

GHANA, WEST AFRICA

(Port of Tema) Arrive: 0800 Thursday, 10 April

Onboard: 1800 Saturday, 12 April

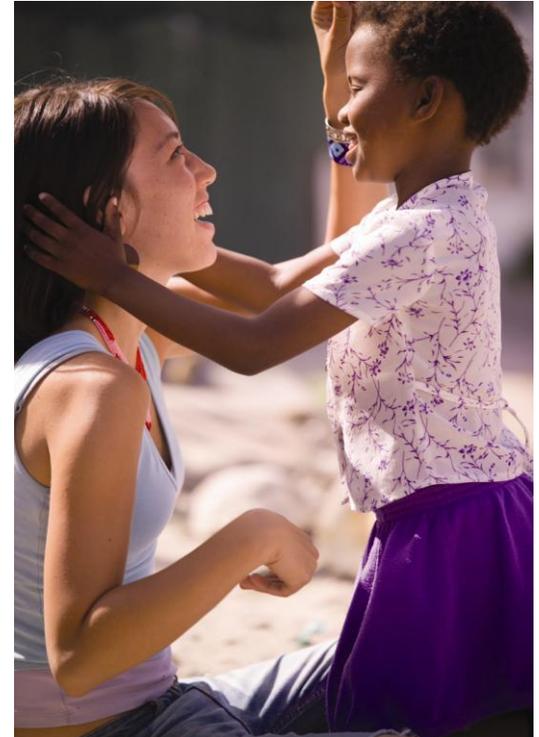
(Port of Takoradi) Arrive: 0800 Sunday, 13 April

Onboard: 1800 Monday, 14 April

Brief Overview: The heartbeat of West Africa will excite your soul as you experience the colors and sounds of Ghana. Let your rhythm move you with a drumming and dance workshop highlighting the richness of traditional song and dance. Experience village life along the Accra plains and receive a traditional African name in a naming ceremony, or join villagers in making pottery and kente-weaving. Spend time with some children at an orphanage or school and remember the power of a simple smile. The natural beauty of this sub-Saharan country can be enjoyed with a visit to one of West Africa's few surviving tropical rain forests. Reflect on our own culture's connection with Ghana and the history of the slave trade, as can be seen at the infamous Cape Coast Castle and slave dungeons. There are plenty of opportunities to connect with people in the villages, private homes, and through street art programs in Accra.

Areas of Interest:

To help you in your planning, the trips below are grouped by interest categories.



Art & Architecture

ACR 102-302 Drumming & Dance Workshop
ACR 117-201 Nima Street Art Tour
ACR 105-401 Kakum and Bamboo Orchestra

Cultural Highlights

ACR 101-502 Essikado Queen Mothers
ACR 203-301 Torgorme Village Experience
ACR 108-201 A Day in a Life of a Fisherman
ACR 203-201 Torgorme Village Experience

SAS Exclusives:

ACR 120-501 Atomkwa Village Experience
ACR 119-201 Cooking with Ghanaian Chefs

Active

ACR 104-501 Kakum Nat'l Park & Elmina Walking Tour
ACR 107-501 Nzulezu, A Water Village
ACR 302-201 Volta Eco Adventure

Impact Opportunities

ACR 116-101 & ACR 116- 201 Morning Star School
ACR 109-301 City of Refuge

History

ACR 103-1-401 Castles and Slave Dungeons

TERMS AND CONDITIONS: In selling tickets or otherwise making arrangements for field programs (including transportation, shore side accommodations and meals); the Institute of Shipboard Education (I.S.E.) acts only as an agent for others who provide such services as independent contractors. All participants accepting or using tickets or other arrangements for such services shall be deemed to agree and consent that I.S.E. shall not be liable or responsible in any way for any loss, death, injury, or illness to person or loss, theft or damage to personal property arising from or in connection with such services. I.S.E. shall not be responsible for cancellation of field programs for reasons beyond its control and in such event, at its option, may refund the purchase price.

IMPORTANT: If you registered in one of the following courses, you have a field lab on this day.
Do not make any other travel plans as this is a designated class day in port for your course:

FIELD LABS	TEMA (ACCRA)	THURSDAY, APRIL 10	FRIDAY, APRIL 11
MUSI 1070-501	Professor Ingrid Byerly	Global Music [1]	
PLCP 1010 502	Professor Frederick Mabbutt	Intro to Comparative Politics	
SEMS 3500 112	Professor Christine Mahoney	Sustainable Global Entrepreneurship	
SEMS 2500 104	Professor Andrea Parrot	Global Health	
SEMS 3500 504	Professor Chandra Ranade	Development Economics [2]	
ANTH 1010 501	Professor Janice Stockard	Introduction to Cultural Anthropology	
MUSI 1070 502	Professor Ingrid Byerly		Global Music [2]

FIELD LABS	TAKORADI	MONDAY, APRIL 14
DRAM 2020 101	Professor Andrew Kahn	Acting I: A Universal Vocabulary
ENSP 2559 101	Professor Kandiouura Drame	African Oral Tradition

Day 1: Thursday, April 10 – Tema (Accra)

