

Childcare & Community

High School Special Schedule

Ghana | 2 weeks

Welcome to our High School Special Care & Community Project in Ghana! Are you ready for a once-in-a-lifetime experience working with the local community and exploring this beautiful country?

Programme Goals:

- ▶ **Education and Childcare:**

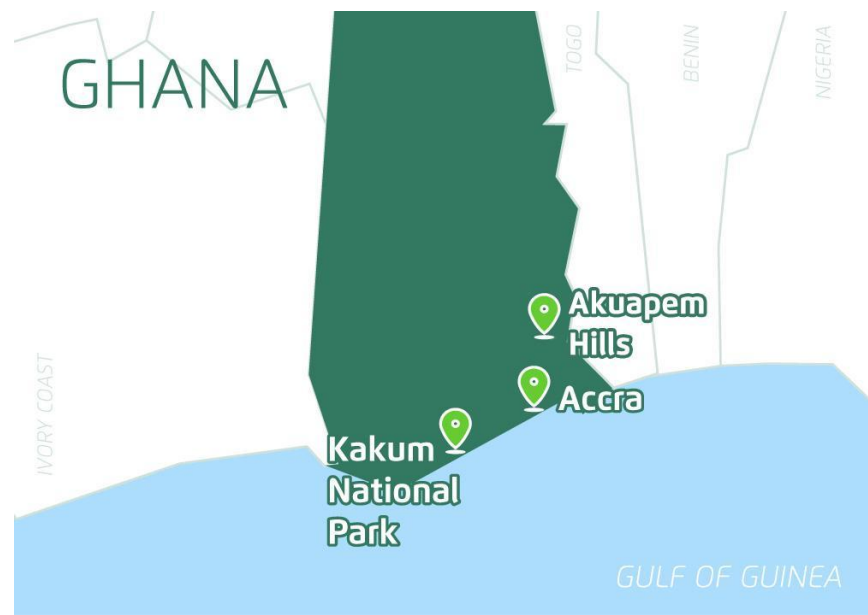
Spend your time working with children at a local primary school, helping make learning fun for them. Teach basic English words and phrases through songs, pictures or role play games, play football games outside, or run arts and crafts lessons to unleash their creativity.
- ▶ **Building or renovation:**

Make a lasting impact on the community by improving the schools and centres where you'll be working. Help renovate classrooms, build toilet blocks and urinals or improve other school infrastructure, depending on existing needs. Apart from renovation works at the school, build tippy taps, which are simple and hygienic hand-washing devices. Then help the pupils adopt a habit of washing hands before and after eating.
- ▶ **Cultural Immersion:**

Immerse yourself in the rich culture of the country. After your volunteer work, delve into the vibrant Ghanaian culture by witnessing traditional dances, engaging in conversations with locals, and indulging in the diverse flavors of traditional cuisine. Explore the country's history and heritage with fellow volunteers, visiting historical landmarks, experiencing the warmth and hospitality of the local communities, and creating unforgettable memories along the way.



2 WEEKS



Day 1

Sunday Arrival in Ghana

You will arrive at the International Kotoka Airport in Accra. One of our friendly coordinators will be waiting for you right outside the airport, ready to guide you on an amazing Ghanaian experience.

Depending on the time of arrival, you will either be transferred to your host family in the Akuapem Hills right away or you will spend one night with a host in Accra, then travel the following day.



Highlights

- ▶ 40 Service Hours
- ▶ Help renovate a famous primary school
- ▶ Build tippy taps for hygienic hand washing
- ▶ Make learning English fun for children
- ▶ Immerse yourself in Ghanaian culture
- ▶ Visit Cape Coast & Kakum National Park
- ▶ Offset your carbon footprint

Accommodation

Host family

Transport

Private bus and by foot

Meals

Will mainly be with your host family. Some days will have a packed lunch from the host family.

Timings

This schedule is subject to change, however you will be advised in advance should this happen. You will depart from the host before 8am and be back at around 5pm. However, this may differ from day to day depending on the activity and progress of the volunteer work.

