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Medical Elective in Ghana

Trip Name: Medical Elective in Ghana **Trip Code:** GHIM **Duration:** From 4 weeks

Key Facts

This medical work experience internship is ideal if you are considering studying medicine at university, or are currently training in the medical field as part of your elective. Students from around the world join our internship programme, which is designed specifically to give unparalleled experience working in some of Ghana's top hospitals and clinics, and valuable insight into the medical services that exist in Africa and the issues they face.

We have a close partnership with several of the best hospitals and clinics in the Ghanaian capital, Accra. The programme gives motivated pre-med and medical students the chance to experience on the job training to help improve the quality and delivery of local healthcare services. These range from maternity clinics, where you can assist with pre and post natal care, to family planning clinics where you can work with local staff to give advice on sexual health issues.

Some clinics also run community outreach programmes that see teams of medical staff go into the local communities to visit patients and families from poorer areas. During your time on our placement, you will shadow and assist the medical staff in one, two or a mixture of hospital departments and clinics.

Overview

Experience/ Qualifications required: Must be already qualified in this field or at university studying medicine or similar.

Nationalities: This programme is open to all nationalities (subject to visa requirements.)

Typical Hours: Monday-Friday; 4-6 hours a day; Occasional work at weekends but usually free for personal time and travel.

Remuneration: Unpaid position

Destination Info

Itinerary

Our medical work experience programme welcomes pre- medical students and 1st year medical students to work, shadow and support medical professionals in hospitals and clinics around Accra. During the programme you will learn how staff manage, interact and treat patients and you will be invited to offer a hands-on role in the medical care being delivered.

Your time in the clinics can involve a variety of work, including time spent in maternity wards, operating theatres, and recovery wards. The local medical staff will at times invite you to offer practical assistance while sometimes it will be more appropriate for you to simply watch and learn. A number of students have had the experience of witnessing, and in some cases, assisting with the delivery of newborn babies, as well as essential post natal care.

As well as practical work, you can also make a lasting impact through the emotional support you offer to patients and their families. Due to extremely busy days, the local medical staff are often unable to regularly meet with relatives and patients in recovery. You can bring a great sense of reassurance by simply spending time chatting and providing basic updates for these patients and families.

Assisting medical staff and nurses on community visits is also an eye opening experience where you will witness firsthand the living conditions and struggles so many face in Ghana. These outreach teams visit local families in their homes, treating anything from malaria to checking on pregnancies and newborn babies.

It is important to note that while our medical placement will allow you to make a positive impact on healthcare in Ghana, and will also give you a valuable insight into the workings of African hospitals, you need to accept that days can often be quite challenging due to a lack of organization and support. Attitude is everything in Ghana and especially when working in medical care. The frustration you are bound to experience however, is the reality of medical care in Ghana, and is also the very reason why you can make such a positive difference to it.

While you are likely to assist with some of the more exciting aspects of medical care, it is often in the less glamorous parts of the profession where you can make the most difference. If you are willing to be proactive in

your role as a medical volunteer and get 'stuck in' to the work around you, this medical placement will be a truly life changing experience, for both you and the patients you work with.

Although you need to be self-motivated and expect some disorganization, you will of course have continual support from our in-country staff, other interns, and of local medical professionals.

Here is a list of the areas in which you can request to specialize… Participants can choose to work in a range of different wards and areas, or focus on one throughout the duration of your programme.

• Accident and Emergency
• Orthopaedics
• Child Health (Paediatrics and NICU Unit)
• E&T(Ear, Nose and Throat)
• Ophthalmic
• Obstetrics & Gynaecology
• Theatres
• OPD
• Medical & Surgical Emergency
• Fevers Unit- Name came about because of confidentiality and stigmatisation. AIDS patients ward
• Diabetic Unit
• Hypertension Unit
• Reproductive and Child Health(RCH) such as Adolescent health, Family Planning and MVA(Manual Vacuum Aspiration)
• Plastic and reconstructive unit
• Cardio thoracic Unit(CTU)
• Haemodialysis
• CHPS- Community- Based Health Planning and services
• Mental Health eg Acute ward- drug addicts, Child Mental ward etc

Whilst you will be working during the week, weekends are free to explore Ghana in more depth. If you are on a long-term placement, for three months or more, traveling trips can be arranged during your stay to give you a break from your volunteer work.

