

GHANA, WEST AFRICA

(Port of Takoradi) Arrive: 0800 Tuesday, 15 October

Onboard: 1800 Wednesday, 16 October

(Port of Tema) Arrive: 0800 Thursday, 17 October

Onboard: 1800 Friday, 18 October

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.



Cultural Highlights

Day 1: ACR 102-101 Drumming & Dance Workshop

Day 3: ACR 117-301 Nima Street Art Tour

Life in Ghana

Day 1: ACR 101-101 Essikado Queen Mothers

Day 3: ACR 203-101 Torgorme Village Experience Overnight

Day 3: ACR 118-301 House Tour of Accra

Day 4: ACR 108-401 A Day in a Life of a Fisherman

Day 4: ACR 114-401 Torgorme Village Experience

Nature & Outdoors

Day 1: ACR 104-101 Kakum Nat'l Park & Elmina Walking Tour

Day 2: ACR 106-201 Ankasa Nat'l Park Hike

Day 2: ACR 107-201 Nzulezu, A Water Village

Service Learning

Day 3: ACR 112-301 Global Mamas: Fair Trade in Action

Day 3: ACR 116-301 Morning Star School

Day 4: ACR 109-401 City of Hope Refuge

Historical Prospective

Day 1/2: ACR 103-1/201 Castles and Slave Dungeons

Day 2: ACR 202-301 Cape Coast Historical Overnight Tour

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.

Day 1: Tuesday, October 15-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:

HIST 2559-502

The West and the Rest [2] with Professor Hunt

ACR 204-101

ATOMKWA VILLAGE Overnight

2 Days/1 Night



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, 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. **Lunch, Dinner, and Breakfast** are included. **Please note:** Participants must bring their own toiletries, bottled water and a flashlight for this trip.

STANDARD PRICE		Early Booking
Adult	\$ 341.00	\$ 325.00
Child	\$ 171.00	\$162.00
TIME		
	Date	Time
Depart	Oct 15	0800
Return	Oct 16	1200
HIGHLIGHTS		
<ul style="list-style-type: none"> Overnight Homestay Naming Ceremony Village Tour of Atomkwa 		
MINIMUM REGISTRATION: 30		
MAXIMUM CAPACITY: 40		

ACR 303-101

NZULEZU, KAKUM & CAPE COAST

3 Days/2 Nights

Do it all! The unique water village of Nzulezu 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 Ghanaian Empire. After two and half hour's drive from Takoradi through rubber plantations, you will arrive at Beyin and enjoy lunch. The journey to Nzulezu 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 before opening out into the vast expanse of the lake. Upon arrival in the village, you will interact with the locals and explore the surrounding area. Notice the solid wood construction of the houses and the raffia walkways. After your visit, you will depart for your hotel in Busua for dinner and your evening stay.

On the second day, depart along the coast through several fishing villages to



Kakum National Park, one of West Africa's surviving tropical rainforests. Extending over 360 square kilometers, the park is 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 extending 350 meters and hanging forty meters above the forest floor. 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 in the treetops via the canopy walkway. Enjoy a lunch of African cuisine at a local restaurant and continue to your hotel in Elmina for check in. After **dinner** enjoy drumming and dancing by an energetic local

STANDARD PRICE		Early Booking
Adult	\$ 593.00	\$565.00
Child	\$ 297.00	\$283.00
TIME		
	Date	Time
Depart	Oct 15	1000
Return	Oct 17	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: 30		

dance troupe.

On your third day, check out of the hotel and embark on 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. After lunch, we head back to the ship via the scenic coastline to Tema.

