

Medicine & Healthcare

High School Special Schedule Ghana | 2 weeks

This project is designed to give you the opportunity to observe medical professionals, learn basic medical procedures and participate in a variety of community health outreach activities. During this trip, you will have a unique insight into Ghanaian culture and explore some of the country's most popular tourism sites.

Programme Goals:

-  **Clinical:**
Spend time shadowing local doctors and nurses in a district hospital in the Akuapem Hills area. You will be exposed to a variety of different departments during your project.
-  **Community**
Visit local communities and schools and present information on various healthcare issues facing the region. You will develop materials and activities for awareness campaigns and healthy living workshops on disease prevention. Help screen and treat children for malaria.
-  **Learning**
Learn basic medical skills such as checking patients' vital signs, blood pressure and blood sugar levels. You will be taught how to assist with medical checks and screens about common ailments and illnesses in the region.
-  **Cultural Immersion:**
Immerse yourself in the rich culture of Ghana. Dive into the vibrant Ghanaian culture by witnessing traditional dances, engaging in conversations with locals, and indulging in the diverse flavors of traditional Ghanaian 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



Highlights

- ▶ 15 service hours and 25 clinical shadowing hours
- ▶ Gain medical skills and experience
- ▶ Raise awareness about medical issues
- ▶ Learn about traditional medicine
- ▶ Immerse yourself in Ghanaian culture
- ▶ Visit Kakum National Park and Cape Coast
- ▶ Offset your carbon footprint

Accommodation

Host family and hotel

Transport

Private bus and by foot

Meals

At the host family. In the afternoon, the meal might be 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 1

Sunday

Arrival in Ghana

You will arrive in 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.



Day 2

Monday

Introduction

Morning: Learning

Familiarise yourself with the Projects Abroad office and its operations during an induction meeting. Learn about the local culture and review the plans for your stay.

Afternoon: Culture

Embark on a town tour, exploring the local community and getting a chance to register for a local SIM card or exchange currency if needed. Lunch will be served at a local restaurant which will be followed by a Twi language and cultural workshop.

Evening: Culture

Share a delicious dinner at your host family, sampling home cooked Ghanaian cuisine.

Day 3

Tuesday

Hospital

Orientation

Morning: Clinical

Receive an introduction to the District Hospital and its medical staff.

Afternoon: Clinical

Today marks the beginning of your clinical exposure. Throughout your stay, you will shadow doctors through rotations across different departments in the hospital: Emergency Wards, Maternity, Pediatric Unit, Surgery (Operating Theatre) and the Outpatient Department (OPD).

Evening: Learning

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

Day 4

Wednesday

Hospital

Morning: Clinical

Return to the hospital to resume your rotation in different departments. Your group will be split into sub-groups, each assigned to shadow doctors in different departments.

Afternoon: Clinical

Continue your clinical experience at the hospital. This is a chance for you to gain valuable exposure to medical practices, patient interaction and care, and the clinical decision-making process. Maximize your learning by taking notes and asking questions.

Evening: Culture

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, including language and culture.

Day 5

Thursday

Medical

Workshop

Morning: Learning

Attend a medical workshop focusing on the Ghanaian medical system, which will offer further clarity to your work at the hospital and help you prepare for future medical outreach activities.

Afternoon: Clinical

Spend the afternoon at a Children's Ward to learn about young patient care. You can help to entertain the kids while you are there.

Evening: Culture

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

Outreach

Morning: Community

Alongside your peers, and with help from our medical professionals, prepare an educational community outreach to be delivered in the afternoon.

Afternoon: Community

Run an awareness campaign in the community or in a local school to highlight different health and hygiene issues that impact the local population. Gain valuable hands-on experience with preventative medical practices for local public health issues.

Evening: Culture

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

Day 7

Saturday Weekend Activities

Full Day: Culture

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 show with traditional dance and music at your hotel. You'll stay overnight so you can continue exploring the coast tomorrow.

Day 8

Sunday Weekend Activities

Full

Day:

Culture

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.

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 Hospital

Morning: Clinical

Engage in your regular hospital work, continuing to observe different departments.

Afternoon: Clinical

Resume your hospital work, continuing to learn from the local medical staff. Make sure to take notes to discuss about later with our in house medical staff.

Evening: Culture

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 Hospital

Morning: Clinical

Continue your dedicated hospital work, gaining valuable real life experience in a healthcare setting.

Afternoon: Clinical

Continue your clinical experience at the hospital.

Evening: Culture

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

Day 11

Wednesday Hospital

Morning: Clinical

Return to the hospital to shadow doctors.

