

1st and 2nd week of arrival: VOLUNTEERING IN COMMUNITY SCHOOLS AND SENYA HEALTH CENTER.

Participants' main responsibilities at community school:

- Develop creative programs such as dance, arts, music, etc.
- Clean, cook and serve food
- Organize physical and sports activities
- Assist the staff in counseling the children
- Teach Basic English and Math

Typical school hours start from 7.30am to 3.30pm.

Participants main responsibilities at the community Health Centre:

- Help the nurses and doctors to provide general outpatient care, inpatient delivery care, and community health outreach education.
- Assist in vaccinations and routine child health examinations to maternal care

Your hands on work will depend on your qualifications, and the needs of the clinic. Volunteers must provide their own gloves, masks, and scrubs.

Volunteers will also get the opportunity to participate in our community HIV/AIDS awareness programs. The following are some activities volunteers will be engaged in:

- Community education
- Churches education
- Schools education
- Hairdresser's education
- You will also engage in house-to-house education

1ST AND 2ND WEEKS EVENINGS DRUMMING / DANCING AND CULTURE LESSONS.

You can participate in these wonderful arts of drumming and dancing that have been performed for centuries. Learn how villages use “talking drums” to communicate within the village and between different villages—a technique that is still in use today. Learn a traditional song and dance that is performed at funerals and weddings etc.

Participants would be taking through some African drumming and dancing techniques organized by the Gye Nyame Cultural Troup.

DAY 2-13 EVENINGS AFRICAN DRUMMING LESSONS:

DAYS	TIME	PROGRAMS	DESCRIPTION
day 2 - day 6	5pm – 7pm	AFRICAN DRUMMING LESSONS	Participants would be taking through 2 hours intensive learning of African drumming techniques and the method of using talking drums to communicate between people and towns
day 7 – day 13	5pm – 7pm	AFRICAN DANCING LESSONS	Participants would be taking through 2 hours intensive learning of African songs and dances that have being passed down through generations. Performing the dances in various African costumes and other related activities.

3rd WEEK TRAVEL ITNERY DAYS 14-21)

Day 1&2:

We hike the hills to visit Lipke Caves and Dungeons. We move from Lipke to Wli waterfalls and hike the mountain to see beautiful waterfalls. Wli falls is the highest waterfall in West Africa. We spend some time at the water falls before departing to The tallest mountain in Ghana, Afadjato.

Day 3

We continue our journey from Lipke caves to Cape Coast castle; a fortress that was built by the Swedes in 1653, seized by the Danes and later conquered by the British. Also visit the Elmina Castle built in 1482 by the Portuguese They are the best-preserved castles in Ghana and declared as UNESCO World Heritage sites. Both castles are located in thriving fishing ports where hundreds of huge wooden fishing canoes are anchored.

Visit the Kakum National Park comprising of undisturbed virgin rainforest for a walking tour on the canopy walkway, also the longest and highest of its kind in the West Africa. The forest provides an opportunity to see much of Ghana's indigenous plant life, as well as rare butterflies, birds and other forms of wildlife. We stop over at Hans Botel, a resort partly built on stilts on a river with crocodiles, lots of bird life and monkeys. We spend the night at the Hans resort.

Day 4

We continue our journey from Cape Coast to Kumasi. Visit the Bobiri forest and Butterfly reserve, with a wide collection of birdlife. Spend the morning on the banks of Lake Bosomtwi, a crater lake believed to have been created by a fallen meteorite. Experience an optional canoe ride on the lake. We spend the night at Lake Bosomtwe Paradise Resort.

Day 5

Start the day with a visit to the Boabeng Fiema Monkey Sanctuary, where Mona and black and white colobus monkeys are considered to be a significant part of the community. Tourist will get the opportunity to feed and play with the friendly monkeys. Visit the Tano Boase Rock formation, which exhibits a variety of huge beautiful hanging and hollow rocks. Explore the sacred groves and caves. We will visit the kintampo waterfalls on our way to Damango

Day 6

Wake up in the morning at Mole National Park and start our safari tour to see some wildlife animals. Morning Safari starts as early as 6am so we can see early morning birds, antelopes, baboons, elephants, etc. We come back to have a breakfast at 8am. We start another safari in the afternoon to see the forest animals. This time round it's a walking safari in the forest.

Day 7: we drive down to Accra and visit the Arts and Craft Centre and the National Museum. Program ends at 2pm and report writing

“What Did You Bring with You? What Will You Take With You?” How will this experience impact your interactions when you return home? Our last greetings before you return home.