<p><u>Day 1 (L, D)</u></p> <ul style="list-style-type: none"> • Lunch in Beyin • Canoe ride to Nzulezu • Village visit • Dinner and overnight in Busua 	<p><u>Day 2 (B, L, D)</u></p> <ul style="list-style-type: none"> • Kukum National Park • Canopy Walkway • African lunch • Dinner with drumming and dancing 	<p><u>Day 3 (B, L)</u></p> <ul style="list-style-type: none"> • Cape Coast Castle and slave Dungeons • West African Historical Museum
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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



This is a “must see.” Participants will learn about the relationship between the Western slave traders and African tribes that participated in the highly organized Atlantic slave trade. Refine your understanding of the tragedies associated with the slave trade and forced immigration. Tour the infamous forts, castles, and slave dungeons of Ghana, located east of Takoradi on the coast. First visit 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. Then, visit the infamous Cape Coast Castle and slave dungeons. The castle was built by the Swedes in 1653 and was later overtaken by the British. Today it houses the West African Historical Museum.

STANDARD PRICE		Early Booking
Adult	\$128.00	\$ 122.00
Child	\$ 64	\$ 61
TIME		
	Date	Time
Depart	Oct 15	1000
Return	Oct 15	1830
HIGHLIGHTS		
<ul style="list-style-type: none"> • Elmina Castle • Cape Coast Castle • Lunch 		
MINIMUM REGISTRATION: 30		
MAXIMUM CAPACITY: 80		



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.

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

STANDARD PRICE		Early Booking
Adult	\$ 155.00	\$ 148.00
Child	\$ 79.00	\$74.00
TIME		
	Date	Time
Depart	Oct 15	1000
Return	Oct 15	1830
HIGHLIGHTS		
<ul style="list-style-type: none"> • Kakum National Park • Historic Elmina township • Lunch 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 60		



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!

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STANDARD PRICE		Early Booking
Adult	\$ 78.00	\$75.00
Child	\$ 39.00	\$ 37.00
TIME		
	Date	Time
Depart	Oct 15	1300
Return	Oct 15	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Meeting & Interaction w/Queen Mothers Sitting in State 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 40		

ACR 102-101

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!

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STANDARD PRICE		Early Booking
Adult	\$ 88.00	\$ 84.00
Child	\$ 44.00	\$42.00
TIME		
	Date	Time
Depart	Oct 15	1300
Return	Oct 15	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Dance Instructions & Workshop • Dance Performance 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 80		

Day 2: Wednesday, October 16

ACR 202-201

CAPE COAST HISTORICAL OVERNIGHT

Days/1 Night

Drive through the historic Denkyira Kingdom to Kakum National Park, one of West Africa's surviving tropical rainforests. Extending over 360 square kilometers, the park is 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 extending 350 meters and hanging forty meters above the forest floor. 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 in the treetops via the canopy walkway. Enjoy a lunch of African cuisine at Hans Cottage "Botel" while watching the resident crocodiles and busy weaver birds. Leisure time will then be followed by dinner.



On the second day, embark on a tour of historic landmarks. The group will 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. Afterwards, enjoy a lunch of African cuisine at a local Ghanaian restaurant and then 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. Head back to the ship via the scenic coastline to Takoradi.

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STANDARD PRICE		Early Booking
Adult	\$ 437.00	\$ 416.00
Child	\$ 218.00	\$208.00
TIME		
	Date	Time
Depart	Oct 16	0800
Return	Oct 17	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • Kakum National Park • Cape Coast Castle & Slave Dungeons • Elmina Castle 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 45		

On the second day, embark on a tour of historic landmarks. The group will 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. Afterwards, enjoy a lunch of African cuisine at a local Ghanaian restaurant and then 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. Head back to the ship via the scenic coastline to Takoradi.

ITINERARY

<u>Day 1 (L,D)</u>	<u>Day 2 (B, L)</u>
<ul style="list-style-type: none"> • Kakum National Park • Canopy walkway • African Cuisine Lunch • Dinner 	<ul style="list-style-type: none"> • Elmina & Cape Coast castles • Lunch at Ghanaian restaurant • Scenic coastline



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 Masomakor 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	\$ 146.00	\$139.00
Child	\$ 73.00	\$70.00
TIME		
	Date	Time
Depart	Oct 16	1000
Return	Oct 16	1830
HIGHLIGHTS		
<ul style="list-style-type: none"> • Kakum National Park • Bamboo Orchestra Performance • Lunch 		
MINIMUM REGISTRATION: 30		
MAXIMUM CAPACITY: 60		

