

Village Health Outreach 2019 Itinerary July 21 - August 4, 2019

Day/Date Lodging Location	Details
Day 1 Sunday, July 21 In flight	<p>Morning: Take your flight to New York Kennedy Airport (JFK), NY to connect with the group.</p> <p>Evening: Board Delta #420 at New York Kennedy Airport (JFK), NY (not included in trip price; participant purchases on own) at 10:36 pm for your overnight flight to Ghana (<i>recommended flight</i>).</p>
Day 2 Monday, July 22 Asaasi Yaa, Kokrobite	<p>Morning: Arrive in Accra, Ghana at 1:10 pm on Delta flight #420 from New York Kennedy Airport (JFK), NY. You are met and welcomed at the airport by your Project OKURASE Facilitator. Board the bus and head to the Asaasi Yaa Beach Resort in the beach side town of Kokrobite (30 min.). Have a snack and get settled into your room and relax by dipping your feet in the cool ocean waves or taking a walk along the beach. On this first day in Ghana, it is important to take time to rest and recover from the long journey.</p> <p>Afternoon: Evening: Enjoy dinner at Asaasi Yaa overlooking the ocean and have a group meeting to get to know your fellow VHO volunteers. Take time to rest after your long journey.</p>
Day 3 Tuesday, July 23 Asaasi Yaa, Kokrobite	<p>Morning/Afternoon: After an early breakfast, head off by bus to Shai Hills Resource Reserve (approx. 2 hrs.). Explore the Shai Hills Resource Reserve by guided tour. The area was once the home of the people of the Shai Traditional area until the British colonial masters forcibly expelled them in 1892. The Reserve protects the local flora and fauna such as baboons, a variety of birds, reptiles, Kob antelope, and zebras. We will explore the Shai people's ancestral caves in the Reserve and hike up to an overlook to view the magnificent savannah. Picnic lunch in the park.</p> <p>Late Afternoon: On the way back to Asaasi Yaa, stop at the Kokrobite Garden Café for an early dinner. Wander the grounds and area where many small vendors sell Ghanaian jewelry and products. Walk along the beach on the way back to Asaasi Yaa to see the colorful fishing boats along the shore.</p> <p>Evening: Time to relax and prepare for leaving in the morning. Sleep peacefully by the sea.</p>

<p>Day 4</p> <p>Wednesday, July 24 Mabel's Table, Elmina</p>	<p>Morning: After Breakfast, head off by bus to Elmina on the coast of Ghana (3 hrs.).</p> <p>Afternoon: Have lunch at the Coconut Grove Bridge House just down the road from the Castle. Visit Elmina Castle where you will learn about the dark history of the slave trade in the region and its connection to Charleston, South Carolina, a former significant port of entry for enslaved people.</p> <p>Evening: Transfer to Mabel's Table on the ocean to have dinner and settle into your room for the night.</p>
<p>Day 5</p> <p>Thursday, July 25 Nkabom House, Okurase</p>	<p>Morning: Have a lovely breakfast by the ocean then board the bus for the Village of Okurase (approx. 3.5 hours) which will be your home during the Village Health Outreach (VHO). The opportunity to live in a rural African village and share daily life is what sets Project OKURASE project-based learning apart.</p> <p>Afternoon: Arrive in Okurase and meet the locals who are a big part of Project OKURASE and begin the process of making lifelong friendships. Settle into Nkabom House. Participate in an introduction to the Twi language Workshop before dinner.</p> <p>Evening: Enjoy a traditional Ghanaian dinner cooked by village women. Following dinner, have a welcome orientation to Ghana and life in the village of Okurase. Then go to sleep with the sounds of the village.</p>
<p>Day 6</p> <p>Friday, July 26 Nkabom House, Okurase</p>	<p>Morning: After breakfast, take a guided tour of the village and see people going about daily village life, cooking, working, and singing as well as the Nkabom Centre which is part of the community development plan and where the VHO will take place.</p> <p>Afternoon: Enjoy a relaxing lunch then help with inventory and setup for the VHO.</p> <p>Evening: Enjoy a fresh dinner of local foods prepared by village women and time with new friends. Retire to your room to sleep.</p>
<p>Day 7</p> <p>Saturday, July 27 Nkabom House, Okurase</p>	<p>Morning: Wake up and have an outdoor breakfast of local fresh fruits and foods prepared by women from the village. Become familiar with your surroundings and continue to meet others who will be involved in the VHO. Work on the remaining VHO preparation activities and inventory.</p> <p>Afternoon: After lunch, participate in a meeting about the VHO with the entire team. Learn details about logistics, discuss and understand your role and meet fellow VHO volunteers from Ghana.</p> <p>Evening: Enjoy a fresh dinner of local foods prepared by village women and time with new friends. Retire to your room to sleep.</p>