ACR 110-101	ACCRA CITY ORIENTATION	Full Day																																	
	<p>The capital of Ghana since 1877, Accra is also the capital of the Greater Accra Region and the country's most populous city. The site of present-day Accra includes the original Ga town as well as British, Danish, and Dutch forts, and their surrounding communities. On this tour, you will drive through the administrative and economic districts of Accra and visit the W.E.B. Dubois Center for Pan African Culture. The final resting place of W.E.B. Dubois and Shirley Graham Dubois, the center houses the mausoleum, personal library, and museum of the Dubois' rich lives. Next you will visit the Artiste Alliance, Independence/Black Star Square, and Kwame Nkrumah Memorial Park, after which, you will have lunch in a local Ghanaian restaurant. Your tour ends at the Arts Center, where you will have the opportunity to use your bargaining skills while shopping in an open-air market for artifacts from Ghana and West Africa.</p>	<table border="1"> <thead> <tr> <th colspan="2">STANDARD PRICE</th> <th>Early Booking</th> </tr> </thead> <tbody> <tr> <td>Adult</td> <td>\$ 99</td> <td>\$94</td> </tr> <tr> <td>Child</td> <td>\$ 50</td> <td>\$47</td> </tr> <tr> <th colspan="3">TIME</th> </tr> <tr> <td></td> <td>Date</td> <td>Time</td> </tr> <tr> <td>Depart</td> <td>April 10</td> <td>1000</td> </tr> <tr> <td>Return</td> <td>April 10</td> <td>1900</td> </tr> <tr> <th colspan="3">HIGHLIGHTS</th> </tr> <tr> <td colspan="3"> <ul style="list-style-type: none"> • WEB Dubois Center • Kwame Nkrumah Park • Arts and Cultural Market • Lunch </td> </tr> <tr> <td colspan="3">MINIMUM REGISTRATION: 20</td> </tr> <tr> <td colspan="3">MAXIMUM CAPACITY: 78</td> </tr> </tbody> </table>	STANDARD PRICE		Early Booking	Adult	\$ 99	\$94	Child	\$ 50	\$47	TIME				Date	Time	Depart	April 10	1000	Return	April 10	1900	HIGHLIGHTS			<ul style="list-style-type: none"> • WEB Dubois Center • Kwame Nkrumah Park • Arts and Cultural Market • Lunch 			MINIMUM REGISTRATION: 20			MAXIMUM CAPACITY: 78		
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Compare and contrast an education system in Ghana to that in the United States. Explore ideas of access to education and curriculum as you visit with both students and teachers at this school to learn more about their approaches to education. **Please**

NOTE: Itinerary change February 5.

2014: Christ the King International School will be visited instead of Morning Star School. Morning Star School is closed for holiday on April 10.

Participants will experience

- Orientation and brief history of the school by headmistress
- Selected classroom visit to observe a lesson
- Opportunity to divide group in three to teach students: Math, English, and Science
- Individual interactions with students during break time
- Craft time showing students how to craft stick puppets
- Dental hygiene kit presentation along with distribution of toothbrushes

Note: Box lunch from ship is provided.

STANDARD PRICE		Early Booking
Adult	\$ 59	\$56
Child	\$ 30	\$28
TIME		
	Date	Time
Depart	April 10	1000
Return	April 10	1500
HIGHLIGHTS		
<ul style="list-style-type: none"> • Insight into Ghana's Educational System • Interact with Students & Instructors • Box Lunch 		
MINIMUM REGISTRATION: 30		
MAXIMUM CAPACITY: 39		



Depart Accra for the Shai Hills Game Reserve, which combines nature conservation, rich cultural interest and archaeological sites with splendid scenic beauty. Trek through the savannah plains where you might get to see some of West Africa's notable game: antelope, bushbucks, kobs, baboons, monkeys and many bird species, including the crested eagle. Visit the Obonu Tem and Se Yo caves which serve as home to many animals such as insectivorous bats. Learn

about the various artifacts that have been found on this site, the homeland of the Krobo people.

After lunch, continue to Akosombo to tour the famous Akosombo Dam, a hydroelectric dam in southeastern Ghana. The dam is located at the Akosombo gorge on the Volta River. The dam's construction resulted in the flooding of the Volta River Basin, which subsequently created Lake Volta. Lake Volta is the world's largest manmade lake and covers approximately 3.6 percent of Ghana's total land area.

STANDARD PRICE		Early Booking
Adult	\$ 99	\$94
Child	\$ 50	\$47
TIME		
	Date	Time
Depart	April 10	1000
Return	April 10	2000
HIGHLIGHTS		
<ul style="list-style-type: none"> • Scenic drive along the coast • Visit to a game reserve • Hydro dam tour 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 44		



Pencils of Promise is a for-purpose organization founded by SAS Alum Adam Braun (Spring 2005). Pencils of Promise works to build schools and increase educational opportunities in the developing world. Through June 2013, Pencils of Promise has completed over 150 schools in Laos, Nicaragua, Guatemala, and Ghana and have delivered over 5 million educational hours through their programming.

Our trip in Ghana will be spent visiting Pencils of Promise schools in the area. We plan to meet with the District Director of Education for the Sogakope region and learn how Ghana’s education system works. We will also be meeting Pencils of Promise’s Country Director for Ghana and having him present a little bit about their specific programs in the area. Then we will be visiting a completed school with children in classes and interacting with the students. After that, we will travel to a nearby on-going school build and actually get hands-on in helping build a school for Pencils of Promise that will be used in the near future.

The first field program to PoP took place on the Fall 2013 voyage thanks to the leadership of student Andrew Gray. Check out the video from that inaugural trip: <http://www.semesteratsea.org/2013/11/06/pencils-of-promise-an-education-for-every-child/>

Please Note: Sturdy, comfortable shoes and clothing that you are able to work in and get dirty are recommended for our help with the construction of the school.

STANDARD PRICE		Early Booking
Adult	\$ 50	\$ 45
Child	\$ 25	\$ 23
TIME		
	Date	Time
Depart	April 10	0800
Return	April 10	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • Learning about Ghanaian education from the District Director of Education • Visiting elementary-aged schoolchildren at our first school stop • Getting hands-on and helping construct an on-going school build 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 30		



Day 2: Friday, April 11 – Tema (Accra)

ACR 116-201

SERVICE VISIT: MORNING STAR SCHOOL

Half Day



Compare and contrast an education system in Ghana to that in the United States. Explore ideas of access to education and curriculum as you visit with both students and teachers at this school to learn more about their approaches to education. . **Please**

NOTE: Itinerary change February 5,

2014: Christ the King International School will be visited instead of Morning Star School. Morning Star School is closed for holiday on April 10.

