

WOMEN IN PROGRESS

WOMEN IN PROGRESS PLANNING YOUR BUDGET

This guide will help you plan how much additional spending money you may need for your trip to Ghana, in addition to the Program Fee. Your in-country costs will vary tremendously depending on how much comfort and familiarity you are willing to pay for.

Please keep in mind that the following prices are averages and may vary depending on what city you are in, where you do your shopping, and how well you bargain. While the dollar cost of prices in Ghana does not fluctuate too much, these estimates may change.

PRE-DEPARTURE:	
Roundtrip Airfare from Most Major U.S. Cities	~\$1,800
Cost of Required Vaccination (Yellow Fever only)	~\$100
Cost of to Process Ghana Visa	~\$60
Cost of Required Anti-malarial Drug @ one per week (Larium)	\$7/pill
(please note that there is a large range in prices for various anti-malarial drugs)	
FOOD & DRINK IN GHANA:	
Lunch Out: Chicken, Rice & a Coke	\$4
Dinner Out: Lobster, french fries & a beer	\$12
Eat Out Traditional Food: Fufu/Banku/Yams/Akple with soup/stew)	\$1.80
One Week of Groceries for Cooking at Home (a kitchen is available in the Volunteer Housing)	\$25
Bottle of Purified Water	\$.70
Sachet of Purified Water	\$.05
Bottle of Coke	\$.40
Bottle of Beer [BIG]	\$.90
ACCOMMODATIONS¹:	
One Night Hotel in Accra (with A/C)	\$70
One Night Hotel in Accra (no A/C)	\$25
One Night Hotel in Kumasi (with A/C)	\$50
One Night Hotel in Kumasi (no A/C)	\$15
SITE SEEING:	
Typical Entrance Fee To A Tourist Site	\$10
TRANSPORTATION:	
Roundtrip Travel Between Cape Coast And Accra (Public Transportation)	\$5
Roundtrip Travel Between Cape Coast And Accra (Personal Taxi)	\$55
Daily Cost to Hire a Taxi All Day in Accra	\$50
Cost to "charter" a taxi from the house to the office	\$2.50
Cost to "share" a taxi from the house to the office	\$.50
SHOPPING:	
One Male Ghanaian Shirt	\$6
One Female Ghanaian Dress	\$9
Medium-Sized Wood Carving	\$10

¹ Your Program Fee does cover accommodations within Cape Coast and transportation to and from the airport. The price estimates are to help volunteers that may plan side-trips throughout Ghana.