



have fun
help people.

The Glory of Ghana
About your Program



Appleby College Special Program

The Glory of Ghana

A YELLOW FEVER VACCINE AND TOURIST VISA ARE REQUIRED TO ENTER GHANA. PLEASE MAKE SURE YOU REVIEW THE HEALTH AND VISA SECTIONS FOR MORE INFORMATION

Introduction to Ghana

2007 marked the 50th anniversary of Ghana's independence from England and the establishment of one of the most stable nations in Africa. Ghana is as colorful and varied as its most famous cultural products, the Kente clothe produced by the Ashanti and Ewe peoples. There are five major Ethnic groups. They are the Akan (49%), Moshi-Dagomba (16%), Ewe (13%), Ga (8%), and European and other: (0.2%). Despite this diversity, Ghana has escaped much of the ethnic strife that plagues other nations in Africa. While each group has a distinct culture and history of its own, all contribute to the nature of Ghana as a modern state. The Ashanti Empire dominated the region that modern Ghana occupies. Communication between the different groups is facilitated with English as the lingua franca throughout the country. Although Ghana is rich with natural resources, and is better off than many of its neighbors, the domestic economy revolves around subsistence agriculture, which employs 85% of the workforce. The average Ghanaian has a very low income, and very little access to education beyond primary years.



Community

The town of Ho is the home base for your Globe Aware program. Ho is the capital of the Volta region, a city close to some of Ghana's most beautiful natural treasures. This is the ancestral home of the Ewe people. Sites you'll explore in your free time and through organized activities include a famous Kente weaving village and open market, the tallest mountain in Ghana, largest waterfall in West Africa, and more.

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Globe Aware works with a local grass roots organization which seeks to help fellow Ghanaians improve conditions of the vulnerable and deprived through education and other integrated rural development programs. Their mission is to assist rural and urban dwellers in times of natural or man-made disasters by positively impacting education, health, environment, empowerment of women, and through cultural diversity programs. Most of your time will be spent in one of the nearby smaller rural communities. There are about 45 different villages in which we work, all within about 40 miles of Ho.



Projects and Expectations

You may well be the type of person who has achieved great success through your focus on productivity. We applaud you! You will likely find that success in Ghana is measured differently. Part of participating in a program like this is taking advantage of the opportunity to absorb life at a different place. For Ghanians, spending lots of time with friends and family is their highest priority. They usually spend several hours a day with them and in this way, feel they have achieved great success.



Letting go of your preconceptions, opening your mind and yourself to the people of Ho and Ghana will ensure that your experience is meaningful.

While you are working on projects, try not to look at your watch or focus on numbers, as the locals will not be. They will feel that learning about you is just as important, if not more so, than the work you are doing.

One of the biggest development problems that the Ho province currently faces is inadequate funding to implement water and sanitation plans. Pollution of water, indiscriminate disposal of liquid and solid waste caused by low hygiene education, inadequate number of waste containers, lack of public facilities and the practice of open defecation, which is often regularly practiced throughout rural Ghana, can have dramatic impacts on community health and wellness. You will be addressing these development problems in

two types of projects, the building of a Hygiene / KP station and the implementation of the use of Viral Water Purifiers.

Hygiene / KP station Project



Your group will work on building a Hygiene / KP station, which is somewhat equivalent to what you may know as a bathroom. These are not compost latrines, but concrete restroom facilities.

By building a hygiene facility, your group will contribute to lessen the negative impact of poor community sanitation which extends well beyond immediate health risks.

Water Filter/Purifier Special Project

Over large parts of the world, humans have inadequate access to potable water and use sources contaminated with disease vectors, pathogens or unacceptable levels of toxins or suspended solids. Drinking or using such water in food preparation leads to widespread acute and chronic illnesses and is a major cause of death and misery in many countries. Reduction of waterborne diseases is a major public health goal in developing countries.



Water has always been an important and life-sustaining drink to humans and is essential to the survival of all known organisms. Excluding fat, water composes 70% of the human body by mass. It is a crucial component of metabolic processes and serves as a solvent for many bodily solutes. The United States Environmental Protection Agency in risk assessment calculations previously assumed that the average American adult ingests 2.0 liters of water per day. However, the United States Environmental Protection Agency now suggests that either science-based age-specific ranges or an all ages level (based on National Health and Nutrition Examination Survey 2003-2006 data) be used. Drinking water of a variety of qualities is bottled. Bottled water is sold for public consumption throughout the world.