Participants will experience

- Orientation and brief history of the school by headmistress
- Selected classroom visit to observe a lesson
- Opportunity to divide group in three to teach students: Math, English, and Science
- Individual interactions with students during break time
- Craft time showing students how to craft stick puppets
- Dental hygiene kit presentation along with distribution of toothbrushes

Note: Box lunch from ship is provided.

STANDARD PRICE		Early Booking
Adult	\$ 59	\$56
Child	\$ 30	\$28
TIME		
	Date	Time
Depart	April 11	0800
Return	April 11	1300
HIGHLIGHTS		
<ul style="list-style-type: none"> • Insight into Ghana's Educational System • Interact with Students & Instructors • Box Lunch 		
MINIMUM REGISTRATION: 30		
MAXIMUM CAPACITY: 39		



ACR 119-201

COOKING WITH GHANAIAAN CHEFS

Full Day



Meet leading Ghanaian chefs and learn the secrets of Ghanaian cooking. Learn about the use of local spices, vegetables, and other seasonings that give local dishes their uniquely Ghanaian taste. This tour is designed for the curious food lover who is ready to explore new flavors, smells, textures and spices. The tour will enable you to indulge your taste buds while immersing yourself in Ghanaian and

West African culture. As part of the experience, your Chef/Culinary instructor will lead you on an exploration of a typical West African food market and teach you to bargain for foodstuffs in a Ghanaian fashion. After this, return to your chef's kitchen and together cook a delicious Ghanaian meal, which you'll enjoy for **lunch** before departing back to the ship.

STANDARD PRICE		Early Booking
Adult	\$ 112	\$107
Child	\$ 56	\$53
TIME		
	Date	Time
Depart	April 11	0800
Return	April 11	1630
HIGHLIGHTS		
<ul style="list-style-type: none"> • Meet and cook w/Ghanaian Chefs • Visit traditional African Food Markets • Lunch 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 29		



In Ghana, one of the richest cultural hubs of Africa, an urban street art movement is rapidly emerging. At the heart of this movement in the capital city of Accra is the youth art program Nima Muhinmanchi Art (NMA). NMA is a grassroots organization that provides free after-school art workshops to youth in Ghana and beautifies communities through public art. NMA is based in Nima, the largest Muslim metropolis in Accra, an under-developed area with a high population density and limited access to water and electricity. NMA's efforts for cultural transformation have played a key role in the budding urban renewal, diversity, and social stability of the community.

On the Nima Street Art Tour, we will begin the day with a walking tour of NMA's gorgeous mural paintings, which have vivified schools, parks, highways, and even a public toilet (photo ops aplenty). Along the way, we will have a unique insider's chance to soak in the maze of winding, red-dirt Nima roads. At the end of the tour, students will split up into pairs to enjoy a traditional Hausa meal at the home of individual NMA artist families. We will reconvene at NMA headquarters for art workshops with NMA youth, where we will be invited to pick up a brush and paint or practice photography alongside NMA youth (all levels of experience welcome).

As the visual arts wind down, we will turn up the funk. A day in Nima, known for its glorious street music festivals and home to Ghana's illest rappers, would not be complete without music and dancing. Our special session will include a guest visit by a local hip hop star, and a tailored azonto dance lesson, the musical-dance craze that originated in Ghana and is sweeping across clubs in London, Amsterdam, and South Africa. At the close of NMA workshops, we will amble over to the neighboring park (the site of an "NMA Mural for Peace") for downtime, pickup soccer, and snacks of hand-cut mango and fresh sobolo juice, a local specialty made from hibiscus flower.

The objective of this program is to explore culture as a tool for urban renewal, as well as to experience the richness and diversity of life in what many consider to be a slum. The artists and guides are all English-speaking, though we will have the chance to pick up a few Hausa and pidgin slang expressions.

STANDARD PRICE		Early Booking
Adult	\$ 113	\$108
Child	\$ 57	\$54
TIME		
	Date	Time
Depart	April 11	TBA
Return	April 11	TBA
HIGHLIGHTS		
<ul style="list-style-type: none"> • Incredible murals • Insider's tour through sprawling maze of Nima • Traditional lunch and sobolo juice • Pick up painting and photography alongside NMA youth • Learn the azonto dance craze • Downtime & pickup soccer at the park 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 29		



Spend the day at the City of Refuge home in Tema. This orphanage cares for children who have been trafficked, orphaned, or abandoned. The mission of the orphanage is to look after marginalized children, promote understanding of the value of every child, create opportunities for community change, and increase awareness of the issue of trafficking. This children's home, called Freedom Center, was established in 2007 and provides childcare, education, recreation, spiritual fulfillment, and a nurturing environment for children in need. We will spend



the day preparing and distributing meals to the children. We will make approximately 500 meals in total. The costs involved in making these meals are courtesy of the SAS Annual Fund. **Note:** Box lunch from ship provided.

STANDARD PRICE		Early Booking
Adult	\$ 72	\$69
Child	\$ 41	\$35
TIME		
	Date	Time
Depart	April 11	0800
Return	April 11	1630
HIGHLIGHTS		
<ul style="list-style-type: none"> • Box Lunch • Lend a hand to children in West Africa 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 29		



Become a member of the Global Grins Delivery Squad by delivering toothbrushes and spreading the word about the link between good oral hygiene and disease prevention. More information about Global Grins can be found at www.globalgrins.org.



Fishing plays an important role in the economic and social life of Ghanaians, especially those leaving along the coast of Ghana. Teshie Nungua, a suburb of Accra is an important fishing town located along the Atlantic coast and is about a 30-minute drive from the port of Tema. Inhabitants of this town and all along the coast of Accra are the original settlers of Ghana called the Ga people.

