

11 Days

Ghana

Crater Lakes and Cocoa Co-ops

Palm fringed beaches, vibrant markets and fair-trade plantations; cocoa community co-operatives, slave castles and canopy walk ways - Ghana is one of the friendliest countries in Africa, matched only by the treasure-trove of amazing educational opportunities on offer. With its rich culture and enchanting music, Ghana is a country you will quickly fall in love with. This short geography focused journey offers a unique insight into many aspects of Ghana - from the culture and landscape, to the people, Fairtrade movement and the educational system.



Why Fairtrade?

Imagine what life would be like if only **one** type of career was available to you. Imagine if that job **wasn't** guaranteed or secured by a contract. Imagine if, after all the hard work you do, you're **not paid enough** to provide for yourself and your family. This is the reality for many farmers around the world. Fairtrade is working hard to change it.

What is Fairtrade?

Fairtrade is a global movement, represented in the UK by the Fairtrade Foundation www.fairtrade.org.uk. Fairtrade is all about better prices and working conditions, encouraging **sustainability** and ensuring fair terms of trade for farmers and workers in the developing world. It's about tackling poverty in **communities** and working to ensure farmers earn a **fair wage** to pay for their basic needs like food, clean water, education and housing.

Fairtrade & STC Expeditions

As a leading expedition company in responsible travel, STC Expeditions was founded on **ethical business values** and this is also what Fairtrade is all about. Travel and tourism has the potential to bring a huge positive impact to the communities we visit. For example, we employ local Expedition Leaders from your destination rather than sending one from the UK. We also hire local skilled workers to help on projects and use local and independent service providers such as hotels and restaurants wherever possible. These are just a few examples. By using an ethical approach, we are helping to **put more money into the local economy**. And if you ever pop into our office in Exeter, you can join us for a Fairtrade coffee and chocolate!

"People know Fairtrade and see the label, but don't get to see what it means on the other end." L.W.
(student)

What do our Fairtrade trips involve?

- * **Inspirational** educational journeys in southern India and Ghana
- * **Visit** Fairtrade certified farms
- * **Meet** local farmers & workers
- * **Learn, experience & discuss** human right topics and empowerment



Recommended tour itinerary

Day 1

Arrive Ghana

Fly from the UK to Accra. Our local staff and vehicle will meet us at the airport, once we have navigated our way through immigration, the baggage hall, customs and the warm but busy welcome of the airport in general! We head straight to the guesthouse for a drink and light snack and an early night in preparation for tomorrow.

Day 2

Depart Accra and transfer to Elmina

We'll have an early start to get on the road and out of Accra before the traffic gets too heavy. Accra is a busy and typical African city, the sights, sounds and smells are so very distinctively African that this first day can be quite overwhelming, but it is just a taster of what is to come! We eat en-route as we head for our first base camp of the trip. Our cook will introduce us to Ghanaian food that is eaten around a camp fire, under African starlight.

Day 3

Project Visit & Batik Workshop

In the morning we have breakfast at the beach and then visit 'Global Mama's' – an inspiring non-profit and fair trade organisation assisting women in Africa to become economically independent. During this visit we learn about the challenges and successes of running these kinds of projects. After lunch we get our hands wet whilst being guided through a Batik Workshop, learning about this traditional pattern making process which is native to West Africa. This workshop takes most of the afternoon and occurs at Stumble Inn.

Day 4

Kakum National Park

In the morning we visit Kakum National Park – a 357 sq. km area of protected jungle and rainforest. The highlight of the visit is the 40m high canopy walkway which gives a monkey's eye view of the forest below. We will learn about the disturbing rate at which Ghana's forest is being destroyed and the important role national parks and tourism plays in protecting them. We then head back to the beach for the late afternoon.

Day 5

Educational Project Visit, Slave Trade Castles, Drumming workshop

Today we visit another local Charity called Sabre Trust to learn how their work is creating a brighter future for school children. As part of the visit we visit two schools to be able to understand the challenges behind achieving a proper education in the developing world. In the afternoon we visit a Private Day Care Centre to see another side of the education provision. After lunch and as the heat of the day fades slightly, we visit St. Georges Castle in Elmina. This is Ghana's oldest slave castle and a chilling memorial to the sickening trade of several million Africans being displaced to the plantations of the Americas and the Caribbean. In the early evening we are met by Rasta Kobi who will put on a Drumming and Dance performance on the beach as the sun sets over the ocean. There is no doubt that Ghana's got rhythm and you will hear music where ever you go. A great opportunity to learn traditional drum skills.