Afternoon: Learning

Join your group for a feedback session to discuss what you have seen and done so far. Discuss your various medical experiences and clarify any questions you have with our medical professionals.

Evening: Culture

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



Day 12

Thursday Workshops

Morning: Learning

Engage in a fascinating hands-on surgical workshop with a qualified professional. Learn to make sutures and practice your newly-gained skills.

Afternoon: Learning

Continue your learning efforts with another workshop on a medical theme.

Evening: Culture

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 13

Friday Outreach

All day: Community

Accompanied and supervised by a local medical professional, visit the local community for a medical outreach event. You will screen and test local people for the most common diseases and offer basic treatments for wounds, intestinal parasites and malaria.

Evening: Culture

Enjoy a farewell dinner at a restaurant with the whole group. It's time to say goodbye to the new friends you have made.

Day 14

Saturday Departure

The group members will likely be departing at different times, therefore the last 2 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. You will have the continued support of Projects Abroad staff right until you are safely at the airport to board your plane back home.



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

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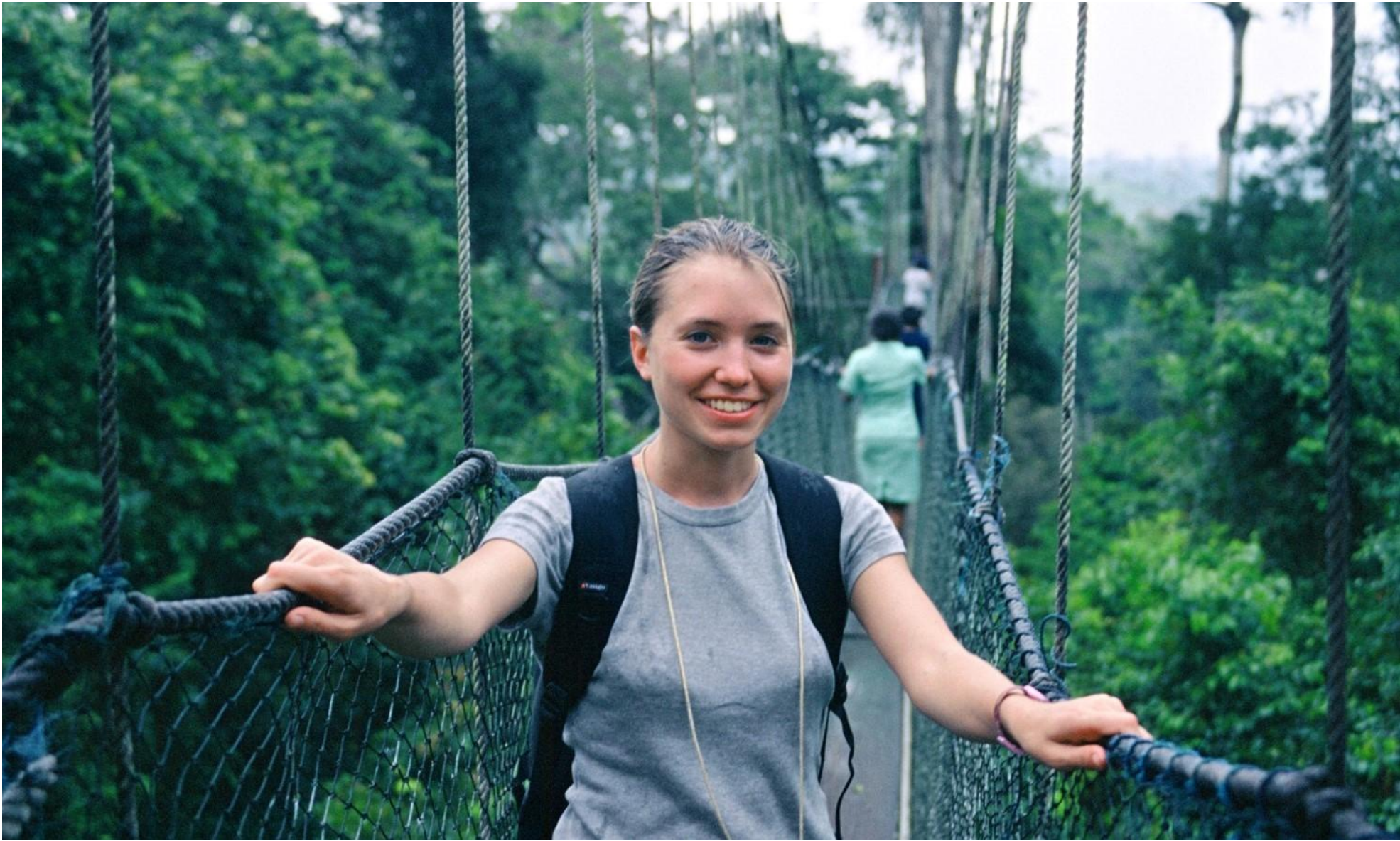
We’d be happy to talk to you and and and answer any questions you may have. You can call or email our team, or use the ‘live chat’ feature on the Projects Abroad website.