Over 90% of deaths from diarrheal diseases in the developing world today occur in children under 5 years old. Malnutrition, especially protein-energy malnutrition, can decrease the children's resistance to infections, including water-related diarrheal diseases. From 2000-2003, 769,000 children under five years old in sub-Saharan Africa died each year from diarrheal diseases. As a result of only thirty-six percent of the population in the sub-Saharan region having access to proper means of sanitation, more than 2000 children's lives are lost every day.

According to the World Health Organization (WHO), 884 million people in the world don't have access to safe water. As a result, 1.4 million children die every year from water-borne illnesses - that's one child every 20 seconds.

Through the Globe Aware special Appleby program, Appleby volunteers will help address this problem by installing high powered water filtration systems in the villages.

Sawyer Hollow Fiber Membrane Filters




The Sawyer filter was developed using dialysis technology, the Hollow Fiber Membrane filter has tiny "U" shaped microtubes with 0.1 micron pores to filter harmful bacteria and contaminants. The filter uses gravity and can be attached to any bucket or bag. The extremely fast flow rate and compact size (it weighs just 3 ounces) allows individuals to filter water in their own homes as they need it, eliminating the need for a large water storage system as well. The Sawyer filter is easily cleaned with an included backwash syringe. Fast flow rate of up to 60 liters per hour. Reduces quickly and effectively water borne illness more dramatically than any other known technology. Should effectively never need to be replaced as long as it is cleaned / backwashed.

Each filter is certified for ABSOLUTE microns; that means there is no pore size larger than 0.1 or 0.02 micron in size. This makes it **impossible** for harmful bacteria, protozoa, or cysts like E. coli, Giardia, Vibrio cholerae and Salmonella typhi (which cause Cholera and Typhoid) to pass through the Sawyer biological filter. This filter attains the highest level of filtration available today.

The type of filter you will install is the 0.02 purifier, which offers the same level of protection against bacteria and protozoa, and is the first and thus far only portable purification device to physically remove viruses. It does so at a 0.02 Micron Absolute 5.5 log (99.99997%) removal rate. It is the **highest level of filtration available today**. It can provide up to 170 gallons of clean water per day.



These filters/purifiers remove:

	Waterborne Diseases	EPA Requirement	Exceeds EPA Recommendation	Removal Rate
	Bacteria Which Cause: I.E.: Cholera, Botulism (<i>Clostridium botulinum</i>), Typhoid (<i>Salmonella typhi</i>), Amoebic Dysentery, <i>E. coli</i> , Coliform Bacteria, Streptococcus, Salmonella	99.9999% 6 log	Yes	99.99999% 7 log
	Protozoan (Cyst): I.E.: Giardia, Cryptosporidium, Cyclospora	99.9% 3 log	Yes	99.9999% 6 log
	Viruses: I.E.: Hepatitis A (HAV), Poliovirus, Norwalk, Rotavirus, Adenovirus, Hepatitis E (HEV), Coxsackievirus, Echovirus, Reovirus, Astrovirus, Corona Virus (SARS)	99.99% 4 log	Yes	99.9997% 5.5 log

During your program, you will be struck by the passion to improve conditions in the Volta region and throughout the rest of Ghana. West Africa is famous for being open and vibrant, and you'll find that Ghana is no exception. It may take some getting used to, but you'll quickly notice that you could stop anyone on the street, man or woman, and have a very meaningful and enjoyable conversation with them.

Coming from the west, you'll likely notice that personal space is entirely different culturally from what you may be accustomed to. People will get close to each other and to you, you'll notice men and boys holding hands, but none of it has any of the meanings typically associated with this level of closeness in the west.

This is a different world, with a beautiful and friendly culture that welcomes visitors with open arms, especially those who are there to help and honestly experience the beauties and challenges they face on a daily basis. Don't be afraid to ask questions, to share your talents, and to enjoy yourself. You will also likely meet their supporters in the local community, local reverends, political officials, chiefs, and other men and women of all status levels throughout the many communities they work in.

