  
Opposite Nima Police Station, before Nima Roundabout, next to Nima Cluster of Schools; tel: 221592; hours: M-Sa: 9am-6pm. Embroidery, boubous, skirts, suits, and shoes.

Shapes  
Workshop at Trade Fair toward the northeast corner of buildings; tel: 773500; showroom: High St, opposite Shell Head Office; tel: 664317; hours: M-F: 8am-5:30pm, Sa: 8am-2pm. Exclusive African and western designs for men and women.
Stephen Enterprise
Oxford St, Osu; tel: 774172; hours: 8am-5:30pm. African clothing, accessories, jewelry.

Tan-Tak Fashion Centre
Nima Highway, opposite Nima Market; tel: 220373; hours: M-Sa: 8:30am-6pm. General merchant, importer and exporter of African attire.

Treasure Leisure
HNB 135/17 Asore Dan Hu, Dansoman Road; tel: 301147; hours: M-F: 8:30am-7pm. Classy ladies' and gents' wear in elegant African fabrics and designs. Exclusive collections of men's shirts and children's clothes.

Wadata Fashion
Ring Rd Central, opposite Bus Stop; PO Box A 565, Accra; tel: 224547; fax: 230149; e-mail: <wadata@hotmail.com>; hours: M-Sa: 8:30am-7pm. African clothing with beautiful embroidery.

Winglow Clothes
10 Mankralo Close, V.R.A. Plot 1, East Cantonments (East End shop); tel: 775254, 779897; hours: 8:30am-5:30pm; 703 Mensahwood St, East Legon (West End shop). Exclusive embroidered wear for women and men. Western styled clothing in African print. Interior decoration utilizing a blend of African and other fabrics and designs resulting in distinctive and uncommon results.

Children's Clothing
See Children's section

Mens'/ Womens' Clothing
American Discount Warehouse
Nsawam Rd, near Faaco Foods and opposite Police Training Centre up from Kwame Nkrumah Circle; tel: 250736; fax: 760237/226547. Importers of American made clothing and accessories for men, women, and children also. Has maternity clothes and toys of all kind. Great prices but selection varies according to recent shipments.

Berto's Collection
Ring Rd Central, south side in area opposite Nima Police Station; tel: 663329; hours: M-Sa: 8:30am-6pm. Italian and other imported clothing, especially evening wear, for men and women. Accessories, leather handbags and shoes, perfumes.

Blue Haven
Trinity House, Ring Rd East, opposite Fire Services Headquarters; tel: 772539; hours: M-F: 10:30am-6:30pm, Sa: 10:30am-4pm. Imported ready-to-wear western and Asian designs for women, casual and dressy; suits and accessories; reasonably priced. Also has a small selection of toys.

Exclusive Men's Wear
Two locations: Graphic Rd, across from Daewoo Motors; Cantonments Rd, south of Shell Station, opposite Photo Club; tel: 220900; hours: M-F: 9am-5:30pm, Sa: 9am-3pm. Very good selection of suits, trousers, shirts, shoes, ties, bow ties, and cufflinks.

Kiabi (France Mode)
First right off of Tema Roundabout, then first right; tel: (020)305244; hours: M-Sa: 9:15am-8pm. Good selection of imported clothes from France.

Viva
11th Lane, opposite Nuku Gallery and Cafe; tel: 776629; hours: M-F: 9am-7pm, Sa: 9am-3pm. Large selection of imported women's clothing, handbags, undergarments, jewelry, and shoes.
Computers and Office Equipment
Atlantic Computer and Electronics Ltd.
Farrar Ave, Accra; tel: 226239, 220585; fax: 223175; hours: M-F: 9am-5pm.
Computers, software, networking.

Blue Chip Computer Services Ltd
F214/2 Basel Rd, Osu; tel: 773199, 773787, (028)212126; fax: 760803;
e-mail: <bluechip@africaonline.com.gh>; hours: M-F: 8:30am-5pm, Sa: 10am-2pm.
Computers, office equipment, supplies.

CIS Ghana Ltd
1 Kian St, North Industrial Area; tel: 251081/2; fax: 221027; e-mail: <sales@hipsterdist.com.gh>; hours: M-F: 8am-6pm. Hewlett Packard distributor, computers, printers, scanners, copiers, and fax machines.

CFAO Electro-Hall
High Street near Barclay's Bank; tel: 662798, 662696; hours: M-F: 9am-5pm, Sa: 9am-3pm. Photocopiers, faxes, and calculators.

Computer Warehouse
Labadi Rd, near Anglican Church; tel: 773766; hours: M-F: 8am-5pm.

Interlink Business Systems Ltd
Ring Rd Central, next to Cement House; tel: 226659; fax: 224113. Xerox representative in Ghana. Sale and repair of photocopiers and telephones.

IPMC
Adabraka; tel: 226830; hours: M-F: 9:30am-5pm. Compaq PCs and authorized Apple dealer.

Masai Computers Services Ltd
No.8, 1st Noria St, Labone; tel: 777703; hours: M-F: 8am-5pm. IBM computers; IBM Business Partner in Ghana.

Sale and repair of computers.
Oman Fofor Trading Company Ltd
Japan Motors premises, Graphic Rd, South Industrial Area; tel: 220164, 220064, 220516; fax: 232041; hours: M-F: 8am-5pm, closed for lunch 12:30pm-1:30pm. Computer and office equipment such as copiers, laptops, faxes, phones and more. Can also service their machines.

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85 Ring Rd East, Labone; tel: 776212, 221626; hours: M-F: 8:30am-5:30pm, Sa: 8am-noon;
e-mail: <omari@ghmail.com>. Hardware, software, uninterruptible power supply units. See Education section for information on their courses and seminars.

Sollatek Electronics
29 Shikashika Street, Abelenpke; tel: 775106, 773138; hours: M-F: 8am-5pm, Sa: 8am-3pm;
e-mail: <sollatek@africaonline.com.gh>. Sells UPS and automatic voltage regulators to protect computer equipment. Also sells other protection equipment such as fridge guards and more.

Fabrics and Sewing
Notions

African Cloth
31st December Movement Market
Makola Market, near Rawings Park, Accra Central; hours: M-Sa: 8am-5:30pm.

Ashia Fabrics
On the Ring Rd Central next to KLM and behind Mobil Station; tel: 701-0219;
hours: M-F: 8am-5pm, Sa: 9am-5pm. Silk-screened original African designs. Custom orders for a minimum of 12 yards. Men’s, women’s and children’s clothing items also available; can be made to order.

Batik Classique
Liberation Link, near CSIR and Alliance Francaise; tel: (027)580979; ask for Ms. Emma Sowah. Shirts, boubous, kente shawls.

Colour Rich
Arts Centre, craft shop # 104; tel: 664233. Ask for Mrs. Akua Eghagha. Table clothes and napkins, wall hangings, hand painted fabrics, and much more.

Dieu Donne
Rama Dawn, Community 11, Tema; tel: (022)302655; hours: M-Sa: 8am-8pm.

Manufacture and sell applied art clothing fabrics and garments. Beautiful batiks.*

Djoletex Industries
6th Ringway Rd, Ringway Estates, near British High Commission; tel: 225429;
hours: M-Sa: 7am-5:30pm. Tie-dye, batik and silkscreen fabric designers.

Eyaqueen Enterprise Ltd

Kwabena Nyamekye
Abeka near Anglican Church on Adom Clinic Rd; tel: 302591. Tie-dye fabrics; expert in table cloths, cushion covers and curtains.

MamaRee
Villa Simmatso, House V5, Community 9, Tema; tel: (022)302943. Lives in Tema but comes regularly to Accra; will bring fabric for you to see. Some ready-made, does custom work.*

Merci Ocansey Batik and Tie Dye
4th Lane, Osu; factory located on dirt road behind Hardees. Nice selection of interesting designs and colors. Some ready to wear clothing available or can be made to order.

Viviane’s Exclusive Batik
Look for sign on 1st St, Osu, just south of Embassy Rd intersection; tel: 777627, 772106. Creative batik tablecloths, men’s shirts, skirts, dresses, T-shirts, children’s clothes are available or can be ordered.

Wowaba Fabrics
Follow the Legon Rd, turn right at Police Station opposite the entrance to the University, follow signs to EP Church, they are adjacent to the church in a brick building; tel: 507140; hours: M-F: 8:30am-5pm. Beautiful selection of hand-made batik and tie-dye fabrics and also some ready to wear clothes from those fabrics.
Woodin Boutique
Cantonments Rd, Osu and High St, Accra Central; tel: 764371; hours: M: 2pm - 7pm, T-F: 10am-7pm, Sa: 9am-4pm. Also, Woodin wholesale branch at Ghana Trade Fair Centre; tel: 763283; hours: M-F: 9am-4pm. Quality African design fabrics from Ghana, Cote d'Ivoire and Holland.

Imported Fabrics
Eyaqueen Enterprise Ltd

Nayak Ltd
Two locations: Adabraka on Kwame Nkrumah Ave and Castle Rd; tel: 224389; Ghana Trade Fair Centre; tel: 778405; hours: M-F: 9:30am-5:30pm. Wide selection of imported fabrics and buttons with new arrivals in July and December.

PG & Company Ltd

Rene Fabrics & Trimming Ltd
1st floor Sahid Plaza, 4 Blohum Rd, Dzorwulu; tel: 762495; hours: M-F: 10am-7pm, Sa: 10am-3pm. Nice selection of imported silks, cottons and linens; hit or miss.

Touch of Fabrics
Dzorwulu traffic light; tel: 769352, (024)377291, (024)235074; hours: M-F: 8:30am-6:30pm, Sa: 9am-5:30pm. Nice selection of lace, java, satin, viscose, organza, printed wax. Also has sewing accessories.

Accessories
Nayak House of Buttons
Kwame Nkrumah Ave, south of Nayak Fabrics; tel: 225091 (this is the forex bureau next door but ask for Valerie); hours: M-F: 9am-5pm, Sa: 9am-2:30pm. Excellent selection of buttons.

Needletalk
Cantonments Rd, next to Duval Card Shop and Top in Town; tel: 776456; hours: M-F: 9am-7pm, Sa: 9am-2pm. Buttons, thread, limited fabric, stiffener, decorative appliques.

Florists
African Flowers
Airport By-pass Rd, next to AFGO. Wholesale flowers sold by the bundle; kept in cooled warehouse. Also has some imported flowers.

Alpha Beta Flora

Corporate Varieties
Ampaenebea House, Community 9, Tema; tel: (022)303001, (024)317151; hours: M-F: 8:30am-5pm; Nana Yaa Omane-Peprah: owner. Does floral arrangements; decorates for functions too.*

Jandel Ltd (Afi-Aforo)
Ground Floor, 6 Trust Tower Shopping Center; tel: 236105, 238390. Has booth also at Max Mart Shopping Centre. Artistic arrangements; did floral arrangements for La Palm Royal Beach Hotel.

Lyngwo Florist Shop
Ring Rd East, close to Omari Bookshop, near Labone Jct; tel: 772767; hours: M-F: 9am-8pm. Flower arrangements, receptions, weddings, funerals, office and home decoration, gifts and cards.

Premier Florist
Danquah Circle; tel: 776729; fax: 772453; hours: M-F: 9am-5:30pm. Mrs. Margaret Nunoo-Mensah, Managing Director. Fresh cut flowers; floral arrangements; floral design and decorations for weddings.

Unique Floral Centre
Giffard Close, off Burma Camp Rd, behind Air Force Officers Mess; tel: 772410; hours: M-Sa: 8am-6pm. Fresh cut flowers.
Food and Drink

Baked Goods

Bake Shop Classics
Trade Fair Rd, near Palm Wine Jct; tel: 773044; hours: M-Sa: 7:30am-5:30pm. Excellent Danish pastries, cinnamon rolls, sausage rolls, chocolate, cherry and plain croissants, quiche. Cakes for all occasions. It is better to order in advance.

Busola's Sugar Art
3rd Dale Walk, Labone, opposite Carita Services; tel: (024)326014. Preparers of wedding and celebration cakes entirely by hand, using only the finest ingredients; trained overseas in cake decorating.

Cake Gallery
Near North Ridge Hotel; tel: 236781; hours: M-F: 7am-7pm, Sa: 7am-6pm; Sophia Sackey, owner. Very creative cake decorating techniques, such as air brushing. You dream it, they can create it.

Dream Desserts
Anunansa St, down the road from Beijing Clinic, Osu; tel: 300019; hours: M-Sa: 8am-5pm. Excellent pies, cakes, nutty fruit bread pudding, apple tarts.

Edith Memorial Bakery
Turn south on Abelenkpe Rd off Achimota Rd, bakery just ahead on right; tel: 773535; hours: daily: 6am-9pm. Napoleons, cakes, croissants, baguettes, Italian rolls and round loaves, assorted confections.

Frankie's
Cantonnements Rd, Osu; tel: 773567; hours: daily: 7:30am-11pm. Good selection of baked goods, breads, rolls, Lebanese bread, baguettes, and croissants. Cakes to order for all occasions. Also sells ice cream.

Goldi's German Bakery
Located in Ghana Groceries, Osu; hours: M-F: 9am-6pm, Sa: 9am-2pm. Wonderful selection of breads including: rye, whole wheat, sunflower, baguettes, rolls, pretzels, pastries. Sells out quickly in the mornings after delivery.

Paloma Pastry and Sweets
Paloma Shopping Arcade, Ring Rd Central; tel: 228142; hours: daily: 10am-noon. Assorted cakes, cookies, croissants, wide selection of imported candies and cookies. Fresh ice cream cones. Special order cakes.

Le P'tite Paris Cafe
Ground floor, Sedco House, North Ridge, next to North Ridge Clinic; tel: (024)316611; hours: 7:30am-9pm. Wonderful breads, baguette, croissants, and other pastries. Come around 5:00pm to get freshly baked baguettes. Also has a small café selling sandwiches and ice cream.

Sugar and Spice
14 7th Rd, Tesano; tel: 224514; Abigail E. Amoah, cake designer. Cakes designed for all occasions.

Vasili Bakery
In Osu Food Court, Cantonments Rd, Osu. Also in Max Mart Shopping Centre. Assortment of breads, including pita, Portuguese, dinner rolls, herb, cheese and garlic twists, bagels, muffins, and pastries.

Dairy Products
Emadom Ltd
Beside Harris Lodge in Madina; tel: 502632; hours: M-Sa: 6am-5pm. Yogurt, preservative free. Will deliver.

Fan Milk Ltd Cash and Carry
South of Nkrumah Circle, close to Tractor and Equipment; tel: 224421, 224732; fax: 221951; hours: M-F: 7:30am-6pm, Sa: 7:30am-2pm. Excellent ice cream products in all quantities, frozen and liquid yogurt. Best prices.
Jocdoo Yogurt
365 Mokose St; North Kaneshie, from Laquate Restaurant, third right across from the restaurant, 6th house on the right; tel: 226393; hours: M-F: 8am-5pm. Low fat yogurt with fruit.

Marina’s
34 Patrice Lumumba Rd; tel: 775977; hours: M-Sa: 8am-6pm, Su: 1pm-4pm. Fresh, whole milk yogurt, cottage cheese, whole milk, salted cheese.

Sam and Sam
On West side of Achimota Rd, between Nima Rd and railroad tracks; tel: 229958; hours: M-F: 7:30am-6pm, Sa: 8am-3pm. Fresh milk, yogurt, feta cheese, garlic olives.

Groceries
Afridom
Cantonments Rd, just behind Barclays Bank, Osu; tel: 776054; hours: M-Sa: 9am-6:30pm, Su: 10am-2pm. Liquor, wine, frozen goods, groceries, toiletries, stationery, kitchenware.

Charisma Shopping Centre
Nsawam Rd, at the Abeka Jct, Tesano; tel: 229051; hours: M-Sa: 7:30am-8:30pm. Frozen meals; baked goods.

Faaco Food Complex Ltd
Nsawam Rd, Accra North; tel: 220355; fax: 666668; hours: M-Sa: 8am-5pm. General groceries.

Four Aces Supermarket
Off the Ring Rd, west of Sankara Circle, near GTV-3 Station; no telephone; hours: M-Sa: 7:30am-7:30pm, Su: 2pm - 7pm. General grocery store. Also sells kitchenware.

Ghana Groceries
Cantonments Rd, Osu; tel: 762483, 774962; hours: M-Sa: 9am-8pm. Good selection of groceries, including butcher shop, imported fruits and vegetables, imported cheeses, and Tesco products; good selection of wine and liquor.

Hardees Supermarket Ltd
Ring Rd, Egyptair Building, off Danquah Circle; tel: 774532; hours: M-Sa: 8:30am-6:30pm, Su: 9am-2pm. Good selection of groceries including a butcher shop, dairy products, canned foods, and beverages. At time of press, new store is being constructed on Ring Rd.

Junior’s End
4 Volta Street in Airport Residential; tel: 772368, 765750; hours: M-Sa: 8am-9pm. Bread, chocolates, wine, fresh dairy, produce (including iceberg lettuce, red
and yellow peppers) and packaged meat and cheese imported from Germany every two weeks.

Koala Shopping Center
Cantonnements Rd, just off Danquah Circle; tel: 773455; fax: 223501; hours: M-Sa: 9am-8pm. The best stocked general grocery store in Accra with a good selection of imported products, occasional imported fresh produce. Good bakery: breads, baguettes, croissants, pastries. On the first floor: toys, glassware, bed sheets, stationery, housewares.

Kwatsons Impex Warehouse
Located near Pirelli Tire on Graphic Road; tel: 222744, 223896; fax: 223501; e-mail: kwatsons@africonline.com; gh; hours: M-F: 9am-5pm, Sa: 9am-2pm. Wholesale grocery shopping in case lots with significant savings as compared to retail prices.

La Maison de France
Located on Liberation Rd, next to Shell Station near Golden Tulip Hotel; tel: 760959, 773260, (024)310190; hours: M-F: 8:30am-6pm, Sa: 8:30am-4pm. Frozen meats (local, imported) and seafood: beef, pork, lamb, poultry, fish, shellfish, smoked salmon, ostrich meat. Will deliver. Also imports vegetables and cheeses on a bi-weekly basis.

Relish Health Foods
Akai House, 3rd Rd, near Consular Section of US Embassy, Osu; tel: 773590; hours: M-F: 8am-7pm, Sa: 8am-2pm. Health food products, herbs, vitamins, herbal teas.

Sarfinest Ventures
Nsawam Rd, Achimota, between Motorway and police barrier, opposite Neoplan; tel: 401128; hours: M-Sa: 8:30am-9pm. Good selection of groceries, household cleaning supplies at affordable prices.

Sewal Enterprises
Located on Mission Street, Osu, close to intersection with Cantonnements Rd, near Seoul Restaurant; tel: 771944/5; hours: M-Sa: 9am-7pm. Importers of fresh vegetables and fruits, frozen goods and drinks. Shipment arrives once every two weeks on Fridays. Large selection of imported wine and liquor as well.

Sotrac
Down the street from Photo Club, Osu; tel: 760779; hours: M-Sa: 9am-7pm. Grocery store with large butcher shop selling all kinds of meats. Good wine selection as well.

Top In Town
Two locations: Cantonnements Rd, between 11th Lane and 6th Lane; tel: 777688; hours: M-Sa: 8:30am-10pm, Su: 9am-5pm; Josiah Tongogor St, across from Labone Coffee Shop; tel: 773683; hours: M-Sa: 8am-10pm, Su: 9am-5pm. In addition to a wide variety of groceries, they have a good assortment of cookbooks, wine and liquor.

Max Mart
Opposite Golden Tulip Hotel, near Mobil Station on 37th Military Road; hours: M-Sat: 8:30am to 6:30pm; Sun, 1-8:30pm; tel: 783750/51. Has supermarket, bakery, coffee shop, florist, appliances, office equipment shop and photo developing.

Poultry, Meat and Fish
Corner Meat Shop
3 Bobo Street, Tesano; go past junction to Tesano Sports Club, past Golden Lemon to the T-junction, turn right, then turn right at 1st junction; tel: 232391; hours: M-Sa: 9am-7pm. Good selection of fresh meat and poultry. Call for special orders.
Darko Farms
Osu Close St, Nyaniba Estates; from Ring Rd East, at Labone Junction, take first right onto Osu Crescent, turn left onto Osu Close. Best selection of chicken in town.

Kpong Farms
Retail outlet for meat at Accra Polo Club in Chukka Grill, behind Granada Hotel near Tetteh Quarshie Circle; tel: 772775; hours: M-Su: 8am-10pm. Burgers, sausages, bacon, sandwich meats, ham, turkey, steaks, pork chops. Meat is all fresh or frozen. Dog meat. Will take special orders.

Malicat Meat Products & Delicatessen Ltd. (known as the German Butcher)
Community 10, Tema, tel: 022-303926; hours: M-F: 8am-7:30pm, Sa: 8am-4pm. Excellent European style meats. Selections include ham sausage, boiled ham, liver pate, frankfurter, smoked ham and bacon, fresh pork, beef meat and diverse dairy products. *

The Meat Cottage-Kabdoll Farms
(known as the French Butcher)
Achimota Rd just north of railroad tracks; tel: 766657, 301991; hours: M-F: 9am-5:30pm, Sa: 9am-1pm. Chicken, beef, pork, mutton, imported lamb, cooked ham, various and delicious pates and sausages. Can request port tenderloin, order in advance. Wine, spices, vinegar, eggs. Also has bones for dogs upon request.

Tema Fish Market
Across the street from the Starkist plant, near the Fishing Harbor; hours: the best time to go is in the morning between 8am and 9:30am. Not open on Tuesdays (there is no fishing in Ghana on Tuesdays). Open-air market, selling freshly caught fish. Sole, snapper, tuna, mackerel, grouper, cassava, barracuda, shrimp, and lobsters can all be found here. Bargain hard to get the best prices. Cleaning and butchering services should be included in the price. *

Speciality Foods
EdenTree Ltd
PO Box 165, Legon, Accra, Ghana; tel: (0243)168885; e-mail: <edentree@africaonline.com.gh>; Catherine Longdon, managing director. Wholesaler of herbs and vegetables; supplies the major grocery stores.

Noda
Formerly Apopo Trading; tel: 763393. Good Lebanese mezze/cocktail food available in bulk.

Pastificio Italiano Ltd
Community 6, 19/3 Obetsebi Lamptey Link, Tema; tel/fax: (0223)205916, (0243)71109. Fresh pasta.*

Wines and Spirits
Cope Trading Company Ltd
54 Dade Street, North Labone Estates, near 4th Circular Pharmacy; tel: 776705; fax: 773684; e-mail: <capewine@idngh.com>. Supplier of quality imported wines from South Africa, Australia, California, South America and Europe. Can purchase wine by the case.

Chateau Simon
On Josiah Tongogara St, near 5th Circular Rd Extension; tel: 760757; M-F: 9am-7pm, Sa: 9am-3pm. Good selection of French wines.

F & F Wines and Spirits
Two locations: Paloma Shopping Arcade, Ring Rd Central; tel: 220046; fax: 220953; hours: M-F: 9am-5:30pm, Sa: 9am-3pm. Kwame Nkrumah Ave; tel: 228117. South African KWV wines and spirits.

Grapevine
14th Lane, Osu; turn at Koala's; store is on left as road curves; tel: 779602; hours: M-Sa: 9am-5pm. Wide selection of South African, Australian, South American, French and German wine and champagne. Also spirits and fruit juices.
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Wholesalers of Quality Wines & Fruit Juices.
We have in stock a large selection of renown

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Come and visit us at our new modern sales outlet located at
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at Cantonments Rd., OSU 14th Lane, near Koala, approx. 150 metres from the Rabito Clinic.

