

# GHANA 2014

July 16<sup>th</sup>-August 8<sup>th</sup> (approximately)



This trip is a **service adventure**, which means we are going to explore, contribute, work, & experience Ghana's unrivaled uniqueness.

Our goal is to expose you to the culture of Ghana and to teach you about life in a developing nation where effects like electricity, plumbing, and other amenities are a bonus, not a norm. We will do this through our unique structure of exploring a Ghana that is fascinating and exciting, but not always plush or easy. We will experience this life on the road and in our home in the North-working alongside the Ghanaian people on the projects we have chosen together.

In brief, we will:

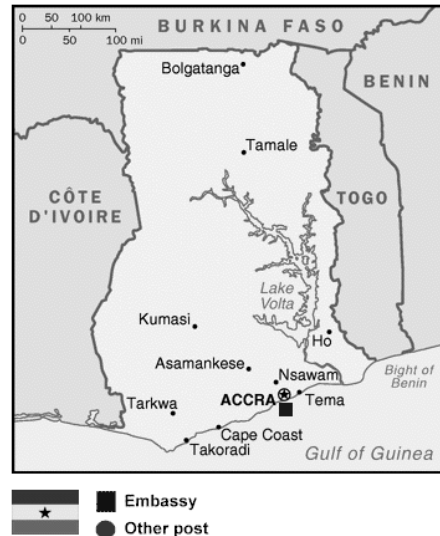
1. Travel throughout the country to experience many of its sights.
2. Stay in a rural family compound about 10 miles outside of the small city Bolgatanga (with all of the basic amenities, including restaurants and internet access).
3. Engage in development projects to assist the local community.

This will be our 5<sup>th</sup> trip to Ghana with Coronado High School students. While this journey is not affiliated with the Coronado High School, we like to choose volunteers from CHS. Applications are open to students of any high school or university.

# Ghana

Ghana is a small country in West Africa. It is approximately the size of Oregon turned on side. It was the first Sub-Saharan African country to gain independence from its British colonial ruler, as well as the first country in the world to have a Peace Corps program.

- English speaking (and over 75 local dialects)
- Population: 24 million people
- Top exports: Gold, Cocoa, Electricity
- Lowest crime rate of Africa and lower than most developed nations.



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## Primary Projects (everyone is involved in this).

Funds will be raised, and supplies collected in order to do one or all of the following:

- Establish a small library at a junior high school in Tongo (our local community).
- Help build and erect a playground & play area for the pre-school on the same grounds. Include teaching tools/games for the classrooms.
- Paint the exterior of the school and paint a mural on one of the buildings.
- Develop a school-breaktime vocational crafts program to reduce Kayayo departures.

## Secondary Project (optional, each person has their own project)

While not required, if you'd like to engage in any other development work while in Ghana, you'll need to provide us with a brief idea of your interest so that we can get you set up with a project suited to you.

These activities could include (but are not limited to):

- Tutoring JSS (Junior high school) kids in math, science, or English
- Painting a mural at an elementary school
- Working with deaf children (even just engaging with them)
- Working with orphans (playing, reading etc)
- Creating a scholarship (about \$300) to help a particularly gifted student through school.
- Teach basic computer classes.
- Coordinate sport (soccer, volleyball) workshops.

## **SAMPLE ITINERARY (subject to change)**

### **Day 1-6**

Arrive in Accra

Visit the Tema mosaic, open air market.

Volta Region, where we visit monkeys, a kente cloth weaving village, waterfalls, a bead factory, etc.

Lake Bosomtwe or Butterfly sanctuary in Bobiri.

Kumasi open-air market (West Africa's largest) for shopping, etc.

### **Day 7-24**

Arrive in Tongo.

Live in Kirstin & Ryan's traditional mud and thatch house, relax and meet friends & family.

Begin work on personal & group development projects.

Visit cultural heritage sites, a sacred crocodile pond, a women's pottery co-op.

Hiking and rock bouldering excursions as well as optional morning yoga.

Living in Tongo will include:

- In our house there are 4 student rooms, a common area, and a room for Chaperons. All share a shower, toilet, common area and kitchen.
- Vegetarian family-style Ghanaian dinners will be prepared for us, everyone will work together to prepare breakfast and lunch.
- Going to the market is a part of daily African life. So is washing your own laundry by hand!
- Bicycles will be provided to each student for transportation, and a van for group outings.

### **Days 25-30**

Travel back to Accra, visiting sites such as the Mole Elephant Sanctuary and other cultural attractions. Finish out the trip with a day or two in the Capitol, Accra, for last minute shopping, etc before flying home.

## **TRIP COST**

The cost per person for this trip will vary according to the number of student travelers and fluctuations in airfare prices. However, we anticipate between \$3,000 (6 students)-\$4,000 (10 students) + airfare per person plus personal pre-departure expenses such as passport, insurance, and inoculations.

## **LOGISTICS**

Once you've chosen to join us on this adventure, we will provide you with detailed packing lists, health and safety, insurance, passport & visa procedures, and other necessary information.

## YOUR GUIDES

**Kirstin Green** is a Coronado native and graduated from CHS in 1995. She studied at SFSU before joining the Peace Corps in 2002 work for two years in Ghana. She has been working with students at CHS for 10 years, and together has created several large scale mosaics in Coronado and one in Tema, Ghana. Kirstin has spent approximately 5 years of her life in Ghana and speaks Twi (the most widely spoken local dialect).



**Ryan Allmandinger** graduated from Cal Poly, San Luis Obispo, majoring in International Business. He has worked abroad in India & Thailand and travelled throughout West Africa, the Philippines, Russia, and others. Ryan has co-hosted the last three CHS-Ghana trips. He lives and works in Coronado.

Our third chaperone is Andrea Fiore. She is a local attorney and board member of Community Wings. She has also accompanied Kirstin in India and worked extensively with students there on a large scale mosaic mural project. She is a certified yoga instructor and loves to travel, especially when it involves local food, markets and making a difference in the lives of others.

In Ghana, Ryan and Kirstin live and collaborate with a wonderful group of Ghanaian people including an extended family and a network of dedicated individuals who they have known and worked with since 2002. These people act as Kirstin & Ryan's Ghanaian support group in planning and executing this trip.



With Kirstin's experience in development work in the Peace Corps (and beyond), Ryan's work in India and Ghana, and a solid Ghanaian support structure, we have tailored a volunteer experience unlike any other program available to high school students. We are very comfortable navigating and operating within West African culture safely and efficiently. Like our students in the past, this will be a journey you will never forget.

Contact Kirstin & Ryan at:

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