General inquiries: info@projects-abroad.org

Personal Achievements



- ▶ Completed a total of 15 service hours.
- ▶ Completed a total 25 clinical shadowing hours.
- ▶ Attended 2 workshops on professional medical topics and skills.
- ▶ Taught important lessons on reproductive health to over 300 children.
- ▶ Took part and assisted medical professionals on public health outreaches for 150+ community members.



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.

Medicine & Healthcare

High School Special Schedule Ghana | 4 weeks

This project is designed to give you the opportunity to observe medical professionals, learn basic medical procedures and participate in a variety of community health outreach activities. During this trip, you will have a unique insight into Ghanaian culture and explore some of the country's most popular tourism sites.

Programme Goals:

-  **Clinical:**
Spend time shadowing local doctors and nurses in a district hospital in the Akuapem Hills area. You will be exposed to a variety of different departments during your project.
-  **Community**
Visit local communities and schools and present information on various healthcare issues facing the region. You will develop materials and activities for awareness campaigns and healthy living workshops on disease prevention. Help screen and treat children for malaria.
-  **Learning**
Learn basic medical skills such as checking patients' vital signs, blood pressure and blood sugar levels. You will be taught how to assist with medical checks and screens about common ailments and illnesses in the region.
-  **Cultural Immersion:**
Immerse yourself in the rich culture of Ghana. Dive into the vibrant Ghanaian culture by witnessing traditional dances, engaging in conversations with locals, and indulging in the diverse flavors of traditional Ghanaian 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.



4 WEEKS



Highlights

- ▶ 30 service hours and 50 clinical shadowing hours
- ▶ Gain medical skills and experience
- ▶ Raise awareness about medical issues
- ▶ Learn about traditional medicine
- ▶ Immerse yourself in Ghanaian culture
- ▶ Visit Kakum National Park and Cape Coast
- ▶ Offset your carbon footprint

Accommodation

Host family and hotel

Transport

Private bus and by foot

Meals

At the host family. In the afternoon, the meal might be 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

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Day 1

Sunday

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Day 2

Monday

Introduction

Morning: Learning

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Afternoon: Culture

Embark on a town tour, exploring the local community and getting a chance to register for a local SIM card or exchange currency if needed. Lunch will be served at a local restaurant which will be followed by a Twi language and cultural workshop.

Evening: Culture

Share a delicious dinner at your host family, sampling home cooked Ghanaian cuisine.

Day 3

Tuesday

Hospital Orientation

Morning: Clinical

Receive an introduction to the District Hospital and its medical staff.

Afternoon: Clinical

Today marks the beginning of your clinical exposure. Throughout your stay, you will shadow doctors through rotations across different departments in the hospital: Emergency Wards, Maternity, Pediatric Unit, Surgery (Operating Theatre) and the Outpatient Department (OPD).

Evening: Learning

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

Day 4

Wednesday

Hospital

Morning: Clinical

Return to the hospital to resume your rotation in different departments. Your group will be split into sub-groups, each assigned to shadow doctors in different departments.

Afternoon: Clinical

Continue your clinical experience at the hospital. This is a chance for you to gain valuable exposure to medical practices, patient interaction and care, and the clinical decision-making process. Maximize your learning by taking notes and asking questions.

Evening: Culture

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, including language and culture.

Day 5

Thursday

Medical Workshop

Morning: Learning

Attend a medical workshop focusing on the Ghanaian medical system, which will offer further clarity to your work at the hospital and help you prepare for future medical outreach activities.

Afternoon: Clinical

Spend the afternoon at a Children's Ward to learn about young patient care. You can help to entertain the kids while you are there.

Evening: Culture

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

Outreach

Morning: Community

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Evening: Culture

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

Day 7

Saturday Weekend Activities

Full Day: Culture

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Day 9

Monday Hospital

Morning: Clinical

Engage in your regular hospital work, continuing to observe different departments.

Afternoon: Clinical

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Evening: Culture

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 Hospital

Morning: Clinical

Continue your dedicated hospital work, gaining valuable real life experience in a healthcare setting.