SHOP WORKING HOURS  Tuesday - Saturday, 9:00am - 6:00pm
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* Power Solutions in Ghana.
* From Residential Standby to Large Power Stations
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* Supply, Installation and Turnkey.

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Fax: (233-21) 322794

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P.O. Box 394, Kumasi
Tel: (233-21) 321601/3/8, 316821/7
Fax: (233-21) 322794

TAKORADI, CAPE COAST ROAD.
PO Box 216, Takoradi
Tel: (233-31) 21404, 34213
Fax: (233-31) 21407
Garden Supplies

Seeds & Plants
Aglow Agricultural Products
On High St, next to Department of Agriculture; tel: 665583; hours: M-F: 8:30am-5pm. Seeds, insecticides, and garden supplies.

Department of Parks and Gardens
On Jawaharlal Nehru Rd, opposite Ghana Airways Training School; tel: 777371, 775527. Can purchase seeds and seedlings of many local plants.

Generators
Dizengoff
North Industrial Area, opposite the New Times Corporation; tel: 221831; fax: 227601; hours: M-F: 8am-5pm. Sells, installs, and services generators and air conditioners.

Kay Gee Enterprises
Pagan Rd, adjacent to Melcom in Accra Central; tel: 665823; fax: 665250; hours: M-F: 10am-5:30pm, Sa: 10am-3:30pm. Stocks and installs smaller to mid-size generators for residential use ranging from 5kva to 22kva.

Tractor and Equipment
Tel: 221900, 221916. Sells, installs, and services Caterpillar generators.

Gifts

Atelier Soleil Noir
Nyaniba Estates, off East Ring Road to Osu Close and next to Chester's Place; tel: (027)564529. Has furniture, vases, lamps, soap stone products, brass and other original items from Togo.

Gipsy Gift Shop
Achimota Rd; opposite 1st. Junction, Roman Ridge; tel: 234764; hours: M-F: 9:30am-6pm, Sa: 9:30am-2pm. Silver, pewter, crystal, decorative items and custom wrought iron work.

House of Chocolates
Nyaniba Estates around corner from Aquarius Restaurant; tel/fax: 772039, (027)542318; hours: M-F: 9am-7pm, Sa: 9:30am-4pm. Nice selection of quality chocolates, especially for special occasions like Valentine's Day and other holidays.

Ivy Coffee Shop
Ring Rd Central, opposite RMS Swiss School. Speciality items brought in from Holland; beautiful selection at Christmas.

La Porcelana
Near Trade Fair on Burma Camp Rd; tel: 770301; hours: M-F: 9am-7pm, Sa: 9am-2pm. Very good selection of china, glasses, stemware, cutlery, pyrex bowls and other tableware, imported from Italy.

Legacy Gifts
At Dzorwulu Jct traffic light and Achimota Rd, opposite Meat Marketing Board; tel: 778489.

Smile
Adjacent to Mobilia in Ikea building, Asylum Down; tel: 771371; hours: M-F: 9am-7pm, Sa: 9am-4pm. Small gift shop with cards, children's toys, clothing, perfumes and gift baskets.
Hardware

Axess Limited
Allston House, Jones Nelson Rd, North Kaneshie; tel: 222569, 224517; fax: 224517; e-mail: <axxess@ghana.com>; hours: M-F: 8:30am-7pm, Sa: 9:30am-2:30pm. Wide variety of tiles, bathroom and kitchen fixtures. Authorized Corian dealer.

Azar Chemicals
South Industrial Area, across from the Toyota House; tel: 223206, 223113; fax: 227098; hours: M-F: 6am-6pm, Sa: 830am-noon. Chemicals, paints.

Botimat
Ring Rd West, adjacent to Africa Motors/Tractor and Equipment, just after railway line on right, near Fan Milk Cash and Carry; tel: 245620, 232303; fax: 228180; hours: M-F: 8am-5pm. Building materials such as roofing materials, floor and wall tiles, louvre glass and frames, white cement and plaster of Paris.

Bethel Industries Ltd
B20/22 Kweitsu Loop, North Kaneshie, located at the end of North Industrial Area, past the VAT Service Office, then first left, first right, and first left again (VENDOR painted on wall); tel: 225553, (024)355530; fax: 22235; hours: M-F: 8:30am-4:30pm; Annemie Collingwoode Williams, manager. Variety of towel, soap and toilet paper dispensers, air fresheners, and mold control products.

Coral Paint M&K Ltd
Kojo Thompson Rd, near British Airways office; tel: 228327, 229381, 222605; hours: M-F: 8am-5pm, Sa: 8am-12:30pm. Excellent quality paint, polyurethane and paint accessories. Wide variety and colors.

City Points Supply
Kojo Thompson Rd, Tudu; tel: 221644; hours: M-F: 7:30am-5pm, Sa: 7:30am-1pm. Wide selection of power tools, hardware, floor tiles, paints, bathroom and kitchen fixtures.
GAD Furniture Ltd.
C/133/3 Samora Machel Street, Asylum Down, P.O. Box C789 Cantonments, Accra; tel: 224690, 552908 (027)/49921; fax: 228389; e-mail: <edgad@ghanan.com>.
hours: M-F: 8am-5pm. Quality solid wood doors and windows for your dream home.

Ghana Mirror Glass and Frames
South Industrial Area; tel: 221948, 221933; hours: M-F: 8am-5pm, Sa: 8am-1pm. Showroom has display of mirrors, windows and picture frames.

Ranbex
South Industrial Area, down the street from STC; tel: 233224; hours: M-F: 8:30am-5pm. Wide selection of building materials.

Rainbow Trading Co. Ltd.
P.O. Box 1773, Accra, Ghana-NIA; Graphic Rd, opposite Toyota; tel: 223265, 230431, 222242; hours: M-F: 8am-6pm, Sa: 9am-1pm. Dealer of ceramic and porcelain tiles, Jacuzzis, and sanitary wares.

Roca, Kanorian Ventures, Ltd.
2nd Floor, Allston House, Dadeban Road, North Industrial Area; tel: 701-1294, 024/265204; e-mail: <kanarian@ghanan.com>; hours: M-F: 8am-5pm, Sa: 9am-1pm. Sells Spanish tubs, Jacuzzis, and other bathroom fixtures.

The Trading Post
Achimota Rd; tel: 220856; hours: M-F: 8am-5pm, Sa: 8am-3pm. Wide selection of tiles and bathroom fixtures.

White Temple Agency
Amoorkwa Rd, down the street from Children’s Hospital, near Arena, Accra Central; tel: 673773, 673207; hours: 8am-5:30pm, Sa: 8am-3pm. Window louver replacements (bring sample to ensure correct size), sliding doors, louver frames, glass, paint, white cement, door handles.

Home Furnishings
Bubola & Naibo
Around the corner from Photo Club, opposite New P.A.G.E., Osu; tel: 768490; hours: M-F: 9am-7pm, Sa: 9am-2pm. Beautiful custom framing with many frames to choose from. They do matting and have a large selection of ready-made frames and prints. Also art materials and Italian leather goods for sale.

Koola Shopping Center
See entry in Groceries for details. Large selection of housewares, including kitchen supplies; glassware; dishes; tableware; lamps, vases, on first floor of grocery store.

Marjokem Enterprises
Sahid Plaza, Blohum Rd, Dzorwulu, below Renee Fabrics; tel: 756720, 024/239858; hours: M-F: 9am-6:30pm. Glasses, plates, household appliances, linens.

Scooby's Quality Tableware
Turn into Nyaniba Estates from Ring Rd East, follow road to curve, the store is in the curve with House of Chocolates; tel: 774926; hours: M-F: 9am-6pm, Sa: 9am-2pm. Tableware, crystal, cutlery. Nice quality.

House, Garden and Office Furniture
Absolute
17 Sixth St, Airport Residential. Wood furniture.

Aggrey Fynn & Co.
Tetteh Quarshie Circle; tel: 024/388303. Interesting high quality carved wooden furniture, dressers, dining tables and chairs.

Art Deco
Farrar Ave, Adabraka, near Kojo Thompson Rd traffic light; tel: 233128, 232988; hours: M-F: 9am-5pm, Sa: 9am-noon; e-mail: <artdeco@africanoine.com gh>,

**Barnetts Furnishers**

Ring Rd near Kwame Nkrumah Circle; tel: 373130, (024)274274; hours: M-F: 9am-7pm, Sa: 9am-2pm. Huge selection of ready made, imported furniture.

**Batimat**

See details in Hardware above. Large selection of office furniture.

**Casa Bella Furniture Ltd**

Trade Fair Center, Pavilion T; tel: (027)889200, 768740; hours: M-F: 9am-6pm, Sa: 9am-2pm. Imported furniture and kitchen cabinets from Italy.

**Don's Cane Works**

Legion Village, between Golden Tulip Hotel and Opeabia House on Liberation Rd; tel: (024)360231, (027)598839; e-mail: <dany_d_gh@yahoo.com>. Good quality cane furniture.

**Dallytex Furniture**

Odo Kwao St, behind Czech Embassy; tel: 230484; hours: M-F: 8:30am-6pm, Sa: 9am-2pm. Wood and wrought iron furniture.

**Ekafco**

Spintex Rd from Tetteh Quarshie Circle; tel: 661130; hours: M-F: 8am-5pm. Office and home furniture. Full range of wooden furniture.

**Furnart**

Osu Close St, 1 Nyaniba Estates; from Ring Rd East, at Labone Jct, take first right onto Osu Crescent, turn left onto Osu Close; tel: 777621, 776975; hours: M-F: 8:30am-noon; 1pm - 4:30pm, Sa: 8am-noon. Beautiful office, home and garden furniture. European style furniture: Good workmanship and upholstery.

**Godfred Abu**

On Achimota Rd, opposite Maldesa ar Sam & Sam; tel: 760019, 773819. Custom made furniture, carved legs and backs chairs, beds.

**Iroko Ltd**

16 Nil Kodia Rd, Adenta West, Accr North; tel: 501235; fax: 501236; hours: M-F: 8am-5pm, Sa: 8am-1pm. Ghanaian and European style furniture.

**Ival Ventures**

Next to Well's Center, near Photo Club Osu; tel: 779117; fax: 765704; e-mail: <ivalventures@usa.net>; hours: M-F: 8:30am-6pm, Sa: 8:30am-2pm. Showroom for office furniture, kitchen cabinets, and household furniture. Ready made and custom designed.

**Jesus B. Chairs**

Near Bass Line Jazz Club on Ring Rd and Mintah and Sons Ltd Centre for National Culture; tel: 662321; hours: M-Sa: 8am-6pm. Dealers in all kinds of cane works.

**Kottage Originals**

Labone Crescent, down from Hotel Wangara, Labone; tel: 768789; hours: M-F: 8:30am-5:30pm, Sa: 9:30am-5:30pm. Interesting African-design furniture and other home furnishings.

**Mobilia/Ikea**

Asylum Down Roundabout; tel: 247724; hours: M-F: 8am-7pm, Sa: 8am-4pm. Office and home furniture, lights, rugs, and much more.

**New Form Furnishing**

Abelenkpe, old G.T.C. yard; tel: 779490; hours: M-Sa: 8am-5pm. Living room furniture.

**Nikolic Designs**

Palm Link, near Nima Police Station, behind Swiss School; tel: 229101; hours:
M-F: 10am-6pm, Sa: 10am-1pm. Original lamps of many types, sizes and designs; iron furniture with glass, wood or marble; iron gates and balustrades.

Pasal
146 West Airport Road; tel: 772561; hours: M-Sa: 9:00am–noon or by appointment. Unique designed iron with wood furniture, beds, mirrors, video cupboards and decorative items. Lamps created with handmade paper; European or Western styling.

Peewood Ltd
Near Nima Police Station; tel: 223018, 227419; fax: 227481; hours: M-F: 7:30am-4:30pm, Sa: 8am–noon. Large selection of office and home furniture, doors and windows.

Pergamon Joinery Ltd
North Kaneshie Industrial Area, opposite Auto Parts; tel: 221203, 223201; hours: M-F: 8am-4pm. Wrought iron furniture, office and home furniture, windows, joinery work, beautiful solid panel doors.

Richard Nartey
Located opposite Alliance Française. Specializes in cane furniture.

Scanstyle Nim Ltd
South Industrial Area; tel: 226927, 221469; fax: 226219; hours: M-F: 8am-5pm. Wood (teak) and garden furniture. Excellent quality and Scandinavian design.

Wild Gecko Handicrafts
See listing under Arts and Crafts in this section for details. Beautiful custom designed wrought iron and cane furniture.

Wood House Ltd
Redco Buildings, Unit no. B12, Madina; tel: 501794; fax: 503121; hours: M-F: 8am-5pm. George Boateng, managing director. Custom made furniture.

Household Needs
Appliances
Afko Imex Ltd
Two locations: showroom on Ring Rd Central; tel: 236950; hours: M-F: 8am-7pm, Sa: 9am-3pm; Osu showroom, Cantonments Rd, next to House of Fragrances near Ghana Groceries; tel: 769888; hours: M-F: 8am-7pm, Sa: 9am-3pm. Samsung appliances, refrigerators, freezers, cookers (stoves), air conditioners, TVs, sound systems, microwaves, fax machines, tires, and video decks.

Batimat
See entry under Hardware for details. Also sells large electrical appliances including water heaters.

Bosch Appliances
Ring Road Central near Bus Stop Restaurant; tel/fax: 238719; hours: M-F: 9am-6pm, Sa: 9am-3pm; e-mail: <novatec@ighmail.com>. Large electrical appliances such as refrigerators, cookers, and more.

CFAO Electro-Hall
High St, close to Barclay’s Bank, Accra Central; tel: 662798, 662696; hours: M-F: 7:30am-5pm, Sa: 9am-2:30pm. Home appliances, air conditioners, photocopyers, faxes, and calculators.

Dibsons
Two locations: Pagan Rd, Opera Cinema Building, across from Glamour, Accra Central; tel: 662308; hours: M-F: 9am-5:30pm, Sa: 10am-4pm; Samora Machel Rd, Asylum Down. Large selection of household appliances, televisions, videos, and air conditioners.

Glamour
Pagan Rd, near Melcom; tel: 664347; hours: M-F: 9am-5pm. Small appliances.
Gold Star LG
In Gold Star Building, Ring Rd Central; tel: 234958; hours: M-F: 8am-5pm. Audio, video, large appliances.

Imexco
End of Dadeban Rd, North Industrial Area; tel: 223665; hours: M-Sa: 8am-5pm. Large appliances, televisions. Moulinex products.

Kay Gee Enterprises
Pagan Rd, opposite Melcom, Accra Central; tel: 665823; fax: 665250; hours: M-F: 10am-5:30pm, Sa: 10am-3:30pm. Audio and video appliances, large appliances, air conditioners, generators, water pumps. Talk to Mike or Rog; great friendly service!

Kumesh-Panasonic House
On Dadeban Rd, North Industrial Area, close to Ashfoam; tel: 232327, 229910; hours: M-F: 8:30am-5pm. Panasonic appliances, televisions, videos.

Kwatsions Electrical
Ramona Shopping Center, Cantonments Rd, Osu, next to Frankie's; tel: 765191, 765324; hours: M-F: 9am-8pm, Sa: 9am-7pm. Electrical appliances, freezers, refrigerators, cookers, air conditioners, Sony and other brands.

Starlite Company Ltd
Cantonments Rd, Osu; tel: 772470; e-mail: <starlite@africaonline.com.gh>; hours: M-F: 10am-7pm, Sa: 9am-3pm. Ramesh Punjabi, owner. Refrigerators, washers, dryers, TVs, vacuums, mobile phones, small electrical appliances and general merchandise for home. Also, Chinese made mountain bikes, children's bikes and tricycles.

Whirlpool
Castle Junction Osu, Labadi Rd, opposite La Polyclinic; tel: 780506; hours: M-F: 8am-6pm, Sa: 8am-2pm. Whirlpool distributor of large appliances, fridges, stoves.

Novotec Enterprises Ltd
Junction of Knutsford and Kwa-Nkrumah Ave, across from Post Office Central Accra; tel: 252726, 238719; fax: 669570; hours: M-F: 8:30am-6pm, Sa: 8:30am-4pm. Good selection of large appliances. Air conditioners.

Rising Star
Cantonments Rd, Osu, next to Ghana Groceries; tel: 765293; hours: M-Sa: 9am-9pm. Cookers (stoves), refrigerators, TVs, and small electrical appliances.

Sometex Ghana Ltd
Dadeban Rd, North Industrial Area; tel: 234958; fax: 227050; hours: M-F: 8am-5pm. Goldstar products. Large appliances including microwaves.

SomoVision Electrodomé
Cantonments Rd, Osu; tel: 771904; e-mail: <sometex@ghanaphoto.com>; hours: M-Sa: 10am-7pm. Electrical appliances, freezers, microwaves, televisions, etc. Attractive showroom.
A vision realized

Everywhere in the world visions leading to great discoveries are being hatched. At Somovision our mission is to bring you the best discoveries in electronics technology. Together with brands like LG and Philips, we will have you toe to toe with the best electronics technology in the world. Visions move the world, Visions shape our world, Visions determine the nature of our future. Somovision will move, shape and determine the nature of your home.

Somovision, your partner in visionary trends.
Bedding and Mattresses
Ashfoam
37 Abotia St, North Industrial Area; tel: 223989, 225001; fax: 228874; hours: M-Sa: 8am-5pm. Full range of spring and foam mattresses and cushions. Orthopedic mattresses; foam furniture.

Latexfoam
16 Dadeban Rd, North Industrial Area; tel: 223107, 228654; fax: 220059; e-mail: <latex@ighmail.com>; hours: M-F: 8:30am-5pm. Polyether foam and interior spring mattresses; foam, pillows.

Nsawam Foam Company Ltd
North Industrial Area, opposite GFDC headquarters; tel: 228949; fax: 228968; hours: M-F: 8am-5pm. Mattresses, cushions, sofa beds, chair beds.

Carpets
Carpet House Ltd
CFC Building, West Industrial Area south of Kwame Nkrumah Circle, opposite Danaco; tel: 221549; e-mail: <carpets@ghanacom>; hours: M-F: 8:30-5pm.

Chrisaach Carpets
Building at first light in Kaneshie; tel: 234598; hours: M-F: 9am-7pm; e-mail: <chrisaach@hotmail.com>. Assortment of modern design carpets.

Kermah's Carpets
Abeka Junction, Tesano; tel: 228043; fax: 666329; hours: M-Sa: 8am-5pm. Large selection of lower to moderately priced carpets. Ask for Mr. Annoh.

Kimo Ltd
South Industrial Area; tel: 232910, 232911; hours: M-F: 8:30-5pm, Sa: 9am-1:30. Carpets, plus kitchen fixtures, tiles, venetian blinds.

Manor House Carpets
Dzorwulu, behind Dzorwulu primary school; tel: 770216, 769573; fax: 780437; hours: M-F: 8am-5pm. High grade quality industrial type carpets, like the ones found in hotels.

Curtains, Upholstery, Linens & Draperies
Exotique
Ring Rd Central; tel: 231016; hours: M-Sa: 8am-6:30pm. Linens, bathroom fixtures, shower curtains, and bed sheets.

Eyaqueen Enterprises Ltd
Kojo Thompson Rd, opposite Ghana Employers Association, Adabraka; tel: (027)555345, 230023; hours: M-F: 8am-5pm, Sa: 8am-1pm. Contact Nii Afutu Neequaye. Interior decorators and importers of home fabrics, supplies, and sewing notions. English, high quality fabrics.

First Choice
Achimota Rd; service road between the Total Station and Ebony Jct; tel: 231293; hours: M-Sa:8am-7pm. Excellent selection of sheets and towels.

J & D Textiles Ltd
Abeka Jct, Tesano; tel: 227044; fax: 666329; hours: M-F: 8am-6pm, Sa: 8am-4pm. Good selection of fabrics not too highly priced, curtain and upholstery material. Will make curtains.

Maid Marian
Ring Rd East, south side of road opposite UNDP; tel: 228132; hours: M-F: 8:30am-5pm. Makes draperies from her supply of fabrics primarily imported from the US. Other household linens as well. Also sells blinds and pure jute rugs from Bangladesh.

P.G.'s Company Ltd
Kwame Nkrumah Ave at Castle Rd. across from Nayak fabrics; tel: 222464; fax: 223897; M-F: 9am-5pm, Sa: 9am-2pm. Huge selection of imported cloth for both upholstery and clothing. If they don't have it in the store, ask to see their
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- Orthopaedic Mattresses
- Foam Cushions
- Spring Mattresses
- Foam Sheets
- Foam Pillows

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sample cards because they have much more in the warehouse.

Une Agencies
Two locations: Asafo Neatey St near Bank of Ghana Lane, Accra Central; tel: 660349; Osu, behind Barclays Bank, Cantonments Rd; tel: 772044; hours: M-F: 9am-6:30pm, Sa: 9am-3pm. Good selection of fabrics for draperies; a tailor is available. Curtain rods, linens and tablecloths.

Lighting and Fixtures
City Lights
North of Kwame Nkrumah Circle on Ring Rd Central, near Equip; tel/fax: 223348; hours: M-F: 9am-6pm, Sa: 9am-4pm. Lighting equipment.

Global Lighting Center
Cantonments Rd, above Matthew’s Fun House near Papyae; tel: 225629; fax: 227862; hours: M-F: 9am-6pm, Sa: 9am-3pm. Good selection of decorative contemporary lamps.

Golden Light
Kojo Thompson Rd, opposite Standard Chartered Bank; tel: 669872; hours: M-F: 7am-8pm, Sa: 7am-4pm. Lamps, lighting fixtures.

Other
Paradise of Plastics
Park Ave, Teshie-Nungua, opposite A-Life Supermarket; tel: 716400; fax: 716401; hours: M-Sa: 9am-7pm; e-mail: <africa@afrieonline.com.gh>. Plastic shelving, storage containers, tool boxes and organizers, drawer system, bathroom accessories.

Jewelry
Ahena pc nkaso
Darko Farms, Osu, Akua Adjei; tel: 764349, (027)573318; hours: by appointment; e-mail:<trish_graham@excite.com>. Unique African bead jewelry designed by Trish Graham using mostly locally produced beads from Ghana. Call for directions.

Amanda’s Jewelry
Kojo Thompson Rd and Castle Rd, Adabraka; tel: 220803; hours: M-F: 10am-5pm, Sa: 10am-2pm. Handcrafted gold and silver traditional designs, showcase at Novotel.

Amber & Pearls
Sold at Shangri-La Hotel and Sun Trade; Margaret Aseah, prop, home tel: 502829. Beautiful amber and pearl jewelry.

Aylor Kraft
Located at second junction after Bambol Hotel, Agege Rd, the second house on left; fax: 662114; e-mail: <aylorn@idzcc@afrieonline.com.gh>. Distinctively different adornments for the body and the senses. Original handcrafted ethnic jewelry and handcrafted decorative pieces. Rearrangement of old jewelry.

Daqa Jewelry Company Ltd
Two workshops: one on Winneba Rd, one in Nungua, call for directions; tel: 712879; hours: M-F: 9am-5pm, Sa: 9am-2pm. Goldsmiths for over 300 years; use traditional handcrafted techniques to design quality pieces.

Debbie Gordon Jewelry
Tel: (027)573477; by appointment only. Unique, individually-designed jewelry incorporating both local African beads with beads collected internationally.

