



GHANA 2016

Yale Alumni Service Corps, Association of Yale Alumni, P.O. Box 209010, New Haven, CT 06520-9010

Are you Ready?

With 1 month to go, our planning efforts are now in high gear!

If you are able to bring any of the following items, please let us know:

- Masking Tape
- Poster Board
- Ream of 8.5 x 11 paper
- Construction Paper
- Markers (Thin/Thick)
- Deflated soccer balls/basketballs
- Pumps
- Scissors
- Sports pinnies
- Frisbees
- Sports cones

It will not be easy to get supplies when we are on the Cape Coast – so work with your team leader to make sure we bring any supplies you will need. If you anticipate problems, contact your project lead.

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Reminders

- If you plan on taking anti-malarial pills, get your prescription filled soon.
- Make sure you have your visa and “yellow card” ready to go, for entry into Ghana.
- If you have not sent in your indemnity form, sign and send it to Joao Aleixo today!
- Don’t forget essentials like shampoo, Pepto Bismal, bug repellent, suntan lotion.
- Non-essentials you might want to consider: power bars, trail mix, peanut butter and crackers, etc. There will be plenty of food, but you may need additional variety!

Arrival Information

Upon arrival at Accra airport on August 5th, come to the arrival hall and look for signs welcoming “Yale Alumni Service Corps” and/or Ashanti African Tours.

There are many YASC volunteers on the Delta 420 departing from JFK on August 4th at 5:47PM, arriving into Accra on August 5th at 8:25 AM. Look around for your fellow volunteers and introduce yourself!

If you cannot find us at the airport, you can call us at the following numbers:

Trudie : +1.385.628.7446/+233570635294
Ashanti African Tours: +233245289736/+233243344115

Lisa: +1.617.480.8441
Bob: +1.617.697.4334



Converting Money

You won't need a lot of cash but you should plan on having some for alcoholic drinks at the hotel or for any shopping you plan to do. While US Dollars are often accepted, here are some tips on converting money to the local currency (Ghana Cedis). Bar prices are similar to a mid-level US hotels. Some volunteers choose to leave a modest tip for the hotel maids.

- The exchange rate to US Dollars is approximately 4 Cedis:1 US Dollar (i.e., to convert Cedis to US Dollars, divide by 4)
- You can exchange money at the airport.
- You should be able to withdraw money directly from the ATM at the airport (cards with a Visa logo seem to work better; you should inform your bank in advance).
- Please note—there will be limited opportunity to exchange money once we go to the Cape Coast. We strongly encourage you to do this at the airport.

No tabs will be allowed at the hotel this year – cash only at the bar/restaurant!



Host Families

Small groups of volunteers and families will be matched up with families in Yamoransa who will host you in their home for a short visit. If you've been on a YASC trip to Ghana before and had a host family, please note we will try and match you with the same family, but this is not guaranteed.

Please bring a small gift for your group to give to your host family. Gifts should be simple and under \$10USD in value. Locally themed items (from your region of the US), picture frames, and kitchen items work well as gifts.



Medical Issues

While we can't offer medical advice, but here is a list of tips one of our physicians follows:

- Use bottled water to rinse your toothbrush and when brushing your teeth.
- Avoid ice cubes.
- If you have diarrhea or vomiting, it is critical to stay hydrated. Consider bringing some powdered Gatorade or similar drink mixes (e.g. Ultimate Replenisher or Nuun).
- Don't eat raw vegetables (salads) or fruit unless the fruit can be peeled (e.g. bananas/oranges). We will endeavor to NOT offer these choices, but mistakes may happen so use your common sense.
- Pepto Bismol is the first line treatment for diarrhea or nausea. The CDC even recommends taking it as a preventative measure: <http://tinyurl.com/nwj5j68>



We can't replace your personal doctors but our medical team can generally be a good source for advice and guidance on the trip. Based on our past experience, if you stick to the bottled water, avoid fresh vegetables and fruits (fruit with a thick skin that gets peeled are okay), and eat the food provided through YASC, most people experience no problems.

Leisure Time

We have some planned trips to local attractions and fun group activities during our down time on the Cape Coast. Here is a preview of what's on tap:

Excursions on Sunday August 7:

Kakum National Park: Walk above treetops on the hanging canopy walkway at Kakum National Park, offering a spectacular, unmatched view of the rainforest. The suspended walkway comprises 1,000 feet of swinging bridge and six tree trunk-perched platforms that do not rely on nails or bolts for support.

Elmina and the Slave Castle: Ghana's coast is dotted with castles and fortresses that marked the beginning of a slave's perilous journey during the era of slave trade. We will visit these ancient fortresses and learn about the history of slave trade in the region.

