



## WEST AFRICAN DRUMMING AND DANCE TOUR

July 30<sup>th</sup> – August 13<sup>th</sup> 2009

Okurase, Ghana

Learn authentic West African dance and drumming in the village of Okurase in beautiful Ghana with Nkabom African Music and Dance Ensemble.

### YOUR HOST

Samuel Nkrumah Yeboah, known in Ghana as Powerful, a Ghanaian drummer and master drum maker and the founder of Nkabom African Music and Dance Ensemble, is pleased to invite you to Ghana for a 2-week visit to his homeland. Experience drumming and dance offered by some of the best teachers and performing artists in Ghana. Enjoy sightseeing and mixing with the local people to experience African culture from its source.

Powerful is located in Southwestern England and Accra, Ghana. He has many years experience hosting such visits to Ghana, from organising accommodations, transport and food, to running and organising workshops, and sightseeing excursions.

### PROJECT OKURASE

The profits from this tour go to fund Project OKURASE ([www.projectokurase.org](http://www.projectokurase.org)). This project is working to build the Nkabom Centre in a remote village in the eastern region of Ghana called Okurase, which is the site of this tour. The Nkabom Centre features a school, medical centre, work and performance training areas, a recording studio, and foster homes (not an orphanage) for orphaned children. The purpose of the Centre is to provide formal education and skills training to orphans and vulnerable children and women and is a strategy to address the AIDS crisis, poverty, and hunger.

### COST:

In Ghana:

Cost per person in Ghana for tours, lodging, meals, transportation and professional instruction: US\$1800. Airfare is not included.

[You can order your own djembe, kpanlogo, or other drums in advance at a special workshop price of \\$60 or rent one for your time on the tour at \\$35.](#)

Participants - You must cover your own Passport, Vaccinations, Visa, and Round-trip plane fare from your city to Accra, Ghana.

### HOW TO REGISTER

1. Complete the West African Drumming and Dance Tour Registration Form and email to: Samuel Yeboah at [projectokurase@yahoo.com](mailto:projectokurase@yahoo.com).

2. Wire to the bank account below a Non-refundable Deposit of US\$150 or £100 (or other denomination equivalents) to guarantee your place or you can pay the full amount now. Please send an email of notification to [projectokurase@yahoo.com](mailto:projectokurase@yahoo.com) when you wire any money for the tour.
3. Pay the rest of the balance by the 13th June, together with an e-mail of notification to [projectokurase@yahoo.com](mailto:projectokurase@yahoo.com). Once the money has cleared we will send you an e-mail receipt. Please wire payment to the following account in the UK:

Bank Address:           Barclay Bank  
                                  14 High Street  
                                  South Devon Group  
                                  Totnes, Devon  
                                  United Kingdom

Charity Number:        1126490  
Account Name:           Project OKURASE  
Account Number:        53334759  
Sort Code:               206088  
I.B.A.N.:                GB49BARC20608853334759  
SWIFT-BIC:              BARCGB22

#### TRAVEL ARRANGEMENTS

Participants from America may wish to contact Project OKURASE's travel agent in America - Grand Cru Travel - at 843-530-8670 or e-mail [grandcrutravel@comcast.net](mailto:grandcrutravel@comcast.net) to arrange your travel to Ghana. Participants outside of America can use Grandcru Travel, a travel agent in your home country, or shop around for flights. British Airways, Lufthansa, K.L.M., Delta, and Alitalia, all fly to Ghana. The airport of arrival is Accra, Kotoka International Airport.

#### WORKSHOPS

Workshops are taught by professional artists with many years experience teaching African, European, and American students at all levels. They are members of the Ghana Dance Association, Musicians Union of Ghana, and have performed with the Pan-African orchestra and the Ghana Dance Ensemble.

#### FOOD

Meals are provided three times a day – breakfast, lunch and dinner. For breakfast there will be a choice of fresh local fruit, bread, coffee/tea, local honey, and a choice of either porridge or omelette. Lunch and Dinner will be local food, served in the local way, and will usually be a choice of rice, vegetables, fish or chicken, sauce or soup, fried plantains, black-eyed peas, yams etc.

\*If you have any special dietary requirements please contact your host.

## **TOUR HIGHLIGHTS (How your days will look):**

**Thursday 30 July:** Arrive at Kotoka International Airport, Accra. You will be met by Project OKURASE representatives and transported to Afia Beach Hotel on the ocean in Accra. You will spend this day resting, talking with people to learn about Ghanaian culture, and preparing for time in Ghana. In the evening you will have dinner with a welcome music and dance performance by Nkabom African Music and Dance Ensemble.

**Friday 31<sup>st</sup> July:** Breakfast, orientation and set off to Okurase, a drum making village in the West Akyem District of the Eastern Region, where music and dance workshops will take place. Once in Okurase, you will meet the village Chief and experience a ceremony to ask for blessings for the time in Ghana. A dance and drumming gathering will be held.