Eko Africa
McCarthy Hill; tel: (027)565602; hours: by appointment only; Ruth Omabegho-designer. Miniature gold plated sculptures adapted from African art antiques and original, contemporary jewelry based on African forms.

Emefo Production
Atomic Kwabenya Rd, 2 km from Atomic Jct, North Legon; tel: 502498; hours: M-F
10am-5pm, Sa: 10am-2pm. Hand-made Ghanaian and western jewelry.

Elka Jewellery
Showroom at Nyaniba Estates, Dadetu Rd, opposite Chez Lien Restaurant, near Christianborg Hotel; tel: 769199, (024)379696; hours: M-F: 8:30am-5pm, Sa: 9am-3pm; ask for Karen. Beautiful hand-made 18k gold jewelry; some incorporating adinkra symbols. Will do custom orders.

Hagest Jewelry Ltd
Opposite the Osu Presbyterian Church, near the traffic lights tel: 772141; hours: M-F: 9am-6:30pm, Sa: 9am-4pm. Handcrafted traditional motifs in mainly 18k gold; custom made jewelry.

Hakim Jewelart
F706/2 Cantonments Rd, opposite Standard Charter Bank, Osu; tel: 775829, 776955; hours: M-F: 10am-5pm, Sa: 10am-2pm. Gold and silver jewelry. Custom designed work.

Irene's Jewelry Company Ltd
47 Water Rd, Kanda/North Ridge Highway; tel: 225346; hours: M-F: 8:30am-5:30pm, Sa: 9am-4pm. Unique handcrafted gold and silver jewelry combining traditional adinkra and contemporary designs with beads and cowrie shells. Specializes in custom design.

Legacy Jewelry
G205/3 Abese Quarter, Labadi Town; tel: 773554; Dane Kofie Laryea, owner. Beautiful, handmade gold jewelry.

Michel
Dzorwulu, tel: 779807; hours: 8:30am-7pm. Works in silver or gold.

Mothex Jewellers
On Trade Fair Rd, near Palmwine Junction, look for a sign on the same side as the Fair; no telephone; hours: M-Sa: 8:30am-7pm. Traditional African gold designs. Reasonably priced.

Nana Amu Fleischer-Djoletto
Tel: (020)613-1184; by appointment only. Beautiful and unusual selection of bead jewelry, each piece unique. Has a limited stock but takes custom orders.

New Jesse Jewelry Ltd
Dzorwulu, next to SID Theater; tel: 779807; hours: M-Sa: 8am-7pm. Modern shop which specializes in rings with precious and semi-precious stones, beads enhanced with gold and adinkra symbols.

Nouvel Bijou Ltd
Centre for National Culture, 28th February Rd; tel: 302168; hours: M-Sa: 9am-6pm. Gold and silver traditional designs based on African symbols. Fixed prices.

Omega and Tissot Shop
Corner of Kwame Nkrumah Ave and Ferrar Ave, Accra North; tel: 225387; hours: M-F: 9am-5pm. Watches, clocks and watch repairs; batteries.
Precious Minerals Marketing Company Ltd
Diamond House, Kinbu Rd, east of Independence Ave; tel: 664931-4; hours: M-F: 8am-5pm, Sa: 9am-1pm. Government-run jewelry store; diamonds and gold designs, from raw stones to finished jewelry. Custom orders also taken.

Solid Gold Jewelry
Trade Fair Rd at Palm Wine Jct, next to Bake Shop Classics; tel: 779613; hours: M-Sa: 8am-6pm. Gold and silver jewelry, repairs, stone settings.

Star Jewelry Company Ltd
Asafoatse Nettey Rd, Accra Central; tel: 668843; hours: M-F: 9am-5pm, Sa: 9am-3pm. Specializes in stone settings, handcrafted and machine-made gold and silver designs, as well as beads, ivory and other traditional materials.

Valachi
Ring Rd Central, just north of Kwame Nkrumah Circle overpass; tel: 233553; hours: M-F: 9am-6pm, Sa: 11am-2pm. Custom designed handcrafted gold and silver jewelry; stone setting and repair work.

Music
Compact Music
Two locations: 11th Lane, across from Salvation Army Guest House, near US Embassy Consular Section, Osu; tel: (024)233039; fax: (022)302344; Community 11, Hospital Rd, Tema; tel: same numbers as Osu. Wide selection of jazz, some classical.

Obsession
See listing under Cards in this section.

Playback
Labone Jct on south side of Ring Rd East; tel: 773595; hours: M-F: 9am-7pm, Sa: 9am-2pm. Compact Discs, cassettes, multimedia accessories.

QCD
Paloma Shopping Arcade, Ring Rd Central; tel: 253103, (027)602639; hours M-Th: 10am-10pm, F: 10am-11pm, Sa 11am-10pm. Good selection of international and local compact discs, DVD movies, educational and game software programs for adults and children.

Office Supplies
Kingdom Books and Stationery Enterprises
Loko Rd, near Osu Cemetery traffic light; tel: 762792; hours: M-F: 8am-5pm, Sa: 8am-2pm. Excellent selection of office supplies.

Office Max
Two locations: Trust Towers, Asylum Down; tel: 246361, 246362; and Pemasi House, opposite General Post Office Square, Accra Central; tel: 662484; fax: 241442; e-mail: officemax@africonline.com.gh; hours: M-F: 8:30am-7pm, Sa: 9am-3pm. Good source for general office supplies and some art supplies.

Omari Bookstore
See entry under Books in this section.

Security Systems
See Security and Safety section.

Sports Equipment
Adidas Snappy Sports
Achimota Road, at Accra Girls Secondary traffic light and two blocks from Hertz Car Rental; (024)447002. Latest and original Adidas footwear and sportswear. Also Predator Accelerator C, Saracen Lea, and other name-brand sportswear, t-shirts, tracksuits, swimwear, polo shirts, shorts and pants.

Kobot Sports
North Kaneshie, heading north from Dan's Bar and Total station, take first left, shop is first on the left; tel: 233634; hours: M-F: 8am-6pm, Sa: 8am-4pm. Limited
selection of tennis equipment, shoes, does racquet stringing.

Roadup Sports Ltd
Black Caesar's Palace, 28 Ring Rd East, near Macumba and Danquah Circle; tel: 779650; fax: 774338; hours: M-Sa: 8:30am-6:30pm. Equipment and sportswear.

Sportsnet Ltd
Two locations: near F'eden Church, Royal Castle Rd, Kokomlemle; and near P&T, Kwame Nkrumah Ave; tel: 229928, 232425; fax: 222689; hours: M-F: 8:30am-7pm, Sa: 8:30am-6pm. Sportswear, equipment.

Trendi Sports Ltd
Cantonments Rd, opposite Shell station and Merk Coffee House; no telephone; hours: M-F: 9:30am-7pm, Sa: 10am-5pm. Good quality sportswear.

Water Tanks and Pumps
Aquatech Services Ltd
Abeka Jct, Tesano; tel: 220998; fax: 227666.

Kay Gee Enterprises
See entry under Household Needs - Appliances for details. Sells water pumps.

Poly Tanks Ghana Ltd
South Industrial Area, behind Japan Motors; tel: 225455, 225860; hours: M-Sa: 8am-3:30pm. Sells all sizes of water storage tanks.
Accra offers a wide array of sports and leisure activities for the young and the young at heart. A variety of activities are available, at a variety of venues and times. We recommend that you consult your friends for the latest programs and that you phone ahead for current information.

Sports Facilities
Accra Lown and Tennis Club
Located at the end of Ethiopia Rd off Gamel Abdul Nasser Rd, near the NAM Conference Center; tel: 666517; hours: 6am-9pm year-round. This club offers nine clay tennis courts (two with flood lights) and hosts frequent tournaments; other facilities include locker rooms, bar, restaurant that offers Ghanaian dishes and an air-conditioned lounge with M-Net reception; annual single and family memberships are offered or you may rent a court by the hour; tennis lessons are available; manager: J. A. Forson.

Accra Polo Club
Located on Liberation Rd, behind the Granada Hotel; tel: 772775; hours: 11am-9pm daily. This club offers stables and care of privately owned horses as well as polo; it is possible to rent horses if arrangements have been made personally with private owners; polo matches; annual single and family membership applications are available at the bar.

Accra-Tema Yacht Club
Located about 110 km from Accra off the Afiao Rd, near the Paradise Hotel, Ada Foah; tel: 777207 (contact Roy Williamson); hours: open year round for members. This sailing club, about 1 1/2 hours from Accra, was revived in 1994; you must have your own boat; storage facilities are available; four regattas are held annually and are open to the public; instruction and racing are held the first Sunday of each month; six chalets are being built for the members to use for overnight stays; because of the presence of schistosomiasis (bilharzia) in the river, swimming is not recommended; annual memberships are available with an additional entrance fee.

Achimota Golf Club
Located on Legon Rd in the Achimota Forest; tel: 400220, 400221; hours: daylight hours, year round. An adequate 18-hole golf course which holds frequent tournaments

Wawa Aba ("Wows Seed") symbolizes hardness.
and offers golf lessons (David Ofori is a recommended instructor); bar is open from 8am-9pm; annual single and family memberships are available with separate registration and water fees payable to the club.

Aviation Social Centre Ltd
Located on Airport Bypass Road near AFGO; tel: (021) 701-1281; e-mail: <centregcaai@gmail.com>; hours: M-F: 6am-9pm, Sa: 6am-noon, Su: 9:30am-11:30am. This new club offers a spacious, well-equipped, non-air-conditioned gym as well as tennis courts, basketball courts, aerobics classes in an air-conditioned room and monthly Saturday morning power walks. Qualified and friendly instructors are available while using the facilities. Various memberships available. A nice playground outside will keep your kids entertained while you work out! Manager: Brigitte Dzogbenuku.

Body Trading Company Ltd
Located at Finestyle Building, Osu Avenue Extension, behind Japanese Embassy, East Cantonments; tel: (021)765812 (also fax), (024)377744 (Chris); e-mail: <www.bodytradinggh.com>; hours: M-F: 6am-9pm, Sa: 6am-2pm. Fully equipped but non-air-conditioned gym and daily aerobics classes; call for schedule. Several membership packages are available; the owner also runs the adjacent shop, where a wide range of equipment, accessories, health food, and sports clothing are available.

Burma Camp Saddle Club
Located at Burma Camp, off Burma Camp Rd; turn into main entrance and go through security gate and one light; go right at the round cement building; at the end of the road, follow signs, turn right and then take the first left; the stable is straight ahead. This camp is run by the military and offers horse rental for leisure riding; arrangements can be made to board or lease a horse; to join you must pay a small membership fee, which includes the first month of riding; subsequent monthly fees allow you unlimited riding time during regular riding hours; lessons are available. Call Mr. Obimpe for more information (027)565923.

Celebrity Golf Club and Holiday Resort
Follow the signs at the end of Spintex Rd running parallel to the Tema Motorway. Tema; hours: M-S: 8am-6pm; tel: (022)401176, fax: (022)241176. The facilities at this club include 3 swimming pools, food services, 2 tennis courts, 18-hole golf course and bird watching; single and family memberships are available; manager: Mr. Tandoh.

Copro Cove Equestrian Centre
Located on the outskirts of New Ningo, facing the Atlantic Ocean, about a 30 minute drive from Tetteh Quarshie Circle towards Prampram, tel: 766432, fax: 776848; hours: 10am-6pm every day. Large facilities including polo field, stables, show jumping and riding, restaurant, games room for snooker, darts and fussball and children's playground. A great way for the family to spend a Sunday afternoon after a morning at the beach.

Formula One Leisure-La Raceway
Access road located to the North of the Trade Fair Centre, look for signs, tel: (021) 701-2152; fax:(021)-701-2151; e-mail: <aquatec@ghana.com>. Open daily 10am-until the last customer leaves. Go-karts only for children aged 8 & above, pool, air-hockey, fussball, casino games and a swimming pool. Nice terrace bar overlooking the (floidlit) go-kart track, some food served. La Raceway offers both corporate and private carting events, and can arrange any event for up to 100 people to suit your requirements. Parking is not secure.

Golden Tulip Hotel
Located on Liberation Rd near 37 Circle; tel: 775360. The hotel provides two-tier (corporate only) membership to its facilities; the annual membership fees are more expensive than other area clubs, but
the facilities are in accord with a four-star hotel. The most expensive membership offered is to the Golden Club; this includes access to the pool, two floodlit tennis courts, the gym and the golf practice range. Both the pool and the newly renovated air-conditioned gym are open to the general public for a daily fee (membership package available for the gym, which is under its own management, separate from the hotel); tennis lessons, golf lessons, and weight training available, as is a small playground for children.

Labadi Beach Hotel
Located on La Beach Rd next to La Pleasure Beach; tel: 772501. This five-star hotel offers expensive single, double, family and corporate memberships to its excellent facilities that include a small air conditioned gym; two flood-lit tennis courts, sauna, steam room and Accra's only pool with a slide! Daily memberships are also available; the hotel has a special offer on Sundays: if you eat lunch at the buffet, you'll enjoy free access to all of the hotel's facilities for the day.

La-Palm Royal Beach Hotel
Located on La Road right on the beach; tel: 771700, 771641-4, fax: 771717, 701-0554, e-mail: <enquiries@lapalm.com>. Accra's largest swimming pool complete with islands, bridge and a pool bar. Pool memberships available. State of art health club to open in 2001.

Novotel
Located on Barnes Rd opposite the Publishing Corporation; tel: 667546. This four-star hotel offers daily, six month and annual memberships for singles and families; facilities include a swimming pool, two flood-lit tennis courts and a driving range; a small playground is available for children; Yaqui Mensah is a recommended tennis instructor; golf lessons also available.

Pippa's Health Centre
Located on Fifth Ringway Link, Ringway Estates; tel: 224488, (024) 314341; e-mail: <pippas@africaonline.com.gh>; hours: M-W: 6am-9pm, T-F: 6am-8pm, Sa: 7am-2pm. This new facility offers the latest professional fitness equipment from treadmills to elliptical cross trainers; it isn't cheap, but if you're looking for the best equipped and best maintained, air-conditioned gym with all the extras, this is it! Regular membership includes the main gym, aerobics classes and one complimentary massage and manicure; sauna, spa, ice-bath, massages and manicures also available for an extra fee. Pippa's also offers a variety of fitness classes for adults and Tae Kwon Do, Tumble Tots, Fit Kids, RAD ballet, jazz ballet and modern dance classes for children. Also small fitness clothing boutique. Call for the latest information; owner/manager: Philippa Pepera.

Shangri-La Hotel
Located on Liberation Rd near Tetteh Quarshie Circle; tel: 762589, 762590, 76111-2, 761877, fax: 774873, e-mail: <shangri@ncs.com.gh>. This African style hotel offers daily and annual memberships which include a large swimming pool, flood-lit tennis court, gym, aerobic classes, sauna, and horse riding; tennis and riding lessons are available.

Tema Golf Country Club
Located on Aflao Rd about .8 km from the Tema Roundabout on left. This 18-hole golf club offers annual single and family memberships, as well as daily green fees for non-members; members are subject to a one time entrance fee; bar services are available; house officer: Ebenezer Adablanu.

Tesano Sports Club
In Tesano off Nsawam Rd (follow the signs); tel: 222124, fax: 235592. This affordable club opened in the 1960s; annual single and family memberships are available, as are monthly and daily admissions; facilities include two flood-lit, hard-surface tennis courts, squash courts, one badminton court, an air-conditioned snooker room with two tables, an air-conditioned lounge with TV, bar, restaurant, wading pool, a small children's
playground and the only 25-meter pool with thirteen-foot deep end in Accra; lessons in squash, badminton, tennis and swimming are available.

Unilever Sports Club
On Seventh Ave off Castle Rd, West Ridge. This club offers a very reasonable annual membership and hourly rental of its two flood-ill clay tennis courts and Accra's only glass-back, air conditioned squash court (and one regular squash court); you must be sponsored by a current member to join; call Unilever Training Centre for more information, tel: 228310. Tennis and squash lessons are available.

Sports Instruction
Aerobics
Aviation Social Centre
Tel: (021)701-1280. Qualified staff available to assist in any workout program (and for lessons in tennis, volleyball, and basketball, both for adults and children). Call for schedule.

Shangri-La Hotel
Tel: 774888. 777500. A very personable and experienced aerobics instructor is Petra, who really knows how to "work your body". She offers low and high impact aerobics, as well as beginners and advanced step aerobics and callanetics; she is highly recommended! Classes take place in the morning and early evening; call Shangri-La Hotel for current information.

Pippa's Health Centre
Tel: 224488. Aerobics, Tae-bo, step and circuit training classes, often taught by Pippa herself, offered mornings and evenings; call for the latest schedule.

Aqua Aerobics
Tel: 761333. Taught by Kirsten Tegner. Two 45-minute sessions each morning M-F, except Wednesdays. Maximum 12 persons per class; Airport Residential.

Mountainbiking
Aburi Biketours and Rentals
Tel: (024)287303; located at the sou entrance of the famous botanical garden. Adults can rent a mountainbike and choose one out of 14 guided tours from to 7 hours on single trails and dirt roads with different levels of physical skill required. Or set out on your own, following marked and mapped tours. All arrangements include aluminum front-suspensio mountainbike, helmet, backpack, repair kit, and drinking bottles. Opening hours: 9am-6pm (but the friendly Swiss owners are flexible with those hours needed).

Tennis
Fred Dowuona
Tel: 760674 or (024)289620. Tennis coach, member of Accra Lawn and Tennis Club; you can meet him there or he will come to your preferred location. He has a small shop near Shell at Black Star Stadium, where he sells rackets, ball grips, etc and where he does restringing.

Arts Instruction
Ceramics
Unique Ceramics
Off Liberation Rd after Tetteh Quashie Circle; take the first left after Secaps Hotel and continue straight approximately 2 km; turn left at the yellow house and follow the sign; tel: 501365, fax: 503047. Manager: Mr. Happy Kufu. Unique Ceramics offers pottery lessons for children and adults; lesson fees include instruction, clay, firing and use of tools; call for lesson schedule.

Music and Voice
The Academy of African Music and Arts (AAMA Ltd)
25 km from Accra on the Winneba Rd turn left at the large AAMA sign and continue approximately 5-6 km on a rough road; follow the signs; tel: 665987. Fax: 667533. Known for its drumming school.
Mr. Vincent Richter
Tel: 777920. A highly qualified and recommended piano teacher who will come to your home.

Mr. Emmanuel Dadson
Tel: 223952. Gives instruction in a variety of musical instruments.

Roger Tofa
Tel: 242346. Offers piano and flute lessons.

Music Mosaic
Tel: 233108; B440/7 Awudome Estates near Fire Armour off Awudome Roundabout, Kaneshe; offers instrumental, voice and music theory instruction.

Violin and Viola
Tel: 227944; hours: 7am-2pm. Gives music lessons for beginners.

Sports Leagues and Events

Accra Darts League
This league is comprised of 8 teams from all over Accra; the season runs from September to April with an all-league championship match to top it off; the league’s teams play friendly matches during the summer months; for further information call Hannie Schooten at 773186.

Hash House Harriers
This is a run held each Monday at different locations around Accra; whether you’re a serious runner or just want to socialize while getting a bit of exercise, you’re welcome to join; runs are between 3.3km and 8.3km in length and drinks are offered afterwards; the runs begin at 5:15pm prompt, and a small fee collected each time goes toward drinks and future hash events; for hash locations check the front desk of the British High Commission for maps. Contact British High Commission at (021) 701-10650.

Tema Hash
The Accra Hash has a sister run in Tema (about 25km at the end of the Tema Motorway) that is held every Thursday at 5:15pm in varying locations; this is a child friendly run, so bring your young ones. For hash locations, contact Bernard at (024) 254430.

Rugby
A group of rough and tough guys gets together on Sa afternoon at The University of Ghana, Legon, for training in the ways of rugby; practice takes place at GIS, and an occasional Saturday match is held at the National Stadium; all interested players are invited to contact Chris Holden for more information; tel: (024) 316138 or 223038; e-mail: chris Holden@ighmail.com. Also members and non-members are invited to have refreshments at the Club House.

Softball
Bud Field; Fifth Link Rd in Cantonments; pick-up softball game at Bud Field 4:00pm every Saturday.

Beaches
Ghana’s hot climate lends itself to lazy weekends on the beach. If one can brave the drive on the pot-holed infested roads, the relaxation one experiences by getting away from it all is well worth the effort! The ocean is fun to enjoy, but the surf can be quite dangerous. Strong undertows are frequent and can catch even the best swimmers off guard. Never swim alone and be wary of venturing out too far. If you are ever caught in a strong tide, don’t panic or try to fight your way back in. Calmly signal for help and either float or try to gently swim parallel to the shore. The undertow should eventually break at some point, which will allow you to swim back in.

Most beaches have huts for daily or annual rent, and local villagers are more than willing to assist. You should always bargain the price. Fresh fish and lobster can frequently be purchased on the beach from passing sellers for a beach barbecue. Watch your valuables carefully.
while at the beach. Never leave your things unattended because they sometimes disappear. The listing below includes only beaches within a couple of hour’s drive from Accra. See the Travel & Accommodations section for information on beaches farther away from Accra.

Ada Foah
While not known for its beach front, Ada is frequented for its riverside tranquility and popular water sports. Because of the presence of schistosomiasis (bilharzitla) in the river, swimming is not recommended. Manet Paradise Hotel has a beautiful pool and rents jet skis and boats. The Accra-Tema Yacht Club has boating facilities for its members. Located about 100 km from Accra off the Affao Rd. Follow the signs for Paradise Hotel.

Gomoa Fetteh
A traditional village located on a small peninsula. On the west side is a German-run hotel (Till’s No. 1) that offers restaurant and bar services as well as traditional drumming and dancing performances on Sunday afternoons. On the east side is White Sands Beach Club (a lovely, protected beach with water sports, 2 restaurants, a beachside bar, and a few hotel rooms). Located 66 km from Accra off the Winneba Rd, turn left at the Senya Bereku sign and follow signs for Till’s No. 1 Hotel or White Sands (look for the giant jet-ski sign) for about 11.6 km (don’t give up!). Both beaches are wonderful for those who like to walk for kilometers and kilometers.

Places to stay at Gomoa Fetteh:
Till’s Hotel
Located on the beach; moderate; AC, TV, restaurant, leisure activities; tel: (027) 550480, fax: (027) 558247.

White Sands Beach Club
Follow the directions for Till’s No. 1, located just to the east of Till’s at a beautiful bay with what may be the safest swimming waters in the Greater Accra Region; expensive; AC, TV, video; tel: 303689, (027) 550707;

Kokrobite
Also known as Mile 13, Mile 16 or AAMAL beach area. These beaches have huts for rent by the day or year and fish sellers are common. AAMAL has African music and dance exhibitions every Sunday afternoon. 42 km outside of Accra off the Winneba Rd; turn left at the large AAMAL sign and continue for approximately another 10 km over rough road (it’s worth the effort); tel: 665987. Possible to stay overnight.

La Beach
Probably the most popular beach because of its location. If you like loud music and lots of people, this is the place for you. There are several bars and terrace restaurants, as well as chop bars on the beach. Mats, small huts and umbrellas are available for rent. Located on La Beach Rd, near Labadi Beach Hotel. Watch your valuables and don’t leave anything of value in your car.
TRANSPORTATION

Airlines

There are no commercial domestic flights in Ghana at the time. In the past, a fast and comfortable way to go to Tamale and Kumasi was to fly on Ghana Air Force planes. Flights for Tamale left Accra every Monday, Wednesday and Friday at 8am. They left Tamale for Accra every Monday, Wednesday and Friday at 10am. The flight time was about one hour. However, the Ghana Air Force suspended these flights after a tragic accident involving a flight from Tamale. One should check at Kotoka International Airport or with a travel agent for updated information regarding the existence of any plans to resume the routes. Many of the major European and African airlines fly to and from Accra. (Airlines that have representation in Accra are listed elsewhere in this section.)