We will begin the day by paying a courtesy call to the chief fisherman, who will brief us on the various processes of fishing, including preparing to go on a fishing expedition, a typical day or night on the ocean, support from the government, small scale industry association, and the local fishermen association. Later we will witness firsthand, fishermen drawing nets with their catch, which is then brought on shore. Fishmongers who are women bargain for the catch, and the price is either paid for in cash to the fishermen or in some form of agreed-upon credit terms. The women then sell the catch to customers who want to buy fresh seafood. All leftovers are smoked in large earthenware ovens in nearby homes before finally being sold in markets. The day will end at the shore again where we will meet more fishermen mending their nets and getting ready for another expedition.

STANDARD PRICE		Early Booking
Adult	\$ 79	\$75
Child	\$ 40	\$38
TIME		
	Date	Time
Depart	April 11	0700
Return	April 11	1230
HIGHLIGHTS		
<ul style="list-style-type: none"> • Interact with local fisherman • Insight into social & economic significance of fishing in West Africa 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 29		





Join **Professor Reginald Garrett** on this program to discover the charm and incredibly warm hospitality of Ghanaians in Winneba, a coastal town of 40,000. Build on a long-term relationship with Semester at Sea through direct interaction with local leaders and university students from the College of Education and the National Academy of Music, both located in Winneba.

You will have a single, very full day in Winneba, so soak it all in. Be prepared to give a little of yourself away when you visit two elementary schools and deliver books to the Winneba Sister Cities Commission as part of an on-going effort to build the library. Later, if you are dance or musically inclined, trade performances and actively participate in the choral and traditional music evening activity.

Day 2 is primarily focused on learning how **TOMS** works with in-country partners to carry out their mission. Students will meet leaders from Bright Generation Community Foundation Overnight <http://brightgeneration.org/bg/> and participate in the **distribution of 2,500 pairs of shoes**. And that is just the morning! The day will continue with a visit to a “true” African market – **Mankesim Market** (originally a slave market) to get a real perspective on life in rural Ghana. Relax and rejuvenate with dinner and a free evening to explore the town of Cape Coast on your own.

Day 3 will give participants a couple of hours in Kakum National Park, one of West Africa’s surviving tropical rainforests. Kakum’s most popular attraction is the canopy walkway, which consists of seven bridges extending 350 meters and hanging forty meters above the forest floor. If you don’t like heights, you may choose a two-kilometer walk through the forest to discover the wide variety of exotic floral species and the medicinal value they offer. In the afternoon, we will visit and tour Elmina Castle, also known as St. George’s Castle, built by the Portuguese in 1482. This castle was the first European structure built in Sub-Saharan Africa.

Please note:

A delegation of students and community leaders from Winneba will come aboard the MV Explorer the evening of April 10. Please plan to greet and welcome them with your presence and hospitality. Bring local currency for any optional purchases.

REVISED ITINERARY:

<u>Day 1 (L, D)</u>	<u>Day 2 (B, L, D)</u>	<u>Day 3 (B, L)</u>
<ul style="list-style-type: none"> • Depart early (to avoid traffic) for a 2.5 hour bus ride to Winneba • Official welcome ceremony by two warrior groups • Visit 2 elementary schools to meet teachers, kids & deliver books • LUNCH • Meet Market Queen & Chief Fisherman • Free time & Dinner • Interaction with University students & staff at evening program • Night in Winneba 	<ul style="list-style-type: none"> • Depart Winneba and head to rural community of East Gomoa • Meet with leaders of TOMS partner organization, government official and local dignitaries • In collaboration with partners, assist to distribute 2,500 pairs of shoes and wash feet of recipients • Local lunch • Experience a true African market at Mankesim • Dinner and evening at leisure in the town of Cape Coast 	<ul style="list-style-type: none"> • Explore Kakum National Park • Canopy or forest walk • LUNCH • Tour Elmina Slave Castle • Approximately 3-hour drive to Takoradi to meet the ship

STANDARD PRICE		Early Booking
Adult	\$583	\$568
Child	\$299	\$284
TIME		
	Date	Time
Depart	April 11	0700
Return	April 13	1830
MEALS		
<ul style="list-style-type: none"> • Cultural immersion at Winneba • School visits and library book donations • TOMS shoe distribution in rural community • Mankansim African Market • Elmina Slave Castle tour • Visit Kakum National Park & canopy walk 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 43		

Do it all! Depart along the coast through several fishing villages to Kakum National Park, one of West Africa’s surviving tropical rainforests and home to over forty large mammals and four hundred bird species, as well as numerous species of butterflies and other flora and fauna. Kakum’s most popular attraction is the



canopy walkway, which consists of seven bridges hanging forty meters above the forest floor. Choose either a two-km walk through the forest to discover

the wide variety of exotic floral species and the medicinal value they offer, or a walk in the treetops via the canopy walkway. Enjoy a lunch of African cuisine and continue to in Elmina. After dinner, enjoy drumming and dancing by an energetic local dance troupe from Elmina.

Day two begins with a tour of historic landmarks. Visit the infamous Cape Coast Castle and slave dungeons. This castle was built by the Swedes in 1653 and was later taken over by the British. Today it houses the West African Historical Museum. We will then tour Elmina Castle, also known as St. George’s Castle, built by the Portuguese in 1482. This castle was the first European structure built in Sub-Saharan Africa. Afterward, enjoy a lunch of African cuisine at a local Ghanaian restaurant. Overnight in Busua.

