

USD FLP:
Global Administration of Health Services
May 8 – 21, 2016

TENTATIVE ITINERARY
(Subject to change without notice)

Day 1 -- Depart the US for Ghana

Flight details and exact dates to be determined

Day 2 -- Arrival in Accra

Welcome at the airport. Transfer to hotel with your guide, Nathan. Welcome drink at the hotel.

If anyone is still hungry, Nathan will show everyone a good place to eat.

- Hotel: **Afia African Village** (hot water, AC, stand---by generator and WIFI)
- <http://www.afiavillage.com>

Day 3 -- Accra: Colonial Areas, Mausoleum, Market [BLD]

Breakfast at the hotel

AM: Get over jetlag with visits to Accra's highlights: The Colonial Areas, Mausoleum and Market.

The **Colonial Areas** include Jamestown, Ussertown and the Lighthouse, the oldest districts in Accra. The names come from the 17th century British James Fort and Usser Fort.

The **Nkrumah Mausoleum** houses the tomb of Kwame Nkrumah, who declared Ghana's independence from the very spot where his bronze statue stands. In 1957, he became the first sub-Saharan leader to gain independence. In 1966, he was ousted in a coup and fled to Guinea, never to return to Ghana alive.

The **Accra Market** has an impressive wealth of products and foods from around the country spread out in seemingly no particular order through the winding walkways. The prices start high, and bargaining is expected. It is large enough to spend the rest of your day here, perhaps, but you'll have a chance to come back another day on your own if you like. Those who are too tired to go to the market (it is a bit of a drive) can relax at the restaurant on the beach and enjoy the view.

PM: Lunch at a local restaurant, followed by a visit to **Sanford's Accra Clinic**. Meet with the Sanford team for a tour and discussion for the afternoon. To be arranged by faculty.

<http://www.sanfordhealth.org/Initiatives/WorldClinic/Ghana>

" In 2011, Sanford announced that it would fund construction and operation of a 10---clinic network in Ghana to be complete in three years. Our model includes hub, spoke, and micro clinic facilities sized to meet the specific needs of individual communities. In January 2012, Sanford opened its first clinic in Cape Coast, Ghana, and sees over 900 patients per week at that site. The clinic provides general health care services to area children and adults and includes the diagnosis and treatment of common illnesses in the region, especially malaria,

diarrhea and respiratory health issues."

Dinner and return to the hotel.

Day 4: Accra -- Kpando: West Africa AIDS Foundation (WAAF/IHCC) (4.5 --5 hours drive) [BLD]

Breakfast at the hotel

AM: Attend a **lecture by Doc. Naa Ashiley Vanderpuye of IHCC/Waafweb**. She is a general practitioner and working with a nurse, specialized in HIV and also (drug---resistant) TB treatment, and other infectious diseases.

PM: Drive to Kpando (4---5 hours hours). Stop for lunch and stretch your legs with a visit to a recycled **Glass Beads Factory** to learn how they are made and how they are used in Ghana's culture. This is a century old tradition of the Krobo people.

Arrive in late afternoon. Settle into the accommodation. Tonight, have dinner with your hosts from **Hardthaven** (www.hardthaven.org/) and **United Foundation** (<http://unitedprojects.org/projects/>). Talk about the schedule and about healthcare in Ghana to get a better understanding of the organizations prior to tomorrow's visit, followed by dinner.

- **Hotor Hotel, Kpando** (AC, generator, however no "hot" water or WIFI)
<http://hotorhotel.voltahotels.com>, 020 322 1459

"HardtHaven is a registered 501c3 nonprofit organization in the United States (EIN# 26---1469965) as well as registered N.G.O in Ghana. The HardtHaven vision is nothing less than the transformation of AIDS orphans from hopeless, suffering victims into productive members of their community with an exciting vision for a greater Ghana. We believe that anyone anywhere can help to change these little lives, through the inexpensive care provided by this children's home."

Day 5: Kpando: HardtHaven [BLD]

Breakfast at the hotel

AM: Visit **HardtHaven Children's Home** and **United Foundation** (Medical Outreach). Watch two short documentaries focused on their projects: the Children's Home focuses on orphans, vulnerable children, victims of child labor and HIV. The Medical outreach documentary will focus on fieldwork and research.

PM: After lunch, visit a **women's pottery project in Fesi** on the Volta River. Part of the visit will require transportation by canoe. In the late afternoon, prepare for community testing and health education the next day. Dinner and return to hotel.

