



Tour: Ghana History, Culture & Service Immersion
Destination: Ghana – Accra, Cape Coast, Winneba & Kopeyia Village
Specialization: History, Language & Culture

Ghana History, Culture & Service Immersion				
Day	Morning		Afternoon	Evening
1	Overnight flight to Accra, Ghana; meals in flight			
2	Fly to Ghana - arrival, transfer to hotel and check-in, Welcome & Safety Meeting (Lunch on Own)		Jamestown, the Brazil House & Old Accra Exploration	Early Night!
3	Accra Sightseeing - Independence Square, WEB Du Bois Center, the Kwame Nkrumah Memorial Park, Casket Making shop, local evening shopping excursion			
4	Transfer to Elmina	Kakum National Park & Rainforest	Cape Coast Castle	Fishing Catch & Boat Builders
5	Transfer to Winneba - stop at Anomabu & historical Fort William			Arrive Challenging Heights
6	Challenging Heights - life experience and service work			Area Cultural & Historical sites
7	Transfer to Kopeyia Village; stop in Vume, the pottery and ceramics capital			Hotel check-in and free time
8	Dagbe Cultural Institute - rural village life, craft instruction, open air markets			
9	Dagbe Cultural Institute - Drumming & Dancing lessons; evening drum & dance competition			
10	Free time	Transfer to Accra	University of Ghana Campus Tour	Free Time
11	Transfer to Airport; depart Ghana for home			
12	Arrive Home			



As with all sample itineraries, please be advised that this is an 'example' of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.



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Ghana.... AKWAABA. It's an expression you'll hear several times daily as you travel around Ghana, one that will ring in your ears at night, and bring a smile to your face for weeks after you leave. Welcome to a haven that combines the charms of a tropical beach idyll with a fascinating historical heritage, rich cultural variety, and some interesting wildlife in the national parks.



Ghana is a country in West Africa, along the Gulf of Guinea, just a few degrees north of the equator. Ghana lies in the center of the West African coast and shares 2,093 km of land borders with the three French-speaking nations of Burkina Faso (548 km) to the north, Côte d'Ivoire (668 km) to the west, and Togo (877 km) to the east. To the south are the Gulf of Guinea and the Atlantic Ocean. With a total area of 238,533 square kilometers, Ghana is about the size of the United Kingdom, or slightly smaller than Oregon.

The wonderful diversity of natural attractions, historical heritage and the vibrant cultural identity offers visitors of Ghana a microcosmic taste of Africa. Known for the hospitality and friendliness of the people, Ghana is an obvious first port of call for first-time travelers to the African continent and is a pleasant destination for travelers with children. Ghana is one of the few English-speaking countries in the region.

People and culture

- Experience rural life and enjoy the friendliness and hospitality of the local people during your visit to one of the many interesting eco-tourism projects in Ghana
- Discover the various architectural styles of local houses and the distinctive way of living in the sub-Saharan northern part of the country
- Visit the flamboyant festivals celebrated throughout the year and learn about culture and traditions of the various tribes in Ghana. Be amazed by the vibrant parades surrounding the traditional chiefs in their colorful dresses and the rhythmic beat of local drumming
- Visit the traditional weaving villages of Kpotoe, Daboya or Bonwire and explore other craft making villages like the pottery and art village Sirigu and wood carving section of Aburi or Kpando

History

- Learn about the colonial period and the way to independency during a visit to the Nkrumah Mausoleum and the national museum in Accra. Combine this with a stroll through the colonial neighborhoods and fishing communities, James and Usher town, and the cultural center
- Explore the string of coastal forts including Cape Coast Castle and Elmina Castle; a thought-provoking memorial to the slave trade
- Discover the Saharan-style built mosques and the Islamic history of Ghana in the regions in the north



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Nature

- Enjoy the panoramic scenery after climbing to the top of Mount Afadjatoe, Mount Gemi or the Breast Mountains in Kyabobo Natural Park; the highest peaks in the Volta Region. Take a refreshing shower under one of the surrounding waterfalls, like the Tagbo falls at Liatu Wote, Wli falls or Ote falls.
- Spot Mona monkeys living in harmony with the local people in the villages Tafi Atome monkey sanctuary and the Baobeng Fiema monkey sanctuary
- Watch elephants, crocodiles and antelopes during a foot safari in Mole National Park. Spot other species of wildlife during an adventurous drive further into the park
- Paddle a pirogue on the Black Volta River and look for hippos
- Take a canoe trip at the Amansuri Lagoon and visit the extra-ordinary stilt village Nzulezo. Highly interesting for bird watchers, like the Xavi Bird Watching Sanctuary!
- Enjoy the shadow of the giant Baobab trees during a hike through the rock formation around the village Bongo or climb to the sacred caves of Tano
- Enjoy the green rolling hills around the banks of the Volta Lake during a ferry trip up north