Afternoon: Clinical

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Evening: Culture

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Day 11

Wednesday Hospital

Morning: Clinical

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Day 12

Thursday Workshops

Morning: Learning

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Day 13

Friday Outreach

All day: Community

Accompanied and supervised by a local medical professional, visit the local community for a medical outreach event. You will screen and test local people for the most common diseases and offer basic treatments for wounds, intestinal parasites and malaria.

Evening: Culture

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 Weekend Activities

Full Day: Culture

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 Weekend Activities

Full Day: Culture

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 Hospital

Morning: Clinical

Take out your notebook and pen as you embark on a new day of clinical experience at the District Hospital.

Afternoon: Clinical

Continue your clinical experience at the hospital. Take some time to reflect on lessons gained from the previous weeks and what you could do to enhance your learning during your remaining time.

Evening: Culture

Relax with the rest of your group and watch a movie at your accommodation. Enjoy the now familiar tastes of Ghanaian homemade food.

Day 17

Tuesday Hospital

Morning: Clinical

Continue your dedicated hospital work, gaining valuable real life experience in a healthcare setting.

Afternoon: Clinical

Continue your clinical experience at the hospital.

Evening: Culture

Take some time for a relaxing walk around Mamfe town. Enjoy views of the Akuapem Hills and soak in the evening atmosphere. Then return to your host family to play some traditional games and enjoy dinner.

Day 18

Wednesday Hospital

Morning: Clinical

Return to the hospital for rounds with the medical staff in the department that you have been rotated to for the day.

Afternoon: Clinical

Continue your clinical experience at the hospital. What new experiences or observations have you had today? What fresh questions do you have about the medical profession?

Evening: Culture

Ready to again test your knowledge on all things Ghanaian? Join a quiz night with all the group at your accommodation, before a delicious dinner.

Day 19

Thursday Workshops

Morning: Learning

Start your day with another opportunity for learning. This time, the theme of the morning workshop will Basic Medical Emergencies.

Afternoon: Clinical

Spend another afternoon in the Children's Ward at a nearby hospital. Learn about young patient care and ways to entertain the kids.

Evening: Culture

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



Day 20

Friday Outreach

All day: Community

Accompanied and supervised by a local medical professional, visit the local community for a medical outreach. You will screen and test the local people for most common diseases and offer basic treatments for wounds, intestinal parasites and malaria.

Evening: Culture

Enjoy dinner at a restaurant with the whole group. It's time to say goodbye to those who are staying for just 3 weeks.

Days 21 & 22

Saturday & Sunday Weekend Activities

Saturday: Culture

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.

Sunday: Culture

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
Hospital

Morning: Clinical

Engage in your regular hospital work, continuing to observe different departments, interact with local nurses and shadow medical professionals.

Afternoon: Clinical

Resume your hospital work, continuing to learn from the local medical staff. Make sure to take notes to be discussed with our in house medical professional staff later.

Evening: Culture

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

Day 24

Tuesday
Hospital

Morning: Clinical

Today is your last day at the hospital. Say goodbye to the local medical professionals you’ve met, and write down your final questions and observations.

Afternoon: Clinical

Join a farewell meeting at the hospital and say thank you to the medical staff who have supported you during your stay. Receive a debrief meeting at the accommodation.

Evening: Culture

Immerse yourself in the Ghanaian culture again as you attend another cooking class and enjoy the delicious results later.

Day 25

Wednesday
Workshops

Morning: Learning

You will join another workshop this morning, this time on ‘The Role of Traditional Medicine in Healthcare’. This topic is particularly relevant for Ghana, a country with a rich tradition of herbal medicine.

Afternoon: Learning

You will attend another medical workshop this afternoon. This time you will be provided with a choice of topics and will decide what you want to learn.

Evening: Culture

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



Day 26

Thursday
Outreach

All day: Community

Accompanied and supervised by a local medical professional, visit the local community for a medical outreach. You will screen and test the local people for most common diseases and offer basic treatments for wounds, intestinal parasites and malaria.

Evening: Community

Play football and other sports with community members.

Day 27

Friday
Outreach

Morning: Community

You will visit the Tore Eikeland School, a Projects Abroad partner organisation, striving to offer students in Akokoa not only a broad modern curriculum, but also political education and formal debating skills.

Afternoon: Culture

Time for some souvenir shopping! We will visit the Bead and Wood Market in Akuapem Hills and explore the work of local traditional artists. Ghana has a rich tradition in bead and wood work, with beautiful pieces of local art that will make fantastic presents for friends and family back home.