Responsible Travel

We offset 100% of carbon emissions associated with your in-destination transport. We're committed to being fully climate-positive by 2024!

By volunteering with us you're helping reforestation efforts, protecting existing forests and providing employment to local communities around the world.

Day 2

Monday

Morning:

Have a formal introduction to your host family. Join the rest of the group at the Projects Abroad office for a general induction about your schedule and Ghanaian culture. You will learn about health & safety as well as reviewing the logistics for your trip.

Afternoon:

Enjoy lunch at a restaurant during your tour of the town tour. There will be time to get local SIM cards and to exchange money.

Evening:

Have dinner with your host family. Begin your exploration of what it is like to live like a Ghanaian.

Day 3

Tuesday

Morning:

Have an introduction to the school staff and children at your work placement. Start your renovation project right away with local staff teaching you the skills required for each task.

Afternoon:

Begin informal lessons with school students. You will have time set aside to learn from local staff and to plan activities and games.

Evening:

Learn the Twi language during a lesson led by staff. Gain basic vocabulary and phrases that will help you communicate locally.

Day 4

Wednesday

Morning:

Continue your renovation project at the school.

Afternoon:

Lead informal teaching activities with school children.

Evening:

Join your group for a feedback session to discuss what you have seen and done so far. Later in the evening, there will be a quiz night to test your knowledge of Ghana so far.

Day 5

Thursday

Morning:

Build tippy taps at the school. These are simple water-saving devices that will help children to wash their hands and improve their basic hygiene.

Afternoon:

Play games and continue informal teaching activities with the children.

Evening:

Visit the Chief's Palace to learn about local tribal politics and traditional leadership. Afterwards, grab some popcorn for a movie night with your group.

Day 6

Friday

Morning:

Continue your renovation project at the school.

Afternoon:

Continue care and teaching work at the school.

Evening:

Play board games with your group before having dinner with your host family.

Day 7

Saturday

Full

Day:

Wake up early in the morning for a journey to visit Cape Coast Castle. You'll learn about Portuguese colonists and the history of the slave trade in the region.

Afterwards, enjoy a picnic on the beach. There will be a cultural shows with traditional dance and music at your hotel. You'll stay overnight so you can continue exploring the coast tomorrow.

Day 8

Sunday

Full

Day:

After breakfast you will visit Kakum National Park and explore a large tropical forest. Your group will cross a high canopy walkway up in the trees - a great vantage point for spotting monkeys, antelope and the occasional elephant. You'll then have lunch overlooking a lake with alligators in their natural habitat.

Enjoy another picnic on the beach in the afternoon before your return journey to the Akuapem Hills. On the way, you will stop at West Hills Mall to buy snacks.

Day 9

Monday

Morning:

Continue with infrastructure work This may involve tasks such as painting, plastering, priming, gardening or even learning woodwork skills.

Afternoon:

Lead care and teaching activities with the schoolchildren. This will include leading some sports activities.

Evening:

Sit back and relax with the rest of the group as a movie is projected onto the wall for the evening's entertainment.

Day 10

Tuesday

Morning:

Continue with renovation work at the school.

Afternoon:

Continue care and informal teaching activities with the pupils. You'll help with English classes and give the children a more interactive lesson style.

Evening:

Time to get musical! Join traditional dance and drumming lessons. You'll practice drumming with Kpanlogo drums and learn the rhythms that enchant the people of Ghana.

Day 11

Wednesday

Morning:

Support local staff with care and teaching activities at the school. This could involve playing educational games or getting art involved in activities.

Afternoon:

Continue with the fun educational activities. Try to be as creative as possible to bring variety and excitement into lessons.

Evening:

Have dinner and play board games (including a couple of traditional ones) at the host family accommodation.

Day 12

Thursday

Morning:

Continue with the renovations tasks at the school.

Afternoon:

Continue with your educational activities with school children. Think of different games, songs and dances to keep the kids entertained as they learn.

Evening:

Join a quiz night with all the group at your accommodation. You'll be tested on different topics and themes.



Day 13

Friday

Morning:

Continue with renovation tasks to improve the learning environment and facilities for the community.