Relaxing and beach life

- Taking respite from the Ghanaian heat and relax along the exotic beaches around Busua, Elmina or Ada. Relaxation is guaranteed at Ko-Sa Beach Resort, Green Turtle Lodge, Ellis Hideout and others
- Enjoy the serene atmosphere and the gorgeous taste of grilled tilapia in the lovely hide-outs at the bank of river or Lake Volta. Relaxation guaranteed at Aloy's Bay, Xofa village, Rainbow Gardens at Lake Bosomtwi and others
- Sleep in the open-air under a bright sky full of stars! The best places are Sirigu pottery village where you sleep at the flat roof of the decorated compound houses, or Wechiau Community Hippo Sanctuary where you spend the night on a wooden sleeping platform in top of the giant silk cotton tree



Day 1

Meals in flight (meals may be provided or be required to be purchased, dependent upon airline)

Depart the USA during the evening hours for an overnight flight to Accra, Ghana.

Day 2

Dinner on arrival, dependent upon flight times

Arrive Accra, Ghana. Welcome! On arrival at Kotoka International Airport, our national guide will meet, assist and transfer you to your hotel in your private air-conditioned vehicle. Upon arrival, we'll have our SST Welcome, Safety & Orientation Meeting reviewing expectations, customs, safety, sanitary and other needs.



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After settling in, we'll embark on an exploratory tour to discover Jamestown:

Jamestown in old Accra - Among the more vibrant and colorful neighborhoods in Greater Accra, Jamestown is where history resides on every corner. Best known for its lighthouses, the first of which was constructed in 1875 by the British as navigational aids for trading vessels sailing through the Gulf of Guinea. The original structure was ruined, however a larger and more improved lighthouse was completed in 1921 and is still functioning today.

Jamestown is an intense section of Accra, loaded with activities all day long. There's a lot of history here, the Portuguese and the British left behind interesting architecture. Though somewhat ramshackle, the area has a mixture of historical buildings between their much later model painted storefronts and makeshift structures. Though hard scrabble, the area has produced some of Ghana's most prominent citizens including the country's most accomplished boxers. Among them is Africa's undisputed greatest, Azumah Nelson. Here you will find an abundance of boxing 'gyms', all in search of the latest standout pugilist. In this lively, community-oriented section of the city, there are chickens, children and lots of laughter.



Visit "Brazil House" and learn about the seven Afro-Brazilian families who returned to settle in Ghana in 1836 after slavery was abolished in Brazil. Familiar Brazilian/Portuguese last names such as De Souza, Palmares, Azumah, Amorin, Da Costa, Santos, De Medeiros, and Olympio are abundant in this section of Accra.

Other activities today will depend on your available time and preference. We'll plan on an early dinner and good nights' rest!

Day 3

Breakfast, lunch & dinner included

Your first full day in Ghana! After a sumptuous buffet breakfast at your hotel, we'll set off to see busy, bustling Accra and vicinity, passing through the economic and administrative districts.

Visits today will include:

- **Independence Square** where you will see the enclosed flame of African liberation, which was lit by Dr. Kwame Nkrumah in 1961.
- **W.E.B. Du Bois Center** honoring the life of one of the most prominent Pan-Africanists who chose to live and work in Ghana.
- **The Kwame Nkrumah Memorial Park**, final resting place of Ghana's first president. Set in attractive gardens, there is an adjoining museum, which contains photos, artifacts and an insight into Dr. Nkrumah's life.
- **The Casket-making Shop** - where uniquely designed caskets are made. The shop was started by Seth Kane Kwei in the 1950s, almost by accident. He made palanquins,



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also known as Litters or Sedan Chairs that are used to carry tribal chiefs at traditional festivals. One chief, who had ordered a palanquin shaped as a cocoa pod died unexpectedly before the festival, so he was buried in the palanquin. Soon after that his grandmother, who had planned her first overseas trip by flight, died before the trip and she too was buried in a coffin shaped like an airplane. “The third fancy coffin was for a chief fisherman who was buried in a canoe. Thus, the fancy coffin industry was started.

This evening visit one of Accra’s main shopping malls. Here you can compare prices with those at home and ‘people watch’ to see if Ghanaians go about bargain hunting any different from you do.

