

## BRA FIE/COME HOME

### The Door of Return: A 10-Day Cultural and Heritage Experience in Ghana

#### March 23 - April 3, 2020

\*Itinerary subject to change

Day/Date Lodging Location	Details
<b>Day 1</b> Monday, March 23 In flight	<p><b>Morning:</b> USA Travelers gather at your local airport for your flight to John F. Kennedy International Airport in New York (JFK) to catch your flight to Ghana.</p> <p><b>Evening:</b> Board Delta #420 from JFK (not included in trip price; participant purchases on own) at 11:40 pm for your overnight flight to Ghana (<i>recommended flight</i>).</p>
<b>Day 2</b> Tuesday, March 24 Asaasi Yaa, Kokrobite	<p><b>Morning/Afternoon:</b> <b>Arrive in Accra, Ghana</b> at 1:35 pm on Delta flight #420 from JFK. You will be met and welcomed at the airport by your Project OKURASE Facilitator. Board the bus and head to the Chief's Palace for a <b>Welcome Home, Libation and Blessings Ceremony</b>. Have lunch.</p> <p><b>Afternoon/Evening:</b> Board the bus and head to the <b>Asaasi Yaa Beach Resort</b> in the beach side town of <b>Kokrobite</b> (30 min.). Get settled into your room and relax by dipping your feet in the cool ocean waves or taking a walk along the beach. On this first day in Ghana, it is important to take time to rest and recover from the long journey. Take part in a <b>Naming Ceremony</b> and learn your traditional African name. Begin your <b>Door of Return Journal</b>, by answering the questions "Why did I come on this journey? and What are my first impressions of Ghana?". Enjoy dinner at Asaasi Yaa overlooking the ocean and listen to <b>local storytelling</b> while getting to know your fellow travelers. Sleep peacefully to the sound of the Ocean.</p>

<p><b>Day 3</b></p> <p>Wednesday, March 25 Asaasi Yaa, Kokrobite</p>	<p><b>Morning:</b> Wake up and take an early morning walk on the beach or relax until breakfast is served. After a brief orientation, participate in an introduction to the <b>Twi language Workshop</b>.</p> <p><b>Afternoon:</b> Have an early lunch at Asaasi Yaa. Board the bus to visit the <b>Kwame Nkrumah Memorial Park</b> before arriving at the bustling <b>Makola Market</b> in central Accra. This open-air market is where a majority of the area locals shop. Watch the locals trade and be amazed at the variety of items that are sold. Next stop is the <b>Centre for National Culture</b>. Watch the regional craftsmen at work. Learn about Ghanaian arts, crafts, and culture. Return to Asaasi Yaa.</p> <p><b>Evening:</b> Time to relax, think about the day, and write in your journal. Have dinner by the ocean. Prepare for leaving in the morning. Sleep peacefully to the sound of the waves.</p>
<p><b>Day 4</b></p> <p>Thursday, March 26 Beach Resort, Cape Coast</p>	<p><b>Morning:</b> After an early breakfast, head off by bus to <b>Elmina</b> (approx. 3 1/2 hours). Walk through <b>Elmina Slave Castle</b> where thousands of Africans were held prior to being shipped across the Atlantic against their will. Learn about the history of the slave trade in the region and its connection to the rest of the World. Take part in a <b>Door of Return Remembrance Candle Ceremony</b>.</p> <p><b>Afternoon:</b> Enjoy lunch and then take some time to explore the bustling activity along the Elmina shoreline. Board the bus and head for the historical beach side town of <b>Cape Coast</b> (30 minutes). Settle in your beach side lodging.</p> <p><b>Evening:</b> Have dinner. Listen to <b>live music</b>, write in your journal, and participate in an evening group reflection.</p>
<p><b>Day 5</b></p> <p>Friday, March 27 Nkabom House, Okurase</p>	<p><b>Morning:</b> Have a lovely breakfast by the ocean then board the bus for the <b>Village of Okurase</b> (approx. 3.5 hours) which will be your home for the next three nights. The opportunity to live in a rural African village and share daily life is an important part of your journey home.</p> <p><b>Afternoon:</b> Have lunch. Settle into <b>Nkabom House</b>. Meet the locals who are a big part of Project OKURASE and begin the process of making lifelong friendships. Take a tour of the village of Okurase. Talk about the <b>community-based project</b> you will help with during your time in Okurase. Be welcomed by the <b>Chief and Elders</b> of Okurase. Participate in an <b>Introduction to African Drumming Workshop</b>.</p> <p><b>Evening:</b> Enjoy a <b>traditional Ghanaian dinner</b> cooked by village women. Rest and write in your journal. Then go to sleep with the sounds of the village.</p>