Nzulezo will be your destination for day three. The unique water village of Nzulezo – an Nzema word meaning “built on water” – is a village built entirely on stilts on an open lake fed by two rivers. According to oral history and tradition, villagers migrated several centuries ago from Walata, a city in the ancient Ghana Empire, which fell in the year 1250. Ancestors of the village believe that villagers were led to this secure place by a snail. The journey to Nzulezo is a five-kilometer ride on the lake in a local dugout canoe. The ride takes you through areas of marsh and open pools fringed with palm thickets and opens out into the vast expanse of the lake. A variety of birds are often seen emerging from the reeds or sitting on the low hanging branches of the surrounding jungle. Upon arrival in the village, interact with the locals and explore the surrounding area. Notice the solid wood construction of the houses and the raffia walkways. After the visit, depart for the ship in Takoradi.

Please note: This tour includes a one-hour and half ride in an open dugout canoe. Participants will be supplied with life jackets. Insect repellent, sunscreen, appropriate clothing and water are strongly recommended

ITINERARY:

<u>Day 1 (L, D)</u>	<u>Day 2 (B, L, D)</u>	<u>Day 3 (B, L)</u>
<ul style="list-style-type: none"> • Depart ship and tour Kakum • Canopy Walkway or walk through forest • Traditional African lunch • Drive to Elmina • Dinner with drumming and dancing • Evening at your leisure 	<ul style="list-style-type: none"> • Tour Cape Coast Castle and Elmina Castle • Lunch • Dinner and overnight in Busua • Evening at your leisure • African lunch 	<ul style="list-style-type: none"> • Canoe ride to Nzulezu • Village visit • Depart village and transport to ship

STANDARD PRICE		Early Booking
Adult	\$ 579	\$ 549
Child	\$ 290	\$275
TIME		
	Date	Time
Depart	April 11	0800
Return	April 13	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • 5K Canoe Ride to Nzulezo • Kakum Nat’l Park (Canopy Walkway) • Drumming & Dancing Performance • Cape Coast Castle & Slave Dungeons 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 28		



Depart for a scenic drive along the Accra plains to the beautiful village of Torgorme, located on the lower Volta River. Pay a courtesy call to the paramount chief and elders of the village and participate in a naming ceremony in which you will be given a traditional African name. Other activities include a demonstration of pottery making, which is the main occupation of the women in Torgorme, and demonstration of kente weaving by the youth of the village. Later unite with host families. After dinner, join villagers by the fireside, amidst traditional drumming and dancing, and listen to interesting folktales and stories of Ewe history and heroism. Learn the origin and meaning of your clan name as told with pride by knowledgeable locals of this land.

STANDARD PRICE		Early Booking
Adult	\$319	\$299
Child	\$159	\$150
TIME		
	Date	Time
Depart	April 11	0800
Return	April 12	1200
HIGHLIGHTS		
<ul style="list-style-type: none"> • Overnight homestay in Togorme • Pottery-making demonstration • Kente weaving • Naming ceremony • Shai Hills Game reserve 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 38		



The next day after breakfast with host families, depart for the Shai Hills Reserve, which combines nature conservation, rich cultural interest and archaeological sites with splendid scenic beauty. Embark on a trek through the savannah plains to view West Africa’s big game: antelopes, bushbucks, kobs, baboons, monkeys and many bird species including the crested eagle, ground hornbill, blank bellied bustard and more. Visit the Obonu Tem and Se Yo caves that serve as home to the many animals, notably insectivorous bats, which you are sure to see. You will have the opportunity to learn about the various artifacts that have been found on this site, the homeland of the Krobo people.

Please note: Participants should bring toiletries, flashlights and bottled water.

ITINERARY:

Day 1 (L, D)	Day 2 (B,)
<ul style="list-style-type: none"> • Depart ship for Torgorme • Participate in naming ceremony • Pottery-making and kente-weaving session • Dinner and night in village 	<ul style="list-style-type: none"> • Depart to Shai Hills • Tour Shai Hills reserve • Transfer to ship



Depart **early** for a scenic drive through the coastal savannah of the Accra plains. En route to Afadjato Mountain, cross Adome Bridge, named the most attractive bridge in Ghana. This bridge was strategically built by Ghana's first president in order to link Ghana and the former Trans Volta Togoland (now the Volta Region) and eventually unifying the two as one country. Arrive

at Afadjato Mountain and climb to the highest point in Ghana. After reaching the summit, depart for an eventful drive to Wli Waterfalls. Hike through the lush greenery of the Agumatsa Forest Reserve where you will cross the same river eleven times to reach the falls. Enjoy a picnic lunch at the base of the falls. The water falls from a height of about 1,600 feet into a pool where swimming is permitted. Continue on a drive to Ho for an overnight. After breakfast on day two, tour Tafi Atome, a village in which mona monkeys are held sacred and are therefore protected from harm. Witness these endangered animals in large numbers as they live in the wild. Have lunch and return to the ship.

STANDARD PRICE		Early Booking
Adult	\$ 455	\$429
Child	\$ 227	\$215
TIME		
	Date	Time
Depart	April 11	0700
Return	April 12	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> • Climb the highest peak in Ghana • Visit Wli waterfall • Village tour of Tafi Atome 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 28		

ITINERARY:

Day 1 (L, D)	Day 2 (B,)
<ul style="list-style-type: none"> • Depart for Mount Afadjato • Climb mountain • Picnic lunch • Visit Wli Waterfalls • Dinner and overnight in Ho 	<ul style="list-style-type: none"> • Depart for Tafi Atome • Tour village • Traditional African lunch • Return to ship



For the past ten years, Global Mamas has worked to partner with women in Ghana to promote self-sufficiency and build the economy in the country. The Global Mamas tagline is “LOVE your product. KNOW your producer. CHANGE her life.” In 2003, Global Mamas made only five products. Today, the “mamas” produce more than 200 products.