Day 4

Breakfast, lunch & dinner included

ACCRA – KAKUM NATIONAL PARK- CAPE COAST CASTLE

In the early morning, we’ll depart to Elmina/Cape Coast in Ghana’s Central Region. We pass by several fishing villages arriving in Cape Coast in approximately two hours. We start by visiting Kakum National Park, one of Africa’s famous **rainforest canopy walkways**. This beautiful tropical rainforest and the canopy walkway are sure to be one of the highlights of your time in Ghana. The walkway consists of a series of 7 bridges, attached to 7 emerging trees, 40 meters above the rainforest floor. Prepare to take a deep breath as you walk the suspended bridges. You will marvel at the breathtaking views that stretch for miles across the rainforest as you rest on the tree platforms. After completing the bridge walk, return to the park headquarters where we find an Information Center that offers an informative overview of the park’s flora and fauna. Over 40 different mammal species have been recorded within the park, including forest elephants, leopards and primate species to mention a few. We stop for lunch at Han’s Cottage Boatel. Han’s is built over a lake containing Nile crocodiles and set in a beautiful location surrounded by tropical rainforest. It is an original and comfortable establishment, teeming with bird life and is an excellent place to enjoy refreshments before setting off on the next excursion.

After Kakum we’ll visit **Cape Coast Castle, a UNESCO world heritage site**. The castle is a thought-provoking monument to a harrowing period in the region’s history. You will take an emotional journey through the castle which held more enslaved Africans than any other in the region, viewing the dungeons and the infamous “Door of No Return”. The castle houses a historical museum which explains the history of the castle and of Cape Coast itself.



This evening we travel along the ocean to see the many colorful fishing boats bringing their daily catch into the harbor and a short distance away, see the boat builders, still building colorful fishing boats using traditional tools and methods spanning centuries.

We'll continue on to our hotel for dinner and an overnight stay.

Day 5

Breakfast, lunch & dinner included

CAPE COAST – WINNEBA (approximately a 2-hour transfer)

Today we depart from Cape Coast and travel to Winneba in Ghana's eastern region. On the way, we will stop at Anomabu and visit Fort William. Fort William was considered one of the most structurally significant forts built in Ghana. The original structure of the fort includes a large prison specifically built to hold slaves awaiting shipment. It is reported that from January 1702 to August 1708 more than 30,000 Ghanaians were shipped from Fort William to the island of Barbados.

Arrive in Winneba and visit **Challenging Heights** facilities where you will be assisting during the next few days.

Challenging Heights is a non-government agency working to end child trafficking, reduce child slavery and promote children's rights.

www.challengingheights.org

Who is Challenging Heights?

We are local people committed to protecting the rights of children and ending child trafficking. We have about 60 staff members between our office in Winneba and our Hovde House shelter who work in the coastal communities of Ghana and with international coalitions of NGOs dedicated to fighting modern slavery and protecting children's rights. We aim to reduce and prevent child trafficking and protect children's rights in Ghana. This happens through our three core programs:

Rescue & Recovery

We directly rescue children in forced labor and offer a holistic program of rehabilitation and reintegration. With support from the Hovde Foundation we built a rehabilitation center that can offer continuous survivor rehabilitation and recovery support. In addition, we work with communities to help survivors and the vulnerable continue to live in freedom, as well as train Community Child Protection Committees to protect children.

Prevention

We have identified a number of the root causes for child trafficking in the source communities where we work and are addressing them through community engagement and a variety of programs. We aim to address poverty, both in the ways our community members are currently experiencing it and its cyclical nature, through economic empowerment programs for women and youth. We are promoting children's rights to education with our community library and working with schools to reduce the barriers to access. Our presence in the community through Community Child Protection Committees and Alternative Dispute Resolution gives people a chance to prevent and avoid trafficking before it begins.

Advocacy

We are vocal advocates of human rights. We seek strong engagement with lawmakers, government agencies, civil society organizations, local and multinational agencies, media and other stakeholders. We strive to ensure that decision-making and policy formulation are participatory and take an integrated approach to the needs of children; assessing the impact of social and economic policies on women and children at the local, national and international level is central to this. We campaign for children's rights and seek to promote the prosecution of traffickers.



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After the introduction at Challenging Heights, we'll check into our hotel where we will be staying.

Day 6

Breakfast, lunch & dinner included

WINNEBA (Challenging Heights)

Today after breakfast we will report to **Challenging Heights** for orientation and assignments. You will be briefed about the operations of the program and the organization and assigned to your specific group activity based on your prior expressed interest and the needs of the facility.

We will break for lunch which will be served at your hotel.

Return to **Challenging Heights** to continue your work activities until 4pm when you will depart to visit some of the significant cultural and historical sites in the area.

