



## The Miami Valley School: Project OKURASE in Ghana January 11 - 26, 2020

\*Itinerary subject to change

Day/Date Lodging Location	Details
<p><b>Day</b> <b>1</b></p> <p>Saturday, Jan 11 In flight</p>	<p><b>Afternoon:</b> Gather at the Cincinnati airport for your flight to Ghana.</p> <p><b>Evening:</b> Board Delta flight #228 at 5:44 pm.</p>
<p><b>Day</b> <b>2</b></p> <p>Sunday, Jan 12 Nkabom House, Okurase</p>	<p><b>Morning:</b> Arrive in Paris at 7:55 am.</p> <p><b>Afternoon:</b> Depart Paris at 1:10 pm on Air France flight #584.</p> <p><b>Evening:</b> <b>Arrive in Accra, Ghana</b> at 6:45 pm. You are met and welcomed at the airport by your Project OKURASE Facilitator. You will then board the bus for your journey to the village of <b>Okurase</b> (approx. 2 hours) and eat a light picnic-style meal. Arriving in the village, you can settle in to <b>Nkabom House</b> for a good night's rest.</p>
<p><b>Day</b> <b>3</b></p> <p>Monday, Jan 13 Nkabom House, Okurase</p>	<p><b>Morning:</b> Enjoy a <b>Welcome Breakfast</b> of local foods prepared by village women. Meet the locals who are a big part of Project OKURASE and begin the process of making lifelong friendships. Then, have an <b>orientation and team building activity</b> to prepare for your time in Ghana and upcoming community project work. Begin strategizing how to approach projects and set key goals so you will be ready to begin the following morning.</p> <p><b>Afternoon:</b> Enjoy a relaxing lunch at Nkabom House followed by a guided <b>tour of the village</b>. Greet people as they go about their daily activities as you make your way toward the Nkabom Centre, the Nkabom organic gardens, Nkabom Sundrops Montessori, and your project work sites. Then, return to Nkabom House to have a <b>Twi language Workshop</b> to learn a few key words and phrases to use with the people you meet along the way.</p> <p><b>Evening:</b> Enjoy a traditional <b>Ghanaian dinner</b>. Following dinner, participate in the first nightly <b>Group Circle</b> reflection activity. Think about what you would like to accomplish during your stay in Ghana and record it in your journal.</p>



<p><b>Day</b> <b>4</b></p> <p>Tuesday, Jan 14 Nkabom House, Okurase</p>	<p><b>Morning:</b> After breakfast, students will split into two groups (Group A and Group B) to begin their <b>community projects</b>.</p> <p><b>Afternoon:</b> Rest and enjoy your lunch then continue working on your community projects. Return to Nkabom House to get cleaned up, and then participate in an introduction to <b>African drumming workshop</b>.</p> <p><b>Evening:</b> Dinner and then Group Circle and journaling time to record your thoughts before turning in for the day.</p>
<p><b>Day</b> <b>5</b></p> <p>Wednesday, Jan 15 Nkabom House, Okurase</p>	<p><b>Morning:</b> Have a lovely Ghanaian breakfast and then continue work on community projects and return to Nkabom House for lunch. Team A and B will switch places to work on a different project today.</p> <p><b>Afternoon:</b> After lunch, continuation of community projects. Return to Nkabom House to get cleaned up and spend the rest of the afternoon getting to know the <b>children and teens of the village</b> and learn about life in Okurase from your new friends.</p> <p><b>Evening:</b> After dinner, have a Group Circle and time for journaling before turning in for the day.</p>
<p><b>Day</b> <b>6</b></p> <p>Thursday, Jan 16 Nkabom House, Okurase</p>	<p><b>Morning:</b> After the typical hearty breakfast, continue community projects and return to Nkabom House for lunch, again switching work projects among Team A and Team B.</p> <p><b>Afternoon:</b> After lunch, continuation of community projects. Return to Nkabom House to get cleaned up, then participate in an <b>African Dance Workshop</b>.</p> <p><b>Evening:</b> Dinner and Group Circle to discuss the project work that you have performed thus far. Now that you are a couple of days into your project work in the village, <b>assess progress</b> toward your project goals and trouble-shoot any adjustments that need to be made to ensure greater end results. Time for journaling before bed.</p>
<p><b>Day</b> <b>7</b></p> <p>Friday, Jan 17 Nkabom House, Okurase</p>	<p><b>Morning:</b> After breakfast, <b>visit a local school</b> in the village to teach a simple science lesson and then visit the <b>Nkabom Sundrops Montessori School</b> to engage with the young children there. Teach the Montessori students and teachers a song to sing at the tree planting ceremony next week. Return to Nkabom House for lunch.</p> <p><b>Afternoon:</b> After lunch, continuation of community projects.</p> <p><b>Evening:</b> After dinner, have a Group Circle discussion about your time at the schools. What did you notice about each experience? What did the children teach you? Time for journaling.</p>



