Akwaaba!!!

Welcome to Accra, Ghana

H.E. AMBASSADOR DR. ERIEKA BENNETT
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THE DIASPORA AFRICAN FORUM
Providing The Vital Linkage For Returning
Diaspora
Africans

AU SUPPORTED INITIATIVE

WE ARE THE WORLD

12th October, 2026

On behalf of the Diaspora African Forum (DAF), I look forward to welcoming you to Accra, Ghana.

I am H.E. Dr. Erieka Bennett, Founder and Head of Mission at Diaspora African Forum (DAF). The Diaspora African Forum (DAF) is the first Diplomatic Mission dedicated to Africa's Diaspora. The Diaspora African Forum has been in existence since 2007. Our headquarters are located at the historical W.E.B. Dubois Center in Accra, Ghana. We are accredited by the Ghanaian Government, with full diplomatic privileges and immunities.

Since 2007, the Forum has supported the aims and objectives of the African Union to whom they report, while marshaling the Diaspora for the betterment of Africa.

In order to ensure the best experience, we have put together this short advisory that will guide your preplanning as well as give you an understanding of what it is like on the ground in Ghana.

We and our partners are available before and during the visit to ensure that everything goes smoothly, so please don't hesitate to reach out to us:

H.E. Ambassador Dr. Erieka Bennett – Founder and Head of Mission
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With warmest regards,

Dr. Erieka Bennett

H. E. Dr. Erieka Bennett
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As part of DAF's objectives to support the African Union, we have commissioned a flag for the 6th Region of Africa: The Diaspora. The flag is a design of renowned Development Architect, Professor Kwame Addo. The goal of the flag is to serve as the official symbolic representation of the Diaspora as the 6th region of Africa, which is intended to be hoisted in every Africa Union Organization on the Continent as well as diaspora organizations all over the world. Such an emblem concretizes, the actions of the African Union, when on a proud day in May of 2012, at the African Union's Global African Diaspora Summit held in Sandton City, Johannesburg, South Africa, Heads of States adopted a Declaration that recognized the 6th Region of Africa and initiated the inaugural African Union Diaspora Program. We have consulted with various diaspora organizations, and they have endorsed and fully embraced the flag of the 6th region of Africa. The Diaspora is indeed very excited about this great initiative, and we are confident that this initiative will encourage them to be more committed to Africa.

Description of the 6th Region of Africa Flag

Headquarters: Accra, Ghana +233 302 780 923

www.diasporaafricanforum.org

P.M.B 42 Kotoka International Airport, Accra- Ghana. Info@diasporaafricanforum.org

Details for your visit to Ghana

Visa

You must have a valid passport with at least 4 empty pages, and you must have a visa to enter Ghana.

You will also need the following:

Yellow fever vaccine*(required)*: Yellow fever is a serious disease spread through the bite of an infected mosquito. The yellow fever vaccine is required for entry into Ghana. The vaccine does provide lifetime protection for most. After receiving the vaccine, you will receive a stamped and signed "International Certificate of Vaccination or Prophylaxis" (yellow card). This certificate becomes valid *10 days after vaccination*, so plan accordingly. As with most vaccines there is a bit of a reaction, so after the vaccination, we would advise that you wait in the office for at least 30 minutes before departing.

Malaria medications *(highly recommended):* There are several antimalarial medication options that are available at Travel Clinics or your personal doctor.

Additional Health Advice

- **Compression socks for inflight comfort** Compression socks help reduce swelling and the risk of blood clots developing during long flights.
- **Permethrin spray:** As an extra precaution, treat your clothes with Permethrin spray before you arrive.
- Insect repellant containing DEET
- Pepto-Bismol, Advil/Tylenol
- Sunscreen

The Average Weather in Ghana

Accra generally has high temperatures all year long, with maximum daytime temperatures around 30°C, minimum nighttime temperatures around 25°C. So, on average the conditions are perfect.

Ghana Packing List

Clothing

What to wear in Ghana: As it is hot in Ghana! It is best to pack clothing that is lightweight and made with natural fibers to help keep you cool and dry. Lightweight, flowy cotton clothing, i.e., knee length dresses, thin strap tops, loose pants, sandals and/or sneakers. It sometimes gets cool at night, so pack a sweater just in case.

Rain jacket or small umbrella (just to be safe)

Daypack (fanny pack, small bag to hold your passport, money, and some essentials)

Electrical Appliances

- **Power plug adapter/voltage converter:** The power plugs used in Ghana differ from those used in the U.S., so you will need a power plug adapter. The standard voltage in Ghana (230 V) is much higher than in the United States of America (120 V). The electrical items that you should bring are your phone, charger, and computer – they can all be used with the general adaptor. Depending on your other items such as a speaker, or camera – please double-check the operating details.
- **Power bank:** Necessary to charge your appliances when you're exploring with no electricity around.
- **You are urged to get a Portable fan:** Helpful to have while exploring.
- **Make sure you have enough batteries for all the items that need them.**

Safety and Security

Ghana is a relatively stable country, but we are always vigilant and watchful Be comfortable, stylist and cool but considerate of being safe. In a region that has some issues of instability and crime, however, Ghana is a gem.

Money Matters

You cannot carry more than $10,000 into Ghana. You will fill out a form indicating how much cash you have upon entry into Ghana. Ghana's currency is the Ghanaian Cedi. Today the exchange rate was 1 USD to 12.00GHS. It's always good to have cash because not all restaurants/vendors accept debit and credit cards. There are also ATMs widely available in Accra if you choose to withdraw money that way. Tipping is greatly appreciated by the people of Ghana.

Internet Access and Communications

If you have a phone that can take an additional Sim card, local SIM cards and data are available at almost every street corner in Ghana. MTN and Vodafone now Telecel are the major mobile internet providers. You can expect to pay around 50 cedis for 2.5 GB of internet data for your phone. WIFI is also available at some restaurants and all hotels, but the speed varies.

The African Regent Hotel.

The African Regent has gained recognition as the hotel of choice for both international travelers and savvy locals. Our tagline – Simply 'Afropolitan'- African and cosmopolitan, gives you a sense of what we represent.

Understanding the strong link between business and tourism, the African Regent provides an atmosphere to experience Africa and its rich culture right here at the hotel, making it a tourism destination in itself. Our luxurious rooms and suites are not only world-class standards, but they are also tastefully designed with fabric, colors, and etchings of 'Adinkra' symbols that symbolize everything good there is about Africa.