Buses

Vanel/StC (formerly the State Transport Corporation) and Ghana Private Road Transport Union (GPRTU) buses are available for long journeys (for example Accra to Kumasi or Bolgatanga) at a very reasonable fee. They have stations in most major cities—just ask—and are usually "express" buses, i.e. they don't make many stops. Contrary to prior periods, one can buy advanced tickets on all the routes of Vanel/StC. Although all seats are supposed to be reserved on both bus lines, don't count on your seat being reserved unless you obtain advanced tickets. Get there early if you are not holding advance tickets, because ticket lines are invariably long.

Cars

Buying

Cars can be purchased from local vendors or expatriates leaving Ghana. If buying from someone leaving the country, be very careful that all the paperwork is in order and processed before the seller leaves the country or you may find yourself stuck with no legal title. If you buy from embassy staff, you will have to pay import duty on top of the price, since embassy staff has tax exempt status. You can also buy cars (like most other things) by the side of the road at used car lots. Use caution, and bring along a good mechanic to check the car out. (See Car Dealers in Shopping Section for new car purchases.)

X

Musuyidet ("The agent which removes ill luck") symbolizes good fortune and sanctity.
Driver’s License
You can drive for up to twelve months on a foreign or international driver’s license. If you are a resident, eventually you must apply for a Ghanaian license. Submit your license from your country of origin with four passport photos to the Vehicle Licensing and Registration Office, off of Liberation Ave; turn at Police Church across from the Golden Tulip Hotel. There will be a fee and the license is valid for five years but must be renewed yearly.

Registration
Buy a form from the Vehicle Licensing and Registration Office (address above). Fill in the vehicle details including ownership. An officer tests the vehicle for roadworthiness, and approval will be given for a registration number. You pay for the roadworthiness test. Vehicle registration must be renewed annually.

Insurance
All cars require insurance. Insurance companies provide all types of automobile insurance ranging from comprehensive to third party liability. Car insurance can be purchased directly from the insurance company or through a broker. A list of reputable insurance companies and brokers can be found at the end of this section.

Rentals
Cars can be rented in Accra at various sites. Most of the better hotels have car rental services available. A large dollar deposit may be required (See Car Rental listings in the Travel and Accommodations section).

Fast Cars
(Kumasi and Takoradi)
Fast cars are usually seven-seater Peugeot hatchbacks which go directly between cities, and as their name suggests, they are very fast which can be dangerous. Do not take them after dark. They are more expensive than tro-tros. Fast cars to Kumasi are at Neoplan near Nkrumah Circle. For Takoradi, check at the Kaneshie station.

Taxis
Constantly honking their horns, old Datsuns and Ladas with yellow or orange hips and shoulders are everywhere. There are several types of taxis:

Line Taxis
These taxis travel fixed routes with fixed prices and are shared by others. Often the driver will use a hand signal to indicate his route or will yell out his destination. Call out where you want to go and if it is on his route he will stop. You can board and get out anywhere on the route.

Dropping Taxis
These are the taxis that take you directly to where you want to go. It can be expensive so make sure you barter for the price in advance. It can be helpful to find out in advance what a reasonable price is. Also, if you don’t know exactly where you are going, make sure that the driver knows as he will assume that you can give him directions. There are a lot of dropping taxis available; if you don’t like the looks of the taxi or the driver’s attitude, don’t hesitate to wait for another one.

Chartered Taxis
Chartered taxis can be hired at most hotels. While not distinctively painted, these taxis must conform to higher regulations than other taxi drivers must. Drivers may belong to associations and are entitled to charge higher fares. If uncertain about the fare, you should be able to ask the driver for his fare chart and check that he is following it. A taxi driver can become a valuable informal guide to the city. Many will also agree to take you to destinations outside of Accra. They can also be useful before your vehicle arrives. They can be hired by the hour, half-day or day.

Trains
As of this writing, to the best of our knowledge, there is only one train line
operating — between Accra and Tarkwa. The buses are probably faster anyway.

**Tro-tros**

These are easily recognizable, battered minibuses that have seating for 15 people, but often seat more. They are cheaper than STC/Vanef buses and travel more routes. You can sometimes find areas marked as bus stops or often, just look for a crowd of people standing by the side of the road looking expectant. You can flag them down at the roadside, using your right hand pointing in the direction you want to go. The driver's mate will shout out the window the route that the tro-tro is taking.

**Signals**

Pointing the index finger of your right hand skywards means 'to Accra Central'. Pointing the right index finger toward the ground and making a circular motion (with your finger) means 'Kwame Nkrumah Circle'.

There is also a large lorry park, Neoplan, where you can get transport to many places in Accra. Close to Lamptey Circle is Kaneshie, where transport can be obtained, especially to coastal areas. If you are traveling by tro-tro outside of Accra, you will have to go to the appropriate motor park. Traveling by tro-tro is a great way to meet people, but can be unsafe and unreliable.

**Walking**

This is always an option, although not to be recommended if you can avoid it. It's hot and usually a long way to anywhere. Be very careful of the many pedestrians along the roads when you are driving, especially at night.

**Airline Offices**

**Aeroflot**
Kojo Thompson Rd, near British Airways; tel: 225604.

**Air Afrique**
Cocoa House, Kwame Nkrumah Ave, across from Central Police Station; tel: 666256; airport tel: 777414.

**Air Burkina**
Contact M&J Travel, 11th Lane, Osu, opposite US Embassy Consular Section; tel: 773153, 773498.

**Air Portugal (TAP)**
Ring Rd Central; tel: 236789.

**Alitalia**
Ring Rd Central, Accra; reservations tel: 229813, 241549, 241551; airport tel: 772766, 301971.

**American Airlines**
Valco Trust House, behind the US Embassy Public Affairs Section (formerly USIS); tel: 231804-6.

**British Airways**
Kojo Thompson Rd (corner of North Liberia Rd); reservations tel: 240386-8; airport tel: 779998, 773737.

**Cathay Pacific**
1st Floor, Trust Tower, Asylum Down; tel: 238364, (020)813-8244, (024)231875; e-mail: <cathayp@its.com.gh>.

**Egyptair**
Ring Rd, at Danquah Circle, between Southern Fried Chicken and Hardees; tel: 777826; reservations tel: 773538; airport tel: 776586.

**Ethiopian Airlines**
Cocoa House, Kwame Nkrumah Ave; tel: 6648567; airport tel: 779993.

**Ghana Airways**
Ghana Airways Rd, Airport Residential, also located at Kotoka International Airport and Cocoa House, Kwame Nkrumah Ave; tel: 777673; head office: 773321; reservations tel: 221000, 777406.

**KLM**
Ring Rd Central; tel: 224020, 224030, 224050; reservations tel: 241560, 775629; airport tel: 776509.
Lufthansa
Fidelity House, Ring Rd Central; tel: 243893, 243896; airport tel: 762372.

Middle East Airlines (MEA)
Kojo Thompson Rd, next to Coral Paints; tel: 228437, 230867.

Nigeria Airways
Kojo Thompson Rd, Danawi Building, opposite Engen Station; tel: 249798; airport tel: 76171 ext 1326.

South African Airways
Millennium Heights Bldg, 1st floor, Liberation Link Rd, opposite Alliance Francaise; reservation tel: 783676; administration tel: 783677/8; airport tel: 770319.

Swissair
Millennium Heights Bldg, 1st floor, Liberation Link Rd, opposite Alliance Francaise; reservations tel: 783564; administration tel: 783565/6; airport tel: 776810.

Other Travel Numbers
Airport Information
For updated information on flight arrivals and departures; tel: 776171.

Airport: ViP Lounge
Tel: 776683, 775663.

Ghana Private Rd Transport Union (GPRTU)
Tel: 667656
Vaneif/STC
Tel: 221952

Insurance Companies
Metropolitan Insurance Company Ltd
PO Box 20084, Accra; Independence Ave, next to the Institute of Economic Affairs, between Sankara Interchange and Liberation Circle on south side of street; tel: 253023, 253053, 253083; fax: 237873.

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Liberation Link
Kotoka International Airport area, Accra

Telephones:

- Reservations: 783 564
- Administration: 783 565
- Accounting: 783 566
- Fax: 783 561

Vanguard Assurance Company Ltd
Insurance Hall, Derby House, 45
Independence Ave, Accra; tel: 669491,
66485-7, 701-0660-2; fax: 668810; e-
mail: <vanguard@ghana.com>.

Provident Insurance Company Ltd
PO Box 782, Accra; Provident Towers,
Ring Rd Central; tel: 233956, 221096.

Insurance Brokers
CB & Associates Ltd
172/3 Lamb Road, Adabraka, Accra; ask
for Christian B. Arthur.

KEK Insurance Brokers, Ltd
PO Box 6681, Accra North; Broking
House, B650/10 Awudome Estate,
Kaneshie; tel: 220843, 232165, 234568,
230065; fax: 225654, 221716; Ben N.
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TRAVEL & ACCOMODATIONS

Traveling in Ghana is usually an adventure. Tourist infrastructure can be poor and sites may not live up to your expectations. But if the journey itself - rather than the destination - is your goal, you will no doubt have an exciting time and get to know Ghana and its people much better.

Books on Travel in Ghana

For further details about tourist attractions, the following books are recommended: Guide to Ghana, Second Edition, Philip Briggs, the most current guide book to Ghana, available at most bookstores and major tourist hotels in Accra - a must-see for those interested in eco-tourism. Ghana Today, Mylene Remy (Jaguar) - a handsome book with lovely pictures and good background. West Africa, The Rough Guide, Jim Hudgens and Richard Trillo (Penguin) - an excellent travel guide for the budget-minded, adventurous, and those without a car. West Africa, Alex Newton and David Else (Lonely Planet Publications) - similar to The Rough Guide, but easier to find and more compact. Forts and Castles in Ghana, Albert van Dantzig (Sedco Publishing Ltd.) - covers the history of Ghana's string of impressive coastal forts. You can often find this book locally in museum gift shops and similar locales. Castles and Forts of Ghana, Kwesi J. Anquandah (Talante), another spectacular book of the castles and a wonderful way to follow the coast. History of Beads, Lois Sheir Dubin, is a must read before a visit to the Koforidua and Somanya bead markets.

The Tourist Board

Travelers may find a stop at the regional office of the Ghana Tourist Board throughout the country useful for information and directions to various sites. They may also be able to help you in making hotel reservations or suggesting restaurants.

The Ghana Tourist Board main office is located on Nsawam Rd, Tesano, near the police station; PO Box 3106, Accra; tel: 231817, 222153, 244794; e-mail: <gtb@africaonline.com.gh>; hours: M-F: 8am-5pm. It can sell you a list of all Ghanaian hotels registered with the Board. It can also organize tour guides for groups and may be able to help with hotel reservations. It can provide you with a list of Ghana's important festivals and dates.

Hotels and Accommodations

There are hundreds of hotels in Accra and they vary considerably in quality and price. The prices given here are best treated as a basis for comparison since they may be subject to change. Hotels listed are two stars or more. A few guest houses (less than 10
rooms) are also recommended. A more exhaustive list can be obtained from the Ghana Tourist Board. All 2-star hotels generally have rooms that are air-conditioned, have television, satellite dish, telephone and International Direct Dial telephone facilities. Most have access to a fax. Except for the most expensive, you will not find hotels that meet North American or European standards in Ghana. We have, however, tried to list hotels which meet a minimum acceptable quality within several price ranges. We have rated the hotels outside of Accra as expensive when a double room (for two) is approximately US$75 or more at time of writing. Moderate hotels are those whose double rooms are in the US$40-74 range. Inexpensive hotels are the most reasonably priced, but should still offer acceptable accommodations.

Where it was possible to confirm that pool, air conditioning (AC), or television (TV) is available, it is indicated. Unless otherwise noted, hot water is available. Seasoned travelers in Ghana usually take mosquito repellent and water when traveling anywhere upcountry. Some also take their own sheets and towels just to be sure. Tour operators and car rental agencies are listed at the end of this section for those without the time or wheels to organize their own travels around Ghana. Some places require that you also hire their driver along with the vehicle. Be aware that 4-wheel drive vehicles are very expensive, often about US$150/day. Things can change quickly in Ghana and usually without notice; hotels open and close, hours change, prices go up, and perhaps most frustratingly - telephone numbers change or stop working altogether. A little flexibility and a lot of resourcefulness go a long way when traveling in Ghana. You are sure to be able to find a guide or an interpreter around every corner, some more legitimate than others. They will be happy to guide you and to help you find your way. Please be sure to leave them a dash for their services.

This section is organized by region, in alphabetical order, except that we begin with the Greater Accra region.

Greater Accra Region

Accra

Ghana Tourist Board

The head office is located in the Regional Administration Block at Worker's College near the Novotel Hotel; PO Box 3106, Accra; tel: 231617, 244612; e-mail: <gtd@afraonline.com.gh>; hours: M-F: 8am-5pm.

Accra International
Trade Fair Centre

Located on Burma Camp Road, not far from Labadi Beach Road, is this massive (continually expanding) complex which houses numerous wholesale outlets of several Ghanaian businesses such as Woodin Boutique, Nayak Fabrics and many others. You will also find furniture stores, banks, restaurants and Aid To Artisans Ghana (see Shopping). There are also several exhibition halls to accommodate the numerous Trade Fairs that take place during the year. Most businesses are open Monday through Saturday but be sure to verify hours before hand.

Accra Zoo

Location: Travel north on Independence Ave past Sankara Interchange and look for Afrikiko Restaurant; turn left and follow the signs; tel: 772555; hours: daily, 9:30am-5pm; nominal entrance fee: This small zoo will probably be a depressing sight to those accustomed to well-endowed zoos in affluent countries. However, it is worth a visit to see the monkeys, snakes, lions, leopards, crocodiles, duikers, and other West African animals. Interestingly, the zoo was once part of Kwame Nkrumah's estate. His original house (in its original condition) is still located adjacent to the zoo.

Black Star Square and Nearby
Monuments

(Also called Independence Square). Located on 28th February Rd. The memorial "heart" of Accra is largely the legacy of Kwame Nkrumah, Ghana's first president after independence. Accra's
huge parade grounds accommodate 30,000 people and here you'll find the Eternal Flame of African Liberation, lit by Nkrumah himself. Nkrumah had the Square, and the stadium across the street, built in 1961. Osu Castle, also known more simply as The Castle or sometimes as Christianborg Castle, is visible in the distance. Across the street from Black Star Square is Independence Arch, another of Nkrumah's projects. Another of his ambitious undertakings in Accra was the nearby State House where all official, presidential functions take place. Across the street from State House is the world class Accra International Conference Centre completed in 1995.

Centre for National Culture
(Commonly called "Arts Centre") Located at the intersection of Barnes Rd and 28th February Rd; hours: different vendors have different hours, but generally open daily. Also known as the Centre for National Culture, this is Ghana's largest crafts market, and as such this could be your first - and perhaps only - stop for souvenirs (See Arts and Crafts in the Shopping section). There are scores of stalls selling beads, wood carvings, brass work, leather goods, kente cloth and numerous items made from it, and much more. You'll find some crafts from neighboring countries as well. Be sure to bargain for all your purchases (See Bargaining in Shopping section). Also be sure to check out the jewelry shops and the government-run craft shops at the entrance to the Centre, as they have fixed prices. They will help you to gauge how much you should be paying at the other stalls. The Centre is also home to a drama theater (See Entertainment section).

Kwame Nkrumah Mausoleum and Museum
Located across from the old Parliament building and next to the Arts Centre on High St; hours: M-Sa: 10am-7pm; entrance fee. The final resting place for Ghana's first president, a leader in the Pan-African movement and among newly independent African countries. There is a small collection of photographs, papers, and personal effects of Nkrumah.

Makola Market
Bordered by Kojo Thompson Rd, Kinbu Rd, and Independence Ave; hours: open daily, but with fewer merchants on Sundays. Accra's largest open-air market overflows with goods, people, scents and sounds, hustle and bustle. It is the best place to absorb the atmosphere of a West African market. Many say that if you can't find what you want here, it probably isn't available in Ghana! Because traffic is so heavy in this area, it is best to put on your walking shoes, taxi to the edge of the market, and enter the fray from there. Go in the morning when it's a bit cooler. For those desiring something similar but on a less overwhelming scale, consider Kanesheie Market, northwest of Obetsebi Lamptey Circle on the Winneba Rd.

National Museum
Located on Barnes Rd, near the intersection with Castle Rd; entrance fee; tel: 221635, 221633; hours: daily, 8am-5pm. One of Accra's tourist highlights. A very good collection of kente cloth, masks, photographs, carvings, royal stools, colonial thrones etc. Also houses an archaeological display.

National Theatre
Located at the intersection of Independence Ave and Libena Rd; tel: 666986. Built by the People's Republic of China, this splendid theater was opened in 1992. It seats 1500 people and also boasts a fine outdoor theater and conference facilities. The entire complex is sadly underutilized, but look for announcements in The Daily Graphic newspaper and banners at the corner of
Independence Ave and Liberia Rd for upcoming events. Don’t miss any performance by the National Dance Ensemble of Ghana. The Theatre Gardens, managed by the owners of Country Kitchen, is a restaurant inside the complex that offers a pleasant spot for Ghanaian-style meals; hours: M-F: 11am-8pm. At the rear of the building, at the entrance to the exhibition hall, is a small but interesting gift shop; hours: M-Sa: 10am-6pm, S: 2pm-6pm.

Osu Castle

Often called The Castle or Christianborg Castle, formally the residence of the President which now houses the Presidential Office and other executive offices. It can be seen from a distance from Independence Square. It is not open to the public. It was built in 1659 by the Danes and served as the official residence of colonial governors after the capital was moved from Cape Coast to Accra in 1876.

W.E.B. Du Bois Centre

Located in Cantonments; tel: 772031; hours: M-F: 8:30am-5pm. W.E.B. Du Bois is buried here, but his hopes and dreams for Pan-Africanism live on at his shady estate. Established in the house where Dr. Du Bois lived and died, the Center serves as a research center, library, and facility for educational and cultural activities for students and scholars of Pan-Africanism. The general public is welcome.

Beaches-Beaches-Beaches

One of the best things about living on the coast is the beach access. Some of the more popular beaches within a couple hours from Accra are:

Ada Foah
Gomoa Fetteh (Till’s No. 1 and White Sands)

Kokrobite
La Beach

For detailed information on these beaches see Sports & Leisure section.

Accommodations In and Around Accra

5-Star Hotels

Labadi Beach Hotel


La Palm Royal Beach Hotel

On Labadi Beach Rd before Labadi Beach Hotel; tel: 771700, 771641, fax: 771717, 122 rooms; US$160-250. Accra’s newest luxury hotel. Royal chalets available, continental breakfast included, extensive buffet lunch and dinner available in the Continental Restaurant. Bali Hai, an upscale restaurant featuring cuisine from The Pacific Rim (including

You've Arrived...
Teppen style area with seating for 16) and
The Ghanaian Village, an outdoor res-
taurant featuring African cuisine, and an
ocean view, offer additional dining cho-
ices. Rooms available for private func-
tions as well as good conference facilities for
25-1000 people. Beautiful, large, swim-
ing pool overlooking the beach.
Shopping mall and health club under
construction.

4-Star Hotels
Golden Tulip Hotel
Liberation Rd, Airport Area; tel: 775360;
fax: 775361; 221 rooms; US$205,
US$230, US$300; chalets available,
tennis courts, pool, gym, mini golf,
children's playground. Scrumptious buffet
breakfast included. Closest luxury hotel to
the airport and also Accra's largest hotel.

Novotel
Accra Central; tel: 667546; fax: 667553;
breakfast included. Pool, tennis.

M Plaza Hotel
Bostal Rd, Roman Ridge; tel: 775922,
763418, 763493, 763423; fax: 763416;
100 rooms; US$125, US$150, US$185; a
new hotel with a Presidential Suite. Pool,
gym, sauna, conference facilities, internet
cafe. A luxurious, full-service restaurant to
open soon.

3-Star Hotels
Aliso Hotel
Fifth Circular Road Ext, East
Cantonnements; tel: 768291-4; fax: 768300;
14 rooms; US$75, US$85, US$95. Pool,
restaurant, bar, conference room. Small
hotel, but good value.

Hotel Shangri-La
Liberation Rd. Airport Area; tel: 776934-4,
777500; fax: 774873; 36 chalets, 12
double rooms, 4 single rooms; US$120,
US$150, US$170. Tennis, large pool,
fitness room.
Hotel Wangara
Labone Crescent; tel: 772525; fax: 772438; 51 rooms and suites; US$120, US$135. Swimming pool, shuttle bus.

e-mail: <coconut@africaonline.com.gh>

10 rooms; expensive. A new hotel; modern rooms with spacious bathrooms. Restaurant, bar, meeting room and squash court on the premises.

Mariset Plaza

Nogahil Hotel

Secaps Hotel

2-Star Hotels
Abafun Lodge
Labone; AC, TV, pool; tel: 779341; fax: 779337; e-mail: <abafun@ghana.com>; expensive. Lovely, small hotel; restaurant with German food. Manager: Jochen Schudt.

Bayview Hotel
Legon Rd, just past Tetteh Quasrshie Circle, opposite Gulf House; tel: 507887-9, fax: 507890, e-mail: <bayview@ghana.com>; 18 rooms, pool.

Capital Court Hotel

Coconut Grove Regency Hotel
Located in North Ridge on Mozambique Link off Ring Road just before the Sankara Overpass; AC, TV, minibar; tel: 226310, 225155;

e-mail: <coconut@africaonline.com.gh>

Crystal Palm Hotel
Tesano; tel: 247220, 247219; fax: 247218; e-mail: <cpalm@africaonline.com.gh>.

El Elyon Hotel
18th Lane, off Cantonments Rd, Osu; tel/fax: 774421; 16 rooms; US$65, US$80, US$95. Recent construction, conveniently located in Osu.

Esther's Hotel
Airport Residential, next to Junior's End; tel: 772368; fax: 765751.

Frankie's Hotel
Cantonments Rd, Osu, located above Frankie's restaurant; tel: 773567; fax: 773569.

Granada Hotel
Next to Shangri-La, near Polo Club; Airport Area; tel: 775293, 775343-4; fax: 774800; 35 rooms; US$50, US$70. Pool, tennis, squash. Excellent Chinese restaurant located on the premises.

Gye Nyame Hotel
Asylum Down, behind Hyundai Dealership on 2nd Mango Tree Ave, close to Ring Rd; tel: 223321; fax: 226486; 22 rooms; US$50, US$60, US$70.

Holiday Hotel
34 Airport West Residential Area; opposite Nestle's Head Office; tel: 773660-1; fax: 773432; 15 rooms; US$60 to US$80.
Nice setting, spacious rooms, shuttle bus and has a chalet, which guests can use, on the Kokrobite beach.

Hotel de Joko
Close to Nsawam Rd, 100 meters from Neoplan Co, New Achimota; tel: 400413-4; fax: 302141; 34 rooms; US$30 to US$50. Pool, recent construction, very clean, shuttle bus.

Hotel Georgia
Airport Residential; tel: 765484; fax: 765487; e-mail: <georgia@ghanan.com>; US$77, US$88; breakfast included; restaurant for guests. Hair salon and pharmacy located on the premises.

