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Ghana Experience

Adventure Relaxation Culture

Trip Name: Ghana Experience **Trip Code:** GHXP **Duration:** From 3 weeks

Trip Highlights

- Get to know one of Africa's friendliest countries
- Learn to drum and dance the Ghanaian way!
- Give something back and help out on some fantastic community projects
- Test your nerves on a canopy walk in the jungle
- Enjoy a refreshing swim at Wli waterfalls
- Safari in Mole National Park
- Visit Africa's oldest slave forts and learn about Ghana's tragic past
- Learn local crafts and make your own souvenirs to take home

Overview

Spend three fun filled weeks in one of Africa's friendliest countries whilst experiencing its rich and diverse culture and unique landscapes from lush jungles, long sandy beaches and refreshing waterfalls, to historic forts, bustling markets and natural savannah for safari.

The Ghana Experience is the perfect trip for those wanting to experience a very different and undiscovered side of Africa, Ghana has something for everyone and is just waiting to be explored!

Destination Info

Ghana is in West Africa and renowned for having the warmest, friendliest people. It borders the Ivory Coast, Burkina Faso, Togo and the Atlantic Ocean. Ghana is considered one of the safest places in Africa, with some of the friendliest people on the continent.

Ghanaians are traditionally very welcoming people and they pride themselves on the peaceful state, with very low crime rate.

Accra is Ghana's capital city and estimated to have a population of around two million. Accra is a large, sprawling

city that is developing very fast. It is situated on the coast, with a port and several beach hotels where tourists may stay. Like any African Capital it is large, dusty, energetic, dirty, busy, and yet charming and unique!

Itinerary

Day 1 – Akwaaba! (Welcome!)
On arrival at Accra International Airport, our friendly local team will be waiting for you, ready to take you to your accommodation in Teshie on the outskirts of the city to settle in. You'll have some free time to relax, later on once everyone has arrived, the local team will give you your orientation briefing and tell you all about the exciting trip that lies ahead.

Dinner included.

Day 2 –
On your first full day in Ghana our local team will help you settle in and get familiar with your new surroundings. You'll be taken on a tour of Accra including a visit to the Kwame Nkruma Museum (Ghana's first president); along with a couple of the busy local markets, Ghana Craft Market and the Makola Market, where you can try out some of your bartering skills with the lively locals for the odd bargain or two. In the evening it'll be time to hit the town and experience some of the local nightlife in Accra, from traditional African Bars to nightclubs, there is something for everyone!

Breakfast, lunch and dinner included.

Day 3 –
Today you'll be hitting the beach for a bit of relaxation, spend the day on the beach or by the pool before spending the rest of the afternoon getting to know some of the locals at a nearby sports bar over a few beers and games of pool. In the evening you'll have a traditional Ghanaian welcome meal in Osu with the group before heading back home to the volunteer house in Teshie.

Breakfast, lunch and dinner included.

Days 4-8-
Over the next 5 days you will be spending your mornings volunteering at one of a number of community projects in Accra. You'll either be helping out in one of the local schools, working with the children that need a bit of extra help with their school work or helping out with some sports coaching with the local children. This is a great opportunity to give something back and do your bit to help some of the local children.

After each busy morning of volunteering you will be heading back to the volunteer house for some fantastic activities.

On day 4 you and your fellow travellers can pick up some Ghanaian rhythm as you join in with a lively African drumming and dance lesson! There will be plenty of opportunities to practice these new found skills later in your trip!

The following day you'll have the chance to learn from a talented local craftsman how to carve a traditional African Elephant (or other animal of your choice!) out of wood. This is great fun for e veryone and you'll have a unique souvenir of your time in Ghana to take home with you.

In the afternoon of day 6, you'll have a lesson in two of the most widely spoken local languages, Ga and Twi. A local teacher will come to the volunteer house to teach you some of the basic words and phrases, this is great fun as everyone can have a go and your new skills will no doubt come in handy whilst bartering in the local markets. The locals love it when you have a go at the local language, so don't be shy, give it a go!

On day 7 you can try your hand at some traditional Ghanaian cooking. The friendly local cook will teach you some local dishes which you and the rest of the group can sit down and enjoy together later on.