SAS has partnered with Global Mamas in

the past to provide students a glimpse into the activities of this **Fairtrade NGO**. For the first time, SAS will now offer a mini-internship that will provide a small number of students with the opportunity to live and work alongside these industrious women and learn first-hand about the benefits and challenges of operating a small business in Ghana.



This program is ideal for Business (Marketing or Finance) and Design majors.

Each participant will be paired with one of the “mamas” or a Global Mamas staff person for the four-day internship. The specific activities will be tailored to registered participants and may include **new product development, textile design, marketing strategy development, supply chain management, and financial modeling.**

In addition to the specific internship activities, all participants will enjoy a hands-on batik workshop and some free time to explore the area around Cape Coast.

Participants will stay at the Global Mamas volunteer house in Cape Coast. The house is simple, but adequately fitted with fans, mosquito netting in bedrooms and shared bathroom. Meals will be “on your own” prepared at the house or in conjunction with a local chef. Approximately \$15 per day is recommended.



TO LEARN MORE ABOUT GLOBAL MAMAS, CLICK HERE FOR STORIES AND PHOTOS FROM RECENT VISITS TO THIS INSPIRING NGO.

[SAS & Global Mamas](#)

STANDARD PRICE		Early Booking
Adult	\$ 650	\$ 635
Child	\$ N/A	\$ N/A
TIME		
	Date	Time
Depart	April 11	AM
Return	April 14	PM
HIGHLIGHTS		
<ul style="list-style-type: none"> • 4-day internship with Global Mamas • Individually tailored internship program • Batik workshop • Engagement with local business people • Food market shopping 		
MAXIMUM CAPACITY: 8		

Day 3: Saturday, April 12 – Tema (Accra)

ACR 102-302

DRUMMING AND DANCE WORKSHOP

Half Day



Unlock the rhythm of your soul as you participate in an African drumming and dance workshop. The renowned Afrique Dance Ensemble, established in 1993, has been involved actively in the promotion of African and Ghanaian cultural heritage through traditional music and dance. Led by young and vibrant directors, this ensemble has performed widely throughout Ghana, as well as other African countries. Its rich

repertoire includes Ghanaian folk/traditional music and dance as well as Senegalese, Malian, and Guinean traditional dance pieces fused with more contemporary movements. The workshop will culminate in a performance by the Ensemble that is sure to pull you out of your seat!

STANDARD PRICE		Early Booking
Adult	\$ 79	\$75
Child	\$ 40	\$38
TIME		
	Date	Time
Depart	April 12	1300
Return	April 12	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Dance Instructions & Workshop • Dance Performance by the Afrique Dance Ensemble 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 78		

ACR 109-301

SERVICE VISIT: CITY OF REFUGE

Half Day

Spend the day at the City of Refuge home in Tema. This orphanage cares for children who have been trafficked, orphaned, or abandoned. The mission of the orphanage is to look after marginalized children, promote understanding of the value of every child, create opportunities for community change, and increase awareness of the issue of trafficking. This children's home, called Freedom Center, was established in 2007 and provides childcare, education, recreation, spiritual fulfillment, and a nurturing environment for children in need. We will spend



the day preparing and distributing meals to the children. We will make approximately 500 meals in total. The costs involved in making these meals are courtesy of the SAS Annual Fund. **Note:** Box lunch from ship provided.



Become a member of the Global Grins Delivery Squad by delivering toothbrushes and spreading the word about the link between good oral hygiene and disease prevention. More information about Global Grins can be found at www.globalgrins.org.

STANDARD PRICE		Early Booking
Adult	\$ 73	\$69
Child	\$ 36	\$34
TIME		
	Date	Time
Depart	April 12	0800
Return	April 12	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> • Box Lunch • Lend a hand to children in West Africa 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 29		





Beads play a very important role, especially in the life and culture of the Krobo people of Ghana. They are used to mark family status, special occasions, and the important rites of passage of girls to puberty called the “Dipo.” We will depart the ship and head northward to Agormanya in the Eastern Region where you will visit the Cedi Bead Factory.

Participants will be shown around the factory and observe the making of beads in a traditional manner. The beads come in every imaginable color, shape, and size, and are made from recycled glass, beer and wine bottles, and broken windows. They are pounded and crushed with a mortar and pestle and then poured into molds and heated individually in ovens. These ovens are made from termite soils, which are able to withstand high temperatures. The ovens are half beehives of wood fire and heat that are fanned to sizzling temperatures for about 45 minutes. The beads are then smoothed while still warm and the molds lined with clay powder to prevent sticking. A cassava stick is put in the center of the bead while it melts into shape. The beads are cooled and hand polished with sand and water and strung into thousands of beads. End the day by visiting the Agormanya bead market, one of the largest in West Africa, to see how people from different walks of life buy and sell this precious jewel of art.

STANDARD PRICE		Early Booking
Adult	\$ 86	\$82
Child	\$ 43	\$41
TIME		
	Date	Time
Depart	April 12	0800
Return	April 12	1500
HIGHLIGHTS		
<ul style="list-style-type: none"> • Meet & interact with bead makers • Observe bead making • Visit bead market 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 29		



SAS EXCLUSIVE: Join Professor Kandoura Drame, professor of French and Francophone literature, on a cultural excursion to Torgorme Village. Professor Drame is a Senegal native and experienced in Ghana and many other African nations. As you explore Ghanaian village life, **Professor Drame will provide insight on African culture and customs, an**

insider-scoop you won't get if traveling on your own.



Depart on a scenic drive along the Accra plains for the beautiful village of Torgorme, located on the lower Volta River. Pay a courtesy call to the paramount chief and elders of the village amidst

traditional drumming and dancing by the villagers. Participate in a naming ceremony, in which you will be given a traditional African name. After this ceremony, choose between the following activities: a village tour of Torgorme, a hands-on session in pottery making, or a kente-weaving session.

