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Physiotherapy Internship in Ghana

Trip Name: Physiotherapy Internship in Ghana **Trip Code:** GHIP **Duration:** From 4 weeks

Key Facts

This Physiotherapy Internship is specifically designed to give our interns unparalleled work experience and training with some of Ghana's leading sports and clinical Physiotherapists.

As an intern your time will be split between working in community clinics and alongside sports physiotherapists for the Ghana Football Association. At the community clinics you have the opportunity to work under supervision and guidence of qualified professionals with a wide variety of injuries and treatments. With the Ghana Football Association, you will have the chance to work as a full-time physiotherapist in one of the leading Premier League football clubs and Lower divisions.

- Gain Experience in both clinical and sports Physiotherapy
- Shadow professional physiotherapists in a range of environments
- Work with Premier League football players
- Gain exposure to a wide range of treatments and injuries

Overview

Experience/ Qualifications required: Undergraduate or graduate in physiotherapy with a keen interest in sports and clinical Physio.
Nationalities: This programme is open to all nationalities (subject to visa requirements.)
Typical Hours: Monday-Friday; 6-8 hours per day; Occasional work at weekends but usually free for personal time and travel.
Remuneration: Unpaid position

Destination Info

Itinerary

Our physiotherapy internship gives you unparalleled back door access to working with some of Ghana's top clinical and elite sports therapy professionals. During your placement you will have the opportunity to work in a combination of community clinics and sports physiotherapy, putting your training into practice with guidence and support of fully qualified professionals.

Your time will be split approximately 60% clinical work in a friendly local community close to the capital Accra and 40% elite sports physio with some of Ghana's top footballers, working in association with the Ghana Football Association.

This is a great experience for students and graduates starting a career as a professional physiotherapist, and a great opportunity to gain a better understanding of the hurdles many physiotherapists and medical professionals have to overcome in developing countries.

Due to the nature of the internship you will need to be self-motivated, flexible and prepared for some long and sometimes frustrating days.

Clinical work

During your placement you are likely to encounter a wide variety of medical conditions and ailments. Many of the patients' conditions reflect the problems in Ghana; strokes due to hypertension, car accidents, and a high proportion of crush injuries to the hand and tendons from cutting and grinding machinery. A hand injury in Ghana usually means no compensation and no income, and only those that can afford the two pound fee per session have access to treatment. There is also a lot of facial palsy from otitis media, which is treated with electrical stimulation.

The clinic does have equipment, including a hydrotherapy pool, but it has a long way to go before the clinic can

cope with the needs of the local community.

During your placement you may also have the opportunity to teach Ghanaian physiotherapy students and work with staff to share ideas and impart valuable knowledge from your 'western' training.

Ghana Football Association

During your placement you will work to treat some of the top players in the Ghanaian Premier League and lower divisions. This is a unique opportunity and one that will give you not only a wealth of experience of working with elite athletes, but will greatly boost your CV, and future job prospects. Depending on the time you are in Ghana you may even get the opportunity to go pitch side at football games to shadow and help full time Physiotherapists treat players, many of whom will go on to play club football in Europe. A truly once in a lifetime experience that will not be forgotten.

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, travelling trips can be arranged during your stay to give you a break from your placement.

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 together giving them an opportunity to get to know each other, share ideas, participate in sporting activities and enjoy night outs to bars and pubs in Accra. Interns 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. 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

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 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

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

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 INTERNSHIPS PAID?**
   Our internship opportunities in India are unpaid due to immigration laws & local norms. Interns will receive academic credit if desired.

2. **WHY SHOULD I DO THIS PROGRAMME?**
   This program is an investment in your future and will give you a substantial advantage. International work experience will significantly aid you when searching for long term employment. You will have demonstrated the ability to think outside the box and handle another culture and language while working for a highly respected company. The above doesn't even touch on your personal development and the fun you will have!

3. **WHEN IS THE DEADLINE TO APPLY?**
   We accept applications on a rolling admissions basis throughout the whole year. New interns start every month. Internships with our partner organisations open and fill on an ad-hoc basis. You should book early to secure a place.

4. **WHAT HAPPENS IF I DON'T GET THE INTERNSHIP I WANT?**
   All students who are accepted into our program are provided guaranteed placement. This means we promise to place you in an internship, in the industry of your choice, with a company you approve of, by the start of the program or you will receive a full refund. Therefore, you have nothing to lose.

5. **HOW MANY HOURS WILL I BE EXPECTED TO WORK?**
   Typically, participants work an average work week of no more than 40 hours. The clinic and club at which you are interning will set your work hours but the majority of internships will take place between 9 am and 5 pm across the clinic and club.

6. **WILL I RECEIVE ACADEMIC CREDIT?**
   All participants will receive academic credit if desired

7. **WHEN SHOULD I APPLY?**
   You should apply at least four weeks before you wish to begin your internship in Ghana.

8. **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.

9. **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.

10. **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 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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