After saying goodbye to the local children at your volunteer project in the morning of day 8; you'll be spending the afternoon creating your own traditional African painting, under the guidance of a local painter. If you're not naturally artistic, do not worry, the local painter is extremely patient and will help even complete beginners create their very own masterpiece!

Breakfast, lunch and dinner included.

Day 9 – 11 -
Now the adventure really begins as you head to Cape Coast, the first capital of the British colony, home to some lovely beaches and former slave forts as well as Kakum National park and its exhilarating canopy walk in the tree tops.

On day 9 you will be travelling from the volunteer accommodation in Teshie to Cape Coast, the journey takes several hours but there is plenty to see along the way as you watch local Ghanaian life whizz by. On arrival at Cape Coast you can relax at the hotel pool or maybe take a walk to the lake top restaurant; you'll need to get plenty of rest today as tomorrow you'll be trekking out in the national park.

Day 10 will see you trekking the footpaths in the rainforest whilst learning about the importance of medicinal trees and plants, which are of great importance in African Culture. To top off the day it'll be time to challenge your yourself on an exhilarating 40 metre high canopy walk through the treetops of the forest!

After a tiring day in the forest, on day 11 you'll learn all about Ghana's turbulent past during the slave trade, with moving historical accounts of some of the country's darkest days, you'll also be visiting the oldest slave castle in Africa along with others in the area. You'll be right on the coast today so you'll be able to enjoy some fantastic views of the ocean whilst having time to reflect on all the things you will have learnt about Ghana's history.

Breakfast included.

Day 12-13 -
On day 12 you will be heading inland towards Ghana's famous Volta Region. Your home for the next two days will be the lovely town Wli Agorviefe, home to the upper and lower Wli waterfalls. You'll be trekking to the upper falls first of all where you'll be able to enjoy some fantastic scenery and views along the way and then you'll need your swimming gear as you brace yourself for perhaps the most refreshing swim you will ever have!

Whilst in the Volta region you'll be taken up Ghana's highest mountain, Mount Afadjato, measuring 885m. It takes roughly 2 hours for the ascent and descent and the route offers some magnificent views of Lake Volta, the largest man-made lake in the world and the surrounding areas. On the way you might be lucky enough to spot some beautiful butterflies and birds as well as the occasional antelope and monkey! You'll be walking at a pace suitable for all the group so no one will be left behind!

Breakfast included.

Day 14 –
Today you'll be hanging out (excuse the pun!) with a bunch of very mischievous monkeys at a sanctuary in Baobeng-Fiena, a few hours drive from the Wli Agorviefe in the central region. This is a great opportunity to interact with the monkeys as well as some fantastic photos opportunities! Whilst at the sanctuary you'll also enjoy a trek into the surrounding forest to try and spot some of the local wildlife.

Breakfast included.

Day 15 -
We head to the market town of Kumasi today, the second largest city in Ghana. Kumasi is most famous for its huge market, one of the oldest in Africa, were you can buy everything from fresh fruit and veg, shoes, furniture and wooden animals! Today is a great opportunity to practice your new found Ga and Twi skills as you barter with the locals for a bargain, this is the perfect place to pick up some souvenirs to take home with you or perhaps try a tasty local snack!

After all that shopping you may want to visit some of the local bars and restaurants, there is a great selection of places to choose from and they are much cheaper than those back in Accra.

Breakfast included.

Day 16 – 19 –
Your base for the next few days will be Larabanga, in Mole National Park, Ghana's largest National Park; home to a collection of more than 90 different mammals, those most likely to be seen i nclude Elephant, Buffalo, Warthog, Hippo, Baboons, and Bushbuck. Whilst in Mole, you'll be taken on some game drives to explore the reserve and have some free time to relax. Your time in Mole is bound to be great fun and is one of the highlights of any trip to Ghana.

Breakfast included.

Day 20-
Today will be a long travelling day, spending most of the day on the coach, as you take the journey from Larabanga in the north of the country down to the popular beach resort of Kokrobite on the coast. They'll be some stops along the way to stretch your legs, pick up something to eat and take photos. Although it is a long journey, you'll be able to enjoy the sheer beauty of Ghana as you travel through the heart of the country passing by traditional rural villages and stunning scenery along the way.

The long journey will be well worth it when you arrive in Kokrobite – the final stop on your Ghana Experience. It is the most popular beach resort in Ghana and you will be able to spend the rest of the day relaxing, swimming or exploring the beach. When night falls, you'll be able to enjoy the traditional entertainment and no doubt your new found African drumming and dancing lessons will come in very useful!