Hotel Kumbaya

Kingsby Hotel
Close to Nsawam Rd, New Achimota; tel: 400891, 400742; fax: 401694; 60 rooms and suites; US$50, US$60. Tennis, pool, roof top terrace, spacious.

Korkdam Hotel

Maglab Hotel
Located near the Abeaka Lapaz Motorway off the Kanshie Takoradi Rd; tel: 300230, 304380, fax: 403650; inexpensive; AC, TV, fridge. A very neat, comfortable hotel, however, no generator.

Maple Leaf Hotel
Close to Nsawam Rd, New Achimota; tel: 400018; fax: 400949; 31 rooms; US$30 to US$45. Terrace, roof top restaurant.

North Ridge Hotel
53 Examination Loop, North Ridge; close to Ring Rd; tel: 225809, 230935; fax: 21417; 27 rooms; US$60 to US$70. Pool.

Oak Royal Hotel
Community 6, Hospital Rd, Tema; tel: (022)206926; 10 rooms; US$22 to US$25.

Paloma Hotel and Suites
Paloma Shopping Arcade, Ring Rd Central; tel/fax: 231815; 19 rooms, including 6 recently finished suites; from US$50 to US$70. Special rates for long stay.

Sanaa Lodge

Suniodge Hotel
Teso; Nsawam Rd to Achimota, turn at Tesano Baptist Church; tel: 229758, 229795; fax: 242238; 12 rooms; US$30 to US$65. Tennis.

Sunrise Hotel
Dr. Isert Rd, North Ridge; tel: 224505, 224575, 22201; fax: 227656; 19 rooms; US$59, US$71, US$83. Tennis, good restaurant and bar.

Sunspot Hotel
Templesi Lane, Airport Residential Area; close to Nyaho Clinic; tel: 773322; 14 rooms; US$22 to US$35.

Volta Lodge
Volta St, Airport Residential, near Junior's End; tel: 776609, 778396; fax: 779039; 9 rooms; expensive; pool, restaurant. Lovely, little hotel with most rooms overlooking the pool.

Guest Houses
Akwaaba Beach Guest House
Located in Teshie, on the beach side of the Tema main road; tel/fax: 715121, (024)280028;
e-mail: <akwaaba21@hotmail.com>; moderate; AC, TV, fridge. 6 quiet, clean, large rooms in a lovely guesthouse run by a Swiss woman. The food served at the rooftop terrace restaurant, with ocean views, is excellent.

Dots Inn
Labone, across from Labone Coffee Shop; tel: 774744; 5 rooms; US$25 to US$40.

Eastomenton Guest Lodge
East Cantonments, Obenusu Link; tel: 773541; fax: 762109; US$80 to US$100; breakfast included, pool and gym.

Global Guest House
Abelenkpe, after Dimples traffic light on the Achimota Tema Motorway, near Lincoln School; tel: 760199; fax: 777914; 8 rooms; US$80, US$110.

Goldent Hotel
1 Switchback Crescent, Cantonments; tel: 774061; fax: 774973; e-mail: <goldent@ghmail.com>. 8 rooms; US$52 to US$70. Beautiful garden and a friendly staff.

Golden Lemon Guest House
Tesano; tel/fax: 231747; 7 rooms; US$50, US$60; breakfast included.

Nurse's Hostel
Near Tetteh Quarshie Circle; tel: 500068; inexpensive. A very clean, basic place; ceiling fans with shared bathrooms; a small canteen on premises. A good place to house student tours or visiting teams.

Sharito Lodge
Akosombo St, Close Four, Airport Residential Area; tel: 773445; fax: 772619; 8 rooms; US$60, US$70.

SSNIT Guest House
Close to the Ring Rd, North Ridge Area; tel: 226228, 225366; fax: 225879; 18 standard rooms, 6 economy rooms; US$54 to US$65. Well located, relatively new construction.

Swissrest Lodge

Transit Lodge
Abokobi Road, East Cantonments; tel: 775164, 761943, 761946; fax: 775164; e-mail: <transit@africaonline.gh.com>.

Outside the City of Accra
Aburi Gardens
(See Eastern Region in this section)

Academy of African Music and Arts Ltd (AAMAL)
Located approximately 20 minutes off the road to Cape Coast. Turn left, either at the sign just past Accra's last police barrier, or, look for the large sign some 7km past the last police barrier and then turn left; tel: 665987, (027)554042. This school for African arts hosts a drumming and dancing show on Saturdays and Sundays at 2pm. This is also a good place to receive African drumming lessons. A simple restaurant and inexpensive accommodations are available, and below, there is a pleasant beach, which can have a very strong undertow (See Security & Safety and Sports & Leisure sections).

Add
This coastal village is located off the primary road between Tema and Atifa, Ghana's border crossing into Togo; about an hour drive after the Tema Roundabot. There is a beach at the estuary of the Volta River nearby that is known for its beauty and bird life. Keta Lagoon, a protected area just to the northeast, is also known for excellent bird watching, especially for seashore and wading birds.
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Tel: (23321) 774061 • Fax: (23321) 774973
e-mail: Goklen@ighmail.com
Website: www.africaonline.com.gh/Goklen
(see Volta Region). There are facilities for
sailing at the Accra-Tema Yacht Club (See
Sports & Leisure section) and the Manet
Paradise Holiday Resort offers water skiling, catamaran sailing, and jet skis
(See hotel listing below). Swimming here
is not recommended, owing to the
presence of schistosomiasis (bilharzia) in
the water.

Accommodations at Ada:
Estuary Camp
Inexpensive; no amenities; to contact
write: c/o Ada Tourist Club, PO Box 20,
Ada Foah. For this rustic camp
experience right on the Volta estuary,
contact the tourist office in Ada Foah.
They will arrange for a boat that, for a
charge, will deliver you to the peninsula
where you will find a nice beach, simple
huts with beds, and the possibility of bird
watching, spotting manatees, marine
turtles, and fishing. There is no electricity,
but there is a small restaurant/chop bar
with drinks.

Manet Paradise Holiday Resort
Expensive; Ada Foah; AC, TV, tennis,
pool; tel. (0968)22398, 22276,
(0902)210376, or in Accra, contact
Ibrahim at 764450; fax: (0968)22397.
European-style accommodations; full
restaurant and pizza oven on premises.
Basketball, volleyball, snooker, water
skiing, catamaran, windsurfing, paddle
boats and jet skis are available; as well as
big sea and river fishing excursions.
Lower rates during the week.

University of Ghana, Legon
Located 14km north of Accra. This
campus, inspired by Japanese
architecture, is home to Ghana's oldest
university. Here you will find one of
Ghana's best bookstores and the Balme
Library, which has a large colonial-era
collection (See Education section). The
University's botanical gardens, located
behind the zoology and computer science
departments, are run down but are a
relaxing place to walk, exercise your dog,
or watch birds. A worthwhile stop when en
route to Aburi Botanical Gardens.

Ashanti Region
Ghana Tourist Board
Located in the Cultural Centre, Kumasi;
PO Box 3065, Kumasi; tel: (051)26243;
hours: M-F: 8am-5pm.

Ahwia
"Akwaaba", the famous Ashanti fertility
doll, originated in this town 6km northeast
of the Suame Roundabout in Kumasi on
the Mampong Rd. Other wood carvings,
including masks but especially stools, are
made here. Look for stalls on both sides
of the road. Large pottery can also be found
at Pankrono located a kilometer before
Ahwia.

Bonwire
This village, well-known to tourists, is
dedicated to kente weaving. It can be
found 26km south-east of Kumasi; turn
east at the Ejisu junction on the
Accra-Kumasi road. Besides the
weaving, which is virtually the village's
sole means of income, there are
interesting Ashanti-style buildings.

Kumasi
Ghana Armed Forces Museum
Located on Stewart Ave, a block north-
west of the prominent Barclays Bank;
entrance fee; hours: M-F: 9am-2pm, Sa:
9am-noon. The museum's simple name
does not belie the interest of its exhibits, primarily
those concerning the British-Ashanti war
of 1900. Also on display are maps, old
photographs, and military regalia.

Kumasi Market
Probably West Africa's largest market is
found in Kumasi's center; it is spread over
10 hectares and holds thousands of
traders. A large fire swept through the
market in 2000 destroying over 1000
stalls but it is still a large, bustling market!

Manhyia Palace
Hours: S-F: 9am-5pm; entrance fee.
Because the Asantehene, the Ashanti
King, is arguably the second most power-
ful man in Ghana, visitors are often
surprised that his palace is so modest. The museum alone is worth a trip. The curator gives an excellent tour and, unlike the Prempeh II Jubilee Museum, all the objects are original. Don't miss the court costumes.

National Cultural Centre
Hours: M-F, 9am-5pm; tel: (051)228222, 25558 (Research and Public Relations Manager); no entrance fee. Kumasi's major attraction is a complex of artisan workshops, performance center, museum, library, and a craft shop. There are workshops on the center grounds for various Ghanaian crafts such as ceramics, drum making, wood carving, brass casting, kente cloth weaving, and Adinkra cloth printing. Various types of performances take place in the afternoon on public holidays. Highlife bands, dance, African music, and drama are among the arts featured.

The Prempeh II Jubilee Museum of Ashanti History
Located on National Cultural Centre grounds; hours: M: 2-5 pm, T-S: 9am-5pm; entrance fee. This museum contains a fascinating collection of Ashanti artifacts, including such impressive pieces as the king's battle dress and heavy gold jewelry. Although many of the objects are copies, there are interesting photos, furniture, personal pieces, and guides who are willing to answer detailed questions about the Ashanti royalty and history during their whirlwind tour. The Asantehene receives homage here on important festival days. Be sure to ask the guide to make the leopard skin drum roar!

Accommodations in Kumasi:
Cicero Guest House
Moderate; located in West Nhyiaeso; AC, TV; tel: (051)24473, 24870; fax: (051)24870. Very nice rooms and grounds.

Cozylodge Guest House
Moderate; located behind Merchant Bank in West Nhyiaeso; AC, TV; tel: (051)27030, fax: (051)27031; e-mail: <cozylodge@africamail.com>, Built in 1996, quiet location with dark rooms.

Crystal Rose Hotel
Expensive; located near Ahodwo-Daban road; AC, TV; tel: (051)36608-9; fax: (051)36610. 17 attractive rooms.

Four Villages Inn
Moderate; located at Poultry Junction, Daban on the Old Bekwai Road before Asafo Adjei Hospital; AC, TV; tel/fax: (051)22682; e-mail: <scottash@hotmail.com>. First class bed and breakfast with 4 lovely rooms; run by a Canadian couple with a Canadian trained professional cook.

Hotel Georgia
Expensive; located in Adiebeba; AC, TV, pool; tel: (051)24154, 23915, 24312, 222434; fax: (051)24299. One of Kumasi's most popular hotels, it is not the cheapest but it has a nice pool and a good Chinese restaurant (Royal Garden). For a fee, the pool is also open to non-hotel guests.

Hotel Rexmar
Expensive; located off Santasi Roundabout; AC, TV, pool; tel: (051)29181, 29367; fax: (051)29366; e-mail: <rexmar@africaonline.com.gh>. A lovely, newer hotel (1996) with an adequate restaurant; a beautiful pool (no shallow end) and an outdoor bar.

La Vikus Hotel
Expensive; near the Santasi Roundabout on the southern bypass road; AC, TV; tel/fax: (051)22975. An American-standards hotel completed in 1996.

Nok's Hotel
Moderate; located in Asokwa; AC, TV; tel: (051)24162, 24438. Good value for an acceptable hotel.

Rose's Guest House
Moderate; located in Nhyiaeso; AC, TV; tel: (051)24072, 23500. Ryan's Pub and
Restaurant now located on the premises. Clean and neat, recently renovated; good value.

Royal Basin Hotel
Expensive; located opposite St. Louise Secondary School; AC, TV, pool; tel: (051)60144, 60169; fax: (051)60168. 21 clean, comfortable rooms; conference facility.

Restaurants to look for in Kumasi:
Royal Garden in the Hotel Georgia, Ryan’s Pub and Restaurant at Rose’s Guest House, Chopsticks, and for excellent Indian food, try Moti Mohal.

Lake Bosumtwi
A popular weekend outing for residents of Kumasi is this deep crater lake 32km south-east of Kumasi on a very good road. This is Ghana’s largest natural lake and it is very picturesque. Not far from the hotel, boats depart for trips across the lake for the equivalent of US$6.00. Photo tip: the best view is from the top of the road before descending to the lake. A good picnic site on a day trip from Kumasi. Be prepared for every old man in the area to offer his services to tell you the “history” of the lake.

Accommodations at Lake Bosumtwi
Lake Paradise Resort
Expensive; AC, TV; tel: (051)20164. A lovely, peaceful setting, clean rooms with plans for a pool and tennis courts.

Obuasi
Operated by Ashanti Goldfields Corporation, one of the world’s richest gold mines may be of interest to many, but unscheduled visits are strictly prohibited. To arrange an underground tour, contact: Public Affairs, Ashanti Goldfields Corporation, PO Box 2665, Accra; tel: 772190, 772235. You will be asked to specify, probably in writing, exactly who would like to visit the mine, your desired date, and what the purpose of your visit is (casual visitors are frowned upon). Tours are scheduled around mine operations.

Accommodations in Obuasi:
Anyinam Lodge
Expensive; tel: (0582)439, 478; fax: (0582)367; or write, PO Box 699, Obuasi.

Coconut Grove Lodge
Expensive; located opposite the Spacefon office, off the Dunkwa Road; AC, TV, minobar; tel: (0582)40550, 40551, (024)420386 and in Accra: 226310, 225155; fax: (0582)40551; e-mail: <cglodge@gxcitv.com.gh> or <coconut@afriquaonline.com.gh>. A 23 room lodge with a restaurant, conference room, and gym. Family units available. Guided tours to the mines can be arranged through the hotel.

Confidence Guest House
Moderate; tel: (0582)314; or write, Box 166, Obuasi.

Ntonso
The home of Adinkra cloth is located 18km north of Kumasi on the road to Mampong. Stop at any of the roadside shops to watch the artisans stamp the cloth.

Brong Ahafo Region
Ghana Tourist Office
Located in the Regional Administrative Offices in Sunyani; PO Box 802, Sunyani; tel: (061)27108. This office serves the whole of the Brong Ahafo Region.

Bia National Park
Located between the Bia River and the Ivorian border, about 250km west of Kumasi. A small park of only 308 square kilometers, but one of the few places in West Africa where you can find virgin rainforest. Some forest elephants live here as well as duiker and an abundance of birds. Because there is no tourist infrastructure or roads, this is a park only for the most intrepid traveler.

Boabeng-Fiema Wildlife Sanctuary
Travelers passing between Techiman and Kintampo may want to stop to view the
large colony of monkeys at this sanctuary, 185km north of Kumasi. Unfortunately, the road leading to the sanctuary can, at times, be very bad. If coming from Kumasi, head either to Nkoranza or to Manso. From Manso, you turn right and then follow the signs. From Nkoranza, you head north 17km and then turn right at Tankor. 5km past Tankor you will reach the Visitor Information Center and Guest House. Two species, the Campbell’s Mona Monkey (brown in color) and the Geoffroy’s Pied Colobus monkey (black and white in color) are abundant and confident, seemingly aware that they are protected from harm by local beliefs. Early mornings and late afternoons are the best times to see the monkeys. The forest has well-maintained trails for those who like to hike. The Guest House has six rooms with flush toilets. The caretaker will be happy to prepare meals for you but be sure to bring some of your own food.

Fuller Falls
These waterfalls can be found a few kilometers northwest of Kintampo, some 150km north of Kumasi. The water from these falls flows some 200m underground before resurfacing. There are other falls in this area; ask the residents for information.

Sunyani
Accommodations in Sunyani:
Eusbett Hotel
Expensive; located on the main road about 1km past the center of town; AC, TV; tel: (061)27116, 24393. Good rooms with an excellent restaurant.

Tropical Hotel
Inexpensive; AC, TV; tel: (061)27179. Accommodations are acceptable and the restaurant is adequate.

Restaurant to look for in Sunyani:
The restaurant at the Eusbett Hotel.

Techiman
Accommodations in Techiman:
Agyeiwaa Memorial Hotel
Moderate; Techiman; tel: (0653)22074. Recommended.

Central Region
Ghana Tourist Board
Located in the State Insurance Corporation (SIC) building; PO Box 847, Cape Coast; tel: (042)32062; hours: M-F: 8am-5pm. Look for the map to Cape Coast here.

Cape Coast, Elmina and Environs
Brenu Beach
A lovely public beach 12km west of Elmina. Look for the public beach sign at the junction with an abandoned petrol station. Turn left and continue some 4km to the beach side village. Here you must leave the road and follow the tracks to the left, around a school, to the beach’s entrance. Try the chop bar which offers good seafood dishes. Toilets, showers and camping facilities available.

Cape Coast Castle
Located in central Cape Coast; hours: M-S: 9am-5pm; entrance fee. There are tours on the hour, but be prepared to wait. One of Ghana’s leading tourist sites and now a UNESCO World Heritage Site, this fortification was first built in the 17th century and was used in the lucrative and shameful, slave trade of the 17th and 18th centuries. A visit to the suffocating, slave holding cells will leave you with an indelible sense of the inhumanity of this trade in humans. Renovated for the 1994 Panafest activities, the castle now features the excellent West African Museum of History, an exhibit designed in part with the help of the Smithsonian in Washington, DC.

Ecumenical Women’s Centre
Located in Kumasi House in central Cape Coast (shown as Women World Banking Restaurant on Cape Coast map); hours: M-F: 8am-6pm; Saturday, by prior
arrangement; no telephone. With the help of Peace Corps volunteers, this center is producing some beautiful batiks and batik products and helping previously unskilled women to support themselves at the same time. The Cape Cafe here offers good Ghanaian and European-style meals Monday through Saturday, 8am-6pm.

**Elmina Castle**

Located in central Elmina, next to the harbor; hours: M-S: 8am-5pm, with a tour each hour, on the hour (in theory); last tour at 4pm; entrance fee. This fort is Ghana's best preserved and most photographed. Like the Cape Coast Castle, it was given a fresh coat of paint in 1994 and all the guides received excellent training at the same time. It, too, is a UNESCO World Heritage Site, testament to its historical role in colonial West Africa and its strategic importance in the gold and then the slave trade. The Portuguese began construction in the 16th century, but the castle was expanded several times through the 19th century. A small display about Elmina's history was opened in August 1996. Look for the sign on the Accra-Cape Coast road; hours: M-S: 8am-5pm; last tour departs at 4pm; entrance fee. Prior arrangements for off-hours viewing are required. For more information, write: Kakum National Park, PO Box 454, Cape Coast; tel: (042)32563. Ghana's most accessible and well-developed nature preserve. The canopy walkway suspended bridges swaying as much as 30m above the floor of this tropical forest is one of Ghana's more blood-pumping experiences. Admission to the walkway is relatively expensive (equivalent of US$10) for foreigners, resident or otherwise; for an additional charge you can have a tour of the medicinal plants of the forest or a ranger-guided night walk as well. Ask about ranger-led camping trips (you provide the equipment) in the old-growth part of the forest. The forest is rich in wildlife - butterflies, monkeys, small antelope, and especially birds. Your bird's eye view of the forest will be most memorable if done in the early mornings or evenings when the animals are most active. There are also forest elephants in the park, but they are shy and elusive and sightings require an all-day guided hike deep into the forest.

**Elmina Harbor**

Visitors to Elmina will find this harbor one of the most charming and colorful (if also odoriferous) along the coast. When the fishermen return from their night fishing, there is a colorful parade of returning boats, all sporting bright flags, interesting - sometimes cryptic - slogans, and vivid paint jobs.

**Elmina (Town)**

It is possible to arrange walking tours of Elmina and also Cape Coast which highlight the seventeenth and eighteenth century Dutch architecture of the colonial period.

**Fort St Jago**

This 17th century small fort is perched above Elmina and offers a nice view of the town, castle, and harbor. Rumors continue that it will soon be a guest house.

**Kakum National Park**

Located 30km north of Cape Coast; look for the sign on the Accra-Cape Coast road; hours: M-S: 8am-5pm; last tour departs at 4pm; entrance fee. Prior arrangements for off-hours viewing are required. For more information, write: Kakum National Park, PO Box 454, Cape Coast; tel: (042)32563. Ghana's most accessible and well-developed nature preserve. The canopy walkway suspended bridges swaying as much as 30m above the floor of this tropical forest is one of Ghana's more blood-pumping experiences. Admission to the walkway is relatively expensive (equivalent of US$10) for foreigners, resident or otherwise; for an additional charge you can have a tour of the medicinal plants of the forest or a ranger-guided night walk as well. Ask about ranger-led camping trips (you provide the equipment) in the old-growth part of the forest. The forest is rich in wildlife - butterflies, monkeys, small antelope, and especially birds. Your bird's eye view of the forest will be most memorable if done in the early mornings or evenings when the animals are most active. There are also forest elephants in the park, but they are shy and elusive and sightings require an all-day guided hike deep into the forest.

**Masomagor Tree Platform**

Located at Nyankomasi village at the East side of Kakum Forest. A six room guest house located on a tree platform built in 1990, with toilet facilities and first aid kits available. For more information, contact the Peace Corps representative at the Conservation International Center at the Cape Coast Town Hall or write: Ghana Wildlife Dept. Masomagor, PO Box 24, Nyankomasi, Ahenkr.
Posuban or Asafo Company Shrines.

Several of these colorful shrines, a combination of the symbolic and mythical, can be found in the streets across the bridge in Elmina and not far on foot from the castle. The Asafo companies are militia-like organizations that once had military duties but are now largely of a ceremonial nature and undertake community service. Each of the shrines is dedicated to one of the Asafo, expressing the company's guiding philosophy or proverb and its superiority over rivals. Be aware that often a fee or libation of schnapps must be offered for permission to take pictures.

Accommodations in and around Cape Coast:

Anomabu Beach Resort

Inexpensive; located just east of Biriba on the main Accra road, look for a small sign on the north side of the road; tel: (042)33801. Camping, or 11 bungalows, clean and simple with shared shower and toilet facilities, located right on a clean, calm beach. Lovely atmosphere for families with an open-air restaurant overlooking the ocean.

Biriwa Beach

Expensive; look for the fading sign 8km east of the Cape Coast police barrier; AC, TV; tel: (042)33333, 33111; fax: (042)33666. This nice, neat hotel offers 10 rooms, its own beach, and a good restaurant featuring German specialties.

Coconut Grove Beach Resort

Expensive; look for the sign on the Accra-Takoradi road west of Elmina, or continue west on the road past Elmina Castle about 3km; AC, TV, fridge, pool; tel: (042)33637, 33648, 33650, (024)333001 or in Accra, call tel: 226310, 225155; fax: (042)33646; e-mail: <coconut@africaonline.com.gh>. A very nice beach resort with bungalows, family rooms, suites and two self-contained cottages, full restaurant and beach-side service. A wonderful place, not only for a weekend away, but also for business meetings, as it has very good conference facilities.

Coconut Grove Bridge House

Moderate; a Bed and Breakfast in a renovated, colonial building located in Elmina near the bridge just before the castle; an extension of Coconut Grove Beach Resort; AC, TV, minibar; tel: (042)34557, or in Accra call: 226310, 225155; e-mail: <coconut@africaonline.com.gh>. A 10 very nicely appointed rooms with washrooms, some with castle views. A bar and restaurant on the premises. A unique place to stay while visiting the castles. Shuttle service also provided for guests who wish to use the beach facilities at the sister location (see above listing).