<p><b>Day</b> <b>8</b> Saturday, Jan 18 Nkabom House, Okurase</p>	<p><b>Morning:</b> Once again – awesome breakfast and then continue community projects (Teams A and B again switch) and return to Nkabom House for lunch.</p> <p><b>Afternoon:</b> After lunch, continuation of community projects. This afternoon, we will return to Nkabom House early (around 2:30 pm) to engage in a <b>Batik and Textile Design Workshop</b>. Learn about traditional Adinkra symbols as you integrate them into this ancient West African art form. Learn a few techniques and make something to take home for yourself.</p> <p><b>Evening:</b> After dinner, have a Group Circle discussion about what you have experienced to date and discuss how to get the most out of your time remaining. Record your thoughts in your journal before turning in for the day.</p>
<p><b>Day</b> <b>9</b> Sunday, Jan 19 Nkabom House, Okurase</p>	<p><b>Morning:</b> Enjoy a relaxing breakfast. Sunday is a day of rest in Okurase. Attend a local church service, read, or spend time with your friends at Nkabom House.</p> <p><b>Afternoon:</b> After lunch, join the local children and teens in a <b>soccer match</b>. Then, have a <b>Ghana cooking workshop</b> and enjoy a dinner that you helped to make.</p> <p><b>Evening:</b> After dinner, have a Group Circle discussion about the best way to wrap up your work projects. Make any necessary last-minute tweaks to your plan in the interest of the best outcome. Have a guided journaling activity. Enjoy free time to rest or bucket-wash your dirty laundry in the Nkabom courtyard before bed.</p>
<p><b>Day</b> <b>10</b> Monday, Jan 20 Nkabom House, Okurase</p>	<p><b>Morning:</b> After breakfast, continue community projects (Teams A and B again switch) and then return to Nkabom House for lunch.</p> <p><b>Afternoon:</b> Continuation of community projects after lunch. Wrap up a bit early and return to Nkabom House to participate in a <b>Jewelry Making Workshop</b>.</p> <p><b>Evening:</b> After dinner, have your last Group Circle in Okurase followed by time for journaling.</p>
<p><b>Day</b> <b>11</b> Tuesday, Jan 21 Nkabom House, Okurase</p>	<p><b>Morning:</b> Enjoy breakfast and then wrap up your community projects and return to Nkabom House for lunch.</p> <p><b>Afternoon:</b> Have a special <b>tree planting ceremony</b> with Nkabom Sundrops Montessori students, parents, teachers, and staff where you will join the students in performing the song that you taught them. Then enjoy time to play with the students in the school playground. Return to Nkabom House and get cleaned up for the farewell performance this evening.</p> <p><b>Evening:</b> After dinner, enjoy a going away performance by the <b>Nkabom Children’s Cultural Troupe</b>.</p>



