



GHANA 2013

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

Welcome – Akwaaba!

First things first, “Akwaaba” means Welcome.

We are delighted that you have chosen to join us in Yamoransa, Ghana in August. This is the first time that YASC is building on a prior experience by returning to the same community and working with the same ground partners. For those of you returning to Yamoransa, welcome back! And for those of you joining us for the first time, be prepared for an exciting adventure.

The trip has sold out, with over 150 participants. We do have a few people on the waiting list, so please contact us immediately if you cannot attend. We will be sending newsletters and updates over the next few months but please feel free to contact us if you need any information!

Kind regards,
Puneet Batra and Lata Prabhakar
Ghana 2013, Trip Producers

INSIDE THIS ISSUE

Welcome	1
Who We Are	1
Flights	2
Visas and Immunizations	3
ONE Extension	4
Orientation Report	5
About Ghana	6
Ghanaian Food	7
Coconut Grove Hotel	8
What You Need To Do Next	9



Coconut Grove Hotel

This will be our beach side home while we're in Ghana

Who We Are

Trip Producers

Puneet Batra '02 MS
Volunteer Trip Producer
puneet@aya.yale.edu

Lata Prabhakar '97
Volunteer Trip Producer
lata.prabhakar@gmail.com

AYA Staff

Mark Dollhopf '77 – Executive Director, AYA
mark.dollhopf@yale.edu

Kathy Edersheim '87 – Senior Director, AYA
kathy.edersheim@yale.edu

Joao Aleixo – International Affairs and AYA
joao.aleixo@yale.edu

Flights

We do not provide travel to and from Ghana. You must book your own flights!

Arrival: You must arrive at the airport in Accra, Ghana no later than 1pm on Thursday, August 1st. Buses will start loading up at 1pm and will depart as they fill up. If you are on the direct Delta flight from New York that arrives at 1:05pm, don't worry, you will have lots of company. If you come in a day or two earlier, you must find your own accommodations.

Come to the arrival hall at Accra airport. Look for a YASC banner and volunteers in AFS t-shirts.

Departure: The program finishes on Sunday, August 11th. We will return to Accra airport in the early evening, in time for most late night international flights.

YOU ARE RESPONSIBLE FOR YOUR OWN ACCOMODATION BEFORE August 1st and AFTER August 10th

Here are two examples of flights that will work:

OUTBOUND Wed, 31 Jul 2013 10:00pm JFK to Thursday, 01 Aug 1:05pm ACC Nonstop DL 26							
10:00pm	JFK	1:05pm	ACC	Nonstop	11 hr 5 min	DL 26	Economy (U)
		Thursday 01 Aug					
RETURN Sun, 11 Aug 2013 10:10pm ACC to Monday, 12 Aug 5:00am JFK Nonstop DL 27							
10:10pm	ACC	5:00am	JFK	Nonstop	10 hr 50 min	DL 27	Economy (U)
		Monday 12 Aug					

✈ Tue., Jul. 30, 2013 | Chicago, IL (ORD - O'Hare) to Accra, Ghana (ACC)

Depart: 6:15 p.m. Tue., Jul. 30, 2013 Chicago, IL (ORD - O'Hare)	Arrive: 9:55 a.m. +1 Day Wed., Jul. 31, 2013 Frankfurt, Germany (FRA)	Flight Time: 8 hr 40 mn
Change Planes. Connect time in Frankfurt, Germany (FRA) is 4 hours 15 minutes.		
Depart: 2:10 p.m. Wed., Jul. 31, 2013 Frankfurt, Germany (FRA)	Arrive: 6:50 p.m. Wed., Jul. 31, 2013 Accra, Ghana (ACC)	Flight Time: 6 hr 40 mn Travel Time: 19 hr 35 mn

✈ Sun., Aug. 11, 2013 | Accra, Ghana (ACC) to Chicago, IL (ORD - O'Hare)

Depart: 8:45 p.m. Sun., Aug. 11, 2013 Accra, Ghana (ACC)	Arrive: 5:20 a.m. +1 Day Mon., Aug. 12, 2013 Frankfurt, Germany (FRA)	Flight Time: 6 hr 35 mn
Change Planes. Connect time in Frankfurt, Germany (FRA) is 5 hours 15 minutes.		
Depart: 10:35 a.m. Mon., Aug. 12, 2013 Frankfurt, Germany (FRA)	Arrive: 12:30 p.m. Mon., Aug. 12, 2013 Chicago, IL (ORD - O'Hare)	Flight Time: 8 hr 55 mn Travel Time: 20 hr 45 mn

Visa

YES. You need to obtain a visa in advance of the trip.

