

YOU ARE INVITED TO OKURASE, GHANA Village Health Outreach (VHO) 2020

Focus on Prevention

July 6 - 17, 2020

COST: \$1495 Includes: all meals, all accommodation incl. 1 night beach front, safe water, ground transportation, workshops (drumming, dance, Twi language), entrance fees to Assin Manso, Elmina Castle, Aburi Botanical Gardens, cultural celebrations, t-shirt, daily presence of local staff and guides, interpreters, emergency medical insurance
Does Not Include: Airfare, Passport, Visa, Vaccines, Anti-Malaria or other medication

Project OKURASE VHO for 2020 will focus on infrastructure for preventing health problems & improving well-being. **CALLING** health education professionals, teachers, librarians, young people, and adults who like to read to children, anyone who works with wood – drum makers, carvers, furniture makers, carpenters, builders, farmers, gardeners, all Project OKURASE family near and far, and anyone who wants to be a part of a significant change process.

FOCUS ON 4 AREAS:

1. ENVIRONMENTAL CLEANLINESS

- a. The community has few resources for managing waste.
- b. Ghana has one of the highest deforestation rates in Africa. Deforestation affects air quality, weather, water sources, and food supplies. Tree planting and use of organic methods in growing food have been identified as important methods to combat climate change.

2. WOMEN AND GIRL'S HEALTH – Women's health care is sometimes challenging in rural Ghana due to low resources and lack of information.

3. FOOD AND PERSONAL SAFETY FROM DISEASE PROCESSES – Prevention of disease processes need emphasis.

4. READING AND DEVELOPMENT – Many children do not have opportunities to participate in reading activities to increase knowledge and cognitive development.

ACTIVITIES:

1. ENVIRONMENTAL CLEANLINESS

- a. Clean up exercises for all sub communities with a competition and award for best clean community
- b. Distribution of bins to communities
- c. Intensive tree planting with worldwide outreach
- d. Information sessions on Tree Planting, Environmental Cleanliness, Organic methods for gardening, farming – talks, shows or performances
- e. Involvement of local churches

2. WOMEN AND GIRL'S HEALTH

- a. Information sessions on various aspects of care for girls and women
- b. Information sessions on specific women's health issues

3. FOOD AND PERSONAL SAFETY FROM DISEASE PROCESSES

- a. Talks and demos on hand washing, personal strategies for disease prevention (e.g., nutrition)

4. READING AND DEVELOPMENT

- a. Pop up reading sessions with children throughout the village