Elmina Beach Resort

Expensive; now under management of the Golden Beach Hotels located near Elmina, off the Cape Coast Rd; AC, TV; tel: (042)33743, 33105; fax: (042)33714, 34359; e-mail: <ebh@africaonline.com.gh>. A modern hotel, conference center with beautiful views overlooking the ocean,
although ocean swimming is not possible. A lovely pool with a slide, restaurant and tennis courts. Some family units now available and special package deals usually offered during the holiday seasons.

**Fairhill Guest House**
Moderate; near the GOIL station on the main Accra-Takoradi road in Cape Coast; look for the sign; AC, TV, VCR, fridge; tel: (042)33322; fax: (042)33323. A guest house with a very personal touch.

**Hans Cottage Botel**
Moderate; located on the road to Kakum; AC, TV, pool; tel: (042)33621; fax: (042)33623. Not the most elegant hotel but a great place for kids to see crocodiles, monkeys, and birds. A fun place to stop for lunch after the Kakum canopy walkway. Souvenir shop on premises.

**Harmony Beach Hotel**
Moderate; located east of Cape Coast, just before the turn off for Elmina Castle; AC, TV, fridge; tel: (042)33678, 33679; fax: (042)33681. Nice rooms.

**Ko-Sa Guesthouse and Beach Resort and Cultural Centre**
Inexpensive; located 25km west of Cape Coast, adjacent to Brenu Beach junction, look for signs; tel: (024)375432, fax: (024)33046. Rustic huts on the beach with shared toilet and shower facilities, some huts with electricity, others have lanterns provided; food available for guests. A perfect experience for the eco-tourist. A protected beach makes swimming enjoyable and safe for children and makes a lovely day trip from Elmina for those not willing to rough it at night!

**Pedu Guest House**
Moderate; Pedu, Cape Coast; AC, TV fridge; tel: (042)33430; fax: (042)33431 Recommended.

**Marnico Guest House**
Moderate; at Pedu, Cape Coast; AC, TV, fridge; tel: (042)33210; fax: (042)33211. Good value.

**Saana Lodge**
Expensive; hillside location west of central Cape Coast, above the Ministry of Health; AC, TV, fridge; tel: (042)32391, 32570. Clean with large rooms and a good restaurant.

**Savoy Hotel**
Inexpensive; Central Cape Coast; AC; tel: (042)32805, 32868. Simple accommodations.

**Restaurants to look for in the Cape Coast area:**
Restaurants in the Saana Lodge, Anomabu Beach Resort, Biriba Beach, Brenu Beach, Elmina Beach Resort, Hans Cottage Botel, Oyster Bay and Coconut Grove hotels, and the Cape Cafe at the Ecumenical Women’s Centre.

**Mankessim**
One of the Central Region’s most interesting Posuban shrines is located here.

**Eastern Region**
**Ghana Tourist Board**
Located in the State Insurance Corporation (SIC) building; PO Box 771, Koforidua; tel: (081)23209; hours: M-F: 8am-5pm.

**Aburi Botanical Gardens**
Located in the foothills of the Akwapim, some 30km from Accra; tel: (0876)22022,
Accommodations in the Aburi area: The Courtyard S.J.  
Moderate; located at Tutu-Akwapim, an 8 minute drive past Aburi Gardens on the road to Akropong; tel: 775703, (024)341434; fax: 761197. A stately, family, country home offering guesthouse services with catering and food and beverage facilities.

Little Acre Hotel  
Moderate; AC, TV; tel: (0876)22078-9. Clean and comfortable rooms in a small hotel in Aburi.

Palm Hill  
Inexpensive; located at Akropong-Akuapem; AC, TV, restaurant; tel: (081)24196. A wonderful spot to go for a drink or a meal. Spectacular views of the valley. Clean, modern rooms.

Sweet Africa Guest House  
Moderate; located just before Aburi at house #3 French Line; tel: (0876)22069 or (024)373322 ask for manager Erasmus M. Afagboe. A large compound with a new building that was converted into a 15 room guesthouse; kitchen facilities with a cook available; generator; security; with a lovely view of Accra and Tema.

Agomanya  
Take the primary road from Tema to Akosombo; turn left at the junction marked Somanya. At the intersection in Somanya, turn right. Agomanya is another 6km; ask residents for the market. If you missed Kofordua’s Thursday bead market, the market in Agomanya on Wednesday and Saturday is a good alternative. Beads make up only a small part of this colorful and friendly open air market - it is Accra's Makola market on a much less overwhelming scale. This village is home to several bead makers who grind up bottles and painstakingly fill tiny molds by hand before baking them in clay ovens fueled by wood. Ask the market’s bead sellers to introduce you to a local producer for a visit. Agomanya’s beadmakers have practiced their craft for generations, but only recently moved to this village. Historically they and other village residents lived on the nearby Krobo Mountain, but were forced down by the British when they refused to pay poll taxes.

Akosombo Dam  
Nkrumah’s most grandiose project, this massive wall of concrete completed in 1966 holds back the waters of one of the world’s largest man-made lakes. Late-afternoon cruises on the lake and all-day cruises across to Dodi Island are available through the Volta Hotel. The scenery is much the same, so be sure to bring a good book and a deck of cards to help pass the time while cruising. A pass to visit the dam is available upon the presentation of your travel documents from the Volta River Authority (VRA), Director of Power Operations, Accra, or from the VRA office not far from the Volta Hotel.

Accommodations near Akosombo Dam: Volta Hotel  
Expensive; located near the Dam; AC, TV, pool, tennis; tel: (021)662639, 660041-2; fax: (021)663791; e-mail: <voltah@africaonline.com.gh>. A top-drawer hotel overlooking the Akosombo Dam with a good restaurant and a lovely pool. A nice weekend getaway from Accra.

Backyard Guest House  
Moderate; located in Senco; AC; tel: (0251)416. This is the only local...
alternative to the Volta Hotel. Good value, but not at all in the same luxury category.

Boti Falls
East of Koforidua, near Huhunya, on the road leading to Burkoso and, far ther on, to Agomanya; there is a sign indicating where to turn off this primary road. Located in a pretty valley, it is an easy hike down stone steps to the foot of these broad, 30m high falls. With a picnic lunch along, this makes a nice all-day outing from Accra (why not visit the Koforidua bead market in the morning?).

Koforidua
Besides the beautiful drive from Accra with vistas over the verdant hills, the main attraction in Koforidua is the Thursday morning bead market. This is the Eastern Region’s district capital, but avid bead collectors will tell you that this is one of the best bead markets in West Africa. They will also instruct you to arrive as early as 6am in order to appreciate the full selection, although there will always be beads to buy at any time of the day. The market is in the center of town; be sure to enter the stall area in order to see the full range of beads.

Accommodations in Koforidua:
Capital View
Inexpensive; AC, TV, fridge; tel: (081)24873, 24874. A nice, newer hotel with 19 rooms and a restaurant. Very good value.

Koforidua Guest House
Inexpensive; tel: (081)23112. Recommended.

Partners May
Inexpensive; tel: (081)23138. Very simple, but clean; nice staff.

St. James Hotel
Moderate; AC, TV; tel: (081)23165, 24076. Clean and pleasant, but outside of town. Conference facilities.

Larteh
About 20 minutes beyond Aburi Botanical Gardens, the Akonedi Shrine, where traditional religious rites are performed, is open to visitors. There is a beautiful view of the Accra Plains from here. A nice place to stop for a drink or a meal is Tamara’s Restaurant located just before you arrive in Larteh.

Shai Hills Resource Reserve
This small nature preserve is the closest such park to Accra (about 50km from Accra on the main Tema-Akosombo Road and 24km from the Tema Roundabout). The entrance to the reserve is well marked and is near the Donyumu junction; lock for the sign. Hire your mandatory guide at the entrance gate. Hours: M-S: 8am-4pm; entrance fee. At this reserve you will find mixed coastal savanna, dry forest, and the fauna to which these habitats are home. Monkeys (baboons and Cercopithecus), bushbucks, royal antelopes, and 89 recorded bird species, including ground hornbills, are among the wildlife seen here. Large, bat-filled caves are also on the reserve. It is best to tour the reserve in a four-wheel drive vehicle, which you must provide, but you may also enter on foot. Remember that during the rainy season the grasses are very high and conceal the wildlife well. If you didn’t see any herds of baboons inside the park, it’s because they are probably outside the park, sitting by the side of the main road to Akosombo— you will be sure to see them there!

Somanya
There is an NGO based here, being developed by a Peace Corps volunteer, which provides a variety of tourism facilities and services. Tours are available on demand with an eight-person minimum. (See “Yilo Krobo Integrated Development Association” under Tour Operators at the end of this section.)

Northern Region
Ghana Tourist Board
Located in the Regional Administrative Offices, Tamale; PO Box 1053, Tamale; tel: (071)24835; hours: M-F: 8am-5pm.
Larabanga

On your way to Mole, you'll want to make a stop here to see one of the oldest mosques in West Africa. Built in the 13th century during the days of trans-Saharan trade, it reputedly has a Koran dating from the same period. Women should be forewarned that they are not permitted to enter. Tours of the mosque, the village and a "mystic stone" can be arranged at the Tourist Office located near the junction to Mole National Park.

Mole National Park

The turn-off for the park is on the Kumasi-Tamale road at Fufuaso, 298km north of Kumasi and 60km southwest of Tamale. Turn west in Fufuaso for a 75km drive over a dirt road to Damongo - count on two hours for this part of the journey. The park's entrance is at Larabanga, 15km beyond Damongo. Those without their own vehicle should take the daily OSA bus from Tamale to Damongo, which will drop you off at the park's lodge. Inexpensive; no amenities; tel: (071)22045; or write, Senior Game Warden, Mole National Park, Box 8, Damongo, N/R, tel: (071)22041. There are fees for entrance, guides, and hire of vehicles for game viewing. The largest (5,960 square kilometers) and best-known of Ghana's large wildlife parks. Elephants are a standard sighting, as are several species of antelope, warthogs, monkeys, and many birds. Lions are elusive, but have been spotted. The best time of year to visit Mole is during the dry season, November to May, when tall grasses have died back and animals congregate around the few sources of water. The park's only accommodations are dramatically situated on a hill overlooking two water holes. The rooms are spartan and hot (electricity is available only a couple of hours each evening, although if you bring your own petrol they will run the generator for you), but you can watch many animals gather at the water holes from your room. Bring your own drinking water, toilet paper, towels, sheets, mosquito repellent and coils, flashlights and of course, your binoculars.

Tamale

Most travels north will take you through Tamale, where you will readily begin to sense the distinct cultural difference of Ghana's North.

Accommodations in Tamale:

NORRIP Guest House

Inexpensive; on the road toward Bolgatanga, about 700m after the checkpoint; AC; tel: (071)23901, 22324; or write, NORRIP OIC Guest House, Box 38, Tamale. There are 7 chalets, 3 mobile trailers, and a small restaurant with cold drinks. Once the residential compound of Canadian aid workers, the guest house now offers accommodations for travelers.

Gariba Lodge

Expensive; located on the road to Bolgatanga, just before the barrier; AC, TV; tel: (071)23041-3. A new, clean, modern, 2 star hotel; the best place to stay in Tamale. 16 rooms, some with king size beds. A good restaurant and a business and training center on the premises.

GILBT Guest House

Inexpensive; located just beyond NORRIP Guest House; take the first right off the Bolgatanga Road after NORRIP Guest House and continue along the gravel road for 1.5km - the guest house is located on the right; no amenities; tel: (071)22341, or make reservations through the GILBT office in Accra, tel: 775131, or their Accra hostel, tel: 772074. This is the northern center for the Ghana Institute of Linguistics, Language and Bible Translation. It offers very good accommodations on a space-available basis. Meals can be ordered from the kitchen one day in advance, but no alcohol is available nor allowed on the compound.

Las Hotel

Moderate; AC, TV; tel: (071)22158. Good hotel in Tamale proper with Chinese restaurant above. Avoid noisy, downstairs rooms.
Restaurants to look for in Tamale:
Sparkles, Sweet Gardens, Swad (Indian food), Crest, Giddipass, and on Saturday nights, look for "Big Bite Saturday Night" at the Tamale Institute for Cross-Cultural Studies. Check out the Bafona Bayona, across the street from The Gariba Lodge, for the "in" place to go for a drink.

Yendi
Should your travels take you through this town, 100km east of Tamale, check out the palace of the Ya Naa (the paramount Dagomba chief) with its Sudanese and Moorish blend of architecture.

Accommodations in Yendi:
NORRIP Compound
Inexpensive; located on the edge of town, behind the presidential lodge; AC, TV, lounge; make reservations through the Tamale NORRIP Guest House. This is the place to stay in the Yendi area. It once was the residence of Canadian aid workers, but is now a guest house run by the District Assembly. The compound contains 4 units, each with a single bedroom and bath. There is a small, but comfortable, seminar room. Many of the fixtures and appliances no longer work, but the units are kept clean. Meals can be ordered from the District Cook, Burkina, if you supply the ingredients.

want to pay a visit to the small regional museum whose focus is the ethnology of Ghana's Northeast.

Accommodations in Bolgatanga:
Presbyterian Guest House
Inexpensive; take the road toward Navrongo, turn right where you see a sign for the Catering Rest House. You will pass the Catering Rest House and then the Presbyterian workshop on your right. Take the next right. No telephone. Simple accommodations but new and clean.

Tiennyine Hotel
Inexpensive; tel: (071)22355, 22316; AC, TV. A casual, clean hotel. Recommended.

Restaurants to look for in Bolgatanga:
Travelers Inn, Madame Rakia, and Comme Ci Comme Ca.

Navrongo
Be sure to visit the cathedral, constructed of mud in the traditional Sudanese style. The interior is colorful and a good example of local art. To enter the cathedral you need to make arrangements at the church office.

Accommodations in Navrongo:
ICOUR Guest House
Inexpensive; located on the main east-west road between Bolgatanga and Navrongo, about 5 minutes by car west of Navrongo, at the end of the ICOUR Rd (look for the sign); AC, TV; no telephone. Run by two retired cooks from the now defunct Gold Coast Regiment of Ghana. Meals provided by arrangement; be sure to ask for the fresh tilapia.

Paga Crocodile Pond
For those who want to be photographed astride a live crocodile, a stop is in order. Once sacred animals in this village, the crocodiles are now trained to emerge from their pond in return for a live chicken dinner.
Upper West Region

Ghana Tourist Board

Located in the Ministry of Trade and Industry, Wa; c/o Ministry of Trade and Industry, PO Box 358, Wa; tel: (0756)22431; hours: M-F: 8am-5pm.

Nandom

This village is located only a few kilometers from the borders of both Ivory Coast and Burkina Faso.

Accommodations in Nandom:

Nandom Hotel

Inexpensive; located at Nandom, 10km from the Burkina Faso border; ceiling fans; tel/fax: (0756)22239. A very neat and clean 10 room motel and restaurant run by the Ghana Red Cross Society; nice location at the roadside near the hospital. Arrangements can be made to tour the countryside and to visit the local villages to get a feel for how the people of the area really live. Don’t miss the Nandom historical Catholic Church built in 1935.

Zenno Motel

Inexpensive; tel/fax: (0756)22239. Another 10 room motel run by the Ghana Red Cross Society. Simple continental and local food available at the restaurant/bar. Child friendly.

Wa

In Wa itself there is an interesting mosque, a fine example of traditional Sudanese-style architecture. South of Wa on the road to Kumasi, there are several more mosques from the 16th century that are worth a stop. They are in Sawla, Bole, Maluwe, and Banda Nkwanta, the last being one of the oldest in the area.

Accommodations in Wa:

Uplands Hotel

Inexpensive; located about 15 minutes outside of Wa; AC; tel: (0756)180; or write, PO Box 308, Wa. This is the Upper West’s most popular hotel. There is a large seminar room and summer huts for workshops.

Wonno Guest House

of Ghana Red Cross

Inexpensive; located near the Uplands Hotel; tel: (0756)22239. 7 rooms available in a nice, quiet, child-friendly environment; summer hut with nice restaurant. Good place to learn about Nagati culture, xylophone music; will also arrange visits to Wa and to surrounding villages.

Volta Region

Ghana Tourist Board

Located in the State Insurance Corporation (SIC) building; PO Box 568, Ho; tel: (091)26560; hours: M-F: 8am-5pm.

Agbozume

A well-known kente weaving village, 90 minutes south of Ho, near the Togolese border. Ask around for Bobo Ahlagble, a master weaver who has given workshops on kente weaving at several museums in the U.S.

Amedzofe

A village located at the top of a mountain providing many opportunities for hiking in the surrounding lush hills; the vista from nearby Mount Gami (the 15 minute hike up to the Iron Cross built by German missionaries during the 1930s) is impressive. You must arrange for a guide to accompany you up to the cross, this can be done at the Tourist Office in town, just ask for directions, they will be happy to open the office for you at any time. Easiest way to reach the village is from Vane where a new, paved road will get you quickly up the mountain. If you mistakenly take the road up the backside of the mountain (accessed from Fume), you will definitely need a substantial 4X4 vehicle to get to the top. A waterfall is not far from town, but it's a difficult hike straight down. There is an old German compound which the Regional Administration has rehabilitated. The R.C.C. Guesthouse has three houses, each with 2 bedrooms, bathroom and a kitchen. Very basic, but clean; bring your own food and sheets. Reservations can be made through the Regional Administration in
Ho, tel: (091)28301. Ask for the Stone House, which provides you with the best view. Be sure to make arrangements well in advance. Lovely and cool at night, a great break from the heat of Accra.

Ho
This town makes a good base for those exploring the southeastern Volta Region.

Accommodations in Ho:

Chances Hotel
Moderate; located on the Abutia-Ho road, 1km before town on the left side; AC, TV, fridge; tel: (091)28344, fax: (091)27083. A modern, clean hotel opened in 1998 with 16 individual self contained chalets. Highly recommended.

Freedom Hotel
Inexpensive; AC, TV; tel: (091)28158.

Woezor Hotel
Inexpensive; AC; tel: (091)28339. Adequate.

Restaurants to look for in Ho:
The SSNIT cafeteria and the restaurant at Chance's Hotel.

Gedulds Hotel
Inexpensive; located at the edge of Hohe out on electricity road; AC, TV, some rooms with fan; tel: (0935)2177. Approximately 10 clean rooms; restaurant on premises serving Ghanaian food.

Matvin Hotel
Inexpensive; AC, hot water; tel: (0935)2134. Some prefer to bring their own sheets.

Taste Lodge
Inexpensive; AC, TV, no hot water; tel: (0935)2023, 2025. Hohe's best. A small, very clean hotel (5 rooms) with restaurant on premises.

Keptoe
Home of the famous Ewe kente, only 30 minutes east by car from Ho.

Sogakope
The Keta Lagoon is a must see for birdwatchers! This protected area just to the east of Sogakope is known for excellent bird watching, especially for seashore and wading birds.

Accommodations near Sogakope:

Lorneh Lodge (near Keta)
Expensive; located on the Tegbi Clinic Road, 80km past turn-off to Manet Paradise Resort; tel: (0902)210144, fax: (0902)210149. A clean beach resort with 40 well appointed rooms; good restaurant, nice pool and a business center.

Villa Cisneros
Moderate; Sogakope, east of the Volta River Sogakope bridge; AC, TV, pool, tennis courts, lounge; tel/fax: (0968)22311, (091)28494, (091)28608; e-mail: <cisneros@africonline.com.gh>. Large and popular for conferences.

Tafi Monkey Sanctuary
This sacred monkey sanctuary is located at Tafi Atome about 8km from Logba-
Waterfalls
Besides Wli Falls and the Annedzofo Falls, there are waterfalls at Alavanyo Abene-neease (10km west of Hohoe), the Logba Tota Falls and the Tagbo Falls located at Liatte Wote (at the base of Mount Afadjato) a few kilometers east of Hohoe. The Tagbo Falls can be reached by hiring a guide at Liatte Wote who will take you on an easy 60 minute walk through the dense bush. The falls seem to appear from out of nowhere.

Wli Falls
Generally considered the most beautiful of the waterfalls in the Volta Region. Take the Likpe road from Hohoe which has just been repaved in 2000. If approaching the Falls from Ho, head for Anyinawase and then up the Kpeve Hills, on to Have, Kwati and then Hohoe. Located near the Togo border, some 20km east of Hohoe, these 30m high falls are not directly accessible by car. In fact, because of the roads and even the footpath to the falls, the trip is best not undertaken during the rainy season. Drive first to the nearby village of Wli and report to the office in charge of the falls and their nature sanctuary. After paying an entrance fee you will receive a guide for the hike to the falls, about 60 minutes away. The route will take you over log bridges - 12 times - across the Agumatsa River before actually reaching the falls. The bridges aren’t always there, so be prepared to cross the river by foot, sometimes with water reaching up past your knees! Wear the appropriate footwear and also a bathing suit for those wishing to swim in the cool, refreshing, pool at the base of the waterfall. Dense, tropical vegetation, birds, butterflies, the straw-colored fruit bat, and duikers are all attractions of the sanctuary. Ghana’s highest peak, Mount Afadjato (968m), is not far away.

Western Region
Ghana Tourist Board
Located in the State Insurance Corporation (SIC) building; PO Box 781, Takoradi; tel: (031)22357; hours: M-F: 8am-5pm.

Ankasa Forest Resource Reserve
Located near the border with the Ivory Coast. One of the most biodiverse forests in Ghana; walking tours led by Wildlife Department guides. Campsite available for the adventurous.

Busua and Dixcove
Travelers enjoy the beautiful palm-lined coves and beaches on this stretch of coastline west of Takoradi.

Accommodations in Busua:
Busua Beach Resort
Moderate; AC, TV, pool, fridge; tel: (031)21210, 21857-9, 21893, 21887; in Accra, 774582. A lovely, beach side resort, now also part of the Golden Beach Hotels, with calm waters in an idyllic setting, although the rental jet skis can be somewhat overpowering at times. The restaurant is very good and the service has improved greatly since the change in management. Be alert for riptides. If you walk to the east on the beach during low tide, you will find kilometers of unspoiled beach with private coves hidden between the numerous rocks and hills. A fishing boat can also be hired to take you to the small island in front of the resort.

Nzulezo
90km west of Takoradi and 5km north of Beyin at Lake Tendane is this village on stilts. If possible, make your trip during the rainy season when the lake is at its fullest, but avoid Thursday, the village’s sacred day. There are two routes to reach Beyin, from which you take a canoe ride to Nzulezo. The first is to travel west and look for the sign for Beyin approximately 90km west of Takoradi. Follow the dirt road for 20km to Beyin, which is not sign-posted, so confirm you’ve arrived in the right village. Fort Apollonia is located
in Beyin: ask there for Mr. Mensah, the fort caretaker. He can arrange the canoe ride for you which costs about the cedi equivalent of US$6 per person, including children, for the round trip. The tour around Nzulezo itself should cost about US$3 per person. Allow at least three hours for the trip including the canoe ride. Take plenty of water and sunscreen/hats as you are on open water for the entire trip. The other route to Beyin is to travel further west on the road to Cote d’Ivoire in the direction of Elubo. Take the Half Assini turnoff and follow the paved road 17.8km to Tikobo. At Tikobo, you must turn left and follow the dirt road which parallels the ocean for 17.7km to Beyin. Confirm that you have arrived in Beyin by asking the residents; there are no village signposts. Axiom offers the closest and most comfortable accommodations for a trip to Nzulezo.