- If you live in the US apply, by mail, to the embassy in Washington, D.C.
- Visit this page for more information and for a list of documents:
<http://www.ghanaembassy.org/index.php?page=visas>

- Download the application form and **complete it in duplicate**
- List the purpose of your visit as “tourism”

- Use the following hotel address and phone numbers

Coconut Grove Hotel
P.O. Box 175, Elmina-Ghana, West Africa
Elmina, Central Region, Ghana
beachresort@coconugrovehotels.com.gh
+233 +233(289) 40100-5 / +233(289) 91213/4

- The form asks for a second address, you may use the following
AFS Intercultural Exchange Program, Private Mail Bag, GPO, Accra, Ghana



Other tips for submitting your application

- Do not forget to include a self-address pre-paid envelope (FedEx is recommended)
- Make sure to include 2 passport size photographs
- You must be vaccinated against Yellow Fever and include a copy of your “yellow card”
- Include a copy of your return air ticket
- You must also include “Evidence of Financial Support”. You may include a copy of our itinerary.
- You can apply without including a “letter of invitation”, we are not able to provide one.
- Include your passport. Your passport must not expire less than 6 months after the time of submission. If your passport is expiring soon, renew it NOW.
- APPLY AT LEAST ONE MONTH IN ADVANCE OF YOUR DEPARTURE

This advice is based on past experience, we recommend checking the embassy’s website or with a travel agent before applying.

Immunizations

Check with your doctor and the CDC website

<http://wwwnc.cdc.gov/travel/destinations/ghana.htm#vaccines>

We cannot give you medical advice but here are some tips based on experience:

- A Yellow Fever vaccine (or an exemption) is required to get a visa and to enter Ghana!
- Malaria is common in Ghana. Check with your doctor about taking anti-malarials.



ONE Extension

ONE requires a minimum of 20 people for the extension. So far, we have 8. If we don't have 20 before the end of the month (April), the extension will be CANCELLED.

Contact us immediately if you would like to participate in the extension.

YASC is partnering with the **ONE** Campaign, co-founded by Bono and Yale's own Bobby Shriver, in order to offer a trip extension that will both educate and inspire you... and give you the chance to multiply your service work in Ghana once you return home by becoming an advocate for life-changing development assistance.

ONE regularly takes congressional delegations, celebrities and other thought leaders on "field trips" to demonstrate to them just how important international development aid funds are. Our YASC trip extension is a very special opportunity to have an experience usually only available to these people. But ONE knows that our group is also one of thought leaders! So they are offering us this chance so that we can learn about the incredible work that is funded by international aid... and then go home and share this knowledge with others.

On the trip we will visit sites that show us the difference that assistance from the U.S. and elsewhere makes to agriculture, health care, farms and trade.

- Hear from policy and program experts
- Meet farmers and fishermen and hear their stories about how their lives have been impacted by these programs



Darcy Pollack '87 at a batik workshop

The exact sites will be confirmed closer to the date – last summer we visited a **cocoa farm, fishing communities and batik workshops.**

If you would like to hear from one of our participants last year, feel free to email Darcy Troy Pollack '87 at darcykp@mac.com.

The trip does not end in Ghana! Once we return home, trip participants will be connected with local ONE organizers to discuss how they can share their experiences with others and truly "change hearts and minds"!

Itinerary

Aug 11: PM trip orientation at Coconut Grove

Aug 12, 13: Full day trip to development sites

Aug 14: Depart CGH, lunch and site visit.

Trip ends at airport in Accra

Cost for the ONE extension is \$900 per person/double occupancy (\$150 single supplement).

You must be 18 years or older to participate.

Orientation Report

Highlights:

- 60 volunteers in attendance at orientation on April 6th, 2013
- Video from last year's trip: <http://youtu.be/Gq4G3nQhMek>
- Presentation by Dr. K.K. Azeez, Director of Health Services, Univ. of Cape Coast
- Presentation by Dr. Michael Cappello, Professor, Yale School of Medicine; Director, Yale Program in International Child Health; Director, Yale World Fellows Program
- "What is Culture" – a discussion by Eva Vitkova, AFS Intercultural Programs
- Discussion on Ghanaian Culture – Kwame Otchere, National Director, AFS Ghana
- Lunch – New Haven Pizza and fresh Ghanaian Food – Waakye, Kenkey, Banku, fish stew and Shito sauce

Michael Cappello, Yale professor and Director of the Yale World Fellows Program, discussed the Ghana–Yale partnership for Global Health. Michael and Elijah Paintsill partner with the Neguchi Institute and the University of Ghana in conducting medical research. We're delighted to be strengthening our partnership with the Ghanaian medical community.

Professor Azeez from the University of Cape Coast discussed medical care in Ghana. He was able to come at the very last minute, along with his nurse manager.

AFS was a large component of the orientation. Kwame Otchere, National Director, AFS/IEP Ghana and Evans Yeboah, AFS volunteer, covered AFS Ghana and what to expect on the trip.

New this year was a section on intercultural communication conducted by Eva Vitkova of AFS. It was an interesting discussion about cultural awareness. Topics included verbal and non-verbal communication and stereotypes, as well as culture-specific insights about Ghana. Detailed reading material can be found in the PDF files attached to the Ghana 2013 orientation email sent on March 29th.

All of the project groups met in the afternoon and began planning. If you haven't already heard from your leader, they will contact you shortly. Final project assignments were sent via email on April 11th. Please let us know if the information is incorrect so that we can notify your new group leaders. You will have an opportunity to get to know these leaders in our Group Leader Spotlight section in upcoming newsletters.