We understand your desire to know as much as possible about the project you will be working on. It is important to understand that projects are often not set in place until about two weeks prior, as they are based on factors such as which projects were finished by the last group, what supplies are available, how many volunteers are in your group, weather conditions, the changing priorities of the community, etc, and can even change upon arrival, for example based on the fitness level of the specific volunteer group and changing weather. Therefore its best to approach the experience with an open attitude, knowing you'll be working approximately 6.5 hours a day during the week days, usually concentrated earlier in the day, and you'll have a couple of hours of unstructured free time every day. Communicate with your coordinator. If you find the work level is too much, or not enough, he or she will do as much as possible to work with you.

Culture

Ghanaian culture is rich, varied, and jovial. It's acceptable to laugh in many situations and contexts. Laughter is often more appropriate than other more threatening emotions like anger, frustration, etc. The people you meet might laugh in situations where you might not think laughter is appropriate, but it's a big part of the cultural experience and they mean no offense.

Women may be surprised at the extra attention they might receive in Ghana. Any calls or attention are not meant to be threatening. Such incidents are rare in Ghana in comparison to many other nations. As evidence, there are many western women working with NGO's in and around Accra and Ho, mostly from the UK, Holland, and other parts of the European Union. They have reported no major problems in this regard. Just as one would in *any* country under such circumstance, your body language and avoided eye contact should suffice to show disinterest. Dressing respectfully and modestly can also temper the situation.



You will be working with a tight knit local organization and community. They want to share their lives, their minds, their smiles, and their world with you. If you encounter locals speaking in their native language, don't hesitate to ask your coordinator to help you participate in the conversation. ALSO we cannot emphasize enough to share your concerns with your host and coordinator EARLY so we can do something about it. We would rather fix, for example, a concern about how your meal was prepared, rather than read a complaint after you leave. Talk to us!

Leisure Activities



There are usually three to four planned but optional leisure and cultural activities throughout the week. You will have ample opportunity to explore the culture and local sights while you are in Ghana. Some activities might include a visit to the largest waterfall in West Africa, a visit to the Monkey Sanctuary, the Kente cloth village, dancing and drumming lessons, and how to make palm oil. Our volunteers usually participate in drum and dance lessons, particularly at the closing ceremony. If you are not comfortable participating, feel free to decline participation, and discuss in advance with your coordinator so that he or she can help you culturally manage these moments.



Additional Packing Information

Please refer to the general orientation handbook for a general suggested packing list. Ghana is generally warm all year round, so you won't need any heavy clothing. Bring work clothes that you don't mind getting a little dirty. A swimsuit will be a must if you hope to go for a swim at the Vli falls. Bug repellent is also a good idea. The weather can become very humid during the summer months, though by no means unbearable, so pack clothes that will let you work in the heat comfortably; and remember that modesty is important: avoid short shorts and skimpy tops. For the hikes, you might consider bringing hiking boots. Don't worry too much about laundry, you'll only be there for a week and it's entirely secondary to the work project and your interactions with locals.

Remember that however much you pack, there are likely to be many people in Ghana who have never had as much as you've brought in your bag.

Essential Items:

- Bug Repellent with at least 20% DEET
- Flashlight
- Hiking boots
- Mosquito net (optional and can be purchased upon arrival; any type will work)
- Sunscreen
- Water bottle

Please note that the packing list is meant as a guideline. There is no single item that you can't live without for one week. Pack what you think you will need to be comfortable, but do not get preoccupied about items that you didn't bring, weren't on the list, etc. Everyone has different opinions about essential items!

Globe Aware volunteers are expected to dress respectfully and appropriately for the culture.

Optional items to bring for your program

Our volunteers often ask what they can bring as donations. We want you to know that in no way are you obligated to bring anything, you are already contributing a lot by participating in the program and donating your time and efforts. If you wanted to bring any extra materials, these are items that are needed in the village where you will be volunteering, and that may also aid you in your program:

- Pens
- Pencils
- Erasers
- Pencil Sharpeners
- Blank paper
- Coloring books
- Notebooks
- Storybooks
- Teaching materials for Math, English, Art, Music and Sports
- Sports equipment: Soccer balls, volleyballs, frisbees, basketballs, footballs
- Simple games or toys that do not require batteries, for example, jump ropes, kites, etc.



Accommodations

Volunteers are settled together in large home stay facilities in the community in which we are working. Accommodations usually include running water, (showers), flushing toilets, and some access to electricity (enough to recharge digital cameras, but the government has instituted rolling blackouts). Hot water cannot be relied upon but is occasionally available.