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	\$ 128.00	\$122.00
Child	\$ 64.00	\$61.00
TIME		
	Date	Time
Depart	Oct 16	0800
Return	Oct 16	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • 5K Canoe Ride to Nzulezo • Village Tour • Lunch • Fort Appolonia 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 60		



Drive along the Western corridor through rubber plantations to Ankasa National Park for a rewarding rainforest experience. Having the highest plant diversity, Ankasa is one of most protected areas in Ghana. Studies in the area have identified over 300 plant species in a single hectare. The canopies of this wet evergreen forest

are rarely closed and considerably lower than in the moist evergreen forest zone. In the northern portion, the forest structure resembles a mature tropical rainforest with minimal signs of human disturbance. Ankasa offers the unique opportunity of seeing one the few remaining untouched parcels of tropical rainforest.

Explore the many secrets the rainforest holds by hiking its trails led by one of our most experienced wildlife guides, who has extensive knowledge of the both the natural and cultural wonders to be seen and discovered within Ankasa’s deep forest. Listen carefully for the different songs of the birds. The discoveries are endless and you’ll appreciate a closer look at the wonders this rainforest holds.

Please note: The hike is, at minimum, two hours in length; a moderate level of fitness is required. Lightweight, loose clothing, comfortable walking shoes, insect repellent and bottled water are recommended.

STANDARD PRICE		Early Booking
Adult	\$ 115.00	\$109.00
Child	\$ 57.00	\$ 55.00
TIME		
	Date	Time
Depart	Oct 16	0800
Return	Oct 16	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • Scenic Drive • 2-Hour Hike in Ankasa Nat’l Park • Sit down lunch 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 30		



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	\$122.00	\$116.00
Child	\$ 61.00	\$58.00
TIME		
	Date	Time
Depart	Oct 16	0800
Return	Oct 16	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> • Naming Ceremony • Village Tour of Atomkwa • Lunch 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 40		

ACR 103-201

CASTLES & SLAVE DUNGEONS (Group B)

Full Day



Participants will learn about the relationship between the Western slave traders and African tribes that participated in the highly organized Atlantic slave trade.



Refine your understanding of the tragedies associated with the slave trade and forced immigration. Tour the infamous forts, castles, and slave dungeons of Ghana, located east of Takoradi on the coast. First, visit 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. Then visit the infamous Cape Coast Castle and slave dungeons. The castle was built by the Swedes in 1653 and was later overtaken by the British. Today it houses the West African Historical Museum.

STANDARD PRICE		Early Booking
Adult	\$128.00	\$ 122.00
Child	\$ 64.00	\$61.00
TIME		
	Date	Time
Depart	Oct 16	1000
Return	Oct 16	1830
HIGHLIGHTS		
<ul style="list-style-type: none"> • Elmina Castle • Cape Coast Castle • Lunch 		
MINIMUM REGISTRATION: 30		
MAXIMUM CAPACITY: 80		

ACR 206-201

SISTER CITY OVERNIGHT IN WINNEBA

2 Days/1 Night



Join **Professor Jeanne Siler** on this program to discover the charm and incredibly warm hospitality of Ghanians in Winneba, a coastal town of 40,000. Your visit will help foster the positive relationship that Winneba shares with Charlottesville, Virginia through the sister cities program.

Ghana's College of Education and the National Academy of Music is in Winneba and affords the opportunity for students to meet local leaders and local students. **This overnight experience provides ample occasions for reciprocal cross-cultural exchange.** Welcome a delegation of your Winneba hosts, city officials, residents, and students, aboard the MV Explorer and eat lunch together before continuing the lively conversation on the 2.5 hour bus ride back to Winneba. Use the travel time to sit next to and really get to know one of your Ghanaian hosts before your arrival is celebrated with a traditional welcome ceremony and a drumming and dance performance. Tour the University of Education before enjoying a dinner of local cuisine with Winneba students and faculty. Linger after the meal with your new friends or spend the evening exploring the town independently.