Before you arrive in Winneba, try to master a few words of the Twi dialect that is predominant in Ghana. Your hosts and those you interact with will be most impressed and break into broad smiles when you greet them with the Twi phrases such as:

Good morning:	Mema wo akye (Maakye)
Good afternoon:	Mema wo aha (Maaha)
Good evening:	Mema wo adwo (Maadwo)

At dinner this evening, we will discuss your thoughts and feelings about your experience at **Challenging Heights**. Is there a need for continuing help? How can we be better global citizens?

Day 7

Breakfast, lunch & dinner included

WINNEBA-KOPEYIA VILLAGE (approximately 3 to 4-hour transfer)

After an early breakfast, depart for Kopeyia Village in the Volta Region. En route we'll stop at Accra for lunch. We will also stop in **Vume, the pottery and ceramics capital of Ghana**, to observe the traditional pottery making.



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Once we arrive in Volta, we'll check into the accommodations we will be staying in for the next 3-days.

By now, along with your guide you will have been practicing your greetings in the Ewe dialect. Watch how the faces of any Ghanaian in this area, young or old, delights in your effort if you greet them in the Ewe dialect which is more common than English in this region. Here are a few choice Ewe phrases:

Good morning:	Ndi na mi
Good afternoon:	Ndo na mi
Good evening:	Fieyi
How are you:	Efoa

Day 8

Breakfast, lunch & dinner included

KOPEYIA VILLAGE

Today you will spend the day at [Dagbe Cultural Institute](#). Periods of instruction are enriched with practical classes in traditional crafts and opportunities to witness rural village life. The program includes shopping at traditional open-air markets and observation of and participation in the local activities of the Ewe people.



Day 9

Breakfast, lunch & dinner included

KOPEYIA VILLAGE

Today will be spent learning the traditional artistic skills at Dagbe Cultural Institute which includes **Drumming and Dancing lessons**. This is a full-day experience and you will be learning from local students as well as the Institute's professionals.

This evening there will be group competition so you can display how much of the traditional Ghanaian artistic skills you have grasped. Everyone who participates will be a winner and you will be presented with your certificate of participation.



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After spending some time with the local students, you'll be transferred to your hotel for dinner and overnight.

Day 10

Breakfast, lunch & dinner included

KOPEYIA VILLAGE – ACCRA (approximately 3-hrs)

Spend some time relaxing this morning. Later, depart to Accra stopping at several points of interest on the way. Arrive in Accra in the afternoon and transfer to the University of Ghana.

Campus Walking Tour at the University of Ghana - The University of Ghana is the oldest and largest of the thirteen Ghanaian universities and tertiary institutions. It was founded in 1948 as the University College of the Gold Coast and was originally an affiliate college of the University of London. From the Main University Gate on Dodowa Road, University Avenue extends to Commonwealth Hall on Legon Hill. Along University Avenue are the Halls of Residence, lecture theatres and science laboratories. University Square, with an ornamental pool is over-looked by the Balme Library, named after David Mowbray Balme, the first Principal of the University College. The Balme Library houses about 300,000 volumes. Final stop will be at the University Botanical Gardens.



Dinner tonight will be a local fast casual restaurant, such as Frankie's, in the busy Osu area of Accra.

Day 11

Breakfast included but dependent upon departure time

Today we'll end our tour with free time in the morning (dependent upon flight timings) and then traveling to the airport for our flight home, taking memories away with us that will last forever.

Day 12

Meals in Flight

Arrive home.



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GHANA – History, Culture & Service Immersion

Minimum Booking Numbers:	16 students
What's Included:	Roundtrip international flights 9-nights' local accommodation + 2-nights' air Airport transfers & group transportation to activities shown in the itinerary All meals in destination – All daily meals starting with dinner on your night of arrival in Ghana and ending with breakfast on your day of departure from Ghana Activities as noted in the above itinerary Personal Tour Ambassador 24-hour emergency cover
What's Not Included:	Fully comprehensive insurance (mandatory) Transfers to/from home airport Meals not shown as 'included' above (travel days) Cost of visas, full or collective passports Cost of inoculations or medication required for travel Sightseeing / Entertainment Options not shown in Itinerary Hotel incidental deposits & bills – meals, mini-bar items, recreation charges, purchases billed to room, Any gratuities – coach drivers, maid/ bellman services, SST Ambassador, local guides
Travel Tips:	www.ghana.travel/plan-your-visit/travel-tips
Immunization Information:	https://wwwnc.cdc.gov/travel/destinations/traveler/none/ghana
Political and Country Detail:	https://www.cia.gov/the-world-factbook/countries/ghana

As always, our staff are always available to you to answer any questions you may have regarding programming.
If we may serve you in any way, please do not hesitate to contact us.



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