

Explore Ghana Add-On to VHO Trip: Project OKURASE in Ghana

July 17 - 24, 2017

*Itinerary subject to change

| Day/Date Lodging Location | Details |
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| <p>Day 11</p> <p>Monday, July 17 One Africa House, Cape Coast</p> | <p><u>Morning:</u> Enjoy breakfast in Okurase. Finish packing and saying goodbye to your Okurase friends then head off by bus to Kakum National Park for a guided tour (approx. 4.5 hours). Kakum National Park is on the coast of southern Ghana. It protects an area of rainforest, home to endangered mammals such as forest elephants, bongo antelopes and primates like the Diana monkey. The park is rich in butterflies and birds, including African grey parrots and hornbills. The Canopy Walkway, suspended 30 meters above the ground, provides treetop views of the forest.</p> <p><u>Afternoon:</u> Enjoy lunch and then explore Kakum National Park. Learn about the rainforest flora and its medicinal uses on a guided tour along the nearly 100 ft. high rope walkways within the forest canopy.</p> <p><u>Evening:</u> Head to One Africa Guest House (approx. 1 hour) for a dinner of local cuisine and sleep peacefully by the ocean. One Africa House is a beautiful guest house located right on the coast near Elmina Castle.</p> |
| <p>Day 12</p> <p>Tuesday, July 18 Asaasi Yaa Beach Resort, Kokrobite</p> | <p><u>Morning:</u> After Breakfast, head off by bus to Elmina Castle (approx. 30 mins). Visit Elmina Castle and learn about the history of the slave trade in the region. Elmina Castle was erected by the Portuguese in 1482. It sits on the coast of Ghana. It was the first – and for many centuries – the largest, European building constructed in tropical Africa. It was the last site that thousands of African slaves would ever see of their homeland.</p> <p><u>Afternoon:</u> Enjoy lunch. Visit the Cape Coast market and experience daily life in the busy marketplace. Watch the many fisherman as they care for their boats and nets. Next, board the bus and head for the beautiful beach side town of Kokrobite and your location for the next few days, Asaasi Yaa Beach Resort.</p> <p><u>Evening:</u> Have dinner at Asaasi Yaa overlooking the ocean.</p> |

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| <p>Day 13</p> <p>Wednesday, July 19 Asaasi Yaa Beach Resort, Kokrobite</p> | <p><u>Morning:</u> After breakfast, meet local fisherman and learn about their trade as you talk to them on the beach. What's in the water? How do they fish in Ghana? What's the strategy for pulling in the nets? Then, we will purchase fresh fish for dinner.</p> <p><u>Afternoon:</u> After lunch, Explore the surrounding Kokrobite area and take a short hike up the hill from Asaasi Yaa. Take a nice dip in the refreshing waves under the guidance of a lifeguard or walk along the beach.</p> <p><u>Evening:</u> Then enjoy a Ghanaian dinner in the Gazebo featuring the fish you purchased in the morning.</p> |
| <p>Day 14</p> <p>Thursday, July 20 Asaasi Yaa Beach Resort, Kokrobite</p> | <p><u>Morning:</u> After a relaxing Breakfast, head off by bus to Shai Hills Resource Reserve (approx. 90 mins). Explore the Shai Hills Resource Reserve by guided tour. It is the driest evergreen savannah forest in Ghana. The area used to be 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, etc... The Shai people's ancestral caves are also located in the Reserve. These were used by the Shai king until the end of the 19th century.</p> <p><u>Afternoon:</u> Rest upon your return and have a late lunch by the sea. Walk the beach and take a dip in the cool waves under the guidance of your awesome lifeguard.</p> <p><u>Evening:</u> Enjoy dinner and sleep peacefully by the sea.</p> |
| <p>Day 15</p> <p>Friday, July 21 Nkabom House, Okurase</p> | <p><u>Morning:</u> Have a nice breakfast and tea by the sea. Take one last walk along the beach before starting to pack up for your trip back to Okurase for the Nkabom World Music Festival. The Festival will bring together artists from many diverse backgrounds and musical genres, creating opportunities for never-before-heard conglomerations of rhythm, melody and production.</p> <p><u>Afternoon:</u> Greet your friends in Okurase and meet the artists who will be participating in the Nkabom World Music Festival and have lunch.</p> <p><u>Evening:</u> Attend the Nkabom World Music Festival.</p> |

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| <p>Day 16 Saturday, July 22 Nkabom House, Okurase</p> | <p><u>Morning:</u> Enjoy breakfast in Okurase. Then attend the Nkabom World Music Festival and/or participate in reading groups with the local children.</p> <p><u>Afternoon:</u> Have lunch and continuing attending the Nkabom World Music Festival and/or participating in reading groups.</p> <p><u>Evening:</u> After dinner, relax and hangout with the artists and village children.</p> |
| <p>Day 17 Sunday, July 23 Nkabom House, Okurase</p> | <p><u>Morning:</u> After breakfast, hangout with the local artists as they finish the Nkabom World Music Festival.</p> <p><u>Afternoon:</u> Have lunch and help the artists as they begin to pack up and head back to their homes.</p> <p><u>Evening:</u> After a relaxing dinner, spend time with everyone staying at the Nkabom House and share stories. Begin to pack your things. Get a good night's sleep for your journey home tomorrow.</p> |
| <p>Day 18 Monday, July 24 Inflight</p> | <p><u>Morning:</u> Enjoy your final breakfast at 8:30 am. Finish packing and saying goodbye to your Okurase friends. Then head off by bus to Accra at 11:00 am.</p> <p><u>Afternoon:</u> Visit the Accra Arts Centre in Accra for some last-minute shopping. Have an early dinner at Café Abajo within the Accra Arts Center. Feel the relaxed vibe and the local culture.</p> <p><u>Evening:</u> Head to Kotoka Airport for your flight out of Accra; Delta flight # 9373 to Amsterdam, Netherlands departing Accra at 10:10 p.m. As you head home, reflect on all your wonderful experiences and new friendships. Realize you have made a difference!</p> |

Price per person: \$490

Please carefully review the list of included items below.

Price includes:

- Private ground transportation (bus or van) from start of trip to departure from country
- Hotel/Lodge/Homestay accommodations for all nights of the trip (twin or dormitory style rooms)*
- All group meals and safe water throughout the trip
- Professional English-speaking guides with group each day
- Cultural/educational presentations and activities (subject to availability in specified location)
 - Nkakum National Park
 - Elimina Castle Tour
 - Shai Hills Resource Reserve
 - Ocean Lifeguard oversight
 - Guided tour in Kokrobite
 - Nkabom World Music Festival
 - Accra Arts Centre
- Customary tips
- Comprehensive Emergency Medical Insurance (with \$0 deductible)
- Political & Security Evacuation Insurance
- Natural Disaster Evacuation Insurance
- Emergency contact list of hotels, hospitals, and police stations in locations to be visited
- Registration of all US residents with the US State Department 'Smart Traveler Enrollment Program (STEP)
- 24 hour emergency on-call phone assistance by Project OKURASE staff during trip

Price does **not include:**

- Airfare
- Standard baggage fees and airline upgrades and associated fees
- Travel documents – passport, visas, etc.
- Optional Travel / Trip Cancellation insurance
- Personal spending money

- Vaccinations
- Personal expenses (such as paying someone to do your laundry)
- Food and snacks apart from the three meals provided

Additional Notes:

- * Accommodations not guaranteed until trip is confirmed.
- Community project details and schedule(s) subject to change. We will stay as close as possible to what is listed in the itinerary, but we ask that the group be aware of unpredictable circumstances.