

THREE WEEK VOLUNTEER AND TOUR PROGRAM (\$1540)

- **Age :** 13yrs to 50+
- **Accommodation:** Housing depends on the project selected. All of our housing options have accessible running water and a western toilet. Volunteers will stay in hotels during their tour.
- **Number of volunteers:** 4 – 30 volunteers
- **What is NOT included:** Airfare, Visa, and Travel Insurance.
- **What is included:** feeding, hotel accommodation, entrance fees, transportations to various tourist attraction, branded t-shirt,
- **Tour Customizable:** Yes
- **Program fees:** \$1,540 USD which includes airport pick-up, Program orientation and supervision, accommodation, 3x daily meals, utility bills, Local SIM card, Official Star Tours Ghana T-shirt , all tours in-country, Entrance fee to tourist centers, Last day airport drop off, and 24/7 in-country support

Volunteers get to choose which project they will volunteer at:
(more information available on our website)

Our projects:

Children's Centre / Primary School

Child Trafficking Prevention

Clinical Volunteer Program

Orientation about the local culture, history/religious issues. Community Volunteer Work and African cultural Drumming and Dancing Lessons program during evenings of volunteering.

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.

Drumming and Dancing in the Evenings

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.

All of our volunteers are offered traditional African drumming and dancing lessons by the Gye Nyame Cultural Troupe from 5 -7pm during their two weeks volunteering.

3rd WEEK TRAVEL ITNERY

3rd week: The proposed itinerary for the one week tour (days 14-21)

(Day 1)

On day one we will put your hiking skills to the test!

You'll wake up early in order to climb up to Wli Falls, the highest waterfall in Western Africa.

After the trek we will visit the six Lipke Caves.

(Day 2)

On day two the hiking trend will be continued.

We will begin the day with further exploration at the Lipke Caves. After spelunking, we'll turn our attention to a hike up mount Afadjato, the highest peak in Ghana.

(Day 3)

On day three you'll explore two famous castles, and experience a 30m high canopy walk.

First we'll head out to Kakum National Park. At the park, guides will lead us through the famous 30m high canopy walk. The canopy walk consists of a long chain of bridges that are level with the jungle canopy.

After walking in the jungle canopy, we'll explore the castles of Cape Coast. Our first stop will be the awe-inspiring Cape Coast Castle. You'll be met by the local guides, and taken on a tour you'll never forget. After learning the history, the guides will set you free to explore everything from the grim dark dungeons to the magnificent cannon lined catwalks.

After exploring the Cape Coast Castle, we'll head to the Elmina Castle and to Fort Jago. At the castles you'll once again be met by the local guides who will take you on another incredible tour! After the tour, you'll once again have time to explore on your own.

We will conclude the day at Hans Botel, a river resort built on stilts. At the resort you'll be able to enjoy abundant wildlife, magnificent views, and great cuisine.

(Day 4)

On day four, you will get the opportunity to explore Lake Bosumtwi, the Bobiri forest, and the Bobiri butterfly reserve.

We will start the day with a canoe outing on Lake Bosumtwi, a beautiful crater lake. After canoeing you'll get the opportunity to explore the Bobiri forest. Finally, the hiking will be concluded with a trip to the butterfly reserve. The reserve is home to over 400 species of tropical butterflies.

(Day 5)

On day five you will get the opportunity to play with monkeys, see wildlife, and explore caves.

We will start the day by visiting the Boabeng Fiema Monkey Sanctuary. This sanctuary is famous for its large population of mona and colobus monkeys. After you've spent some time getting to know the monkeys we will head to the Tano Boase rock formation. At Tano Boase, you'll explore sacred groves and caves where villagers sought refuge during slave raids and tribal wars.

The day will then be concluded with a wildlife hike where you'll likely spot antelopes, baboons, and monkeys.

(Day 6)

On day ten you'll get to experience an African safari.

We will wake up bright and early at Mole National Park. From the park we will take an all-terrain vehicle and begin the journey into the jungle.

We will return by 8am for breakfast. After breakfast we'll start the second safari of the day. This expedition will be on foot through the dense jungle.

(Day 7)

Day fourteen is departure day.

We will relax at the Legon Botanical Gardens until you have to be at the airport.