Accommodations in Axiom (nearest accommodations to Nzulezo):

Ankobra Beach Hotel
Moderate; located about 10 minutes west of Axiom; tel: (0342)22349 or try writing, PO Box 79. A secluded and lovely beach spot that feels very much undiscovered. Most rooms do not have AC or hot water, but they are very commodious; fans, mosquito nets and impressive bathrooms. Two family chalets now available with AC. A very romantic and idyllic spot.

Takoradi
A large port notwithstanding, there is not much to attract tourists to Ghana’s third-largest city. Many pass through here, however, and the following hotels are listed.

Accommodations in Takoradi:

Ahenfie Hotel
Moderate; AC, TV; tel: (031)22966, 21267; fax: (031)22007. Simple accommodations in central Takoradi with Chinese restaurant on the premises.

Animens
Moderate; located on Beach Rd; AC; tel: (031)24676; fax: (031)22481. Dark rooms, but very acceptable; small restaurant downstairs.

Hillcrest Hotel
Expensive; AC, TV; tel: (031)2277, 22773; fax: (031)23646, 24361. Nice, spacious rooms with a good restaurant.

Hotel Alrose
Moderate; AC, TV; tel: (031)24230; fax: (031)21109. New and clean.

Planters Lodge
Expensive; located on beautifully landscaped grounds across from Takoradi’s only golf course; AC, TV; tel: (031)22233. fax: (031)22230. Small, two-room suites housed in 7 bungalows; a very good restaurant and a nice pool.

Takoradi Beach Hotel and Tourist Resort Ltd
Expensive; located on Beach Rd; AC, TV, pool; tel: (031)25127, 21021, 22496, 22504; fax: (031)21022, 21031. Nice, clean rooms with a good restaurant and a large pool.

Westline Hotel
Moderate; AC, TV; tel: (031)24676; fax: (031)24145.

Restaurants to look for in Takoradi:
Try Captain Hooks, located at the end of Harbour Rd, for excellent seafood. The restaurant at the Africa Beach Hotel, located in the Beach Residential area, has excellent pizza.

Tarkwa
Home to several gold mining companies.

Accommodations in Tarkwa:

Lynka Hotel
Expensive; near the Ghana Commercial Bank, not far from the stadium; AC, TV; tel: (0362)20412. A nice hotel with a good restaurant.
Tamso Lodge
Moderate; AC, TV, fridge; tel/fax: (0362)20464, (027)200582. A modern hotel with clean chalets, good service and a restaurant.

Restaurants to look for near
Tarkwa:
Desperados, and for excellent pizza, try the restaurant 30 minutes north of Tarkwa in Abosso, next to the glass factory.

Travel Agencies and Tours Organizers
Airborn Travels Ltd
Kojo Thompson Rd, Adabraka, in Nigeria Airways Block; tel: 223311, 220386; fax: 235268; hours: M-F: 9am-6:30pm, Sa: 9am-1pm. Managing Director: Raphael A. Kumah.

Akuoba Tourist & Travel Ltd

Bindu Travel Ltd
321 Aviation House, 3rd Floor, Liberation Rd, Airport; tel/fax: 776655, 778050; e-mail: <bindutravels@edngh.com>. Director: Mrs Bindu R. Mukhi.

Black Beauty Tours
Kwame Nkrumah Ave, southwest of Farrar; tel: 227078, 220384, (027)555395; fax: 220062. Historical and cultural tours.

Elnental Travel & Tours
4 Swanzy Shopping Arcade; tel: 66001, 238741-2. Tour packages and luxury coach and van rental available. Managing Director: Mr. Nenyi Quartey.

Euro Tours
Ring Rd Central, next to Alitalia; tel: 239377-8; fax: 244758; e-mail: <bcog@ghmail.com>. Efficient service for airline tickets.

Expertravel & Tours Ltd

Fredina Tours Ltd
House No E179/9 Sunyani Aveh, Kanda Estates; tel: 254729-30, 30280; fax: 254731. Educational tours, contact: Mrs. Dinah Ayensu.

Horizon West Tours
Head office at Cantonments Rd, Osu, near Sotrec, turn left, on the right side of the road; tel: 774322; fax: 772894. Airport office tel: 774570.
Journeymax Executive Travel and Tours
Fidelity House on Ring Road Central; tel: 239738-41; fax: 239742. Contact: Mrs Gifty Lome-Manoo.

Land Tours Ghana Ltd
199 Soula Loop, Labone; tel: 761751-2; fax: 761751, e-mail: <landtour@afriponline.com.gh>. Offers heritage, cultural, educational and adventure tours. Also offers tours to Mali, Benin, Togo and Cote d'Ivoire. Owned and operated by an American and a British citizen. Contact: Mona Boyd or Efua Nortey.

Lloyd's Travel
Kojo Thompson Road, opposite British Airways; tel: 226400, 221629. Specializes in tours to Egypt.

M&J Travel and Tours
11th Lane, Osu; tel: 774587, 773153; fax: 774338. Historical, ecological, and cultural tours.

Sagrenti Tours
North Liberia Rd, between Jones and Kojo Thompson Rd behind the Elf Head Office; tel: 224033; fax: 227195.

Sea-Rock Travel and Tours Ltd
Located in Osu, underneath Princess Garden’s, in the building next to Frankie’s; also a branch office in Adabraka; tel: 777317, 765170; fax: 772544; e-mail: <searock@igmail.com>. Managing Director: Naresh Mirwani. Excellent service and very efficient.

Silicon Travel and Tours Ltd
Located on Kojo Thompson Road in Adabraka; tel/fax: 226520.

Silver Star Travel & Tours
Located at the Silver Star Auto Showroom on Graphic Road; tel: 234564-6; fax: 224960; e-mail: <startravel@silverstar-gh.com>.

Skylife Travel & Tours Ltd
Asasonoma Rd, behind NYOC; tel: 223172, 225543; fax: 227652.

Speedway Travel & Tours
Off Farrar Ave, on Taakie and Tawiah Ave; tel: 228760, 227744; fax: 228799.

Sunlife Travel and Tours and Forex
Sheila House, Ring Road Central (opposite Equip); tel: 227584; fax: 228041; hours: M-F 8am-5:30pm, Sa: 9am-12:30pm.

Sunseekers Tours
Farrar Ave, opposite SSNIT Tower; tel: 225393; tel/fax: 231556. Historical and cultural tours.

SYTO
Student and Youth Travel Organization; Ring Road East, opposite UNDP Offices; tel: 776081; fax: 774338; e-mail: <marlisyto@ghanat.com>.

USIT Explore
A student, youth and travel center, 2nd floor, Benefits Plaza, Ring Road Central; tel: 236879; fax: 237038; e-mail: <mmfvl@ghanat.com>. General Manager: Gifty Annan-Myers. A USIT gateway and a local representative for Travel Cuts, Council Travel and Kilroy Travels International.

Vanef Tours
37 Achimota Rd, just past the Total station, Dzorwulu; tel: 226365, 222374; fax: 772423, 222489.

Vicma Travel & Tour Agency
Museum compound, round building opposite Mobitel Office; tel: 232294, 236057, 236058; fax: 234843.

Wonders of the Wild (WOW)
PO Box 1250 Cape Coast; tel: 701-2583, (0342)22400;
Nature and cultural tours led by a Canadian ecologist, Mr. Malcolm Stark. He is now based at Ankobra in the Western Region but can arrange tours all over Ghana.

Car Rentals
Alamo Car Rentals Ltd
Located at the Granada Hotel; tel: 788899, (028)213703, (024)375578; fax: 774880.

Avis Car Rental (GH) Ltd
Located at Land Tours Travel Agency (see above); tel/fax: 761751; e-mail: <avis@ghana.com>. Vehicles travel to Togo, Benin and Cote d'Ivoire. Owned and operated by Americans.

Budget Rent-A-Car
Republic House; PO Box 1463, Accra; tel/fax: 668800.

EuropCar Rental Ltd
At Vanel Tours, 37 Achimota Rd, just past the Elf station, Dzonwulu; tel: 778265, 222374; fax: 772423. Also office at Novotel, tel: 775380, and the Golden Tulip Hotel.

Hertz Car Rental Services
PO Box 15119, Accra North; tel: 223389.

Rent-A-Car
At Vicma Travel & Tour Agency, Farrar Ave, Museum compound, round building, opposite Mobile Office; tel: 232294; fax: 234843.

Trust Car Rental
PO Box 16519, Accra North; tel: 241427; fax: 228218.

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<tr>
<td>027 601493</td>
<td>Nana</td>
<td>024 380601</td>
<td>Mike</td>
</tr>
<tr>
<td>024 274665</td>
<td>Evelyn</td>
<td>020 8118216</td>
<td>Mike</td>
</tr>
</tbody>
</table>

Office: 227584/228041 • Fax: 228041
E-mail: Sunlife@Africaonline.com.gh

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WORSHIP

Religion is an important aspect of life in Ghana. Whatever your belief system may be, you will be able to worship and find fellowship with those of similar beliefs. You may have to visit more than one temple, mosque, or church before you find the one that meets your needs and where you feel comfortable. Fortunately, there are many choices. In general, religious services in Ghana can be long, so be prepared to spend two to three hours once you arrive at a service.

Funerals and outdoorings (baby naming ceremonies) are an integral part of Ghanaian society and are very meaningful to the friends and family of the people being remembered or honored. We hope that you will share in these as you make friends with your co-workers.

Following is a list of some of the major places of worship in Accra. The list is extensive but by no means complete. If we don’t have a location for a specific place of worship, we have included a mailing address and telephone number; please write or call to get more information times for worship and about other locations for a particular denomination. As of press time, there are no synagogues in Accra. However, there are informal gatherings in peoples’ homes. You can always ask your friends and neighbors for more information if you can’t find what you are looking for here.

Places of Worship

Accra Ridge Church
PO Box 1800, Accra; located near Padmore Library and British High Commission; office: tel: 222879, 253284; hours: M-F: 8am-5pm; Anglican Chaplain: tel: 222879, 403939; Methodist Chaplain: tel: 500541, 245604; Presbyterian Chaplain: 253265, 665401, ext 6561; Anglican Mass: Su: 7:30am; Methodist and Presbyterian English Service: Su: 10am, 6:30pm.

African Methodist Episcopal
PO Box 1336, Kaneshie, Accra.

Apostolic Church-Ghana
PO Box 633, Accra; located in Osu near the Christian Council Office; tel: 226478. Service: Su: 9:30am.

Apostolic Reformed Church of Ghana
PO Box 13965, Accra; located on Amerley-Laryea St, Munder-Accra, on Accra-Korle-Bu Rd., before crossing the bridge to Korle-Bu; tel: 665680; worship service: Su: 9am.

§ Gye Nyame ("Except God") symbolizes the supremacy of God.
Asbury-Dunwell Chapel (Interdenominational)
Located on Liberia Rd across from Mobil House; tel: 228120; worship service: Su: 10:30am. Also has Sunday school for children and worship for teens.

Assemblies of God
PO Box 7644, Accra North; Evangel Assembly of God Church located on Kojo Thompson Rd, close to Nigerian Airways; tel: 224558; Sunday school hours: 8:30am; worship: Su: 9:15am.

Bahai Centre
Asylum Down, behind Motherland, the Hyundai distributor, off Ring Rd; tel: 222127; Meetings: W: 7pm.

Calvary Baptist Church
Located on Kwame Nkrumah Circle at Ring Rd; tel: 221350, 231854, 301914; Sunday School: 9am; worship: Su: 10am.

Chapel of Aquinas (Secondary School)
Located on Cantonments Rd, opposite EEC, near Togo Embassy; French-speaking Mass first Sunday of the month: 6pm; English Mass all other Sundays: 6pm.

Christ Apostolic Church of Ghana
PO Box 1315, Accra; located behind the Osu Cemetery, near National Sports Stadium on Angola Rd; tel: 772497.

Christian Church (Instrumental)
PO Box 5722, Accra North; located in Abeka near La Paz junction at Ghana Christian College; tel: 226735; Sunday worship and communion in Ghanaiian languages: 9:30 am; Sunday worship and communion in English: 6:30pm.

Christian Methodist Episcopal Church
PO Box 7730, Accra North; located at C220/3 Lamb St, Asylum Down, behind the Form 5 classrooms at Christian Methodist Secondary School; tel: 222858

English service: Su: 9:30am.

Christ the King (Catholic) Church
PO Box C2/10, Cantonments; located across from Flagstaff House or Jawaharlal Nehru Rd; tel: 775645; Mass: Su: 8am, 10:15am, 6pm; M-F: 7:30am, 5pm; Sa: 6-7pm.

Church of Christ (Non-Instrumental)
PO Box 6017, Accra North; located on Nsawam Rd, pass Accra North P&T on left, the church is the seventh building past the Post Office; tel: 221237; Sunday school for all ages: 9am; worship and communion: Su: 10:15am; Bible study: W: 6-8pm.

Church of Jesus Christ of Latter Day Saints (Mormon)
PO Box 2585, Accra; main church located in Osu, behind St. Maroun's Church; tel: 222531; worship: Su: 9am.

Church of Pentecost
PO Box 2194, Accra; located in Accra Technical Training Centre, off Ring Rd; tel: 777611, 772193.

Evangelical Lutheran Church
PO Box 197, Kaneshie-Accra; St. Paul's Church located near Ghana Broadcasting Corporation, on Ring Rd; tel: 223487, 220887.

F'Eden Mission Church
PO Box 6757, Accra North.

Foursquare Gospel Church
PO Box 13669, Accra; located in Mataheko area in Kaneshie Technical School; tel: 307938, (027)575565; worship in English and Twi: Su 8am, 12:30pm; Sunday School: 11am.

Embassy of the Holy See
Located at 8 Drake Ave, Airport Residential; Mass: Su: 9am. Quiet outdoor mass.
Catholic Book Centre
PO Box 3285, Accra; located on Kojo Thompson Rd, Adabraka, near British Airways; tel: 226651; hours: M-F: 8:30am-5pm (closed 12:30pm-1pm for lunch).

Challenge Bookshop
PO Box 5723, Accra; located in Kokomlemle opposite Accra Technical Training College; tel: 222437, 223249; hours: M-F: 7am-7pm, Sa: 7am-12pm.

Educational Christian Service
Trinity House, Top Floor, Ring Rd East; tel: 505617; fax: 230179; e-mail: <ces@afriaconline.com.gh>; M-F: call between 3-6pm. Suppliers of Christian educational material (video programs, books, and music) for children and adults.

Esi Glo - One Stop Christian Shop
PO Box 18191; Aviation House, Aviation Rd; tel: 776358, 781834; hours: M-Sa: 8am-7pm. Christian books, tapes, CDs and more.

Christian Missionary Organizations
Following is a list of Christian Missionary Organizations who have offices in Accra or surrounding areas. The list is by no means complete but this is the information we have at this time.

Agape Gospel Mission
PO Box 17182, Accra; tel: 768883; e-mail: <agapegospelmission@compuserve.com>; Rick Whitcomb, International Director.

Alleghany Wesleyan Holiness
PO Box 8297, Accra; tel: (027)883047.

Assemblies of God
PO Box 7644, Accra-North; tel: 224558, 302567.

Baptist (Southern) Head Office
16 2nd Circular Rd, Cantonments; tel: 776319.

Baptist Mission (Southern)
34 Josif Broz Tito Ave, between Ring Rd and Jawaharlal Nehru Rd; tel: 777542.

Baptist Mid-Mission
PO Box CT 5314, Cantonments, Accra; Abbresem St, Osu; tel: 774233.

Christian Leadership Training Institute
PO Box DD 168 Dodowa; tel: 024-272990.

Church of the Nazarene
PO Box 303, Nima, Accra; tel: 223708.

Development Associates International
PO Box 1776, Kaneshie; tel: (022)302639.

Evangelical Bible Mission
PO Box 8297, Accra North; located just past Kasoa on the Winneba Rd; tel: (027)556383.

Ghana Christian College and Seminary
PO Box 5722, Accra North; tel: 226735; Christian Adjei, Principal.

Ghana Evangelism Committee
PO Box 8699, Accra North; tel: 776603.

Ghana Institute of Linguistics
Literacy and Bible Translation
PO Box OS 3063, Osu, Accra North; tel: 775131; fax 777525; Guest House: tel: 772074.

Ghana Mission and Bible Courses (Mennonite)
PO Box AH 1218, Achimota; tel: 405012.

Ghana Theological College
PO Box MS 51, New Achimota; tel: 407802.
Navigators
PO Box 9218, Airport, Accra; tel: 228552, 774412.

Rafiki Foundation
PO Box KB 585, Accra; tel: 306177; John Morris, National Field Director.

Salvation Army Estates
PO Box 320, Accra; 11th Lane, Ringway Estates; tel: 776971; fax: 772695.

SIM
PO Box 9962, Airport, Accra; Office: tel: 225225; Guest House: tel: 772230; e-mail: <simghana@africainline.com.gh>.

United Pentecostal Church International
PO Box 7455, Accra North; tel: 761883.

WEC Mission
PO Box 5150, Accra North. Office and guest house: tel: 776862.

Zion Ministries International
PO Box DS 2206 Accra; tel: 307341; e-mail: <dibbits@africaonline.com.gh>.

Fellowship Groups
Bible Study Fellowship International
Women's classes every Monday at Ridge Church, Accra, 6pm-8pm; men's classes every Monday at Ascension Presbyterian Church, Adeabra, 6pm-8pm; contact Cherry Bader at 225561.

Ex-Pat Fellowship
(Interdenominational)
Baptist Hostel,
34 Josif Broz Tito Ave, between Chief Justice Residence and Nigerian Embassy; tel: (027)549905, (027)544728, 775403; meets the second Sunday of every month at 6pm; contact Jeff or Laurie Korum.
Welcome to the 2003 update to No More Worries!

The above Adinkra symbol is named "Kojo Baiden" and it represents the Universe. It is composed of symbols relating to the sun, a double crescent moon, and the Ashanti Golden Stool, the ultimate symbol of power, as it is fabled to have come down from the heavens.

We chose this symbol to adorn our supplements, as we endeavor to cover the ever-evolving and dynamic universe of choices available to residents of and visitors to Accra. Since the text of the main book was drafted, there have been a number of changes in Accra. This 2003 supplement is designed to cover that period of time so that you, our readers, have as up-to-date information as possible. We notice that opening hours change often, so be prepared.

The No More Worries! Committee
July 2003-June 2004
North American Women's Association
P.M.B., CT-31, Cantonments, Accra
CHILDREN

Leisure and Play
Hollywood City
71 Osu Badu Street, West Airport; tel: 784402; hours: M-Th: 8am-12midnight, F-Sa: 8am-2am, S: 11am-11pm. Has 50 seater movie theatre (call to see what is showing) and mini theatres for rent for children or adult parties. Offers children's matinees during school breaks and weekends. Also has internet service with lessons for kids, coffee shop, bar and restaurant.

Other Activities
Video Nut Plaza page 15
New hours: Daily 12noon-12midnight.

Shopping
Clothing/Shoes
Blue Haven pg 13 - Correct tel: 772530.

Playgrounds
Context Design
Showroom located at 2nd floor of Ebenezer House near Community 18 junction on Spintex Road; tel: 810247, 810133 or (024)218352 (Mrs. Lara Cookie); designers and builders of very nice children's playground equipment.

Toys and Learning Materials
Super Stuff Store
Josiah Tongogara Street, near Labone Coffee Shop, in plaza housing Premier Point Chemists; tel: 785042; hours: M-Sa: 12noon-9pm, S: 3pm-7pm. Arts and craft supplies, math and science games, children's books, puzzles, greeting cards; they also rent videos for children and adults.

COMMUNICATION & NEWS
Mobile Phones
Celitel - Headquarters, 2 Yiyiwa Link (next to Lincoln School); Abelenkpe; tel: 765743/4, (028)210010; hours: M-F: 8am-5pm, S: 8am-1pm.

Internet Cafes
businternet 42 Ring Road (next to Barnett's Furniture); tel: 258800; e-mail: accra@businternet.com; hours: 24/7. They offer high-tech conference and meeting rooms, training facilities, as well as over 100 machines for internet access. They show movies on weekends and there is a restaurant, Liquid, on premises.

Television

Cable Television
TVA
No. 3, 5th Crescent, Asylum Down; tel: 244622, 255752; fax: 229142; hours: M-F: 8am-5:30pm, S: 9am-12noon. New cable company offering limited channels at a reasonable cost.

EDUCATION

Nursery Schools
Trinity Montessori page 28
New telephone number 792025.

Preschool-Primary-Secondary
De Nederlandse Sch page 28 Correct tel: 778663

Lincoln Community School page 29
Lincoln will open a new Early Childhood Learning Center in August 2003. This exciting learning environment is geared toward children ages 3-kindergarten. They will also offer a nursery school for children age 3 along with the PK and K programs. Call for information or check the website.

Special Needs Schools - page 29
PACID or Parent Association of Children with Intellectual Disabilities and Autism is forming local support and advocacy groups for the intellectually handicapped. Contact New Horizons School at 772878 or Mrs. Krobo-Edusei at 244923 or (024)367176.

EMBASSIES & NGOs
Belgium pg 33 - Tel: 762281, 776561.

Brazil page 33
Millennium Heights Bldg., No. 14 Liberation Link; tel: 773572.

Bulgaria pg 33 - Tel: 772404, 777004.
Canada page 33
Additional tel: 701-1593/4/5.

Denmark page 34
New tel: 221365, 226972, 253473/4, 301861, 301940.

Finland page 34
Additional tel: 777500.

France page 34
Additional tel: 228587, 228504, 774469.
Germany page 34
Additional tel: 241082.

Korea (DPRK) pg 35 - Tel: 777825.

Lebanon page 35
Additional tel: 776745.
Morocco page 35
1 Switchback Lane, Cantonments; tel: 775889.

Netherlands page 35
Additional tel: 231991/2; Consular tel: 253175-7.

Saudi Arabia page 35
Correct tel: 774311, 776651.

Sierra Leone page 36
Additional tel: 769477, 769479.

South Africa page 36
Correct tel: 764480, 773880, 762380, 764500-2.

Switzerland page 35
Additional tel: 228185.

United Kingdom page 36
Visa section tel: 701-0721.

United States of America page 36 - Additional tel: Consular section tel: 776601/2.

Zimbabwe page 36
PMB CT 88, Cantonments, Accra; tel: 780958/9.

Other Organizations and Agencies
FAO page 36
New tel: 666851-4.

U.N. Information Center page 37 - Additional tel: 701-0930

WHO page 37
No. 29 Volta Street, Airport Residential Area; tel: 763918/9.

ENTERTAINMENT

Nightclubs
Champs Sports Bar and Restaurant page 88 - New hours: Daily: 12:30pm til the last person leaves, Sa, S: breakfast from 7am.

Chester's Place page 42
Now Called Savannah Bar (under new management), Nyaniba Estates, off Ring Road East; tel: 762771, (024) 677386; e-mail: savannahbar@excite.com; hours: M-Sa: 9am-10pm; open late on W, F, Sa. Live music by Zuum Band every Wednesday from 6pm-1am.

Indigo Nite Club page 43
Has added upstairs outdoor restaurant (See restaurant section).

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Sunripe - non carbonated canned fruit juices - from South Africa
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Tel/Fax: +233-21-7631420 x 3 E-mail: tita@africaonline.com.gh

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• Wholesalers
• Supermarkets

TOP IN TOWN
SUPERMARKET
OSU • LABONE
Jazz Tone
3 First Ringway, first street over from Country Kitchen, above Rita Marley's store; tel: 507622, (024)509148; hours: T-S: 4pm-12midnight or later, S: 2pm-6pm; T: spoken word (poetry), F-Sa: live jazz from 9:30pm till late. Funky little jazz bar; cosy, divine red décor; owner is an American jazz singer, small chop served, available for lunches and private parties.