Day 6: Kpando: Regional Government Hospital, Medical Outreach Program [BLD]

Breakfast at the hotel

AM: Visit one of the islands on Lake Volta. We will assist a medical outreach team in mass community testing on the island, involving diseases like diabetes, hypertension, HIV/ AIDS and also help with community health education on topics such as wound healing.

PM: Lunch on the island followed by a dance performance in a local community.
Return to the hotel for dinner.

Day 7: Kpando: Hardthaven -- Tafi Atimpoku [BLD]

Breakfast at the hotel

AM: Spend the morning (if weekend) with the children and the staff at **Hardthaven's Children's Home**, and take part in their after-school activities (ex, help children with homework and participate in activities with the children). Lunch in Kpando.

PM: Continue to Tafi Atome and spend the night in community-lodge in the Tafi Monkey Sanctuary. Enjoy a cultural performance in the village.

Day 8: Tafi -- Liate Wote -- Atimpoku: Governmental / Community Clinic, Tagbo Falls (1 + 3,5 hours drive) [BLD]

Breakfast at the hotel

AM: Early departure for Liate Wote where you visit a **governmental / community clinic** and meet the nurses. From there, we will take a **Village Walk** to visit the palm wine brewery and school.

PM: After lunch, drive to Atimpoku/ Akombo (3--4 hours), have dinner and check into hotel.

- **Afrikiko Riverfront Resort, Akosombo** (AC, warm water, WIFI, Pool)
024 262 5624, www.afrikikoriverfrontresort.com

Day 9: Atimpoku: Traditional Healer [BLD]

Breakfast at the hotel

AM: Visit **Voodoo priest** and learn about the **use of traditional medicine** in Ghana.

PM: After lunch, relax at the hotel's pool or explore the town in small groups. Dinner.

Day 10: Atimpoku -- Anomabu/ Cape Coast (2+3 hours drive) [BLD]

Breakfast at the hotel

AM: Drive to the coast with stops along the way, including the **Coffin Gallery**, to see the extraordinary coffins typical of the Ga people, designed in the form of objects such as fish, boats, and beer bottles).

The drive is 5 -- 6 hours. Lunch on the way is also included.

PM: Relax at the beach

- **Anomabu beach Resort, Cape Coast**
042 91 562/ 024 433 1731, www.anomabo2.digitafrica.com
(Rooms with AC and Warm water, WIFI available)

Day 11: Anomabu/ Cape Coast (1 hour Mankessim) [BLD]

Breakfast at the hotel

AM: FREE

PM: Visit **Sanford Health**. Group A goes to Clinic in Cape Coast in one bus. Group B goes to clinic in Mankessim in another bus. <http://www.sanfordhealth.org/Initiatives/WorldClinic/Ghana>

Day 12: Anomabu/ Cape Coast: Cape Coast Castle, Elmina (45 min to Elmina, 1 hour to Mankessim) [BLD]

Breakfast at the hotel

AM: Visit **Elmina**, the first European settlement in West Africa and **Cape Coast Castle**, the former Swedish fort/ trade center that was later conquered by the English and used as a staging ground for the slave trade. Ghana was under colonial rule for nearly 300 years, much of what is symbolized in this building.

<http://tinyurl.com/d4o56j6>

PM: After lunch, visit the clinics in reverse. Group B goes to Clinic in Cape Coast in one bus. Group A goes to clinic in Mankessim in another bus. Dinner.

Day 13: Anomabu/ Cape Coast: CaKakum National Park, Music Workshop [BLD]

Breakfast at the hotel

AM: Visit the expansive **Kakum National Park**, 20 miles north of Cape Coast and "home to elephants, monkeys and elusive bongo antelopes, which roam amongst 800 rare species of birds, butterflies, reptiles and amphibians." We will have a chance to walk **the 333---meter---long tree---top walkway**, take a short **hike** (30 minutes), and visit their small **museum**.

PM: After lunch, relax on the beach and/ or attend a **drumming and dance workshop (included)**. **Farewell** Dinner.

Day 14: Cape Coast -- Accra (4 hours drive) [BLD]

Breakfast at the hotel

AM: Depart to Accra (4 hours) by bus.

PM: Lunch and time to do some last---minute shopping before heading to the airport

Departure for the airport will be 530pm, to be confirmed.

