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## Ghana Netball Coaching

Adventure



Relaxation



Culture



**Trip Name:** Ghana Netball Coaching    **Trip Code:** GHNC    **Duration:** From 4 weeks

### Trip Highlights

- Coach in schools, unis and clubs
- Play the game with players of varying levels
- Immerse yourself into the Ghanaian culture
- Play in beautiful weather all year round!



### Overview

Netball is one of Ghana's up and coming sports, and on our Netball Coaching programme you'll get the chance to portray your love for the sport to a host of eager young Ghanaian's who want to learn more about netball. It also provides a great chance to get a host of young children into sport, which may not be possible without the help of the projects and volunteers alike.

Whether you're a goal attack, centre or like playing in the defensive third you don't have to be an expert to get involved on this awesome project! Remember to bring your best skills along with you to the project... you'll get the chance to get involved with a few of the games and you're sure to be in for a tough match!

### 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.

# Ghana Netball Coaching

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

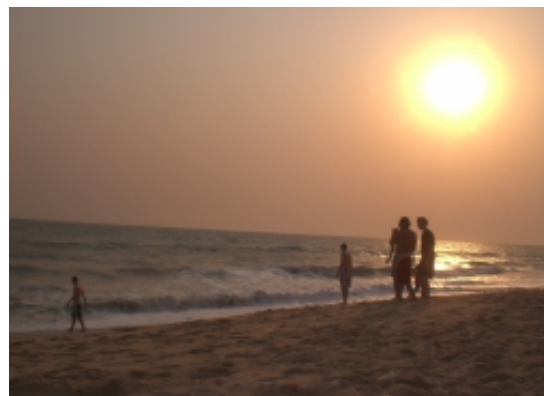
Accra is Ghana's capital city and estimated to have a population of around two million. Accra is a large, sprawling city that is developing very fast. It is situated on the coast, with a port and several beach hotels where tourists may stay. Like any African Capital it is large, dusty, energetic, dirty, busy, and yet charming and unique!

## Itinerary



During your time as a netball coach in Ghana, you'll be teaching children from as young as junior school age through to university students on how awesome netball is! Netball's an up and coming sport in the Ghana sport scene, so we are looking for people who are enthusiastic about the sport to come forward and volunteer in Accra. Depending on your confidence and experience you may even get the chance to train with the national squad too!

Some of the children who will be on the project wouldn't have had the chance to play netball before, or will have very little experience with the sport. By becoming a volunteer, you'll be giving children access to the game and potentially a new hobby too!



# Ghana Netball Coaching

You'll start off your time as a netball coach in junior and secondary schools, which is pretty laid back! The children will all have lots of fun as you dish out your best netballing tips, and as some of them won't have played the game before you'll be able to get really stuck in! Before you know it you'll be able to set up matches and training drills for your little teams, and you'll have the Goal Attack and Shooters scoring in no time!

From the schools, you'll then be able to coach or (assist in the coaching) the university netball teams. Some netball teams are well developed and play regular netball matches whereas others are a little less organised and need that bit of extra help. Coaching in the universities will tend to take place in the afternoon, after the students have finished their work.

You'll then have the chance to work with the netball leagues in the area- which are often very competitive and great fun! The matches are generally in the late afternoons/evenings but training can be first thing- so be prepared for some early starts!



Over the course of your time on the project, you'll get to play netball with children of different ages and ability- which is great for fantastic if you're interested in learning more about the sport yourself. The children are eager to learn more about netball themselves, so anything you can teach them tip wise (or just in general about the rules) will go along way and help the children develop as sports men and women.

You'll also get the chance to develop your own netball skills too, especially whilst you play with the top netball teams in the university leagues. Not only will playing netball in Ghana keep you fit during your time overseas, it will also provide a great cultural exchange between yourself, the other volunteers and your Ghanaian team mates!



When you're not playing netball with the children, you'll have the chance to explore Accra and Ghana in your spare time. You'll have approx 2 days off a week to get stuck in to the local culture, so as well as hitting the shops in Accra and getting stuck in to the nightlife in the centre, you could sit back and relax on the beautiful Ghanaian beaches. It's a hard life, right?

After you've finished your placement with us, you could always extend your trip and see another part of this fantastic country- from lush jungles, long sandy beaches and refreshing waterfalls, to historic forts, bustling markets and natural savannah for safari.

## Accommodation

Throughout your placement in Ghana you will be accommodated in a shared volunteer house in Teshie, near the capital city of Accra. Centrally located, you are in easy reach of local shops, banks, bars and even the beach!

You'll be sharing a room with other participants on the programme, normally there are between 4 and 8 people sharing a room. There are also shared bathroom facilities including toilets and showers.

The house is basic but comfortable and has some lovely communal areas where you can chill out during your free time and socialise with fellow participants.

## Programme Services and Facilities

### Internet

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

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

There are laundry facilities at the volunteer house which you are welcome to use, alternatively if you would prefer to have your laundry done for you, this can be arranged locally for a small fee.

## Meals

3 meals a day, basic but nutritious

## What's Included

- All accommodation and three meals a day
- Sports placement
- Airport pick up and drop off
- 24 hour local and emergency support
- Pre-departure online account
- Local orientation



## What's Not Included

- Flights, travel insurance and visas
- Local transport



## Is This Trip For You?

If you're sporty, have a good level of fitness and enjoy netball, then this project is for you!

## Additional Information

### Transportation

Transport from your accommodation to your project each day is not included in the programme, so you will need to make your own way to and fro. During the first few days of your programme, a member of our in-country team will accompany you to show you how to use the local transport system and ensure that you are happy and comfortable doing so before you start making the journey on your own.

## 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
- Good pair of trainers for when you're playing sport
- 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 from the children you will be working with. You can wear casual clothing in your spare time, though these must be appropriate.

## Minimum Age

18 years old

## Minimum Numbers

There are no minimum numbers on the trip.

Please note: you may be the only volunteer at your chosen project at any one time. However, each of our Ghana volunteer projects share the same accommodation. Therefore, if there are volunteers on our other programmes you will be able to spend your spare time and evenings with them. If you have any questions about this, please feel free to contact us

## Flights

Your flight to Ghana should arrive at Accra airport (airport code ACC) on your programme start date. Your return flight or onward travel should be arranged on your programme end date.

To book your flights, please contact your sales 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 please make sure you have your required departure dates, return dates and other details you may require.

It is important that once you have booked your flights you add these details to your online account or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

## 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  $\text{¢}$ ), 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 UK pounds, US dollars or Euros, which can all be exchanged locally. In large urban areas such as Accra and Kumasi, as well as at the airport and near to the volunteer house, ATMs can be



found almost everywhere but issues cash advances in Cedis. A Visa card is the best one to bring but MasterCard is also commonly accepted. Credit cards are usually only accepted by large hotels and travel agencies.

The Ghanaian Cedi is very weak at the moment so everything is nice and cheap.

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 your 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/ daabi*  
 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 recommended travel advice.

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



# Ghana Netball Coaching

## 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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