



# GHANA 2013

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

## Are you Ready?

We are now down to the wire. With 1 month to go, planning is now in high gear.

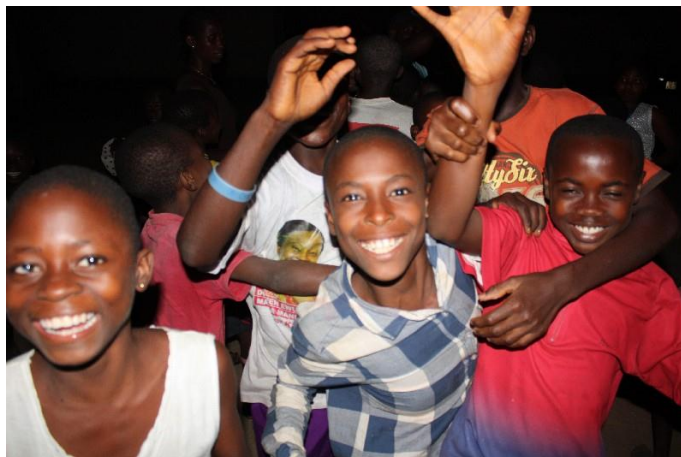
If you are able to bring any of the following items, please let us know:

- Pencils and Sharpeners
- Lined notebook paper
- Notebooks
- Crayons
- Markers (Thin/Thick)
- Deflated soccer balls/basketballs
- Inflatable globes
- Pumps
- Maps
- Scissors
- Sports pinnies
- Frisbees
- Sports cones

Bring marshmallows/chocolate for the bon fire!

## INSIDE THIS ISSUE

|                                     |   |
|-------------------------------------|---|
| Reminders                           | 1 |
| Arrival Information                 | 2 |
| Converting Money                    | 2 |
| Host Families                       | 3 |
| Medical Issues                      | 3 |
| Excursion - Kakum/Elmina (Pick One) | 4 |
| Itinerary                           | 5 |
| Essay from Yamoransa                | 6 |
| What you need to do next            | 7 |
| Release Form - Important            | 8 |



## Reminders

- If you plan on taking anti-malarial pills, get your prescription filled soon.
- If you have not sent in your indemnity form, sign and send it to Joao Aleixo today!
- If you need any supplies that you are not able to bring, let your project leader or the trip producer know immediately.
- Trip costs, travel expenses and supplies may be tax deductible - talk to a tax expert.
- Make sure you have your visa and "yellow card" ready to go, for entry into Ghana
- Bring Shampoo and Pepto-Bismol!

## Arrival Information

Upon arrival at Accra airport on August 1<sup>st</sup>, come to the arrival hall and look for YASC and AFS volunteers. We hope to have a “Yale Alumni Service Corps” banner on display.

There are 60+ YASC volunteers on the Delta 26 flight from JFK, arriving into Accra on August 1<sup>st</sup>. 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:

Puneet: +233 545 526 555  
 Lata: +233 548 883 856  
 Kwame: +233 544 325 532  
 Evans: +233 244 103 798



## Converting Money

You won't need a lot of cash but you should plan on having some for drinks at the hotel or for any shopping you do. US Dollars are often accepted, here are some tips on converting money to the local currency (Ghana Cedis)

- We may provide a limited exchange facility at the hotel
- The exchange rate to US Dollars is approximately 2:1 (to convert Cedis to US Dollars, divide by 2)
- You can exchange money at the airport
- You may be able to withdraw money directly from the ATM at the airport (cards with a Visa logo work better and you may need to inform your bank in advance)



**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. Towards the end of the trip, you may also have an opportunity to go to church with your host family, if you opt to do so.

We recommend that you bring a small gift for your host family. Please keep these gifts simple and inexpensive. Locally themed items and kitchen items work well as gifts.



## Medical Issues

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

- Use bottled water to rinse your toothbrush
- 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)
- 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 consists of over 30 doctors and should you get sick on the trip, they will try to help you.

## Excursion!

On the morning of Sunday, August 4<sup>th</sup>, we're planning an excursion!

You have two choices:

- (1) **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.
- (2) **Elmina Township Tour:** On this walking journey, discover old Elmina, the Mpoben Fish Market, 19th Century Dutch Merchant House, the Dutch Cemetery with its imposing Mausoleum and grave markers, canons of redoubts, "Asafo posuban" traditional military posts and the beautiful panorama surrounding Elmina.

**Go to this link and let us know whether you prefer Kakum OR Elmina:**

[https://docs.google.com/forms/d/1G78ns-NjM\\_5ow0-rpcTILZiTOXtlm2ThaLET4hpH8wA/viewform](https://docs.google.com/forms/d/1G78ns-NjM_5ow0-rpcTILZiTOXtlm2ThaLET4hpH8wA/viewform)