Please note: Part of this experience includes a Naming Ceremony. In preparation for this ceremony, a trip manifest will be submitted to the village elders. Therefore, participants will not be able to sell or exchange their tickets for this program.

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STANDARD PRICE		Early Booking
Adult	\$ 112	\$107
Child	\$ 56	\$53
TIME		
	Date	Time
Depart	April 12	0800
Return	April 12	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> • Naming Ceremony • Lunch • Weaving, Pottery or Village Tour 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 44		

Day 4: Sunday, April 13 – Takoradi

ACR 204-401

ATOMKWA VILLAGE OVERNIGHT

2 Days/1 Night



Drive to Atomkwa village where you will pay a courtesy call to the paramount chief and elders of the village amidst traditional drumming and dancing by the villagers. Upon arrival, you will also participate in a naming ceremony and receive a traditional African name. Later interact with the villagers and school children and unite with host families.

Join the villagers by the fireside after dinner, amidst drumming and dancing. Listen to interesting folktales and stories of Ahanta history and heroism and learn the origin and meaning of your clan name as told with pride by the knowledgeable local people of this land.

On the second day, visit Elmina Castle, also known as St. George's Castle, built by the Portuguese in 1482. On this tour, you will learn about the relationship between the western slave traders and the African tribes that participated in the highly organized Atlantic slave trade. You will have the opportunity to step inside the rooms, walk through the doorways, and gain a first-hand appreciation of the tragedy of that trade of forced immigration. **This is certainly a powerful experience that is not to be missed!**

Please note: Participants must bring their own toiletries, bottled water and a flashlight for this trip. Also, in order for the village to prepare for the naming ceremony, a manifest will be submitted to the village elders. Therefore, participants will not be able to sell or exchange their tickets for this program.

ITINERARY:

Day 1 (L, D)

- Depart ship for village
- Visit with paramount chief and village elders
- Drumming, dancing and naming ceremony
- Spend time with host family

Day 2 (B.)

- Say goodbye to host family and depart for Elmina Castle
- Tour Castle
- Depart and transfer to ship



STANDARD PRICE		Early Booking
Adult	\$ 353	\$335
Child	\$ 176	\$167
TIME		
	Date	Time
Depart	April 13	0800
Return	April 14	1200
HIGHLIGHTS		
<ul style="list-style-type: none"> • Village tour and overnight homestay • Naming ceremony • Elmina Castle visit 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 38		

ACR 122-401

LOCAL CHURCH SERVICE

Half Day

Religion is an important aspect of life in Ghana. The last census indicated close to



73% percent of Ghanaians are Christians. You will find most people dressed in their best traditional dress on Sundays, visiting different worship centers of their choice. Join one of these local worship centers and witness first-hand how Ghanaians worship with soul inspiring music and dance.

STANDARD PRICE		Early Booking
Adult	\$ 59	\$56
Child	\$ 30	\$28
TIME		
	Date	Time
Depart	April 13	0900
Return	April 13	1230
HIGHLIGHTS		
<ul style="list-style-type: none"> • Scenic drive to local church • Two-hour church service with locals 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 39		

ACR 103-401

CASTLES & SLAVE DUNGEONS (Group A)

Full Day

Stand inside the dark and cavernous rooms, feel the uneven floor beneath your feet, and rely only on your senses of smell and sound as you imagine hundreds of people pressed in around you, awaiting a long journey in the trans-Atlantic slave trade. While everyone has studied this period of history, your visit to one of Ghana's slave castles and dungeons will truly give you a new perspective of it.



You will visit the Elmina Castle, also known as St. George's Castle and built by the Portuguese in 1482, and the infamous Cape Coast Castle, built by the Swedes in 1653. On your tour of these fortresses, you will learn about the relationship between the western slave traders and the African tribes that

participated in the highly organized Atlantic slave trade. You will have the opportunity to gain a first-hand appreciation of the tragedy of that trade of forced immigration. **This is a powerful experience not to be missed!**

STANDARD PRICE		Early Booking
Adult	\$122	\$115
Child	\$ 61	\$58
TIME		
	Date	Time
Depart	April 13	0900
Return	April 13	1830
HIGHLIGHTS		
<ul style="list-style-type: none"> • Elmina Castle • Cape Coast Castle • Two world heritage sites • Lunch 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 78		

ACR 105-401

KAKUM NATIONAL PARK & BAMBOO ORCHESTRA

Full Day



Drive through the historic Denkyira Kingdom to Kakum National Park, one of West Africa's surviving tropical rainforests, approximately four hours from Tema. Choose either a two-kilometer walk through the forest to discover the wide variety of exotic floral species and the medicinal value they offer or a walk on the Canopy Walkway forty meters



Later enjoy a culturally-rich traditional Bamboo Orchestra performance. The youth from Masomagor have revived this traditional art by performing music and dance with bamboo percussion instruments. This program will give students the opportunity to visit a continental rainforest within a protected area for comparison with other regions. The Canopy Walkway will allow observation of the unique plants and animals that inhabit the upper stories of the rainforest, often not visible from the

ground. Nothing beats the biodiversity of a tropical rainforest, and in this program, students will be able to compare this protected lowland rainforest to that of Amazonia, as well as to the forest and non-forest eco-systems of other destinations. Enjoy a lunch of African cuisine. This excursion will also offer the best opportunity to experience this biome by foot, whether on the forest floor or high in the canopy.

Please note: Sturdy, comfortable walking shoes are recommended for the Canopy Walkway.