Breakfast included.

Day 21-
After a thoroughly enjoyable three week trip, today is the final day of your Ghana Experience. From Kokrobite, you'll travel back to the volunteer accommodation in Teshie, near Accra where your trip comes to an end. Your return airport transfer is not included but this can be easily arranged locally with the local team. You should arrange for your flights to depart Accra after 7pm.

Breakfast, lunch and dinner included.

Please note: Itineraries and activities are subject to change.

Accommodation

Accommodation during the Ghana Experience will vary from location to location and will be basic but comfortable. Throughout your programme you will be staying in shared, same sex, rooms with your fellow travellers. During your time in Accra you may be staying with travellers who are not on your trip but are volunteering at the community projects in Accra.

During the first week of the Ghana Experience, you will be staying in the volunteer house in Teshie, on the outskirts of Accra. It has dorm style bedrooms, shared bathrooms and a number of communal areas for you to socialise with fellow travellers, along with a number of facilities such as cable TV, Table Tennis and internet access.

For the final two weeks of the trip, you will be staying in a combination of local hostels, motels and backpacker hostels.

Programme Services and Facilities

Internet

During your time at the volunteer accommodation, there will be internet access available to you for a small fee.

During weeks 2 and 3 you will need to use internet cafes to access the internet. Internet cafes are usually available in the larger towns and prices will vary.

Please keep in mind that the internet connection in Ghana may be considerably slower than what you are used to back at home; additionally power cuts are fairly common, so it is important to be patient and remain flexible.

Telephone

The international dialling code for Ghana is +233.

To place an outgoing, direct dialled international call, dial +44 for the UK, +49 for Germany, followed by the telephone number. For example to call Real Gap Experience dial +44 1892 516164 / +49 69 222226-475.

Mobile phone reception will vary depending on where you are. It is also a good idea to get your phone unlocked, so that you can purchase a local, Ghanaian SIM card, which will give you signal almost everywhere and will allow you to call and text home cheaply. The local coordinators will be able to advise on where to purchase this.

Laundry

During week 1 of the Ghana Experience, you will be able to do your own laundry at the volunteer house usingthe facilities provided, alternatively your laundry can be done for you for a small fee.

During weeks 2 and 3, you will be able to do laundry for a small fee at your accommodation.

Meals

During your first week in Ghana you will be provided with 3 meals per day, these will typically consist of traditional Ghanaian dishes and occasionally some western style meals. Breakfast generally includes hot chocolate, bread

and occasionally porridge, whilst lunches will normally consist of items such as sandwiches, pasta, wraps, salads and local Ghanaian dishes. Your evening meal may include rice dishes, meat, beans, chicken, beef, fish or Ghanaian dishes.

For the second and third weeks of your trip, breakfast will be included throughout however you will need to purchase your own lunches and dinners. This is a great opportunity for you to sample some of the local restaurants and eateries; food is relatively cheap in Ghana and a meal will generally cost between US$3 and US$7, of course this does vary depending on the types of restaurants you choose to eat in.

Drinks are not included in your programme so will be at your own cost. These can be bought locally from shops and bars though.

What's Included

- Arrival airport transfer
- Accommodation on a shared basis
- Meals as per itinerary
- Orientation
- Activities and excursions as per itinerary
- Transport as per itinerary
- Support of the in-country team throughout

What's Not Included

- All flights
- Travel insurance
- Return airport transfer
- Tourist visa
- Lunches and dinners in weeks 2 and 3
- Activities over and above planned itinerary

What to Pack

Please note that this kit list is intended to help you plan what you may need to take with you and therefore, you may not need all of the listed items on your travels nor is it exhaustive.

Also, please be aware that the weather can change considerably from winter to summer and you should pack according to when you are travelling to ensure that you have the appropriate clothing.