In most instances, volunteers will be staying with community members in a domestic home setting (often it's the vacation home of a tribal leader). This is evidence of the community's dedication to the work done by volunteers. These accommodations are best described as a compound. There will be a shared dining room, multiple bedrooms, as well as a communal space convenient for drumming and dancing lessons. Bathroom facilities with toilet, sink, and shower (but no hot water) will likely be shared.

Electricity

Electricity will be limited throughout this region of Ghana. Rolling blackouts are very common. Unlike many other developing nations, these blackouts happen according to a schedule released to the public regularly, but the end result is that areas like Ho with less vital economic enterprises than Accra or Kumasi are not prioritized when energy is distributed. There is a good chance that you will be able to charge your digital cameras and other devices, but be aware that electricity is limited and many small communities have none at all. You will likely need to bring a prong adaptor as plugs in Ghana take either:

British-style plug with two flat blades and one flat grounding blade.



South African / Indian-style plug with two circular metal pins above a large circular grounding pin.



Electricity is 220-240V 50 Hz. Check to make sure that your device can handle the higher voltage, and

remember to purchase a travel voltage converter before you go.

Food

Traditional and delicious Ghanaian meals served to you will include specialties such as Jollof rice (rice, tomatoes, spices, with beef or vegetables) and a variety of other fish, fruit, and vegetables. Ghanaian food is perhaps surprisingly spicy and diverse. There's something delicious for everyone, and for the adventurous the local dishes like Banku and Fufu offer a very unique culinary experience. Bottled or boiled water is provided.

Weather

The weather in southern Ghana is warm and tropical, and temperatures will have highs in the mid-eighties and lows in the mid seventies year-round. We recommend that you look at the local weather on-line prior to your departure for a good idea of what to expect. Ho is about three hours from Accra so weather there will not be radically different unless you're venturing high up into the mountains, as you might on a visit to Amedzofe or Ghana's tallest mountain. There the temperatures will be cooler year round.

Money

The Ghanaian currency is the Ghana cedi, pronounced "CD." Barclays bank has ATM's throughout Accra and Ho that will give you a good exchange rate. It's a good idea to have some Ghana cedis in hand before setting off for the program site. However, keep in mind that your accommodations, food, transportation, as well as activities and your donation to the community are all included in your Globe Aware program fee. You'll need cash to purchase souvenirs as well as bargain in the markets. Additionally any internet access, phone calls, alcohol, departure tax, any pre or post program accommodations, or free time expenditures are your responsibility. Most people find the recommended \$250 sufficient to cover such expenses.

****Also, a note for all program locations—it is a good idea that you call your bank and credit card companies before you depart and notify them of the country you will be traveling to and the dates of your travel so that they will allow charges and/or withdrawals internationally.****

Phone and Internet

Please do not plan to spend a lot of time on the phone or internet during your short volunteer week. Cellular phone service in Ghana is impeccable, but there's a high likelihood that your US based phone may not work in Ghana, nor do many long distance telephone cards. You'll be able to obtain a local phone or a SIM card for a GSM phone purchased anywhere in the world for use in Ghana at a very low price. These phones and phone cards will work virtually everywhere in Ghana. Cell phone use is ubiquitous, and international calling rates are very low. There are also numerous internet cafes around Ho. Still, your main objective should be to immerse yourself in the local culture. You'll have free time to call home but try to live and think locally to help you get the most out of your experience.

Health

A yellow fever vaccination is required to enter Ghana. Rates for these vaccinations are much cheaper at a county or municipal health center than at your family doctor or a specialized travel doctor. Depending on where you go the price will range from \$80 and up. For additional information on travel health tips in Ghana, please refer to the CDC's website: <http://wwwn.cdc.gov/travel/destinationGhana.aspx>

Also, refer to the general orientation packet and video for more information regarding health concerns. About half of our volunteers choose to take malaria prophylaxis. This is not required, although malaria is a risk. Treatment for malaria is easily found and inexpensive. Consult your health professional as there are several options available.

Entering and Leaving Ghana

Upon arrival, you'll be asked where you are staying in Ghana. Your answer won't be double-checked, so even if the airport officer is gruff after a long day, just provide them with the name of a hotel you would stay at in case of emergency, arriving early, or missing the pickup.

You can also provide them with the address you used on your VISA application. That address is the address of the program site in Ho. You'll have received a 90-day VISA. Have your vaccination card and passport ready in case of being checked.