Due to time constraints the presentation on Ghanaian culture by Kwame Otchere, National Director, AFS Ghana was cut short. While we will cover this material on the ground in Ghana, we will email you, along with this newsletter, a copy of his presentation. There is some very interesting material, check it out!

Videos from Orientation

You can watch the presentations here: http://files.broadcast.yale.edu/rick_ghana_2013
(Please download the files instead of streaming them directly).

Thanks to Rick Leone and Guy Ortoleva for recording, editing and uploading these videos!

About Ghana

Courtesy of Wikipedia

Ghana, officially the Republic of Ghana, is a country in West Africa. It is bordered by Cote d'Ivoire (Ivory Coast) to the west, Burkina Faso to the north, Togo to the east, and the Gulf of Guinea to the south.

Ghana was inhabited in pre-colonial times by a number of ancient predominantly Akan kingdoms, including the inland Ashanti Empire, the Akwamu, the Akyem, the Bonomon, the Denkyira, and the Fante among others. Non-Akan states created by the Ga also existed as did states by the Dagomba. Prior to contact with Europeans trade between the Akan and various African states flourished due to Akan gold wealth. Trade with European states began after contact with the Portuguese in the 15th century, and the British established the Gold Coast Crown colony in 1874 over parts but not all of the country. The Gold Coast achieved independence from the United Kingdom's colonial rule in 1957, becoming the first Sub-Saharan African nation to do so. A global poll in 2012 found that Ghana was the most religious country in the world.

Ghana is a member of the South Atlantic Peace and Cooperation Zone, the United Nations, the Commonwealth of Nations, the African Union, the Economic Community of West African States, and an associate member of La Francophonie.



Did you know...

- The word "Ghana" means warrior king
- It is a constitutional democracy
- It is around the size of Great Britain or the state of Oregon
- It is home to Lake Volta, the largest artificial lake in the world by surface area
- A global poll in 2012 found Ghana was the most religious country in the world
- It is one of the largest cocoa producers in the world – yet it's hard to find chocolate!
- The official language is English but a total of 79 languages are spoken
- The language common in the area we will be in is Akan, also known as Fante and Twi
- The national football team, known as the *Black Stars* (look at the flag!) has qualified for five straight Olympic Games Football Tournaments and has won the Africa Cup four times!



Ghanaian Food

These are some common Ghanaian dishes. If you were at orientation you got to try some of these. If you weren't, you will soon!

Kenkey:

A Yamoransa specialty! It is a sourdough-like dumpling made with fermented maize.



Shito Sauce

Shito means pepper. Has a salsa-like consistency, made from peppers, garlic, tomatoes and spices.



Waakye

Ghanaian "Rice and Beans"



Kelewele

Fried, sweet plantains – highly addictive!



Red Red

Bean stew made with palm oil



And more ...

Look up these other food/drinks:

- Fufu
- Banku
- Jollof Rice
- Kontomire
- Gari
- Koobi
- Palm Wine

Coconut Grove Hotel

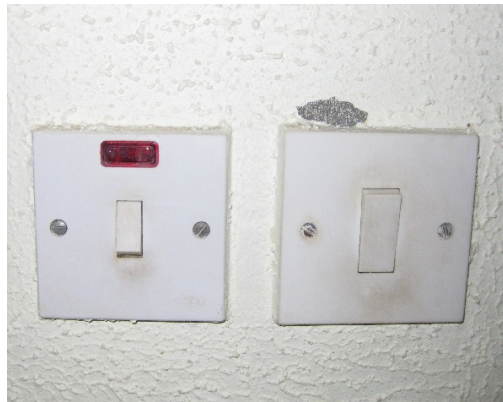
During our time in Ghana, we will be staying at the Coconut Grove Hotel in Elmina. In our emails and newsletters we will refer to it as “CGH”. CGH is a 3–4 hour drive from Accra and is located on the beach.

Some information about CGH:

- Wireless is available but it can be spotty, especially when there are 150 Yale volunteers trying to get on at the same time to let their friends and family know what a great time they are having.
- There is a swimming pool, a ping pong table, a crocodile pond (yes, a crocodile pond), rabbit cages, horse stables, a restaurant (you will eat most of your meals here) and a bar.
- If your room has a hot water heater (all rooms in the main area of the hotel), you need to turn on the switch for the hot water heater about 20–30 minutes before you shower (see picture below).
- All rooms have electric outlets. Don't expect the phones in your room to work!
- Bring your own shampoo, it is not provided!



The African Village



Button on the left is the Heater switch



Just like the ones at home!



Single Beds



Shower



Double Bed

What You Need To Do Next

- Send us a picture for the participant directory (by email to puneet@aya.yale.edu)
If you don't, your picture will look like this:



- If you don't hear from your project leader in the next two weeks, let us know
- Look out for an email from us with more newsletters and an updated itinerary
- Start looking into flights

Medaase! This means Thank You!