Personal Admin

- Passport, insurance certificates and personal documentation
- Photocopies of all the above to be left at home with your next of kin
- Spending money
- Proof of inoculations including a valid Yellow Fever Certificate (please speak to your GP about necessary immunisations)
- Secure, waterproof bag for documents and money: sealable plastic bags will do

General

- Personal hygiene kit, toiletries and towel
- Sunglasses (high UV protection)
- Sun cream (high factor needed)
- Sun hat/bandana
- Small torch (head torch is preferable)
- Diary and writing pens
- Camera/batteries/film or memory card
- Water bottle – at least 75cl
- Day pack/rucksack for everyday use
- Mobile phone – unlocked so that you can purchase a local sim card
- Sewing kit and pocket knife for general use
- Travel guide, such as Lonely Planet, Bradt Guide or Rough Guide
- The evenings can be quiet so bring books, cards, games etc to play
- Travel towel
- Mosquito net
- Money/security belt/pouch to hold your passport while travelling etc

Clothing

- Clothes suitable for travelling in
- Clothes suitable for project work and that you don't mind getting dirty
- Casual clothes for nights out
- A pair of boots or sturdy trainers
- Casual clothes for the weekends
- Flip flops / sandals
- Swimwear
- Underwear – enough for at least seven days, possibly more
- Pyjamas/nightwear
- Lightweight fleece or jumper
- Waterproof jacket
- Warm clothes for winter and early mornings

Medical Kit

- Hand sanitiser and wet wipes
- Anti-malarial tablets
- Personal First Aid Kit
- Personal medication e.g. anti malarial tablets/prescription drugs/inhalers
- Painkillers
- Contact lenses and solution if necessary
- Plasters
- Lip balm with SPF
- Tweezers (not in hand luggage!)
- Scissors (not in hand luggage!)
- Sanitary products for women if necessary
- Mosquito repellent (ensure it contains DEET or equivalent)

- Ear plugs – in case you sleep next to a snorer!

Please Note: We recommend you take some shirts/blouses, trousers/long skirts and a good pair of shoes or sandals for your work placement. This is to show respect of African culture and also gain respect form the children you will be working with. You can wear casual clothing in your spare time, though these must be appropriate.

Minimum Age

Minimum 17 years with written parental consent, maximum decided on potential participants' health.

Minimum Numbers

This trip requires minimum numbers to operate.

Flights

Your flight to Ghana should arrive into Accra Airport on your programme start date, and your return flight should be arranged for your programme end date after 7pm. If you need to arrange your onward flights for the day after, you can stay another night at the volunteer house at no charge.

To book your flights, please contact your travel advisor who will do their best to get you the best deal on the day. Please provide them with your full name as it is stated in your passport. Before you make the call make sure you have your required departure dates, return dates and other details you may require.

So that we can arrange your airport pick-up, it is important that, once you have booked your flights, you add these details to your online account at least 4 weeks before your programme start.

Please note: This programme requires a minimum number of participants to run. Please contact us to confirm whether the minimum numbers have been met for your start date, we recommend that you do not book your flights until we have confirmed these numbers and the programme will be running.

FAQs

1. **DO I NEED TO TAKE A SLEEPING BAG?**
   No, you won't need to take a sleeping bag with you, however it might be a good idea to just take a sleeping bag liner or a thin sheet for night as it can be very hot.

2. **DO I NEED TO TAKE A MOSQUITO NET?**
   All of the house windows and doors are netted and the rooms are frequently sprayed for mosquitoes. Even when you travel around, mosquito nets will always be provided if necessary, so there is no need to bring a mosquito net.

3. **WILL THERE BE A SAFE/SAFETY DEPOSIT BOX AVAILABLE?**
   There is a locked filing cabinet (in the lockable on site office) where you can keep your valuables, you will also have frequent access to your items when needed.

Police Check

This trip requires a Police Check to be carried out - please contact us for further information on how to do this.

Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

In Ghana the currency is the Ghanaian Cedi (GHS; symbol ¢), which is subdivided into 100 Pesewas. Coins come in denominations of 1, 5, 10, 20 and 50 Pesewas and 1 Cedi. Notes come in denominations of 1, 5, 10, 20 and 50 Cedi.

The best currencies to bring are US dollars, UK pounds or Euros, which can be exchanged locally. In large urban areas such as Accra and Kumasi ATMs can be found almost everywhere but issues cash advances in Cedis, Visa and MasterCard are the most commonly accepted. Credit cards are usually only accepted by large hotels and travel agencies.

