

In-country itinerary

- May 8 Arrive in Accra, the capital of Ghana
- May 9 Travel to the Volta Region and the world's largest man-made lake. On the way, we will stop at Shai Hills, a preserve that is loaded with baboons and antelope. Then we'll head to Tafi Atome Monkey Sanctuary. The villagers have a unique relationship with the monkeys in this area so we will be able to hear the story of this relationship as well as hand-feed bananas to the monkeys. We will spend the night at Wli Falls
- May 10 Wli Falls is a beautiful waterfall right next to the border between Ghana and Togo. The water cascades down rock cliffs into a lovely pool ideal for swimming. It takes about an hour to hike into the falls where we will swim, spy on the fruit bats nestled in the rocks and eat a box lunch. Then the Engineering team heads north Tamale and the Medical and Civic Activism groups head to Ho
- May 11-16 Projects in Ho and Tamale:
Engineering team (Tamale)—work on infrastructure problems at the Tamale Children's Home. Foundations for poly tanks (which store water) will be repaired, drainage problems that create perfect breeding grounds for malaria carrying mosquitoes will be corrected and a protected garbage pit will be built. If we have time, we will also repair the screening for the summer hut. All projects will involve working with Ghanaians so there is a great chance of learning about the culture—Ghanaian and American. There will also be plenty of opportunities to play with the children and rock the babies.
Medical team (Ho)—work in the regional hospital that serves the Volta region. Pre-med and nursing students will work alongside of Ghanaian doctors and nurses in a variety of settings including pediatrics and maternity.
Civic Activism team (Ho)—partner with the local Civic Union to create and administer a public opinion survey. This means team members will collaborate with Ghanaians on the questions to be asked (including how they are worded) in an effort to help the Civic Union determine how citizens view their government, their role in democracy and the issues that most challenge the community. Then team members will pair up with Civic Union members to administer the survey to citizens out in the community. By week's end, this team will be very comfortable moving around Ho and will have a very interesting perspective of how Ghanaians understand democracy.
- May 17 Medical and Civic Union groups head to Tamale. It's a long bus ride but you will be able to watch the countryside change from somewhat tropical to savannah. There are also opportunities to stop along the way to sample local fruit, breads and nuts—all sold by vendors who conduct their

- transactions through the bus windows. It's sort of like "drive-thru" grocery shopping. The mangos are incredible and the bread is sweet.
- May 18 Everyone visits the Children's Home and spends the night in Tamale. After spending the week in Tamale, the Engineering team will be very familiar with the town and we will be able to help finish up work at the Children's Home, and visit the local mosque, the open air market as well as the cultural market.
- May 19 Head to Mole for evening foot safari. Mole is the largest national park in Ghana. It is a beautiful area teeming with baboons and other monkeys, warthogs, antelope and the most incredible wild elephants. Our hotel sits atop a ridge, looking down on the savannah where there are two bathing pools frequented by the herds of elephants each morning and evening. Our foot safaris take us down the ridge to the very edge of these pools where we can sit and watch the elephants bath and play. The young elephants spend most of their time trying to dunk each other. Then we will continue our safari through the savannah in search of the herds of antelope. As far as monkeys and warthogs go, we don't even have to leave our hotel to see them. The warthogs regularly come to the lawn to graze with their babies and it's not unusual to find a baboon peeping through our screen doors to see what we're doing in our rooms. We'll arrive in Mole around lunchtime so we'll have a chance to visit Larabanga, the nearby village displaced when the federal government decided to create the park. Larabanga has what is reputed to be one of the oldest mosques in West Africa as well as the Mystery Stone—central to folklore about the original settlers in this village.
- May 20 We'll take one more foot safari through the Mole savannah in the early morning then depart for the long ride to Kumasi, the capital of the Ashanti kingdom.
- May 21 Kumasi is the home of the great Asante people who were fierce warriors and throughout the history of Ghana have played a major role in tribal politics. The Asante king (Asantehene) is a very important figure both culturally and politically. Kumasi is also the home of what is reputed to be the largest open-air market in all of West Africa. This is the center of commerce—you can find everything from shoes to peanut butter, fish to fabrics. This will be the site of The Great Kumasi Market Race. We will split up into four teams and attempt to navigate the market in much the way competitors in the Amazing Race find themselves competing in a "Road Block". Our teams will unload and deliver yams in the yam market, work on making sandals in the leather stall, cut and shape baking tins in the tin stall and work their way through the alleys of the market in search of the bead section. When all teams have completed all four tasks, they will race to the main entrance of the market. The first team to cross the "finish line" will be the Market Masters—the rest will be Market Survivors.
- May 22 Kumasi—We will have one more day here so we can visit other attractions the city officers such as The Cultural Center, the Asantehene's palace and

- various villages that make wood carvings and traditional batik, tie-dye and adinkra.
- May 23 Depart for Cape Coast where we will learn about colonialism and the slave story from the African perspective. We will stop at the Last Bath where African slaves, captured in the north had the continent “washed from their souls”. We will wander the streets of Elmina to observe how life in the south of Ghana is different from what we have seen in the north. And we will tour Elmina Castle, one of the most notorious slave castles in this part of West Africa.
- May 24 In the morning, we will visit another national park—Kakum—where we will walk in the treetops on a specially constructed canopy walk. We will spend the afternoon at a luxurious beach resort, playing volleyball, swimming and just lazing in the sun. Evening will find us dining at the resort restaurant a luxurious and delicious end to the day.
- May 25 Leave for Accra. The bus ride will take about three and a half hours. Keep an eye out for the curious titles of businesses along the roadside—“Baby Jesus Car Wash” is a real favorite.
- May 26 We will spend our last day in Ghana, touring important and fun sites in Accra including the artisan market at the Cultural Center, Kwame Nkrumah’s museum and memorial and the national museum which contains many interest artifacts from Ghana’s cultural past.
- May 27 Depart for the U.S.