STANDARD PRICE		Early Booking
Adult	\$219.00	\$219.00
Child	\$140.00	\$140.00
TIME		
	Date	Time
Depart	October 16	0945
Return	October 17	1800
MEALS		
<ul style="list-style-type: none"> • 2 Lunches (1 on ship) • 2 Dinners • 1 Breakfast 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 40		

Participate in the sister-city focused mission of reading and writing promotion by engaging in a Team Writing Seminar with Professor Siler and local leaders, or a reading activity with children at a local school or similar location. Delight in unique local flavors once again for lunch before returning to the ship on October 17, a full day before departure October 18 at 1800.

Please note: Other cultural activities may be included and/or substituted. Please bring local currency for any optional purchases you may wish to make in Winneba. If you are dance or musically inclined, prepare to trade performances and/or actively participate with Ghanians. 200 copies of beloved children's book, **Goodnight Moon**, will be available to read and distribute to children as part of the reading program. Donations to city leaders and books included in the price of this trip.

Day 3: Thursday, October 17- Tema

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:

MUSI 1070-501

Global Music [1] with Professor Strand

ACR 203-301

TORGORME VILLAGE EXPERIENCE – OVERNIGHT

2 days/1 night



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 local people of this land.

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 and flashlights and bottled water.

STANDARD PRICE		Early Booking
Adult	\$341.00	\$325.00
Child	\$171.00	\$162.00
TIME		
	Date	Time
Depart	October 17	1000
Return	October 18	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: 30		
MAXIMUM CAPACITY: 40		



This program will focus on the role of small businesses and fair trade in Africa. Visit the Global Mamas headquarters and participate in a discussion led by Renae Adams who runs the organization. Global Mamas is a nonprofit that supports women as they start their own small businesses. Women’s lives are transformed when they have sustainable, fair, revenue streams that allow them to achieve financial independence. By providing access to markets around the world for the women’s handmade products, Global Mamas helps women grow their businesses as well as promote traditional handicrafts. Global Mamas also offers business assistance and computer training to women who need it. You may have an opportunity to meet with some of the women who have benefitted from the Global Mamas program. The meeting is designed to provide education on the role of financing, leadership, teamwork, and decision-making in small businesses. Renae Adams will be happy to answer questions with regard to operating small businesses and the importance of women in the Ghanaian economy. Please feel free to visit the Global Mamas website, www.globalmamas.org prior to the meeting to learn more about this nonprofit organization. Please bring funds, if you so desire, to support the organization by purchasing some of the beautiful handicrafts for sale at the store.

Please note: Since we are visiting a place of business, participants are asked to dress appropriately.

STANDARD PRICE		Early Booking
Adult	\$ 88.00	\$ 84.00
Child	\$ 44.00	\$ 42.00
TIME		
	Date	Time
Depart	Oct 17	0800
Return	Oct 17	1230
HIGHLIGHTS		
<ul style="list-style-type: none"> Orientation, Introduction, & Interaction with the Global Mamas 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 40		



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. Morning Star students, kindergarten through ninth grade, are offered a variety of courses ranging from science and language to health and music. Morning Star language faculty offer English, French and two local languages, Ga and Twi.

Participants will learn about Ghanaian education and see how the Morning Star School fulfills its mission of offering a top quality education in a caring environment. Our group will see how their academic and extracurricular programs support learning, evaluate teaching strategies, and celebrate student achievement. We will develop an appreciation for the ways in which educators around the world work towards meeting the needs of students in order to produce lifelong learners and responsible global citizens. **Note:** Box lunch from ship is provided.