Meal, Inexpensive Restaurant $5.00
Domestic Beer (0.5 litre draught) $1.50
Coke/Pepsi (0.33 litre bottle) $0.60
Water (0.33 litre bottle) $1.00

(Prices are quoted in US Dollars)

Passports and Visas

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

For stays of up to 30 days, citizens of the European Union, the USA Australia and New Zealand will need to obtain a Tourist Visa in advance of travel. Visas can be obtained for a fee from your local embassy and are valid for 3 months from the date of issue.

For further details on Ghana visas, please contact your nearest Ghana Embassy or High Commission.

Cultural Considerations

Please adhere to the cultural expectations and values of Ghana. As an international volunteer, your behaviour is different to that of the local Ghanaian people who are quieter and more reserved. Therefore we ask you to be respectful of their customs. For example, wear appropriate clothing, be aware of your language, do not drink or smoke in front of children and make sure you arrange with your family what time you will need to come home before they lock the house each evening.

Smoking and Alcohol

Ghana has a very strong culture, and it is very rare to find anyone smoking or drinking alcohol in public - especially women. Smoking and drinking around children will NOT be tolerated either.

As you are from the West, Africans will tolerate these practices, but you must be discreet at all times, and respectful. There is NO smoking (tobacco or otherwise), alcohol, or drugs allowed inside any of the home-stays. We expect that if you wish to smoke, or have a drink (alcoholic), you will have to do it outside of the boundaries of our projects. The house curfew is at 10pm daily. If you plan and know that you are going to be outside later than that, then please arrange for other accommodations for that particular night or make arrangements with your host family.

Drugs

It is absolutely forbidden to bring drugs into Ghana. Always keep an eye on your luggage while travelling. Never bring anyone else's luggage through customs. If you get caught there is little chance that you will walk away without punishment. As in most countries, Ghana has very strict rules when it comes to the possession of drugs. All drugs, including 'soft' drugs like marijuana, are illegal. Please do NOT use any illegal substances whilst travelling - it is not worth the risk and is not acceptable at the project.

Bartering

In African culture, it is traditional to barter with the local people over prices, whether it is for food, taxis or souvenirs. You will find you really enjoy this interaction and experience within the communities, but it may take a little extra confidence at first. Please practice this when you are in Ghana, as you will find it a lot cheaper to live and save your money this way.

Religion

The local population is predominantly Christian (about 75%), and roughly 15% are Muslim. Christianity is more

dominant in the south, and the further north you go the more dominant religion is Islam. Ghana is a great example for the rest of the world, with Christian and Islamic communities living together in harmony. Tolerance levels for another's beliefs are very high.

Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

Safety

Tourists can be targeted by pickpockets and thieves. Please educate yourself about Africa and Ghana in particular, before you leave, so that you can be alert for all types of situations. General travel safety rules are below.

- Avoid travelling alone, especially at night
- Find out where the unsafe areas are and avoid them
- When travelling keep all-important documents and valuables in a safe place, like an inner hidden pocket or money belt
- Carry only as much cash as you think you will need for the day.
- Don't wear expensive jewellery or watches
- Be wary of people who seem too friendly too fast
- Keep cameras out of sight. Always keep bags and purses in your sight.
- Before swimming, ask how safe the area is.

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if you card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

Language Guide

English is the official language of Ghana, though many Ghanaians also speak Ga, Twi or Franti amongst themselves. In the Eastern Region, Twi is the main language. Twi is a dialect of the Akan language, which also includes the dialects of the Ashanti and the Fante. Twi is the first language spoken by half of the population in Ghana and it is widely spoken in the central and southern parts of the country. Most people in Ghana can understand English. As you enter more rural areas, proficiency decreases. Ghana has 75 languages within its territory that vary according to area.

Below are some useful Ga and Twi phrases to remember when you get to Ghana. We also suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

English - *Twi*

Welcome – *Akwaaba*
Hello - *?te s?n*
How are you? - *?te s?n*
I'm fine - *?y?*
Thank you (very much) - *Mi da ase (Paa)*
Please - *Mi Pa kyew*
Yes / No - *aane/ daab*i
Goodbye/Safe Journey –stay well - *Nante yie*

English - *Ga*

Welcome – *ogekoo*
Hello - *te ten*
How are you? - *te oyo ten*
I'm fine - *mi ye ojogban*
Thank you (very much) - *oyiwala don*
Please - *ofaine*
Yes / No - *yoo / daabi*
Goodbye/Safe Journey –stay well - *nye ke shia juro*

Food & Drink

Food is extremely cheap in Ghana. Traditional food is fun to try and easy to enjoy. Fufu, the most widely served traditional dish, consists of pounded balls of yam, plantain, or cassava served with soup, called a stew, and a side of goat meat or fish, and is eaten by hand. Stews are typically made of groundnuts, okra, other vegetables, and a large amount of palm oil. Banku is a fermented corn version of the dish.