Afternoon:

Support local teachers and staff with the fun educational activities. Have time to say goodbye to the staff and students you've worked with during your stay.

Evening:

Enjoy a farewell dinner at a restaurant with the whole group. It's time to say goodbye and thank you to everyone you've met on this adventure.

Day 14

Saturday

Full Day:

Group members will likely be departing at different times, therefore the last two days may not be the same for everyone.

Your exact departure plan will be communicated with you directly by our local team. If you have longer to wait around, we will ensure you are comfortable and well looked-after before being taken to the airport in Accra.

You will have the continued support of Projects Abroad staff right until you are safely at the airport to board your plane back home.

Personal Achievements



- ▶ Completed a total of 40 service hours
- ▶ Helped renovate much needed school infrastructure
- ▶ Helped local school children to improve their personal hygiene and avoid related diseases
- ▶ Helped school children to improve their creativity and imagination



Student Learning Outcomes

Intercultural Competence

Students will be immersed in different cultures, gaining an understanding of their role within our global community and developing a deeper cultural awareness.

Leadership Development

Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their confidence and resilience through team activities and new life experiences.

Healthy Active Living

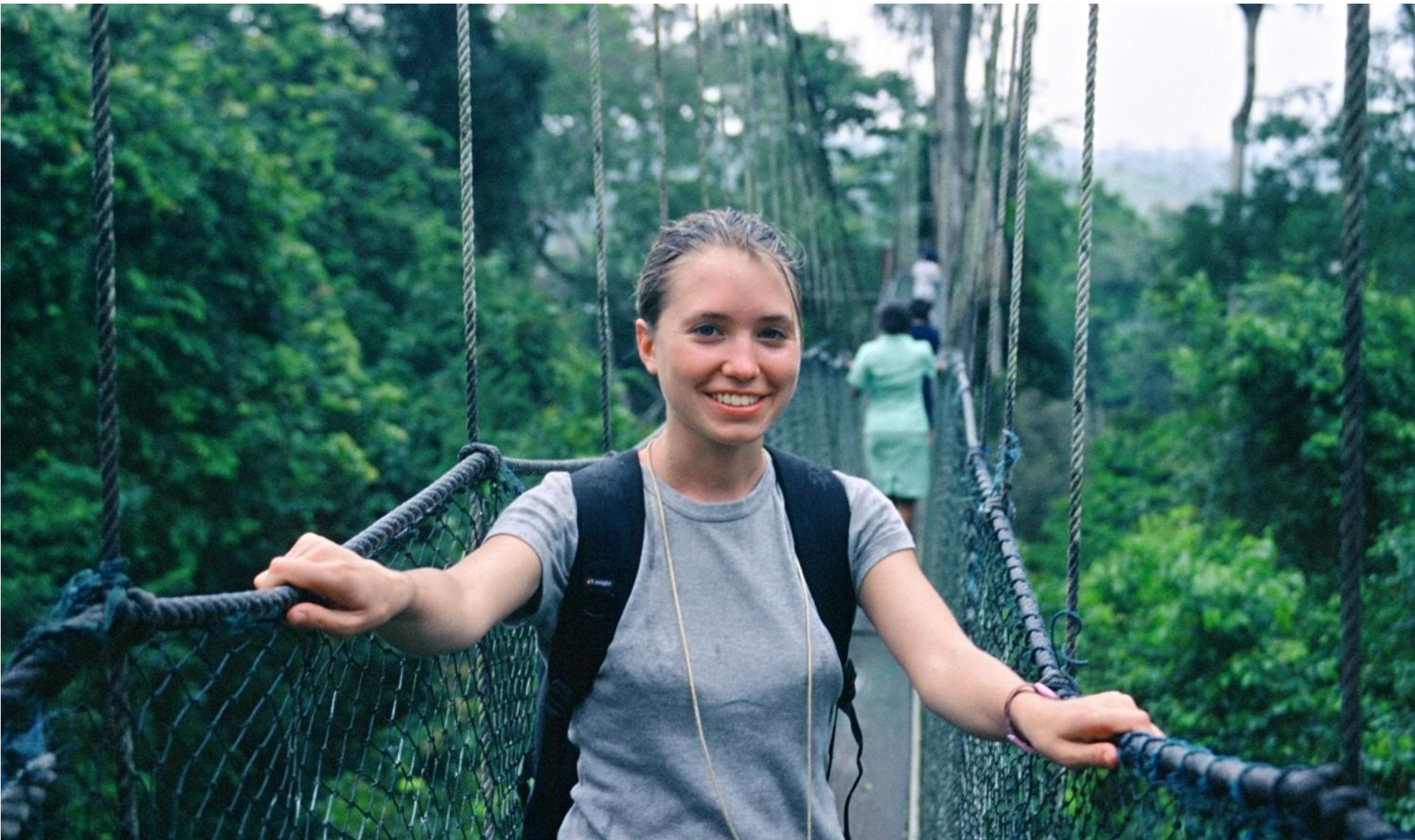
Students will be encouraged to prioritise their self-care, enhancing their physical and mental well-being.