Kaprice page 43
Now called Boomerang, big, trendy nightclub with strict dress code (no sandals or jeans). They also have a new jazz club, called Kalahari Jazz Club.

Taverna Tropicana page 92
Live music on Saturday nights.

Virus Nightclub
Osu, around the corner from Frankie’s, on Third Lane; tel: (024)229999; daily 8pm-till late. M: Salsa night, with lessons, W: Karaoke night, Th: Alternative night, F: Ladies night (ladies free), hip hop and R&B music, Sa: Techno music.

Bands for Hire
Rama Brew
No longer singing at Golden Tulip; tel: 233513 or (027)7571912. Great jazz/blues singer and well-known actress/TV presenter, available for private functions.

DJ’s
Lexis of Soundcheck Entertainment; tel: 784647, (024)380180, (027)529449. Provides professional DJ services. Can rent complete sound systems for your party or function from them. They have all types of music available and will work with your music as well.

Wahid Dakmak
Tel: (024)231575, (020)8126999 or 242103. Experienced DJ.

HEALTH
Hospitals and Clinics
Akai House Clinic page 53
Now has 2nd clinic in SGS Building in Roman Ridge near M Plaza Hotel; tel: 784772/3; hours: M-F: 8am-4:30pm, Sa: 8am-12noon.
Dental And Orthodontic Services
Dr. Ato Cobbina
Tooth Home Dental, located opposite Nima Police Station car park; tel: 2232859, (024) 325903; hours: Th and F: 9:30am-2pm, by appointment. Also maintains an office in Cape Coast.

Physicians

Obstetrics and Gynecology
Dr. Mrs. Luitgaard Darkow
North Ridge Clinic (page 54); tel: 227328. German OB/GYN, works with Dr. Kwarako, Jr., comes highly recommended.

Ophthalmology
Gharley Eye Centre
Dr. Kweku Gharley, Harvard Medical School Professor
9 Watson Avenue Loop, Adabraka; tel: 2261743; e-mail: gharleyeye@yahoo.com; hours: M-F: 8am-5pm. Services include cataract surgery, glaucoma surgery, retina and vitreous surgery and laser surgery for complications of diabetes, sickle cell and hypertension

Physiotherapy/Chiropractics
Dr. Marcus Mamm
Has moved The Chiropractic Center to #7 Jungle Street, E. Legon; tel: 510075; e-mail: James@cpc.com; hours: M, W, F: 9am-11am and 2pm-4pm, Sa: 9am-1pm; other times by special appointment

Laboratories
Medical Imaging
14 Ridge Road, SGS House near Global 2000 and Indian High Commission, downstairs from Medlab; tel: 784770/1. Very good quality ultra sound, x-ray and echocardiogram available.

Pharmacies
Pill Box page 61
They have an East Legon branch on Lagos Avenue; tel: (024)202950.

HOUSEHOLD HELP

Agencies
Flair Cooking School page 67
6 Josef Broz Tito Avenue; correct tel: 775599; fax: 778970.

H.H.S.!!! Household Help Simplified page 67
No. 6 Eleventh Avenue, Tesano; tel: 223524 or (024)236926; no longer has office in Tema.

HOUSING

Development Companies
Africa Concrete Products Estates page 70 - Additional tel: 230938-8

SSNIT page 70
Additional tel: 229876, for rentals.

Taysoc Construction Ltd page 71
Graphic Road; tel: 228544; fax: 220280; website: www.taysoc.com.gh

Real Estate Agents
Rosaline Ampah of H. Wagner Ltd
136 1st Norla Street, North Labone; tel: 782295, 773171, (024)310440; e-mail: rampah@hotmail.com.

Ideal Real Estate page 70
Additional tel: (027)3540171 or 304413; e-mail: ideal@AfricaOnline.com.gh

MONEY MATTERS

Currency
Local Currency: The Cedi
The Bank of Ghana has introduced two new bank notes, €10,000.00 and €20,000.00. Now notes are available in €1,000, €2,000, €5,000, €10,000 and €20,000 denominations.

Banks
Metropolitan and Allied Bank page 74

National Investment Bank
Prudential Bank Ltd. page 74
New tel: 780201-8; fax: 661730.

Social Security Bank Ltd. (SSB) page 74 - New tel: 228334, 228322.

Stanbic Bank Ghana Ltd. (SBGL) page 74 - New contact numbers; tel: 687670-8; fax: 687669 or 701-1591.


ORGANIZATIONS

Friends of the National Zoo (FONZ) page 80

Italian Women’s Association page 81
Meetings are held last Wednesday of each month, not Thursday. It is open to any woman who speaks Italian.

Russian Friendship Association page 82
They now meet at different places, and it can be at any of their members’ houses. They help raise funds for the poor and vulnerable in society.

Zonta Club of Accra page 82
They now meet at Regency Coconut Grove Hotel behind the Ghana Immigration Service on Mozambique Link on the 20th of each month. Fax: 400948 for more information.

PETS

State Veterinary Services
Veterinary Services Department page 84 - Closed on Saturdays

Private Veterinary Services
La Veterinary Hospital page 84 - New hours: M-F: 8am-5pm, Sa: 8am-2pm

Dr. Felicity Gyand-Toninga page 84 -
New tel: (020)6179558, (027)7578329 or 404142/414335. Please call in an emergency

Dr. Andy Quarcopome page 84
Tema Animal Hospital Ltd., Frasier St. Community Seven, Tema; tel/fax: (022)306194. Does farm visits, x-rays and travel documents.

Dog Trainers
CT Kennel Centre Ltd. age 85
New name: Pro-Canine Kennel Ltd.
Tema Industrial Area (call for directions); tel: (020)6179558 or (027)7578329, Dr. Gyand-Toninga; tel: (024)594921
Joseph Tetley; e-mail: toninga@itengh.com. They breed, train and board dogs, highly recommended.

Pet Stores
Sakye Farms & Pets Centre Ltd. page 85. Hours: M-F: 8am-5pm, Sa: 8am-3pm.

RESTAURANTS

Aladen Restaurant page 88
Now called Cedars Restaurant; Rama Complex, Osu, off Cantonments Road and 3rd Lane; tel: 781084 or (024)624538 or (020)8131609; hours: 7 days a week: 8am-11pm. On Saturday night a belly dancer performs. Serves snacks, sandwiches and baked goods in addition to Lebanese food.
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3. We do not raise prices during peak seasons. We use NO gimmicks, we charge no extras, no hidden charges ever.

4. We are big enough to handle the largest job and small enough to turn down none whether it's one box or boxcar.

5. We have the best policy whether you are moving one piece or a houseful.

6. Please, do call others for estimates. But - call us for your price. It's ready day and night.

7. For Free Friendly Estimate & Advice

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(416) 771-9207/781-2923

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PACKING CLEARING FORWARDING CONSOLIDATION WAREHOUSING
Asassepa Vegetarian Restaurant
Near Ghana Arts Centre, High Street, opposite Standard Chartered Bank; tel: 671936; hours: M-F: 10am-8pm, Sa: closed, S: 11am-9pm. Lovely patio, local and international vegetarian dishes, very inexpensive. Attached to a well-stocked health food shop.

Champs Sports Bar and Restaurant
page 88 - New hours: Daily 12:30pm until the last person leaves, Sa/S: breakfast from 7am.

Chez Olivier
6 Mankralo Street, East Cantonments; tel: 762959, (024) 789286; e-mail: olivierlarizzle@hotmail.com; hours: M-Sa: 7pm-11:30pm. Great French food, atmosphere and friendly service.

Erato Hotel Restaurant
Located in East Legon on Quagadougou Avenue; tel: 509345/515192; hours: daily 12noon-3pm and 6pm-10:30pm. International and Ghanaian cuisine. Conference and banquet facilities available.

Healthy Habits Bar, Cafe and Restaurant
Located at the recently opened Headlines Hospitality Guest House, No. 8 Fifth Circular Road, Labone; tel: 772179; fax: 74054; hours: 7am-11pm daily; focus on healthy eating.

Indigo Restaurant & Nite Club
Upstairs, open air restaurant serving an interesting menu of African cuisine from several countries as well as Ghanaian and Continental food. Afterwards, you can go downstairs and dance the nite away.
Ring Road East, near Danquah Circle; tel: 782556; e-mail: oboda1@yahoo.com; hours: daily: 11am-12am; F-Sa: till 1am.

Ivy page 90
New hours: M-Sa: 8am-4pm

Junior's End Cafe
Adjacent to Junior's End Shop, 4 Volta Street, Airport Residential Area; tel: 762122; hours: M-Sa: 9am-8pm. Continental cuisine.

La Chaumiere Restaurant page 90.
New hours: M-F: 12noon-3pm, 7:30pm-11:30pm, Sa: 7:30pm-11:30pm.

Lords Restaurant
Ring Road East opposite UNDP and Fire Service; tel: 780774; hours: daily: 12noon-3pm, 7pm-11:30pm. Good food, excellent frogs legs and seafood.

Maquis Tante Marie
Located in North Labone, 5th Norla Link, beside Mobile World; tel: 778914 or (024) 612532; e-mail: maquistanemarie@msn.com; delightful two story wooden open-air structure, specializes in African dishes, a must try is the grilled chicken with Eba and tomato stew.

Noble House
Located in Osu at the corner of Salem Rd., next to Osu Presby Church; tel: 789511/795252; hours: Daily: 12noon-3pm, 7pm-11pm. Excellent Chinese food with a hint of India, great decor and service.

Tandoor Taj Restaurant page 92
Additional tel: (024) 374429; website: www.tandoorh.tripod.com; HOURS: daily: 12noon-3pm and 6pm-11pm.

Taverna Tropicana page 92
New hours: M-F: 12noon-3pm lunch, 7pm-11pm dinner; Sa: 7pm-12midnight with live music. Specializing in Mediterranean dishes.

Tip Top Chinese Restaurant
Osu, at Sterworld, below Casino; tel: 777780; hours: M-Sa: 11am-11pm, S: 11am-3:30pm; Patio only, a great place to sit and watch the action on Osu main street; nice food, nice prices.

Vegetarian Health Food Restaurant
Near Aviation Social Centre and Ghana Lands Commission; no phone; hours: M-F: 11am-4pm; giant plates of amazing inexpensive vegetarian food.

Restaurants: Tema Area
Tsing Tao Restaurant page 93
Replaces Holiday Restaurant, Community 6 (near Nick Hotel); tel: (022) 208396 or (024) 601296 Mr. Su, Manager; fax: (022) 208238; hours: 11am-10pm daily. Very authentic Chinese food and atmosphere. Private rooms available.

Deliveries page 93
Posh & Becks
Located near the U.S. Consulate, Osu (old Nuku Café); tel: 780599; hours: M-F: 12noon-10pm, Sa: 8pm-3:30am, Su: 8pm-12midnight; burgers, pizzas, steaks and pasta. Take away or delivery only.
Osu Food Court
Dial-a-Delivery; tel: 783444 or (024)336444.

SERVICES

Accountants
MGHydefn & Osei
Chartered Accountants, Bannerman Road/High Street; tel: 663421, 662127; fax: 666611. Recommended.

Beauty Salons
Allure page 102 - Correct phone numbers are 768573 and (024)366100.

Catering
Karish's Delicacies page 104
Tel: 773979, (024)376848; Caterer of Indian food as well as many other dishes. Menu is extensive, food very tasty and fresh with very nice presentation. Karish is very professional and delivers what she promises. At least 24 hours advance notice is required.

Framing (Paintings and Photographs)

Bubola & Naibo Ghana Limited page 109 - Located in Osu off the Oxford Street (Cantonments Road) between Sores Supermarket and Photoclub; tel: 766490; also stocks art materials.

Generator Maintenance and Repair
Tractor & Equipment
Ring Road West; tel: 221900/16/80, 229625/26, 224793; fax: 221950.

Moving and Shipping
British Airways World Cargo
Bldg. No.2, Cargo Village, Accra Airport; tel: 776772; fax: 763789.

CAC Limited page 111
Additional tel: (024)221757 Francis Cudjoe, Managing Director.

Doxa Van Lines Limited
4 Kofi Dzata Street, Dimples, Dzorwulu; tel: 771920, 784370, (027)586598 or (020)2011688 Andrew Quainoo, Managing Director. They go the extra mile and have reasonable rates.

SHOPPING

Artifacts and Crafts
African Market (AADC)
Abebrosem Street, Osu; tel: 765608; fax: 7746556; website: www.AfricanaCd.com; they call themselves "The World's Largest One
Bubola & Naibo (Ghana) Limited

The Professional Picture Framing Company

We are located at Osu off the Oxford street (Cantonments Road) between Solzer Supermarket and Photoclub. Tel: 021-769205 and in Kumasi at Abongo in the Prime Plaza Building, Tel: 051-37554.

On Spintes Road, Ewecoe House, Community 18 Junction, Tel: 021-810215.

Bubola & Naibo takes pride in the wide range of framing materials it stocks, backed with excellent service from a dedicated specialist team. No aesthetic photograph or memorable artwork is complete without a beautiful frame to enhance colours, shapes and textures.

We have the largest assortment of picture frames anywhere, with over 100 different frames and mouldings.

We have ready-made frames and frame mouldings, to suit any wall of any photograph.

Special orders and large quantities are our specialty.

Add personality to your photos with a choice of various colours; Gold, Silver, Bronze and Wood finishes.

We can frame items of all sizes up to 3 meters or 10 feet.

We stock a wide range of colours of mat boards for matting pictures. We make box frames to frame just about anything imaginable. (see our collection in the shop)

We also stock professional picture hanging systems.

Frames are also great as gifts no matter the celebration. Give the picture perfect gift on special occasions such as Weddings, Birthdays, Graduation etc.

Our assortment will have you, your family and friends coming back for more.

Stop Shop of African Goods*: That might not be true, but they do have a very large selection, most of it in air-conditioned comfort. There is also a cafe on the top floor.

Afia Gallery page 118

Moving to new arts center on 2 Liberia Road Extension, Osu, (Ministries Area); new tel: 691460/6264/65; hours: M-Sa: 9am-6pm, Su: 11am-6pm.

Evelyn's Place

Behind the Gulf House, near Unique Ceramics; tel: (027) 579477; hours: M-F: 830am-5pm, Sa: 10am-2pm. Africa inspired bead jewelry and accessories for the household. They will repair jewelry and also give lessons in bead-stringing and jewelry design. They also carry garments for children and cloth accessories for women and the household.

K. Baka Designs page 119

New tel: (028) 320406.

Monda African Art

Medina, behind I.P.S., adjacent to Redd.

Lobster Restaurant, opposite Asanka Local Restaurant; tel: 802051; fax: 235771; hours: M-Sa: 9am-5:30pm. Handcrafted jewellery, hand-painted mirrors and candle holders, Kenyan handicrafts, paintings, and much more.

Powerful Drum Shop

Shop #29, Arts Center, among the shops on the soccer field; tel: (024) 273405; high quality drums and very friendly people.

SunTrade Ltd. page 120

Additional tel: (024) 285056.

Kente

Mr. Bobo pg 121 - New tel: 09-230-386.

Books

Arabisco Enterprise: Payless Books

Abelemkpe traffic light on Achimota Road (right side of Achimota turn to Lincoln School); tel: (020) 8161654; hours: M-Sa: 8am-7pm. Second hand books; mostly bulk shipments from USA. Lots of inexpensive, but well worn cookbooks, children's books, paperback fiction, some stationery,
greeting cards and gift items. They also will buy used books.

Riya's Bookstore
18\(^{th}\) Lane, off Oxford Street, Osu, next to TNT, after Haveli Restaurant and El Elyon Hotel; tel: 781005, (024)262098; e-mail: riyasbookstore@yahoo.com; hours: 9:30am-6pm; has current bestsellers, wide variety of fiction and non-fiction, magazines, greeting cards, gift items and a good children's section. Will special order any book or magazine.

Cards
Kreative Gift and Cards
44 Patrice Lumumba (across from Airside Hotel); tel: (020)8119323 (Yvonne); hours: M-Sa: 8am-5:30pm. They have cards, gifts, wrapping; also dishes, glassware, cutlery, foodwarmers and other things for catering.

Car Dealers
Africa Motors page 124
Tel: 221900/16/80, 239625/26/29, 224793
Auto Parts Ltd. page 124
Additional tel: 227821, 228674

PHC Motors page 127
New tel: 239819/20; fax: 221093.

Toyota Ghana Co. Ltd. page 127
Additional tel: 288241, 228813

Clothing
Accessories
Sole Inspiration page 127
New tel: (024) 523204; hours: M-F: 10am-5:30pm, Sa: 10am-4pm by appointment.

African Clothing
Cadling Fashions
1\(^{st}\) North Street, Labone (behind Morning Star school); tel: 780348; hours: M-F: 10am-6:30pm, Sa: 9am-5pm. Specializes in men and women’s apparel, unique designs for business attire, casual and special occasion. Traditional African and Western ready-to-wear available or special orders. Visa and Mastercard accepted. Other locations in Tesano; tel: 225025 and at the Bayview Hotel in East Legon.

CAC LIMITED
WORLDWIDE MOVERS

• PACKING
• WAREHOUSING
• DOOR TO DOOR
• TRANSPORTATION

INSURANCE • EXHIBITION • CONSOLIDATION • SHIPPING & CLEARING

ACCRA OFFICE:
c217/21 Abelenkpe Junction (SCC Plant Yard)
Tel: 233 21 763106/779993 Fax: 233 21 763062/779048
Postal Address: PO Box MD 535
Accra-Madina, Ghana, West Africa
MEAT SHOP
BOUCHERIE-CHARCUTERIE
FRANCAISE

Local & Imported Meat
From Brazil
Juicy Fillets, T-Bone Steaks,
Sirloins, Striploins, Cuberolls,
Picanhas (Rump Caps),
Tenderloins, Pork, Chicken,
Eggs, Ducks, Rabbit...

KABDOLL FARM LTD
Achimota Road, near Dzorwulu Traffic Light
Tel: 301991 / 769657 • E-mail: esdsd@ghana.com

Department Store
Woolworth's
Located in the Horizon Building (just next to the Polo Club and Grenada Hotel); tel: 764974/761573; fax: 763512;
e-mail: woolworths.ghanacom; hours: M-Sa: 9am-8:30pm, S: 11am-8pm.
Accra's first real department store, though Koala and MaxMart quality in
every way except for clothing. Men's, women's and children's clothing and
accessories, linens, household items, frozen foods, canned and jarred foods,
pet food and South African wines all in one place.

Florists
Jandel Ltd. page 132
Telephones number at MaxMart: 783752.

Groceries
Top in Town page 135
New hours: Osu, M-Sa: 8am-10pm, S: 10am-9.30pm; Labone, M-Sa: 8.30am-9pm.
Woolworth's See new listing under Department Store

Poultry, Meat and Fish
The Meat Cottage page 136
Authentic butcher shop. Will take
special orders for anything you can think
of. Stocks a wide variety of local and
imported meats. Produces lovely
hams, very accommodating.

Wine & Spirits
Cape Trading Company Ltd. page 136
Hours: M-F: 8am-5pm, Sa: 9am-1pm.

Hardware
Axess Limited page 139
New location: North Industrial Area
(Next to Ashfoam); hours: M-F: 8:30am-
5pm, Sa: 9am-2pm.

House, Garden and Office
Furniture
Masadel/Ram Designs
Nyaniba Estates; tel: 761206; hours: M-
F: 9am-6pm, Sa: 9am-3pm, specializes in
high and African furniture, interior
decorating and home accessories for
wholesale and retail.
Nikolic Design Gallery  page 142
They have relocated two houses down from Taverna Tropicana; tel: 229101;
hours: M-F: 10am-6pm, Sa: 10am-1pm. Custom made furniture, metal
gates, balustrades and gift items.

Household Needs
Melcom Ltd.  page 144
Now has 3 locations. The new location is Adabraka, Kojo Thompson
Road; tel: 244841.

Whirlpool page 144
Labadi Road, opposite La Polyclinic; tel: 780506; tel/fax: 764479; e-mail:
ederick@africaonline.com.gh; h: M-F: 8am-6pm, Sa: 8am-2pm. Distributor
of name brand large appliances, washers/dryers, stoves, airconditioners big screen tv’s and
more.

Lighting and Fixtures
Global Lighting Centre  page 148
Cantonments Rd., opposite Mark Coffie Building, Osu, correct tel:
7 6 9 3 8 1 / 2;  e-mail: globallightingcentre@yahoo.com;
hours: M-F: 8am-6pm, Sa: 8am-2pm
Two other branches in Accra.

Jewelry
Anene pakasa  page 148
Correct tel: 764349 OR (020)8140500;
e-mail: products@eShopAfrica.com.
Many different gift items also available.

Said's Jewellery
Farrar Avenue, near Miracle Mirage;
tel: 225110, 240873. They have a very
large selection of mostly 18K gold
jewelry on display. They make jewelry
here and also import.

SPORTS & LEISURE

Bowling
Harbin (GH) Ltd
Located on the Teshie-Nungua Road,
just past Next Door Restaurant; tel:
713885; fax: 713884; e-mail:
zhangwei@africaonline.com.gh;
hours: noon-4am. They have 10
modern completely computerized
bowling lanes. The rates vary
according to time of day and day of
the week. There is also a restaurant and
casino on premises.

TRANSPORTATION

Airline Offices
Ghana Airways  page 161
New reservations tel: 661887, 678946,
768584.

KLM  page 161
New reservations tel: 241560-5;
airport tel: 776509, 770382.

Swissair  page 162
New SWISS International Airlines.
Additional airport tel: 773393.

TRAVEL &
ACCOMODATIONS

Golden Beach Hotels
Corporate office tel: 781621, 771626
La Palm Royal Beach Hotel  page 168
Additional tel: 771666 (reservations),
771654 (Business Centre)

Elmina Beach Resort  page 179
Additional tel: (042)33742, 34355;
new e-mail: elbr@gbghana.com
Busua Beach Resort  page 187
Fax: (031)21858; e-mail:
bbf@gbghana.com

Ada
Manet Paradise Holiday Resort pg.
174
Reservations can also be made in
Accra at tel: 768531 and 764450.

Techiman  page 177
Premier Palace Hotel
Located on the Techiman-Sunyani
Road; tel: (0653)23239 or
(020)8119670; has inexpensive
rooms for $12-$35 per night and
good, inexpensive food as well.

Bolgatanga - Page 184
Tienyine Hotel  page 184
Correct tel: (072)22355, 22316

Sanat-minat Lodge
Close to Pag Crocodile Pond; tel:
(072)23510 or (024)606360; fax:
(072)23511; e-mail:
sanatminat@yahoo.com; very clean
and nice, small variety of rooms
available for $20 to $25. Close to
Navrongo Catholic Mud Cathedral,
Filisa Shrine and the Tongo/Zug Hills.

Travel Agencies & Tour Organizers
Nita Tours
Airport Road (next to Kotoka Airport Shell Station); tel: 701-2038, 701-0662.

Sunlife Travel & Tours page 191
New telephone numbers; office: (027)552461, (020)8176583; agents: (024)370385-Peter, (024)220884-Nana Ofori.

WORSHIP

Accra Ridge Church, page 194
Now has a second branch congregation located on Spintex Road. They meet Sunday at 10am in English. Tel: 810420/1.

Christ the King (Catholic) Church
page 194
Has added a 6:30am Sunday Mass.

Seventh Day Adventist Church
page 195
Has moved to the Ghana Union Headquarters office, very near the British High Commission.

NOTES