



17 Days

Ghana

Global Mamas and Divine Chocolate

A WOMAN'S
PERSPECTIVE

Rhythm, wildlife, markets and history: Ghana is one of the friendliest countries in Africa and a fantastic introduction to the sub-Saharan region. With vibrant tribal cultures, a rich history and enchanting music, Ghana is a country you will quickly fall in love with. On this unique cultural expedition, we visit an organisation that creates Fairtrade and sustainable income opportunities for over six hundred women. You will find out where chocolate *really* comes from and what Fairtrade means to the folk who produce it. We have the opportunity to become part of the rhythm of Ghana with drumming and dance workshops as well as visiting NGO educational projects and looking at the historical impact of colonialism. All this and the opportunity to delight in the breath taking landscape and stunning coastline. Be prepared for Ghana to steal your heart.



Recommended expedition itinerary

Day
1-2

Arrive Accra & transfer to Elmina, campfire dinner

Our local staff and vehicle will meet you at the airport, before heading straight to the guesthouse for a light supper and an early night in preparation for and early start the next day tomorrow. We'll have an early start to get on the road to Elmina, heading towards our first base camp of the trip. We will learn to cook Ghanaian food, eating around a camp fire burning under African stars and listen to the sound of the waters of the Gulf of Guinea.

Day
3

Project Visit & Batik Workshop

After breakfasting on the beach, we'll visit 'Global Mama's' – an inspiring non-profit and Fairtrade organisation, assisting women in Africa to become economically independent. During this visit we can learn about the challenges and successes of running these kinds of projects. After lunch it's time to get crafty and turn our hand to learning about and making the traditional West African art of Batik - all done, of course, right by the beach.

Day
4

Jungle Canopy Walk.

This morning we visit Kakum National Park, 357 sq. km of protected rainforest which we explore from a monkey's view point on the 40m high canopy walkway! We have a talk about deforestation and the important role national parks & tourism play in helping to protect the forests. Late afternoon, we head to the beach to relax and enjoy the sunset.

Day
5-6

School & Project Visit

Day 5 begins with a visit to two schools run by the Sabre Trust, a charity working to create a brighter future for local children. This is an excellent opportunity to gain an understanding of the challenges facing education in the developing world. In the afternoon we visit a Private Day Care Centre to look at this aspect of education provision. The evening will be spent back at the beach where we can get stuck in and help our cook prepare dinner. On day 6 we will visit the Baobab School and have the opportunity to learn about how they support students from poor backgrounds to learn valuable vocational and business skills. In the afternoon we participate in a workshop based around the recycling of the plastic waste in Ghana, enabling us to learn about their 'Trashy Bags' products. Ghana has a serious waste management problem and 'Trashy Bags' are helping to highlight the issues in a uniquely creative way. After this we can spend the afternoon driving and trekking to the remote 'Shrine Rock' deep in the jungle. We pass through cocoa plantations and small villages and hear about the three female spirits said to haunt this mysterious place!

Day
7

Visit to Elmina Castle

After breakfast we head to an amazing fish market and then onto St George's Castle in Elmina. Built by the Portuguese in 1482, this is the oldest European building in existence below the Sahara. There will be a talk regarding the history of the castle, in particular the role it played in the Transatlantic Slave Trade. For some being locked in the cells and hearing the dreadful stories is sure to be an emotional experience. In the late afternoon, once back at camp, we are met by Rasta Kobi who will lead us in a drumming and dance workshop on the beach as the sun sets over the ocean. Ghana has certainly got the beat, we will hear music wherever we go, and this workshop gives us the opportunity to learn some of the traditional drum and dance rhythms.





Day
8

Exploration, Kuapa Kokoo Cocoa co-operative

From Elmina, we leave the coast and embark on the next leg of our journey - heading for the cultural heart of Ghana, Kumasi. After settling onto our accommodation, we take a familiarisation walk to the edge of Kumasi market. This will give you a taste of exactly what to expect on our main visit to the market tomorrow. It is a crazy place and not to be missed! Once the capital of the powerful Ashanti kingdom, Ghana's second city, Kumasi, is still rich with tradition and there will be an opportunity to learn about this fascinating aspect of Ghanaian culture and hear about the battles with the British Empire. Later we head back to the accommodation for a meal and a well earned rest.

