

9th Annual Village Health Outreach (VHO): Project OKURASE in Ghana

July 7 - 18, 2017

*Itinerary subject to change

Day/Date Lodging Location	Details
Day 1 Friday, July 7 Asaasi Yaa Beach Resort, Kokrobite	<p>Morning: Arrive in Accra, Ghana at 8:30 am on Delta flight #420 from JFK, New York. You are met and welcomed at the airport by your Project OKURASE Facilitator. Then transported to Asaasi Yaa Beach Resort in Kokrobite, Ghana (approx. 45 min). Asaasi Yaa is on the beautiful Gulf of Guinea. Relax with breakfast by the ocean. On this first day in Ghana, it is important to take time to rest and recover from the long journey.</p> <p>Afternoon: After lunch, attend an orientation meeting for the Village Health Outreach (VHO) program. Meet some of the other people who will be helping at the VHO. Then take a guided tour and learn about Asaasi Yaa and Kokrobite.</p> <p>Evening: Have a dinner of local cuisine, sleep peacefully by the ocean.</p>
Day 2 Saturday, July 8 Nkabom House, Okurase	<p>Morning: After breakfast, board the bus for the Village of Okurase (approx. 2.5 hours) which will be your home during the VHO. The opportunity to live in a rural African village and share daily life is what sets Project OKURASE service learning apart.</p> <p>Afternoon: Arrive in Okurase to a relaxing lunch. Meet the locals who are a big part of Project OKURASE and begin the process of making lifelong friendships. Settle into Nkabom House then 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. Then return to Nkabom House and begin education, pre-inventory and setup for the VHO.</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 sleep peacefully in the village.</p>

<p>Day 3</p> <p>Sunday, July 9 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 participate in an introduction to the Twi language Workshop.</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 other VHO volunteers.</p> <p>Evening: Enjoy a fresh dinner of local foods prepared by village women. Sleep peacefully in the village.</p>
<p>Day 4</p> <p>Monday, July 10 Nkabom House, Okurase</p>	<p>Morning: Wake up and have an outdoor breakfast of local fresh fruits and foods. Proceed to the VHO location and begin the VHO. 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 the Nkabom House. 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. Sleep peacefully in the village.</p>
<p>Day 5-8</p> <p>Tuesday - Friday, July 11- 14 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 the Nkabom House. Continue participating in the VHO.</p> <p>Evening: Enjoy a dinner of local foods followed by processing the day and planning for tomorrow. Sleep peacefully in the village. On Friday before dinner, there will be a closing performance by Nkabom Children's Cultural Troupe – a thank you from the village.</p>
<p>Day 9</p> <p>Saturday, July 15 Nkabom House, Okurase</p>	<p>Morning: Wake up and enjoy an outdoor breakfast of local fresh fruits and foods. Walk to the Project OKURASE office 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 the Nkabom House. Complete the VHO cleanup, then participate in activities with the children of Okurase and rest.</p> <p>Evening: Enjoy a dinner of local foods followed by processing the day and planning for tomorrow. Sleep peacefully in the village.</p>

<p>Day 10</p> <p>Sunday, July 16 Nkabom House, Okurase</p>	<p><u>Morning:</u> Have a fresh breakfast outdoors. Sunday is a flexible and relaxed day. Local church services are available to attend if participants wish.</p> <p><u>Afternoon:</u> Participate in a Drumming Workshop and spend time with new friends and the children in the village.</p> <p><u>Evening:</u> Enjoy a dinner of local foods followed by processing the day, packing and cleaning up. Sleep peacefully in the village.</p>
<p>Day 11</p> <p>Monday, July 17 Asaasi Yaa Beach Resort, Kokrobite</p>	<p><u>Morning:</u> Enjoy your final breakfast in Okurase. Finish packing and saying goodbye to your Okurase friends then head off by bus to Asaasi Yaa Beach Resort.</p> <p><u>Afternoon:</u> After lunch, take a guided walk around the Kokrobite area. Then relax by taking a dip in the refreshing waves under the watchful eye of a lifeguard or walking along the beach.</p> <p><u>Evening:</u> Enjoy your final dinner at Asaasi Yaa. Then meet to discuss what you have experienced and ways to stay connected upon returning home. Relax and sleep peacefully by the ocean</p>
<p>Day 12</p> <p>Tuesday, July 18 Inflight</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 home.</p> <p><u>Afternoon:</u> Enjoy lunch by the sea and then say goodbye to Asaasi Yaa. Travel to Accra and visit the Accra Arts Centre for some last-minute shopping. Have 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 of your wonderful experiences and new friendships. Realize you have made a difference!</p>

Price per person: \$1450

Please carefully review the list of included items below.

Price includes:

- Project OKURASE Facilitator/Tour Director with the group from arrival in the country to departure from the country
- Private ground transportation (bus or van) from arrival in country to departure from country
- Hotel/Lodge/Homestay accommodations for 11 nights (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)
 - Twi language workshop
 - African drumming workshop
 - Performance by Nkabom Children's Cultural Troupe
 - Ocean Lifeguard oversight
 - Guided tour in Kokrobite
- 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.