VISA Application info

Please watch our informational video about the Ghana visa application process at <http://www.youtube.com/watch?v=aNlzsdKyHZM>

You are applying for a TOURIST visa, *not* a work visa. Work visas are required if you intend on collecting a salary and need to pay payroll taxes.

A great resource when preparing your VISA will be the website of Ghana's embassy: <http://www.ghanaembassy.org/index.php?page=visas> It is usually best to apply within 60 days of your date of travel as it will only be good for 60 days from the date of issue.

When asked on the VISA for an address or reference while in Ghana, list the following address. This is the address for our program in Ghana.

Richard Yinkah
Volunteers of Ghana with Globe Aware
Ho, Old Housing Estate
PO Box HP 814 Ho, Volta Region

For the second reference, list the contact information for our meet up hotel or the hotel where you will be staying. Our typical meet-up hotel is:

Pink Hostel International
P. O. Box 9732 KIA. Accra Ghana



Check the latest information on acquiring a visa. You will need to apply within 60 days for your date of travel

You'll need to send your passport to the Ghanaian embassy in your home country to have the VISA stamped in. We recommend you follow to the letter the instructions found here:

http://www.ghana-embassy.org/corp_div_details_embassy.cfm?EmpID=151&BrandsID=45

You will also need to send in your letter of invitation, which has been supplied to your group leader.

It's important to note that you will need to also submit 4 passport size photos, which are available at Walgreens, CVS, Kinko's or similar stores. If you don't have a paper ticket to submit, just submit a copy of your electronic flight itinerary. You will also be fine if you have a flight and ticket number. In the summer of 2008 the Embassy also said they may ask for a copy of a recent bank statement showing sufficient funds for you to travel to Ghana. You'll receive a 60-day tourist visa after submitting all this along with the application fee. Please be aware that processing times vary and may not be what they list (5-7 business days can turn into 10-15 business days). This all depends on the embassy.

Arrival and Meet-Up

Your group will be met at the airport by a Globe Aware representative.

VERY IMPORTANT NOTE: If there are any issues which arise during your transit to your destination (last minute flight change, missed meetup, etc.) **OR DURING YOUR STAY** do not hesitate to call our emergency line. Globe Aware staff members are on call 24 hours a day on weekends to help you resolve any issues or address any concerns you have during or before your program. 214-824-4562.

Your Hosts : Who You Might Meet



Mr. Richard Kwashie Yinkah AKA Capone



Tornu AKA Opeimu



Mr. Mypa Winfred Buckner AKA Alhaji Moro



Mr. Angelbert Elorm Ankah
AKA DJ Mr. Robert

Additional Coordinators not pictured will be on hand for your group.

Safety and Security

Ghana is a safe and stable nation. Cast aside all the preconceptions you might have about Africa. Ghana has never fought a war. Incidents of crime are very low outside of Accra and Kumasi, the two major cities. At independence, Ghana had huge currency reserves and, in the eyes of many world economists, a very bright future. However, Dr. Kwame Nkrumah, the first president and independence hero, along with his supporters, spent a lot of the money helping other African nations gain independence. Ghanaians aren't angry but rather proud of that legacy. That spirit is alive and well in Ghana and, especially if you're coming from a large or midsize American city, you're likely to feel as safe as or safer than home while you're having fun and helping people. But, as always, you should exercise caution.

For specific tips on travel safety and warnings for travelers in Ghana we recommend referencing the US Dept. of State's Consular information:

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1124.html

Smart Traveler Enrollment Program (STEP)

The Smart Traveler Enrollment Program is a free service provided by the U.S. government to U.S. citizens who are traveling to a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency, keep you up to date with important safety and security announcements, and help your friends and family get in touch with you in case of an emergency. The link to STEP is <https://travelregistration.state.gov/ibrs/ui/>

In Case of Emergency

US Embassy

No. 24, Fourth Circular Rd, Cantonments, Accra

P.O. Box 194

Accra, Ghana

Telephone: (233) 21-741-000

After Hours Emergency: (233) 21-741-775

Fax: (233) 21-741-389

Further Readings

Lonely Planet's Rough Guide to West Africa and Guide to West Africa: The sections on Ghana are great guides to the country and the region as a whole. This can also be a great way to find hotel recommendations if you're planning to arrive earlier or travel after your time with Globe Aware.

