

African Chiropractic Mission

In Association With

The Chiropractic & Wellness Centres

and

Sankofa Meroe Tours

Present

“African Chiropractic Mission”

November 21-27, 2009

Tour Mission: To educate and transform the health care model in Africa, and provide community service to the people of Ghana.

Day One-Friday, 20 November

Depart United States

Day Two-Saturday, 21 November

You will arrive at Kotoka International Airport, Accra, Ghana. You will be greeted and assisted once you have completed the immigration and customs formalities. You will transfer to the Royal La Palm Beach Hotel.

After check-in, a brief rest and lunch, your Tour Director will introduce you to the Dr. Marcus Manns, Founder of the African Chiropractic Mission and the Sankofa Meroe Tour Guides. You will be given an Orientation of the program tour, an opportunity to exchange money and to make phone calls. In addition, you will be given general health and safety information.

After the Orientation, the Guides will take you on Part One of your City Tour of Accra, Ghana's political and administrative capital, a city with a blend of colonial and modern images.

You will return to the Hotel to freshen up and prepare for the “Welcome Dinner”. You will be transported to the *Welcome Dinner” that will include top Ghana Government Officials. (National Radio, TV and Print coverage is expected for this event)

NB: For those Chiropractors arriving in the evening they will transfer directly to the hotel.

Day Three-Sunday, 22 November

After breakfast, you will fly to Kumasi, the Asante cultural capital of Ghana. After your hotel check in at the Royal Park Hotel and *lunch at Abusua Restaurant, you will take a guided tour of Kumasi visiting the Akomfo Nokye Sword display, and the Cultural Center and Manyia Palace Museums. At the end of the day you will you will be taken out for *dinner at Royal Park Restaurant.

Day Four-Monday, 23 November

After breakfast, you will provide Chiropractic care for the "Community Wellness Project" from 8 am to 12 pm. You will provide free adjustment to several community groups as well as the general public. You will be supported by The Chiropractic and Wellness staff in Kumasi. After *lunch you will fly back to Accra for your evening stay at the La Palm Hotel.

Day Five-Tuesday, 24 November

After breakfast, you will receive a tour The Chiropractic and Wellness Centre's Ghana headquarters. Following the visit to the Centre, you will travel to the Village of Bremin Benin for a Durbar where you will be greeted by the village elders, enjoy the pomp and pageantry of local royalty, drummers, dancers, warriors and the village residents. You will tour the village and have an opportunity to sample a *traditional Ghanaian lunch. After lunch you will provide adjustments for the residents of the Bremin Benin village.

At the end of the day, you will travel to Takoradi and check in at the Raybow Hotel and *dinner.

Day Six-Wednesday, 25 November

After breakfast, you will begin your adjustments for the people of Takoradi and the Western Region will take place from 9 am to 12 noon. The list of adjustment groups includes homes for the disabled, orphanages, students, university students, the Ghana Air Force and Navy, Ghana Police and Fire Service. (National radio, TV and print coverage is expected for this event)

After *lunch you will travel to Cape Coast, a drive of slightly over one hour, viewing along the way splendid beaches, dotted with fishing villages. Upon arrival, you will be guided through the Cape Coast Castle and the West African Historical Museum. After the tour, you will check into the El Mina Beach Hotel and have *dinner. After dinner there will be a facilitated discussion about the group's personal experiences touring the slave dungeons and providing care to the various Ghanaian communities.

Day Seven – Thursday, 26 November

After breakfast, you will experience the exhilarating effect of a tropical forest at Kakum

Nature Reserve. You will take a nature walk into Kakum and traverse one of the world's few rope bridges in the canopy of the forest. The walkway at its highest point is 30 meters above the ground. After *lunch on a beautiful bluff overlooking the ocean and the traditional fishing fleet, you will travel to Accra.

You will arrive at Sankofa Beach House featuring swimming at a private beach house, massages, volleyball, and a special *Bar-B-Que Grilled Dinner. At the end of the day you will travel back to your Hotel.

Day Eight–Friday, 27 November

After breakfast, you will provide Chiropractic care for the "Community Wellness Project" from 8 am to 12 pm. You will provide free adjustment to several community groups as well as the general public. You will be supported by The Chiropractic and Wellness staff in Kumasi. After *lunch, Part Two of the City Tour will include a visit to the Kwame Nkrumah Memorial Park and Museum. The museum visit is followed by a brief introduction to gift shopping at the Arts Center Bazaar in the Center for National Culture. You will see on display the popular "Kente" clothe, fabrics, carvings, leather goods and jewelry, as well as a host of other souvenir items.

Later in the evening, there will be a "Farewell Dinner" after which, you will have optional night-life opportunities.

Day Nine– Saturday, 28 November

Return to US

Price: \$1640 per person

If you are single, we will assist you in identifying a room-mate.

If you prefer a room without a room-mate you will be charged the Single Supplement. (Single Supplement: \$400 for the entire trip)

All doctors intending to adjust are required to bring a portable adjusting table for this Mission.