Canopy Walk in Kakum National Park



Elmina Fishing Harbor

## Itinerary

|                                     |   |
|-------------------------------------|---|
| Thursday<br>August 1 <sup>st</sup>  | <p><b>Arrival:</b> Look for a YASC sign and volunteers from YASC and AFS in the main arrival hall.</p> <p>Buses will start loading at 1pm and depart as they fill up. Use your luggage tags!</p> <ul style="list-style-type: none"> <li>• Depart for Coconut Grove Hotel (CGH)</li> <li>• Evening: Dinner and Icebreakers</li> </ul>                    |
| Friday<br>August 2 <sup>nd</sup>    | <ul style="list-style-type: none"> <li>• Morning: Orientation at Coconut Grove Hotel</li> <li>• Afternoon: Visit the Slave Castle – this is a must see if you have not been before. If you have already seen the slave castle we will plan an alternate activity or have free time at Coconut Grove.</li> <li>• Evening at CGH: Trivia night</li> </ul> |
| Saturday<br>August 3 <sup>rd</sup>  | <ul style="list-style-type: none"> <li>• Morning: Orientation and Project Planning</li> <li>• Group Picture at 12pm – wear your YASC T-Shirt!</li> <li>• Afternoon: Opening Ceremony + Home visits</li> <li>• Evening: Dinner + Karaoke at African Village</li> </ul>   |
| Sunday<br>August 4 <sup>th</sup>    | <ul style="list-style-type: none"> <li>• Morning: Kakum National Park <u>or</u> Elmina Walking Tour</li> <li>• Afternoon: Site setup</li> <li>• Durbar! Dinner with guests from UCC and Yamoransa + Dancing</li> </ul>  |
| Monday<br>August 5 <sup>th</sup>    | <ul style="list-style-type: none"> <li>• Projects</li> <li>• Evening: Project meetings as necessary, by the pool – or catch up on sleep!</li> </ul>   |
| Tuesday<br>August 6 <sup>th</sup>   | <ul style="list-style-type: none"> <li>• Projects</li> <li>• Evening: Reflection and Discussion groups (before dinner)</li> <li>• Evening: Drumming and Drinks (after dinner)</li> </ul>  |
| Wednesday<br>August 7 <sup>th</sup> | <ul style="list-style-type: none"> <li>• Projects</li> <li>• Evening: Bon fire + dessert night (bring marshmallows, chocolate bars, and wooden skewers!)</li> </ul>   |
| Thursday<br>August 8 <sup>th</sup>  | <ul style="list-style-type: none"> <li>• Projects</li> <li>• Evening: Karaoke by the pool</li> </ul>  |
| Friday<br>August 9 <sup>th</sup>    | <ul style="list-style-type: none"> <li>• Projects</li> <li>• Evening: Talent Show</li> </ul> <p>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.</p>   |
| Saturday<br>August 10 <sup>th</sup> | <ul style="list-style-type: none"> <li>• Morning: Teaching Projects on display (clinic breakdown for medical group)</li> <li>• Afternoon: Closing ceremony + The Big Show!</li> <li>• Evening: Volunteer celebration – YASC + AFS volunteers</li> </ul>   |
| Sunday<br>August 11 <sup>th</sup>   | <ul style="list-style-type: none"> <li>• Morning: Optional Church visits with your host family or sleep in!</li> <li>• Lunch at Coconut Grove Hotel</li> <li>• Depart CGH at 2pm and head straight to airport</li> </ul>  |

## Letter from Yamoransa

An essay written by a Yamoransa student about his experience last year

THINGS THE AMERICANS DID FROM 30<sup>TH</sup>-3<sup>RD</sup> 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](mailto:joao.aleixo@yale.edu)
- Indicate your excursion choice for Sunday, Aug 4th, using the link provided
- Look out for a package in the mail
- Get excited for our big trip! See you in a few weeks.



RELEASE AND INDEMNIFICATION AGREEMENT

SERVICE PROGRAM LOCATION: Ghana 2013

Dates: August 1-11, 2013

PARTICIPANT: (name and address)

Three horizontal lines for participant name and address.

Institutions:

Yale Alumni Service Corps, Yale University
Association of Yale Alumni AYA

I, the above named Participant, am eighteen years of age or older, or I am the above-named minor Participant who is under eighteen years of age but represented by a Parent/Guardian who is over eighteen years of age. I am fully competent to sign this Agreement on my behalf or the Parent/Guardian is fully competent to sign this agreement on the listed minor's behalf. I have voluntarily applied to participate or give permission for this Participant to participate in the above-referenced Yale Service Program. I acknowledge that the nature of the Service Program may expose me to hazards or risks that may result in my illness, personal injury or death and I understand and appreciate the nature of such hazards and risks.

In consideration of my participation in the Service Program, I hereby accept all risk to my health and of my injury or death that may result from such participation and I hereby release the Institutions and their governing board, officers, employees and representatives from any and all liability to me, my personal representatives, estate, heirs, next of kin, and assigns for any and all claims and causes of action for loss of or damage to my property and for any and all illness or injury to my person, including my death, that may result from or occur during my participation in the service program, whether caused by negligence of the Institutions and their governing board, officers, employees, or representatives, or otherwise. I further agree to indemnify and hold harmless the Institutions and their governing board, officers, employees, and representatives from liability for injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in the described service program.

I have carefully read this agreement and understand it to be a release of all claims and causes of action for my injury or death or damage to my property that occurs while participating in the described service program and it obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission.

Signature of Adult Participant or Parent/Guardian to Minor

Signature of Witness

Name (in print)

Name (in print)

Date

Date