Ghana has a vibrant and diverse culture with an exciting social scene to explore. Whilst we are aware that the placement is the foremost motivation for travelling to Ghana, we have also made provision for participants to relax and explore the fun and excitement Ghana has got to offer when it comes to enjoying their free time. In-country staff will organize regular social activities/events – these usually include weekends away to bring interns and volunteers together giving them an opportunity to get to know each other, share ideas, participate in sporting activities and enjoy night outs to bars/pubs in Accra. Volunteers can also join in the weekly social events such as the ever popular beach party in Accra or salsa dancing sessions, now including the new addition of learning the AZONTO dance - a communication dance craze that is currently sweeping the nation!

Here are some of the places activities Interns typically do during their time in Ghana

Accra

The capital city Accra is one of West Africa's most desirable destinations. The friendliness of the citizens is unparalleled making this city a perfect introduction to Africa. There are two main market places, each with a different speciality. The Kaneshie market on the west of the city sells mainly foods and spices and is a fantastic place to sample the local cuisine. On the other hand the central Makola Market is the place to head for souvenirs particularly beads, carvings or batik.

Also worth seeing is the Arts Centre, which is the home of the best craft market in the country and is also packed with street performers and other entertainers. Accra is also famous for its nightlife, it hosts numerous bars and drinking spots but its real highlight is the dance clubs which fuse western dance music with traditional African dancing and music. Accra also has several good beaches within easy reach; the most convenient is Coco beach, which is only a few miles from the city.

Kumasi: Ashanti and Central Region

The other key destination in Ghana is Kumasi. This city was once the capital of the Ashanti kingdom and is a definite cultural centre. The main draw is the National Cultural Centre which is an enormous complex chronicling every aspect of Ashanti civilisation. As well as the exhibits there is a library and an exhibition hall, which offer visitors the opportunity to take workshops in traditional Ashanti dance or drumming. In the Ashanti region there is Lake Bosomtwe, many centres for traditional cloths and weaving, the Manhyia Palace and many other historical and cultural areas of interest.

Northern, Upper and Eastern Regions

Mole National Park is the largest of Ghana’s National Parks and situated in the heart of the Guinea savannah woodland ecosystem, it is home to 100 mammalian species, reptiles and amphibians and an estimated 300 birds species. The mammals include elephants, roam antelopes, hartebeests, waterbucks, buffalo and some warthogs. Uncounted lions, leopards, hyenas and various primates can also be seen in Mole. A total of 600km of game protection and viewing roads have been developed within the park.

A basic 33-bed, no frills hotel facility, which overlooks an elephant bath, offers overnight accommodation and restaurant facilities. Additionally, composite facilities are available for visitors. A landing strip for small aircraft provides the option of air access to Mole. The main town/city in the North is Tamale, and from here you can visit the oldest Mosque in West Africa and the Paga Crocodile pond, where Crocodiles are free to roam free within the local village.

Lake Volta: Western Region

Lake Volta is the largest reservoir in the world (being larger than Lake Nasser), lying in Ghana and covering almost 8,502 km² (3,275 square miles). Its northernmost point is at the town of Yapei, and southernmost at the Akosombo Dam, 520 kilometres downstream.

The lake was formed in 1965 when the Akosombo Dam was built. The dam produces electricity for much of the nation. It is also important for transportation, plied by both ferries and by cargo boats. In this region, there are many things to see such as Mount Afadjato – the highest mountain in West Africa, the tallest Waterfalls in West Africa, and the beautiful scenery around the lake, which you can explore by foot or even better, by local boat from Akosombo.

Gold Coast: Southern Region

The long stretch of coast west from Accra is known as the Gold Coast, made famous by its historical importance, having once been the dominant region in Africa for the exportation of Slaves. Dotted along the coastline are many forts to bear witness to this past, and many charming fishing villages, which are well worth a visit. Cape Coast is the major tourist destination to visit, with its impressive castle, which once housed thousands of slaves at any one time, where many died before even making it onto the boats.

From Cape Coast, it is also possible to take a day trip to Kakum National Park, made famous by its 30m Canopy walkway, high above the rainforest, allowing you a bird's eye view over this beautiful reserve, if not rather a scary experience, suspended so high up on a rope bridge!!!

Step 1: Application
To apply for this internship we ask you to either call us or apply online using the link below. When you apply we will request information on your emergency contact details, passport number and your health background and other important information. At this stage a deposit payment of £199 is requested, this deposit is non-refundable, unless your application is declined by our team in Ghana.

Once your application has been recieved we will request the following details from you.

• A current CV /resume detailing your work and study history
• A cover letter outlining your key objectives you plan to achieve during your Internship and any preferences in the

departments you would like to gain experience in.

Please note: If your internship is part of your university course, and requires accreditation we also request a letter from your tutor supporting your application for an internship.