<p><b>Day</b> <b>12</b> Wednesday, Jan 22 Mabel's Table, Elmina</p>	<p><b>Morning:</b> Enjoy your final breakfast in Okurase. Finish packing and saying goodbye to your Okurase friends and then head off by bus to the <b>Cape Coast region</b>.</p> <p><b>Afternoon:</b> Stop at the scenic Hans Botel restaurant along the way to have lunch and roam the grounds to see the crocodiles soaking up the sun along the lakeshore. Continue on to Elmina where you will settle in at <b>Mabel's Table</b> for the night.</p> <p><b>Evening:</b> Enjoy a dinner of local cuisine at Mabel's Table followed by time for journaling. Sleep peacefully by the ocean.</p>
<p><b>Day</b> <b>13</b> Thursday, Jan 23 Asaasi Yaa Beach Resort, Kokrobite</p>	<p><b>Morning:</b> After Breakfast, head off by bus to <b>Elmina Castle</b> (approx. 30 mins). Walk the halls and dungeons to learn about the dark past of this historic building and the role that it played regionally in the transatlantic slave trade as well as its connection to Charleston, South Carolina.</p> <p><b>Afternoon:</b> Enjoy lunch at the <b>Coconut Grove Bridge House</b>, and then take a walk to the shore and watch the fisherman. Board the bus and head for the beautiful beach side town of <b>Kokrobite</b> and your location for the next few days, <b>Asaasi Yaa Beach Resort</b>.</p> <p><b>Evening:</b> Enjoy dinner at Asaasi Yaa overlooking the ocean. Then, have a Group Circle to discuss your thoughts about the activities of the day. What were some of the thoughts and emotions that the Elmina facility brought out in you? What surprised you the most?</p>
<p><b>Day</b> <b>14</b> Friday, Jan 24 Asaasi Yaa Beach Resort, Kokrobite</p>	<p><b>Morning/Afternoon:</b> After an early breakfast, head off by bus to <b>Shai Hills Nature Reserve</b> (approx. 2 hrs.). Explore the Reserve by guided tour. The area was once the home of the people of the Shai Traditional area until the British colonial masters forcibly expelled them in 1892. The Reserve protects the local flora and fauna such as baboons, a variety of birds, reptiles, Kob antelope, and zebras. We will explore the Shai people's ancestral caves in the Reserve and hike up to an overlook to view the magnificent savannah. Picnic lunch in the park. Board the bus to return to Asaasi Yaa. On the way back to Asaasi Yaa, have an early dinner at the <b>Kokrobite Garden Café</b> for some Ghanaian pizza!</p> <p><b>Evening:</b> Enjoy time to participate in a final <b>closing circle</b> to <b>reflect on trip experiences</b> and how to apply what you've learned upon your return home. Journal about what you had hoped to achieve when you arrived and assess your progress toward those goals. Sleep peacefully by the sea.</p>



<p style="text-align: center;"><b>Day</b> <b>15</b> Saturday, Jan 25 In Flight</p>	<p><b>Morning:</b> After breakfast, board the bus for a day in Accra before heading to the airport for your return flight.</p> <p><b>Late Morning/Afternoon:</b> Stop by a store to grab a quick bite of lunch on the way to the <b>Kwame Nkrumah Memorial Monument</b> to learn about the significance of this revered former President and Prime Minister of Ghana and his role in Ghana's independence in 1957. Then, go to the bustling <b>Makola Market</b> in central Accra where a majority of the locals shop from women owned small businesses. Compare with your earlier experience today at a 'big box' store where Ghanaians who are economically advantaged shop. Make a stop at the <b>Accra Arts Center</b> to pick up a few last-minute souvenirs from regional craftsmen and watch them at work as they bring their handiwork to life.</p> <p><b>Evening:</b> Have an early dinner at the Accra Arts Center at <b>Café Abajo</b> before heading to Kotoka Airport. Board Delta flight #914 at 10:35 pm. As you head home, reflect on your wonderful experiences and new friendships. Congratulate yourself on becoming a more well-rounded and conscientious global citizen after your time spent in Ghana.</p>
<p style="text-align: center;"><b>Day</b> <b>16</b> Sunday, Jan 26 Home!</p>	<p><b>Morning:</b> Arrive in Paris at 6:10 am. Depart Paris at 10:25 am on Delta flight #229.</p> <p><b>Afternoon:</b> Arrive in Cincinnati at 2:15 pm!</p>