STANDARD PRICE		Early Booking
Adult	\$ 145	\$138
Child	\$ 73	\$69
TIME		
	Date	Time
Depart	April 13	0900
Return	April 13	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • Kakum National Park • Bamboo Orchestra Performance • Lunch 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 58		

Day 5: Monday, April 14 – Takoradi

IMPORTANT: If you registered in one of the following courses, you have a field lab on this day.
Do not make any other travel plans as this is a designated class day in port for your course:

FIELD LABS	TAKORADI	MONDAY, APRIL 14
DRAM 2020 101	Professor Andrew Kahn	Acting I: A Universal Vocabulary
ENSP 2559 101	Professor Kandoura Drame	African Oral Tradition

ACR 107-501

NZULEZU, A WATER VILLAGE

Full Day



The unique water village of Nzulezo is a village built entirely on stilts on an open lake fed by two rivers. According to oral history and tradition, villagers migrated several centuries ago from Walata, a city in the ancient Ghana Empire, which fell in the year 1250.

After an hour's drive through a rubber plantation, enjoy a five-kilometer ride on the lake in a local dugout canoe. The ride takes you through areas of marsh and open pools fringed with palm thickets and opens out into the vast expanse of the lake. A variety of birds are often seen emerging from the reeds or sitting on the low hanging branches of the surrounding jungle. Upon arrival in the village, interact with the locals and explore the surrounding area. Notice the solid wood construction of the houses and the raffia walkways. Later visit Fort Appolonia, located in Beyin. This fort was built in 1768 by English merchants and transferred to the Dutch in 1868, who renamed it after their King, Willem III.

Please note: This tour includes a one-hour ride in an open dugout canoe. Participants will be supplied with life jackets; however, insect repellent, sunscreen, jackets, appropriate clothing, and water are suggested.

STANDARD PRICE		Early Booking
Adult	\$ 112	\$107
Child	\$ 56	\$53
TIME		
	Date	Time
Depart	April 13	0700
Return	April 13	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • Canoe Ride to Nzulezo • Village Tour • Lunch • Fort Appolonia 		
MINIMUM REGISTRATION: 30		
MAXIMUM CAPACITY: 39		

ACR 103-501

CASTLES & SLAVE DUNGEONS (Group B)

Full Day

Stand inside the dark and cavernous rooms, feel the uneven floor beneath your feet, and rely only on your senses of smell and sound as you imagine hundreds of people pressed in around you, awaiting a long journey in the trans-Atlantic slave trade. While everyone has studied this period of history, your visit to one of Ghana's slave castles and dungeons will truly give you a new perspective of it.



You will visit the Elmina Castle, also known as St. George's Castle and built by the Portuguese in 1482, and the infamous Cape Coast Castle, built by the Swedes in 1653. On your tour of these fortresses, you will learn about the relationship between the western slave traders and the African tribes that

participated in the highly organized Atlantic slave trade. You will have the opportunity to gain a first-hand appreciation of the tragedy of that trade of forced immigration. **This is a powerful experience not to be missed!**

STANDARD PRICE		Early Booking
Adult	\$122	\$115
Child	\$ 61	\$58
TIME		
	Date	Time
Depart	April 14	0800
Return	April 14	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> • Elmina Castle • Cape Coast Castle • Two world heritage sites • Lunch 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 78		



In the traditional setting, the title of “queen mother” can relay the rank of paramount queen, divisional queen, or even sub queen. Though queen mothers do not have the same traditional authority as their male counterparts, they play an important role in the traditional society. They are responsible for designating the next chief, elders, rallying all women together and keeping an eye on the social

conditions within the society. Participants will have the opportunity to discuss the role of women in royal courts and other related issues. In this program, students will be able to observe an unusual role for women in one part of Ghanaian society. Students can learn more about the history of the Queen Mothers, their roles as contrasted with other women, and the differences between their authority and providing wise counsel to the chief and his that of males with the same status. What are the reasons for having Queen Mothers today? Why does this designation endure? What impact do these women have on other women, on communities, and in advancing the rights of women? Bring all your questions!

STANDARD PRICE		Early Booking
Adult	\$ 79	\$75
Child	\$ 40	\$38
TIME		
	Date	Time
Depart	April 14	1300
Return	April 14	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> Meeting & Interaction w/Queen Mothers Sitting in State 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 29		



The Kakum National Park is one of West Africa’s surviving tropical rainforests and is home to over forty large mammals, 400 bird species, numerous species of butterflies, and other flora and fauna. Explore all the park has to offer including Kakum’s most popular attraction, the Canopy Walkway, consisting of seven bridges extending 350 meters and hanging forty meters above the forest floor.

Other activities include touring the medicinal walking trails and the Sunbird Trail. After lunch, embark on a guided tour of the coastal town of Elmina, which was the first point of European contact in Sub-Saharan Africa. It was once the most cosmopolitan city in Tropical Africa. Climb the Jago Hill to Fort Saint Jargo for a view of the Elmina Castle. You will be thrilled by the various Colonial Dutch cemeteries as well as the colorful Asafo (Fante Traditional Soldiers) Posts with their philosophical symbols.

STANDARD PRICE		Early Booking
Adult	\$ 152	\$ 144
Child	\$ 76	\$72
TIME		
	Date	Time
Depart	April 14	0800
Return	April 14	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> Kakum National Park Historic Elmina township Lunch 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 58		

Please note: Sturdy, comfortable walking shoes recommended for the Canopy Walkway.



Depart for a drive to Atomkwa village where you will pay a courtesy call to the paramount chief and elders of the village amidst traditional drumming and dancing by the villagers. Upon arrival will also participate in a naming ceremony and receive a traditional African name. Later interact with the villagers and school children with visits to the local school and clinic.

Please note: In order for the village to prepare for the naming ceremony, a manifest will be submitted to the village elders. Therefore, participants will not be able to sell or exchange their tickets for this program.

STANDARD PRICE		Early Booking
Adult	\$112	\$107
Child	\$ 56	\$53
TIME		
	Date	Time
Depart	April 14	0800
Return	April 14	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> • Naming Ceremony • Village Tour of Atomkwa • Lunch 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 39		