Step 2: Acceptance of your placement
Once our team in Ghana have reviewed your application, and accepted you onto the programme for your preferred dates we will contact you to confirm your application has been successful. We recommend you purchase insurance as soon as you secure your placement.

Step 3: Online account details
Once your placement has been secured, we will set up and send you details of your online account login which will take you to your personal Real Gap secure website. Here you can view details of your internship, along with info specific to your time in Ghana. This includes; what to expect during your time in Ghana, what to take with you, country and visa information and details such as insurance and where to get necessary vaccinations. Once you have your login details you can go ahead and book flights, to do this please contact your travel advisor who will give you a quote.

In the run up to your placement, our expert team will be here to answer any questions you may have and to fully prepare you for your time in Ghana.

When you first arrive into Ghana on a Saturday, our team will be there to welcome you at the airport, just watch out for a Real Gap sign when you first arrive. Many international flights arrive into Ghana in the evening, this is no problem and our team are happy to meet you at anytime of the day or night.

From the airport you will drive across the capital city Accra to our accommodation at Teshie-Accra which is about half an hour drive from the airport. Here you will have a chance to settle in and meet other Interns and volunteers living in the house. The house is great fun, lively and very sociable; it is not uncommon for interns to arrive in the evening, only to be whisked off for a night out by others in the house, with a few sore heads the next day!

Orientation and induction
On your first day our staff will take you for a welcome orientation and tour of the city to help get your bearings.

We are based in the capital of Ghana- Accra, possibly the safest Capital city in Africa. The compound is at Teshie- east of Accra which is an area well known for its arts, bars and cafes, great beaches and bizarre coffin shops!

The orientation starts the day after you arrive and the next couple of days are spent visiting some of the tourist highlights in central Accra to settle in and acclimatize to the Ghanaian climate. These places include but not limited to the following;

• A visit to some of Ghana's most popular markets to try your hand at African drumming with the locals.
• Visit some of the bizarre coffin (yes, coffin) shops around Teshie, an eye opening experience!
• Stop in at some Ghanaian bars/pubs to meet and chat with the locals.
• Visit to Ghanaian beaches to relax, sunbathe, swim in the sea or the swimming pool

After the tour we hold a full induction talk which outlines details about your placements, a chance to meet the team, Ghana do's and don'ts, safety measures, locals, travel itinerary and much more. You will receive an induction pack and a folder to keep valuables in our safe during your stay.

Accommodation

Throughout your placement in Ghana you will be accommodated in a shared 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.

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.

Programme Services and Facilities

Internet

During your time at the 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 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.

Electricity

Ghana runs on 230 Volts at a frequency of 50Hz. The plug sockets are either three rectangular pins, as used in the UK, or three circular pins.

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

Three meals per day will be provided for you, the food will be basic but nutritious.

What's Included

- Medical Internship Placement
- Airport transfer on arrival
- All accommodation and meals
- Detailed orientation
- Full support throughout your placement
- Social activities

What's Not Included

- Flights
- Travel insurance (we can help with this)
- Transport to your workplace
- Visas
- Vaccinations

Additional Information

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
- 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

The minimum age for this programme is 18.

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 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.

FAQs

1. **Are these Electives paid?**
   Our medical electives in Africa are unpaid due to immigration laws & local norms. Interns will receive academic credit if desired.

2. **What is a medical elective?**
   A medical elective is a period of study undertaken as part of your undergraduate medical degree where students get the opportunity to undertake a placement in a speciality and location of their choice. The majority of students decide to go abroad, and often incorporate a holiday at the end of their placement.

3. **How long are your medical electives?**
   Our medical electives are tailor made and can be adapted to your needs. Most electives are 6 weeks long, but extensions are available on request. As our electives are negotiated with leading institutions, there is often a minimum period of 4 weeks requested by individual hospitals and consultants.

4. **What types of accommodation are included in the packages?**
   All our accommodation is vetted in person by our on site staff to ensure they meet high standards in quality and location. Your accommodation will be in a shared appartment with other Interns.

5. **How do I know if the placement will be good?**
   We meet with all hospitals and consultants in person to design a medical elective that will offer a breadth of experience in your chosen field. We only partner with leading institutions with a proven track record that are able to provide maximum experience. All placements are continuously audited to ensure they meet our high standards.

6. **Do I need insurance?**
   Yes. Before you can undertake your medical elective you need to have insurance against any medical claim of negligence (this is included in your free MPS or MDU membership) and full travel insurance. You will also require travel insurance which can be purchased before you leave.

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 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 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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