



## Village Health Outreach: Prevention Focus Okurase, Ghana July 6-17, 2020

\*Itinerary subject to change

\*\*There may be surprises along the way. You never know what opportunities arise and we take opportunities that pop up.

Day/Date Lodging Location	Details
<p><b>Day 1</b></p> <p>Monday July 6 In flight</p>	<p><b>Board your flight headed to Accra (ACC)</b></p> <p>Hello Mama Africa!!!!</p>
<p><b>Day 2</b></p> <p>Tuesday July 7 Asaasi Yaa at the Beach</p>	<p><b>AKWAABA/WELCOME! Arrive in Accra, Ghana.</b></p> <p>At Kotoko airport, you will be met and welcomed by Project OKURASE family. You will then board the bus or tro tro for your journey to Asaasi Yaa at the Beach in Kokrobite. Asaasi Yaa (meaning Mother Earth) is a small guest house located on the peaceful shores of the Atlantic Ocean.</p> <p>Check into your room, check out the beach, have a meal, and participate in an orientation.</p> <p>Journal and Rest by the ocean to recuperate from the long flight.</p>



<p><b>Day</b> <b>3</b> Wednesday July 8 Cape Coast</p>	<p>After an early breakfast, head towards Cape Coast (3 ½ hours) with the first stop being Assin Manso. This site served as a slave market and is best known for being the place where enslaved Africans had their last bath in the Nkonko Nsuo river before they were taken to slave castles.</p> <p>From Assin Manso travel to scenic Hans Botel for lunch. The restaurant is on a small lake that is home to a number of crocodiles.</p> <p>Travel to our Cape Coast hotel and meet up for group reflections. After dinner, journal and sleep by the ocean in Cape Coast.</p>
<p><b>Day</b> <b>4</b> Thursday July 9 Asaasi Yaa, Kokrobite</p>	<p>After breakfast head to Elmina Slave Castle. Walk the halls and dungeons to learn about the dark past of this historic building and the role that it played in the transatlantic slave trade.</p> <p>Enjoy a local lunch and head back to Asaasi Yaa at the Beach (3 1/2 hours).</p> <p>At Asaasi Yaa relax from the long trip.</p> <p>After dinner, participate in group reflections. Sleep by the ocean.</p>

Day  
**5**

Friday July 10th  
Nkabom House, Okurase

Under the Asaasi Yaa Summer Hut, have an early and lovely Ghanaian breakfast and board the bus or tro tro for Aburi Botanical Gardens (2 hours).

We will pass by Rita Marley's recording studio on our way to Aburi. If we see any of the Marley family we will stop and say hi.

Aburi Gardens occupies an area of 64.8 hectares. It was opened in March, 1890 and was founded by Governor William Brandford-Griffith and Dr. John Farrell Easmon, a Sierra Leonean medical doctor. At Aburi Gardens you will see many plants and trees that are native to Ghana. We will begin thinking of our project to plant trees and the significance of trees to helping the earth and cleaning the atmosphere.

Depart Aburi for Okurase Village (1 ½ hours). Arrive in the village and settle in at Nkabom House.

Participate in a Twi language workshop.

After dinner, meet up for cultural briefings, planning sessions and assignments for the days ahead.

Journal before bed. Sleep peacefully in the village and listen for the roosters that will call you to wake up.



<p style="text-align: center;"><b>Day</b> <b>6</b></p> <p style="text-align: center;">Saturday July 11th Nkabom House, Okurase</p>	<p>After breakfast, get together your sunscreen, sunglasses, and hat.</p> <p>Walk to the Chief's palace for a formal welcome from the Chief and Elders. The welcome will include a libation ceremony to ask the ancestors for blessings and guidance for the work ahead. Remember the cultural briefings from the night before so that you use the correct hand and greet in appropriate fashion.</p> <p>After the ceremony, walk through the village to start tree planting. Remember to practice newly learned Twi (Chree) language words. Remember to say "ete sen?" to everyone. This means how are you?</p> <p>After lunch, continuation of tree planting.</p> <p>Return to Nkabom House for an African drumming workshop.</p> <p>Dinner and group reflections to discuss the project work so far. Discuss goals for tomorrow. Trouble-shoot any adjustments that need to be made. Time for journaling before bed.</p>
<p style="text-align: center;"><b>Day</b> <b>7</b></p> <p style="text-align: center;">Sunday July 12th Nkabom House, Okurase</p>	<p>Sunday is a church attendance day for village residents. Enjoy a relaxing breakfast and attend a local church service if you like or read or spend time with your friends at Nkabom House or take a walk around the village. Some may use this as a planning time.</p> <p>After lunch, continuation of tree planting.</p> <p>Return to Nkabom House for dinner and group reflections to discuss the status of project work.</p> <p>Hold planning sessions for the 3 days of VHO.</p> <p>Take time to journal and then sleep.</p>

<p><b>Day 8</b></p> <p>Monday July 13th Nkabom House, Okurase</p>	<p>Once again – awesome breakfast. Make final preparations for the VHO and be sure you know your assigned station. Head to the VHO and set up your table. Pop up readers get ready to go out.</p> <p>Lunch and then continue VHO and pop up reading.</p> <p>After dinner, meet for group reflections regarding what was good, what needs to change for tomorrow. Record your thoughts in your journal before turning in for the day.</p>
<p><b>Day 9</b></p> <p>Tuesday July 14 Nkabom House, Okurase</p>	<p>After breakfast, head to the VHO site to conduct the VHO. Pop up readers, head out to determined sites in the village.</p> <p>After lunch, continue the VHO. Pop up readers head out into the community.</p> <p>After dinner, have reflections about how the VHO went, what was good, what needs to change for tomorrow. How did the reading pop up go?</p> <p>After discussion, it's time to learn some Ghana songs. After singing, record your thoughts and experiences in your journal before turning in for the day.</p>
<p><b>Day 10</b></p> <p>Wednesday July 15 Nkabom House, Okurase</p>	<p>After breakfast, head to the VHO site for the final VHO day. Continue the VHO and pop up reading.</p> <p>Lunch and then continue the VHO and pop up reading. Return to Nkabom House for a Dance Workshop.</p> <p>After dinner meet with the drum carvers and conduct planning sessions for the final day of tree planting. Journal before turning in for the night.</p>



<p><b>Day</b> <b>11</b></p> <p>Thursday July 16 Nkabom House, Okurase</p>	<p>Enjoy breakfast and head out for a final day of tree planting.</p> <p>After lunch, continue tree planting. Return to Nkabom House and get cleaned up for the farewell performance this evening.</p> <p>After dinner, enjoy a thank you and going away performance by the <b>Nkabom Cultural Troupe</b> (as seen on Conan O'Brien).</p>
<p><b>Day</b> <b>12</b></p> <p>Friday July 17 On the Flight</p>	<p>Enjoy your final breakfast in the village. Pack and take stock of anything left undone. Say goodbye to your Okurase friends.</p> <p>After lunch, travel to Accra and spend time at Makola Market in Central Accra (an amazing cultural experience) and the Arts and Culture Centre for shopping and observing artists at work.</p> <p>Enjoy a dinner together in Accra and then off to the airport. Note Jubilee House on the way. This is Ghana's seat of government and the President's office. The building is shaped like an Ashanti stool.</p> <p>Check in, go through immigration and board your flight.</p>



Day  
13

Saturday July 18  
HOME!

**Arrive Home.**

Never forget all that Ghana and the people of Okurase have added to your life. Remember Mate Masie – *What I hear I keep.*

Continue to find ways to contribute to change in the world and remember.... You are always invited to Okurase and to be a part of Project OKURASE.