Empowerment

Students will be empowered to think for themselves, challenging the “status-quo” and cultivating transformative decision-making mindsets.

Global Citizenship

Students will be exposed to new perspectives, engage with real-world challenges and contribute to sustainable development initiatives.



Ghana is a friendly and peace-loving country. It’s full of lush rainforests and historical towns that visitors always enjoy exploring.

Despite its small size and population, Ghana is one of Africa’s most stable and economically successful countries. Located on the Gulf of Guinea, it’s also a stunning location for any trip abroad.

FUN FACTS

- ▶ Ghana’s national motto is “Freedom and Justice”
- ▶ The name Ghana means “Warrior King”
- ▶ Ghana was the first independent country in Sub-Saharan Africa
- ▶ Ghanaians speak over 200 different dialects

Want to learn more?

We’d be happy to talk to you and and and answer any questions you may have. You can call or email our team, or use the ‘live chat’ feature on the Projects Abroad website.

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_Destination Information	
National Language:	English
Population:	31 million
Currency:	Ghanaian cedi
Time Zone:	GMT
Capital:	Accra
Calling Code:	+233
Dominant Religions:	Christianity, Islam
National Dish:	Fufu
National Animal:	Tawny eagle

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Childcare & Community

High School Special Schedule

Ghana | 4 weeks

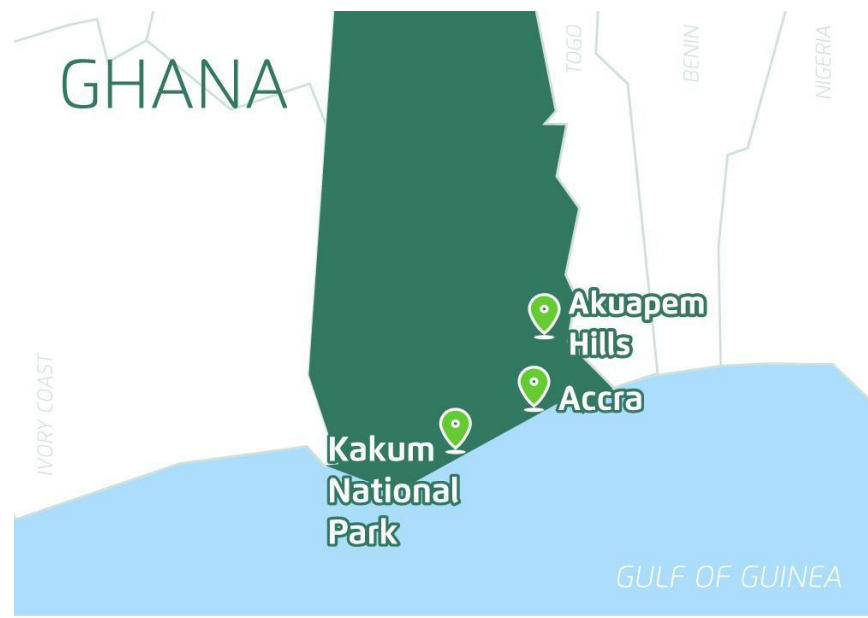
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Evening:

Enjoy dinner at a restaurant with the whole group. It's time to say goodbye to those who are staying for just 2 weeks.