STANDARD PRICE		Early Booking
Adult	\$ 74.00	\$71.00
Child	\$ 37.00	\$35.00
TIME		
	Date	Time
Depart	Oct 17	0800
Return	Oct 17	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: 40		

ACR 118-301

HOUSE TOUR OF ACCRA

Full Day



Want to look inside Ghanaian society and at the many ways its people live? On this tour you will have an opportunity to learn about the social and economic diversity of the Ghanaian population. Visit a typical middle class Ghanaian home and learn how the extended family lives together. This tour will also take you to the homes of the upper middle class to give you a broad perspective on the architectural and design preferences of Ghanaian society. You will also ride through some of Accra's most

prestigious neighborhoods to see the old houses built by the British during the colonial period. Observe the diversity of Accra's modern architecture, which is the preferred style of Ghana's young and elite. **Lunch** is included.

STANDARD PRICE		Early Booking
Adult	\$122.00	\$116.00
Child	\$ 61.00	\$ 58.00
TIME		
	Date	Time
Depart	Oct 17	0800
Return	Oct 17	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> • Tour Ghanaian homes in Accra • Meet Mistress of home • Lunch 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 30		

Cancelled

ACR 117-301

NIMA STREET ART TOUR & INTERACTION

Full Day



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	\$ 114.00	\$108.00
Child	\$ 57.00	\$ 54.00
TIME		
	Date	Time
Depart	Oct 17	0830
Return	Oct 17	1700
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: 20		
MAXIMUM CAPACITY: 39		



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 center houses the mausoleum, personal library, and museum. 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.

STANDARD PRICE		Early Booking
Adult	\$ 93.00	\$89.00
Child	\$ 47.00	\$45.00
TIME		
	Date	Time
Depart	Oct 17	0900
Return	Oct 17	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • WEB Dubois Center • Kwame Nkrumah Park • Arts and Cultural Market • Lunch 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 80		

Day 4: Friday, October 18- Tema

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:

SEMS 2500-108	Introduction to Public Health with Professor Allen
SEMS 3500-104	Women's Health in Developing Countries with Professor Berg
SEMS 2500-104	Global Economic Issues with Professor R. McNown
PLCP 2500-101	America in the World with Professor L. McNown
MDST 3300-101	Global Media with Professor Schuchardt
ENSP 2559-101	Women in Literature: contemporary Women's Voices of the Atlantic Rim with Professor Sloane
ANTH 3240-101	Anthropology of Food with Professor Trevathan
SEMS 3500-503	International Marketing (Section 1) with Professor Wamwara-Mbugua



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	\$ 122.00	\$116.00
Child	\$ 61.00	\$58.00
TIME		
	Date	Time
Depart	Oct 18	0800
Return	Oct 18	1630
HIGHLIGHTS		
<ul style="list-style-type: none"> • Meet and cook w/Ghanaian Chefs • Visit traditional African Food Markets • Lunch 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 30		



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	\$ 72.00	\$69.00
Child	\$ 36.00	\$35.00
TIME		
	Date	Time
Depart	Oct 18	0800
Return	Oct 18	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> • Box Lunch • Helping Children in West Africa 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 30		



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	\$ 81.00	\$77.00
Child	\$ 41.00	\$39.00
TIME		
	Date	Time
Depart	Oct 18	0700
Return	Oct 18	1230
HIGHLIGHTS		
<ul style="list-style-type: none"> • Interact with local fisherman • Insight into social & economic significance of fishing in West Africa 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 40		



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.

STANDARD PRICE		Early Booking
Adult	\$ 119.00	\$ 113.00
Child	\$ 60.00	\$57.00
TIME		
	Date	Time
Depart	Oct 18	0800
Return	Oct 18	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> • Naming Ceremony • Lunch • Weaving, Pottery or Village Tour 		
MINIMUM REGISTRATION: 30		
MAXIMUM CAPACITY: 45		



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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	\$ 88.00	\$84.00
Child	\$ 44.00	\$42.00
TIME		
	Date	Time
Depart	Oct 18	0800
Return	Oct 18	1400
HIGHLIGHTS		
<ul style="list-style-type: none"> • Meet & interact with bead makers • Observe bead making • Visit bead market 		
MINIMUM REGISTRATION: 25		
MAXIMUM CAPACITY: 30		