Rice dishes are also typical, but not considered a "real" meal by many Ghanaians, males especially. Jollof rice is a dish as varied as its chef, but generally consists of white rice cooked with vegetables, meat pieces, hot spices, and palm oil. Waache is a mix of beans and rice, typically served with gari, a powder of ground cassava. Often rice dishes are served with shredded lettuce. Such meals are extremely cheap from street vendors and come as little as 1-2.5 Cedis. A great African meal in a restaurant can cost as little as 3-7 Cedis. For instance, a lobster and shrimp dinner can cost a mere £3/4€/$4.50. There are also a number of Western and Chinese style restaurants available especially in Osu, a trendy suburb of Accra.

Plantains, yams, and sweet potatoes are prepared in various ways and serve as small snacks. Kelewele, a spiced fried plantain snack, is especially delicious. Fresh fruits such as pineapple, mango, papaya, coconut, oranges, and bananas are delightful when in season and in abundance and can be bought by the bag for as little as five pence. The traditional staple diet in Africa is meat and carbohydrates. If you are a vegetarian you will be catered for with lots of fresh root vegetables such as yams and potatoes and fruits. However, please be aware that your meals towards the end of your programme may become a little repetitive so perhaps it may be worth buying a few of your favourite snacks whilst you are in Africa.

Breakfast may take a while to get used to: In Ghana, a traditional breakfast is very heavy, of Rice, meat and sauce – They will try to cater for your tastes, with bread etc, but maybe try to get into the Ghana style – you might love it! There is a lot of fresh fruit in Africa, which is extremely cheap to buy for a quick snack or nutritional lunch so it may be worth picking some up from the market quite cheaply for your daily vitamin fix. However, please be aware that fresh items for salads etc are hard to come by in Africa, although the project leaders will try to get this as often as possible for you.

Drinking water from the tap is not generally considered to be safe, so choices include plastic bottled water (e.g. Voltic, 1.5l appx. 60 pesawas), boiled or filtered tap water, and "pure water" sachets. These sachets are filtered and come in 500ml. square plastic bag portions. Many foreigners prefer bottled water, though water in sealed plastic sachets is safe, easily accessible, and cheap. In Accra's bars, a beer will cost between 1.5-2.5 Cedis. Fruit juices 1 Cedi, water 1 Cedi or less. The more popular beers are served in the following bars in Accra: Star, Stones and Club, and surprisingly some even serve Guinness, which has been bottled in Ghana!

A soft drink can be bought on the beach for 50 pesawas (25p/34c).

Public Holidays

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from Ghanaians who use long weekends to get away from the big cities.

To view a list of the public holidays for Ghana, please see the link below:
http://www.worldtravelguide.net/ghana/public-holidays

Weather

Throughout the year, the maximum temperatures in Ghana are about 30°C with the humidity at a constant high of about 80%, though light winds keep the heat from being overpowering. The rainy season falls between April and June, and during September and October when the skies cloud over and it rains around twice a day, in a quick but very heavy downpour. Dry dust storms and intense heat are usually in January/February after which the rains come for a few months and cool things down considerably.

Time

Ghana’s time zone is the same as GMT.

In Africa, time is not a priority like it is in much of the western world – there is a saying that Africa works to ‘Africa Time’, which basically means you must exercise a lot of patience! If a boat is due to leave at 12pm, don’t be surprised if it still hasn’t a couple of hours later… keep an open mind, and arrive ‘expecting the unexpected’.

Electricity

In Ghana the electric system is 230 Volts and frequency 50 Hertz. If your device does not accept this voltage you will need to use a converter.

Outlets in Ghana generally accept 2 types of plug:

Three round pins arranged in a triangle

Two parallel flat pins with ground pin

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as make improvements that result from travellers' comments, our own research or from time to time as a result of reommended travel advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

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