Day 14

Saturday

Full Day:

You will travel to Boti Falls where two waterfalls come from two different rivers. They are referred to as male and female and, according to myth, when they merge a rainbow forms. You will also hike to Umbrella Rock, one of the main tourist attractions in the country's Eastern Region. There are stunning views of the forest from here.

After a picnic at the waterfall, you will head back to the Akuapem Hills, where in the evening you'll have dinner and learn to play local games.

Day 15

Sunday

Full Day:

Time for some rest and relaxation. Today you will travel to Sajuna Beach Club for games and swimming in pools. You'll have lunch at the club before taking a boat ride on Lake Volta. This is the largest artificial reservoir in the world based on surface area and is contained behind the Akosombo Dam, which generates a considerable amount of Ghana's electricity.

Day 16

Monday

Morning:

Continue renovation tasks and keep learning new skills from the local team.

Afternoon:

Support local staff with games and lessons with children in the community.

Evening:

Relax with the rest of your group and watch a movie at your accommodation.



Day 17

Tuesday

Morning:

Continue with infrastructure work at the school.

Afternoon:

Support local teachers and staff with the fun educational activities.

Evening:

Enjoy dinner with the rest of your group and learn local games..

Day 18

Wednesday

Morning:

Continue with infrastructure work at the school

Afternoon:

Support local staff with games and lessons with children in the community.

Evening:

Join a quiz night with all the group at your accommodation.

Day 19

Thursday

Morning:

Support efforts to improve facilities through renovation work.

Afternoon:

Continue providing support with teaching and care activities.

Evening:

Relax and eat with the rest of your group at your accommodation.

Day 20

Friday

Morning:

Continue with infrastructure work to support the community.

Afternoon:

Plan and lead educational activities to teach English and basic hygiene.

Evening:

Enjoy dinner at a restaurant and say farewell to those members of the group who are only staying for 3 weeks.



Day 21

Saturday

Full Day:

Spend the whole of Saturday exploring Shai Hills Reserve, a 47-square kilometer forest reserve covering 5 separate hills. It is home to baboons, green monkeys, antelopes, zebras and over 172 bird species.

Day 22

Sunday

Full Day:

It's time for a picnic and a relaxed day at Aburi Botanical Gardens. You'll walk among the majestic trees in the botanical gardens, and learn how the institution fights to save plant diversity through research, education and different horticultural methods.

On the way back to Mamfe, the group will visit the Wood Market, an arts centre for traditional arts and crafts.

Day 23

Monday

Morning:

Continue the final week of your infrastructure work. It's time to complete the finishing touches to your project.

Afternoon:

Keep supporting staff with informal teaching activities. Your work will provide an alternative style of learning and help to keep the children interested in the topics you teach.

Evening:

Movie night and dinner at the host.

Day 24

Tuesday

Morning:

Continue with your renovation tasks.

Afternoon:

Provide support with informal teaching activities with the pupils.

Evening:

Join a cooking class and learn to make 'gari', a staple Ghanaian food made from granulated cassava. You will discover the entire process from cultivation to the preparation of this dish.

Day 25

Wednesday

Morning:

Keep painting, building and renovating at your renovation site.

Afternoon:

Lead sports and games with children in the community.

Evening:

Join a quiz night to test your general knowledge against other group members.



Day 26

Thursday

Morning:

Continue helping with various renovation tasks.

Afternoon:

Play games, plan lessons and get creative with educational activities.

Evening:

Play football and other sports with community members.



Day 27

Friday

Morning:

It's your final day of project work! This morning will be spent adding the finishing touches to your renovation project and showing off your achievements to staff and students from the community.

Afternoon:

Complete your final lessons with the children in the community. It's time to say thank you, goodbye, and have the opportunity to take some farewell photos.

Evening:

Join all of your group and staff for one final farewell meal at a local restaurant.