<p>Day 8</p> <p>Sunday, July 28 Nkabom House, Okurase</p>	<p>Morning: Wake up and have an outdoor breakfast of local fresh fruits and foods. Proceed to the VHO location for the 1st day of the Village Health Outreach. As a group, this day will include registering and interviewing patients, taking vitals, providing care, working in the pharmacy, assisting people with reading glasses, checking patients out and creating follow-up plans and helping to manage any emergencies. You will be working alongside Ghanaian medical professionals and Twi interpreters who will become lifelong friends.</p> <p>Afternoon: Enjoy a fresh local lunch made by village women at Nkabom Centre. Continue participating in the VHO.</p> <p>Evening: Enjoy a dinner of local foods followed by processing the day and planning for tomorrow. Have many important informal conversations as you get to know your fellow volunteers. Retire to your room to sleep.</p>
<p>Day 9-12</p> <p>Monday - Thursday, July 29 - August 1 Nkabom House, Okurase</p>	<p>Morning: Wake up and enjoy an outdoor breakfast of local fresh fruits and foods. Continue participating in the VHO.</p> <p>Afternoon: Enjoy a fresh local lunch made by village women at Nkabom Centre. Continue participating in the VHO.</p> <p>Evening: Enjoy a dinner of local foods followed by relaxing with friends, processing the day, and planning for tomorrow. On Thursday, the final day of the VHO, we will have a closing performance by Nkabom Children's Cultural Troupe – a thank you from the village. Retire to your room to sleep.</p>
<p>Day 13</p> <p>Friday, August 2 Nkabom House, Okurase</p>	<p>Morning: Wake up and enjoy an outdoor breakfast of local fresh fruits and foods. Walk to the Nkabom Centre and receive any special follow up patients from the final day of the VHO. Organize and catalog leftover medical supplies. Store equipment from the VHO for next year.</p> <p>Afternoon: Enjoy a fresh local lunch made by village women at Nkabom House. Then engage in activities with the children of Okurase or enjoy a bit of down time. Participate in a Drumming Workshop before dinner.</p> <p>Evening: Enjoy a dinner of local foods followed by time to discuss your experience in Ghana and with the VHO. Pack your belongings for your trip home tomorrow.</p>



<p>Day 14 Saturday, August 3 Inflight</p>	<p><u>Morning:</u> Enjoy your final breakfast in Okurase. Say goodbye to your new friends in the village then board the bus to Accra. Stop by a large grocery store in Accra to pick up a snack for lunch.</p> <p><u>Afternoon:</u> Stop by the Kwame Nkrumah Memorial Monument before arriving at the bustling Makola Market in central Accra. This open-air market is where a majority of the area locals shop. Go to the Accra Arts Center to pick up a few last-minute souvenirs from regional craftsmen and watch them at work as they bring their handiwork to life.</p> <p><u>Evening:</u> Early dinner at the Accra Arts Center at Café Abajo and feel the relaxed vibe of the local culture. Head to Kotoka Airport for your flight out of Accra; Delta flight # 9373 to New York (connecting in Amsterdam) departing Accra at 10:00 p.m. (<i>recommended flight</i>). As you head home, reflect on your wonderful experiences and new friendships. Realize you have made a difference!</p>
<p>Day 15 Sunday, August 4 Home</p>	<p>Sunday, August 4 After your connecting flights, arrive back home!</p>