Evening: Culture

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



Day 28

Saturday
Departure

The group members will likely be departing at different times, therefore the last 2 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.

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Capital:	Accra
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Dominant Religions:	Christianity, Islam
National Dish:	Fufu
National Animal:	Tawny eagle

Social Media

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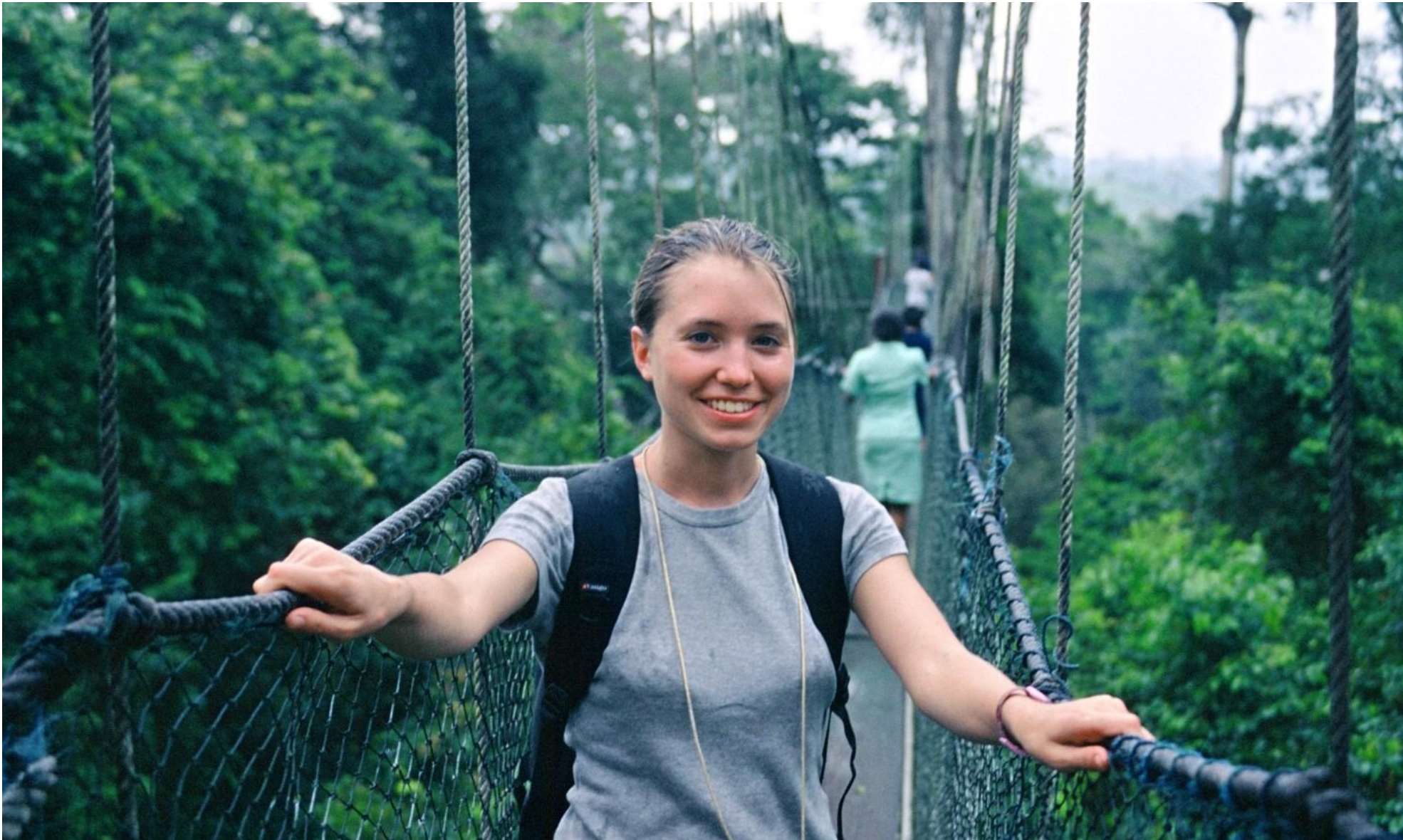
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Personal Achievements



- ▶ Completed a total of 30 service hours.
- ▶ Completed a total of 50 clinical shadowing hours.
- ▶ Attended 4 workshops on professional medical topics and skills.
- ▶ Taught important lessons on reproductive health to over 300 children.
- ▶ Took part and assisted medical professionals on public health outreaches for 300+ community members.



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.