This package includes:

- Luxury air-conditioned buses
- Meals –All meals where asterisked *
- Tours to all the attractions listed and entrance fees
- Four Star in Accra and Three Star Hotels in Cape Coast and Takoradi
- Tour Guides
- Round Trip Air Flight to Kumasi
- All hotel transfers
- Welcome Ceremony
- Cultural Entertainment
- Village Durbar

Government tax and other service charges

Charges not included:

- Round Trip US/Ghana Airfare (Coordinated by Rubinsohn Travel)
- Tips, laundry, and personal and telephone charges
- Mobile/cell phones will be available for rent for the week with advance reservation. Most US based phones will not work in Ghana.
- Special tours for family members and friends traveling with you.

**Airfare --- For Travel Airline Arrangements, please contact the following
Airline Travel Agent Partner:**

Adrienne Sasson, DS, CSS

**Rubinsohn Travel
Baederwood Shopping Center
1623 The Fairway
Jenkintown, PA 19046**

**Office: 215-886-5200, ext. 65
Toll free: 1-800-501-8519, ext. 65
Direct: 267-879-8250**

**www.atravelspecialist.com
adrienne@rubinsohntravel.com**

Registration Form

Complete the form and forward to info@sankofameroetours.com online.

Name (as it appears on passport)

Cell/Mobile Phone Number:

E-mail:

Indicate whether the person is a Chiropractor.

Room preference (single or double)

If double indicate whether you will require one or two beds in the room.

Registration is not valid without deposit.

Group Registration Form

Complete the form and forward to info@sankofameroetours.com online.

Name of Group Leader (as it appears on passport)

Cell/Mobile Phone Number:

E-mail:

List Names of all persons in your group. Indicate whether the person is a Chiropractor.

Indicate number of rooms requested and indicate how many single and double rooms. If double, indicate whether you will require one or two beds in the room.

Registration is not valid without deposit.

Payment Schedule

Registration is not valid without deposit.

Initial deposit \$640 must be paid at time of Registration.

Balance \$1,000 paid by October 17, 2009.

Cancellation Policy

Notice of cancellation **must** be received in writing by email. Cancellation fees are based on the day your e-mail is received by us. After October 17, 2009, there is a \$640 per person non-refundable fee to cancel. There are NO refunds after November 13, 2009.

Responsibility Clause

Sankofa Meroe Tours, The African Chiropractic Mission and The Chiropractic Wellness Centres act as agents in securing arrangements for all tours. Except where indicated, they do not own, manage, control, or operate any supplies or services. By accepting any tour package, tickets and/or vouchers you agree that Sankofa Meroe Tours, The African Chiropractic Mission and The Chiropractic Wellness Centres are not liable for any loss, injury or damage to you or your belongings, or in connection with accommodations, transportation, or other services resulting directly or indirectly from theft, delay, cancellation, changes in schedule of service, or by reason of any cause whatsoever beyond the control of Sankofa Meroe Tours, The African Chiropractic Mission and The Chiropractic Wellness Centres.

Sankofa Meroe Tours, The African Chiropractic Mission and The Chiropractic Wellness Centres reserve the right to make necessary changes to the itinerary or services or accommodations, or to cancel any tour at its own discretion. Tour price is based on land rates and currency rates at time prices are quoted to the client. If subsequent changes occur in any of the above, Sankofa Meroe Tours, The African Chiropractic Mission and The Chiropractic Wellness Centres reserve the right to modify the price of the tour accordingly.

Send Tour Payments to the following:

Bank Account Details

Through:

**SWIFT CODE: CITI US33
Bank Name: Citibank N.A.
New York, NY USA**

ABN# 021000089

For the Credit of:

**Bank Name: Merchant Bank (GH) Ltd.
Bank Address: Head Office Annex PO Box 401, Accra**

Country: Ghana

SWIFT CODE: MBGHAC

FURTHER CREDIT TO:

Beneficiary's Account Number: 00 20100 1000 17 02

Beneficiary's Name: Sankofa Meroe Tours

Beneficiary's Address: PO Box OS1284, Accra

Contact details and for tour questions:

Masao Meroe
Email: info@sankofameroetours.com

**Tel: 233-021-785432
Mobile: 233-244-311-439**

**For alternative payment options (credit card or check) please contact us.
Requirements for travel to Ghana:**

Passport: U.S. citizens are required to have a valid passport. Applications are available at U.S. Post Offices.

Visa: Must have your passport to obtain the Ghana visa.

**From the Ghana Embassy website:
Tourist Visa**

- Submit your valid, signed U.S. Passport. You must have at least 6 months before the expiration date of your passport.

From October 23, 2006 the Consulate of Ghana requires all applicants to complete the online visa application at <http://www.ghanaconsulateneويورك.org/> Once the visa application is completed and submitted online, you will be informed that your application has been accepted.

- Copy of visa application acceptance form received from New York Consulate.
- 4 Passport-type photographs required
- Copy of round trip airline tickets or itinerary, or letter of confirmation from travel agent
- Consular Fee:
\$ 50.00 per visa (single entry)

(There are visa services that provide visa services that can assist you to obtain your visa for a fee)