Day
9-10

Kumasi: Ashanti Kingdom, Markets & Volta Region

An early start as we pay a visit to Kuapa Kokoo cocoa cooperative. If you have ever eaten Fairtrade chocolate in the UK, then there is a strong chance it comes from here. We will find out how this Fairtrade company supports the improvement in working conditions, the banning of child labour and encourages women's increasing participation in business. After a picnic lunch in the Village we head into the bustling city of Kumasi. We'll visit the huge Kejetia market and take in the vibrant colours and sounds of this frenetic place and marvel over the food, fabrics and goods on offer. With over 11,000 stalls it is reputed to be the largest market in West Africa. Be prepared for an experience you won't easily forget! We leave Kumasi and head east to the Volta Region on day 10, which is a lush forested area situated between Lake Volta and neighbouring Togo. It is a long drive but well worth it. After setting up our camp by the shores of the scenic Lake Volta, once the world's largest man-made lake, we can take a short trip to see the impressive hydro-electric dam that generates much of Ghana's electricity. On our return we can freshen up in the pool a short walk away from the campsite and relax by the water, watching local fishermen pass by in their dugout canoes.

Day
11-12

Lake Volta & Wli Waterfalls, Mt Afadjato

A scenic drive toward the Togo border, we drive to Wli Waterfalls and set up camp in preparation for the afternoon trek to the falls. After a short trek through the jungle we are rewarded with an icy dip in the pool at the base of the falls. We may be lucky and catch a glimpse of one of the estimated half a million bats swirling around the top of the cliff. We will spend the afternoon relaxing, swimming and exploring. The next morning a short drive takes us to the base of Mount Afadjato, the highest mountain in Ghana. It is steep but so well worth the view of the surrounding villages. At approximately 885 metres above sea level, the peak offers spectacular views into neighbouring Togo, the Tagbo Waterfall and Volta Lake! This is definitely a hill that won't be in many people's log book! On our return to camp we can relax in the waterfalls once again.

Day
13-14

Tafi Atome monkey sanctuary & on to Peki

After a short drive to Ogo's Lodge we have an opportunity to visit to the Tafi Atome village to see if we can catch a glimpse of and even feed the sacred Mona monkeys. After lunch and another short drive we can wander into Peki Village to watch the Kente cloth weavers and drum makers at work. This is a uniquely African experience and watching the Kente weavers work is beguiling and humbling. If we are in luck we will catch the local doughnut makers with some fresh stock and be lucky enough to help cook and eat these freshly cooked delights. Krispy Crème eat your heart out!

Day
15

Fairtrade banana co-operative & bead making

On route back to Lake Volta we visit a Fairtrade banana co-operative supplier to Marks and Spencer. On our return to the lake we can explore in fishermen's dugout canoes and head to the pool. We stop at Krobo, the bead capital of Ghana and pay a visit to a Fairtrade bead assembly site to see how recycled glass is transformed into these beautiful traditional beads. Harder than you think!

Day
16-17

Shai Hills & arrive home

After breakfast we journey through the Shai Hills to see the baboons and the beautiful landscapes. We depart in plenty of time to reach Accra and a visit to the Global Mamma's shop before a quick shower and then on to the airport for our evening departure back to the UK. We arrive the next morning, day 17.

Further information

Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local expedition leader
- Parent and student expedition launch evening
- Comprehensive pre-expedition training programme
- 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 expedition timeline



Physical expedition rating:

● ● ○ ○ ○ 2/5

Some low level physical activities included in your trip, including walking on uneven terrain, maybe a morning/afternoon trek of two to four hours. That said, no physical preparation is required to make the most of the tour. High humidity and temperatures can occur at certain times of the year.

Culture shock rating:

● ● ● ● ○ 4/5

Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



A journey of 1,000 miles...

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



1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your expedition 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 an expedition launch evening at your school

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



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