**Saturday 1<sup>st</sup> August:** 8-9 breakfast; 9-12 workshops; 12-1 lunch; 1-3 free time; 3-5 workshops; 6:30 dinner

**Sunday 2<sup>nd</sup> August:** 8-9 breakfast; morning workshops and short afternoon trip to the Asamankese Market

**Monday 3<sup>rd</sup> August:** 8-9 breakfast; 9-12 workshops; 12-1 lunch; 1-3 free time; 3-5 workshops; 6:30 dinner

**Tuesday 4<sup>th</sup> August:** 8-9 breakfast; 9-12 workshops; 12-1 lunch; 1-3 free time; 3-5 workshops; 6:30 dinner

**Wednesday 5<sup>th</sup> August:** 8-9 breakfast; 9-12 workshops; 12-1 lunch; 1-3 free time; 3-5 workshops; 6:30 dinner

**Thursday 6<sup>th</sup> August:** 8-9 breakfast; 9-12 workshops; 12-1 lunch; 1-3 free time; 3-5 workshops; 6:30 dinner

**Friday 7<sup>th</sup> August:** 8-9 breakfast; 9-12 workshops; 12-1 lunch; 1-3 free time; 3-5 workshops; 6:30 dinner

**Saturday 8<sup>th</sup> August:** 8-9 breakfast; 9-12 workshops; 12-1 lunch; 1-3 free time; 3-5 workshops; 6:30 dinner

**Sunday 9<sup>th</sup> August:** Day trip

**Monday 10<sup>th</sup> August:** 8-9 breakfast; 9-12 workshops; 12-1 lunch; 1-3 free time; 3-5 workshops; 6:30 dinner

**Tuesday 11<sup>th</sup> August:** 8-9 breakfast; 9-12 workshops; 12-1 lunch; 1-3 free time; 3-5 workshops; 6:30 dinner

**Wednesday 12<sup>th</sup> August:** Send off party with Nkabom African Music and Dance Ensemble and guest student performance. Set off for Accra to stay at Afia Beach Hotel. Evening down time at Labadi Beach.

**Thursday 13<sup>th</sup> August:** Shopping, good byes, Depart Ghana

**OTHER ACTIVITIES WHILE IN OKURASE:**

- ⊗ Visit to the Koforidua Market
- ⊗ Visit the Project OKURASE site to see the work training
- ⊗ Day trip to Aburi Gardens
- ⊗ Storytelling
- ⊗ Singing
- ⊗ Involvement with village youth and Project OKURASE activities
- ⊗ Textile Design Workshop

## ABOUT GHANA

Ghana is a small country on the West coast of Africa. It is known for its cultural heritage such as music, dance, craftsmanship and the arts. It is surrounded by lush tropical rainforest, unspoilt beaches, game parks, etc. and is also rich in natural resources, such as gold, diamonds and cocoa.

Ghana has a stable government making it a safe place to visit and its people are well known for their friendliness and hospitality, (as they say in Ashanti 'Akwaaba', meaning welcome!) There are many places of interest to visit, such as Kakum National Park with its rainforest canopy walk, a waterfall in the Volta Region, Cape Coast and Elmina slave castles. In Accra, the capital, you can visit the Arts Centre to see craftspeople at work, carving, textile design, and instrument making.

The national language spoken is English and the most commonly spoken local languages are Ashanti and Ga. The currency used is Cedis. The temperature is 25-33 degrees Celcius; the ocean breeze cools the weather down to keep you feeling refreshed and comfortable. Enjoy all year round sunshine!

### **PREPARATION TIPS:**

**VISA:** Contact your nearest Ghana Consulate for visa application forms. For UK residents telephone 020 8345 7501.

**VACCINATIONS:** The only legally required vaccination is yellow fever, however please check with your G.P. or travel clinic as to any other immunisations recommended for Ghana. (A mosquito net and repellent are advisable). Anti-malaria medications are generally recommended by travel clinics. Please follow the advice of your physician.

**SUNSCREEN:** Ghana is just north of the equator and the sun can be quite hot. Please remember to bring a hat and sunscreen.

**MONEY:** Although Ghana does have cash machines accepting all major cards, we recommend bringing cash with you as this saves a lot of time when changing money at the bank in Ghana! When bringing cash, keep in mind - The larger the denomination, the better the exchange rate.

### **INFORMATION**

For information on tours and workshops contact Samuel Yeboah at [projectokurase@yahoo.com](mailto:projectokurase@yahoo.com) or Nana Yeboah at [nyeboaa@yahoo.com](mailto:nyeboaa@yahoo.com) or Cynthia Cupit Swenson at [swensocc@muscc.edu](mailto:swensocc@muscc.edu).

**WEST AFRICAN DRUMMING AND DANCE TOUR REGISTRATION FORM**  
**July 30<sup>th</sup> – August 13<sup>th</sup> 2009**  
**Okurase, Ghana**  
**e-mail form to: PROJECTOKURASE@YAHOO.COM**

**Date:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Day of the Week You were born:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_  
City, State (in U.S.) Zip or Postal Code Country

**TelePhone:** \_\_\_\_\_

**Fax:** \_\_\_\_\_ **e-mail:** \_\_\_\_\_

**Prior experience with african dance:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**other experiences you wish to have in Ghana:** \_\_\_\_\_

\_\_\_\_\_

**any special requirements:** \_\_\_\_\_

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**what else should we know about you?** \_\_\_\_\_

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