Day
6

Exploration, Kuapa Kokoo Cocoa cooperative

From here we will embark on the next leg of our journey and head for the cultural heart of Ghana, Kumasi. En route we aim to visit Kuapa Kokoo cocoa cooperative. If you have ever eaten Fair Trade chocolate in the UK, then there is a strong chance it comes from here. This is where the chocolate making process starts, and we will see how Fair Trade products are supporting the improvement of working conditions, banning of child labour and also ensuring women's voices are heard in decision making processes. This evening we are camping on the shores of the lovely Lake Bosomtwe, situated within an ancient meteorite impact crater and the only natural lake in Ghana.

Day
7

Kumasi: Ashanti Kingdom and Markets

Early in the morning we will head into Kumasi, Ghana's second largest city and capital of the Ashanti Region. It is known as the Garden City. This city is famous for two things, being home to the Ashanti Kingdom and having the largest market, Kejetia Market, in West Africa. We will visit both! This is a vibrant city with lots to see and do. Spending the night here will be very different from Stumble Inn!

Day
8

Travel to Volta Region

We will leave Kumasi and head east to the Volta Region which is a lush forested area situated between Lake Volta and Togo. The impressive hydro-electric dam creates much of Ghana's power. Lake Volta is the world's largest man-made lake. We will spend the night at Roots Yard.

Day
9

Tafi Atome monkey sanctuary/Mt Afadjato to Peki

We have an action packed day. Firstly we will visit Tafi Atome village which offers the opportunity to get close to wild Mona monkeys. The local community believe the monkeys are messengers from God and therefore treated as sacred. We will then attempt to climb the highest mountain in Ghana. At approximately 885 metres above sea level, (2905 feet) Mount Afadjato on a clear day offers views of the neighbouring Togo, the Tagbo Waterfall, and the Volta Lake. In the afternoon we head back to Peki and our camp under the mango tree at Roots Yard.

Day
10

Fairtrade banana co-operative, bead making

In the morning we will visit a Fairtrade banana co-operative which sells their produce to M&S in the UK. From here we make our way through the Shai Hills to see the Baboons and the beautiful landscapes. We will stop along the way at Krobo, the bead capital of Ghana. We will visit a fair trade bead assembly site to see how these traditional beads are made from recycled glass and then made into necklaces worn by all Ghanaian women around their waist. We will depart in plenty of time to reach Accra airport for our evening flight departure.

Day
11

Arrive UK

Further information

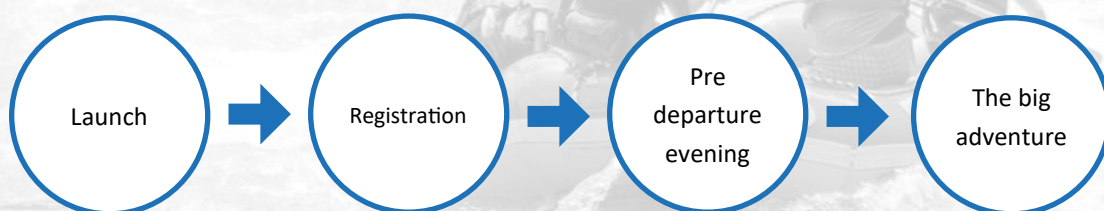
Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local tour leader
- Parent and student trip launch evening
- Pre-departure preparation evening
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance

Your educational journey timeline



Physical journey rating:



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase in your underlying fitness levels would help you get the most from this grade trip.

Culture shock rating:



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



A journey of 1,000 miles...

Starts with a single step... Contact us now to start your educational journey.

1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your educational travel itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

3 Arrange a trip launch evening at your school

This is a chance for students and parents to hear more about the planned adventure with a comprehensive information evening and an opportunity for questions.



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