Day 28

Saturday

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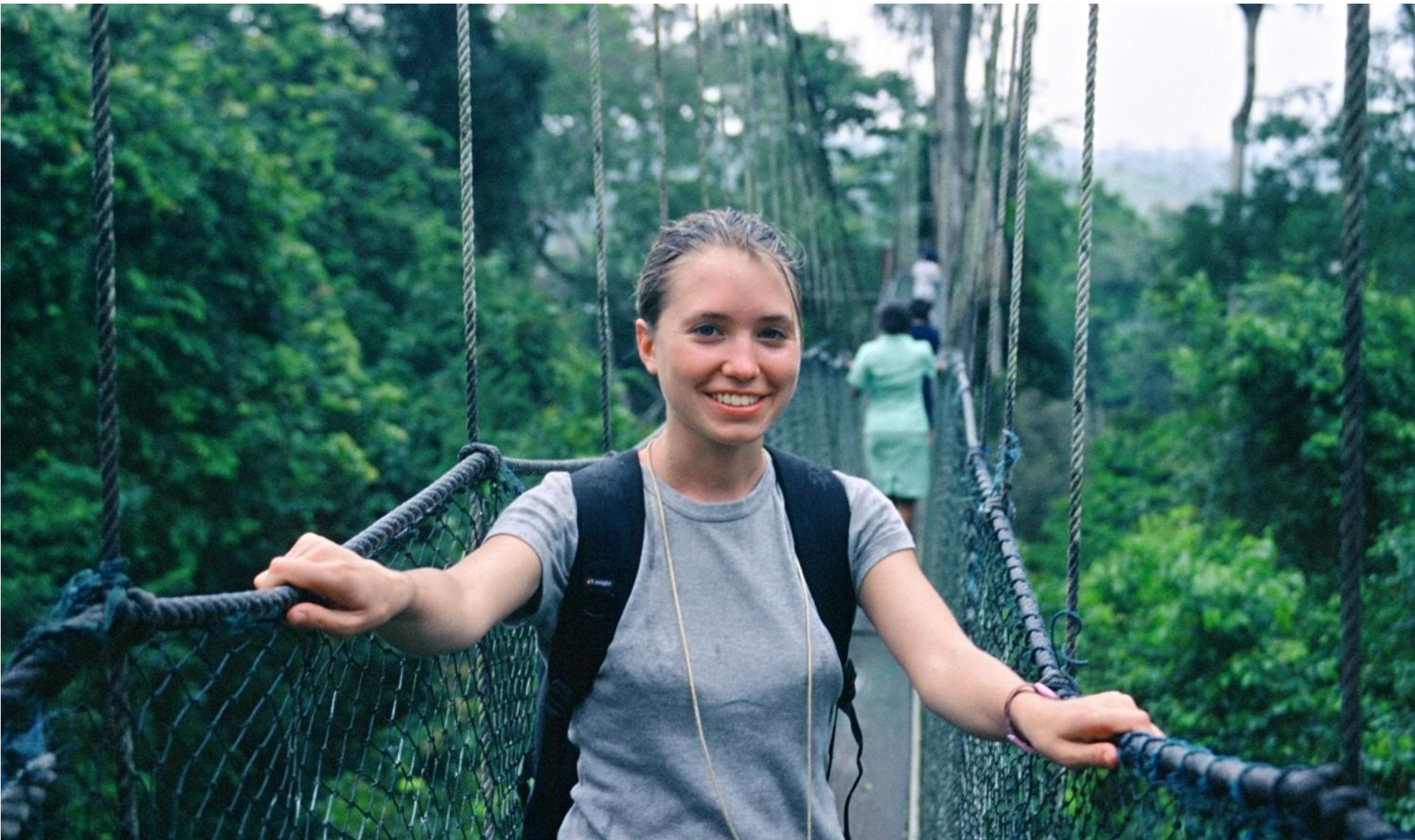
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Currency:	Ghanaian cedi
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Capital:	Accra
Calling Code:	+233
Dominant Religions:	Christianity, Islam
National Dish:	Fufu
National Animal:	Tawny eagle

Social Media

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