**Please note that you will need to choose one activity above as time will not allow for both.*

Evening Activities

The evenings at Coconut Grove represent a wonderful time to unwind and reflect on the day's activities. In addition, we have an array of after dinner programs planned to both educate and entertain. This includes speakers, a drumming circle, and movie night. On Friday August 12th – we will have our annual YASC talent show. Do you sing? Are you a comedian? Play an instrument? Dance? Read poetry? Have a magic act? Perform alone, or perform with friends on the trip!



Itinerary: Announcements at 7:30AM and at 7:30 PM. This will take place near the Coconut Grove Hotel open air restaurant. This will be an important time for you to learn about schedule details.

Friday August 5th	<p>Arrival: Look for a YASC sign and volunteers from YASC and AFS in the main arrival hall.</p> <p>Buses will start loading at 10 AM and depart as they fill up. Use your luggage tags!</p> <ul style="list-style-type: none"> • Depart for Coconut Grove Hotel (CGH) • Buffet lunch • Orientation • Evening: Dinner and activity at CGH
Saturday August 6th nd	<ul style="list-style-type: none"> • Breakfast and announcements • Morning: Orientation at Coconut Grove Hotel – context for our service; project team meetings • Buffet Lunch • Afternoon: Travel to Yamoransa, opening ceremony, visit with Host family. • Cultural Fair in Elmina • Evening Dinner at CGH
Sunday August 7 rd	<ul style="list-style-type: none"> • Breakfast and announcements • Visit to Kakum National Park or Slave Castle Tour • Evening: Project Planning
Monday August 8th th	<ul style="list-style-type: none"> • Breakfast and announcements • Morning: Travel to Yamaransa, Project Activities • Afternoon: Project Activities • Evening: Dinner at CGH • Market night (shop for goods around the pool)
Tuesday August 9 th	<ul style="list-style-type: none"> • Breakfast and announcements • Projects in Yamoransa • Evening: Dinner at CGH, Project meetings as necessary, African movie night.
Wednesday August 10h th	<ul style="list-style-type: none"> • Breakfast and announcements • Projects in Yamoransa • Evening: Dinner at CGH, Project meetings as necessary. • Drumming Center event
Thursday August 11 th	<ul style="list-style-type: none"> • Breakfast and announcements • Projects in Yamoransa • Evening: Dinner and Theater performance at UCC
Friday August 12 th	<ul style="list-style-type: none"> • Breakfast and announcements • Projects in Yamoransa • Evening: Dinner at CGH, Project meetings as necessary. Talent Show! The talent show is great fun; volunteers are encouraged to show off their talents. Sing, play an instrument, do stand-up comedy or show off your special skills at imitating animal sounds.
Saturday August 13 th	<ul style="list-style-type: none"> • Breakfast and announcements • Travel to Yamoransa, Project showcase • Community celebration • Closing ceremony and dedication of ICTC • Evening: Closing dinner and celebration at CGH
Sunday August 14 ^h	<ul style="list-style-type: none"> • Breakfast announcements • Travel back to Accra • Lunch and tour of Accra • Airport drop-off

An essay from a Yamoransa student about his experience with YASC

THINGS THE AMERICANS DID FROM 30TH-3RD AUGUST, 2012 ON THEIR MISSION BUILDING AN INFORMATION AND COMMUNICATION TECHNOLOGY CENTER FOR SCHOOLS AT YAMORANSA COMMUNITY.

When the Americans came to Yamoransa, they did many things and they did it very well. What they did that even surprised me was that, they themselves took pick-axes and shovels and worked with the paid workers till the time they went.

They also taught us many things like how to make a paper aeroplane, they taught us the forms of Government which are Democracy, Monarchy, Fascism and so on. Others made us happy through jokes and tricks they were teaching us.

They developed pupils' talents through sports and other activities, they also taught Media (TV photography) and arts to pupils.

I like them and what they did very well and I ~~do~~ wish they would not ever depart from us and they will come again.

Thank You.

~~Emmanuel~~
Emmanuel Kofi Mensah

What You Need To Do Now!

- If you have not done so, already:
 - Print a copy of the release form, included at the end of this newsletter
 - Send a signed copy of this form to Joao Aleixo by either:
 - Fax: +1 (203) 432 1926
 - Mail: 232 York St New Haven, CT 06511
 - Email: joao.aleixo@yale.edu
- Send Trudie your travel information so we know when you arrive in Ghana.
- Get excited for our big trip! See you in a few weeks.