<p><b>Day</b> <b>6</b></p> <p>Saturday, March 28 Nkabom House, Okurase</p>	<p><b>Morning:</b> After a hearty breakfast, 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 create something to take home with you.</p> <p><b>Afternoon:</b> Have lunch. Work on your community-based project. Return to Nkabom House.</p> <p><b>Evening:</b> After dinner, have an interactive discussion about what you have experienced to date and discuss how to get the most out of your time remaining. Engage in group <b>reflection time</b> and journal time to record your thoughts before turning in for the day.</p>
<p><b>Day</b> <b>7</b></p> <p>Sunday, March 29 Nkabom House, Okurase</p>	<p><b>Morning:</b> Have breakfast. Take part in a <b>Remembrance Activity</b>. Participate in a <b>Traditional Ghanaian Cooking Workshop</b>.</p> <p><b>Afternoon:</b> Enjoy the lunch you have made. Work on your community-based project. Return to Nkabom House to participate in an <b>Introduction to African Dancing Workshop</b>.</p> <p><b>Evening:</b> After dinner, enjoy a lively farewell performance by the <b>Nkabom Cultural Troupe</b> and join them in a celebratory dance. Begin gathering your belongings in preparation for leaving the village tomorrow.</p>
<p><b>Day</b> <b>8</b></p> <p>Monday, March 30 Guest House, Kumasi</p>	<p><b>Morning:</b> Gather your belongings in preparation for leaving the village. Have breakfast. Take part in a <b>Tree Planting Activity</b>.</p> <p><b>Afternoon:</b> Return to Nkabom House to have lunch and say goodbye to your new Okurase friends. Board the bus for your trip to <b>Kumasi</b> (approx. 4 hours). Kumasi is the capital city of the <b>Ashanti Region</b>, in southern Ghana. It's known as the center for Ashanti culture. The name Kumasi comes from the Twi language, meaning "Under the Kum tree."</p> <p><b>Evening:</b> Settle into your accommodations for the night. Have dinner. Take time to reflect and journal. Get a good night's sleep.</p>
<p><b>Day</b> <b>9</b></p> <p>Tuesday, March 31 Asaasi Yaa, Kokrobite</p>	<p><b>Morning:</b> After breakfast, visit the <b>Manhyia Palace</b> which is the seat of the Asantehene, traditional ruler of the Kingdom of Ashanti. Then learn about the African arts of <b>Adinkra Stamping</b> and <b>Kente Weaving</b>.</p> <p><b>Afternoon:</b> Have a late lunch. Board the bus and head to your location for the next two nights, <b>Asaasi Yaa Beach Resort</b> (approx. 4 1/2 hours).</p> <p><b>Evening:</b> Have dinner at Asaasi Yaa and relax after a long day. Sleep peacefully to the sounds of the waves.</p>

<p><b>Day 10</b></p> <p>Wednesday, April 1 Asaasi Yaa, Kokrobite</p>	<p><b><u>Morning/Afternoon:</u></b> After an early breakfast, head off by bus to <b>Shai Hills Resource Reserve</b> (approx. 2 hrs.). Explore the evergreen savannah forest and ancestral caves by guided tour. The area used to be home to the Shai people 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 and Kob antelope. Box lunch.</p> <p><b><u>Evening:</u></b> Enjoy a final Ghanaian dinner in the summer hut before taking time to participate in a <b>closing circle to reflect on trip experiences</b>. Think about what you had hoped to achieve when you arrived and assess your progress toward those goals. Do final journaling.</p>
<p><b>Day 11</b></p> <p>Thursday, April 2 In flight</p>	<p><b><u>Morning:</u></b> Enjoy your final breakfast in Ghana. Take a walk on the beach or rest in the summer hut. Finish packing for your journey home.</p> <p><b><u>Afternoon:</u></b> Have lunch. Board the bus for Accra. Make a stop at the <b>Centre for National Culture</b> to pick up any last-minute souvenirs and watch the artists one last time as they work.</p> <p><b><u>Evening:</u></b> Early dinner by the Centre at <b>Café Abajo</b> and feel the relaxed vibe of the local culture. Head to Kotoka Airport for your flight out of Accra; KLM/Delta flight # 9373 to John F. Kennedy International Airport in New York (JFK) (connecting in Amsterdam) (ticket not included in trip price; participant purchases on own) departing Accra at 10:00 p.m (recommended flight). As you head home, reflect on your wonderful experiences and new friendships. Remember Sankofa – learning from the past and taking those lessons to the present. Determine what lessons you will take way forward. You have made what can be a forever connection – it’s up to you now.</p>
<p><b>Day 12</b></p> <p>Friday, April 3 Home!</p>	<p>After your connecting flights, arrive back home!</p>

***This trip has been designed especially to provide a very personal and meaningful experience. Please carefully review the list of included items below.***

Price per participant:

\$1980 based on a minimum of 12 travelers (airfare is not included, travelers under 18 years old must be accompanied by a parent/guardian)

Price includes:

- Project OKURASE Facilitator/Tour Director with the group from arrival in the country to departure from the country
- Private ground transportation (bus or van) from arrival in country to departure from country
- Hotel/Lodge/Homestay accommodations for 9 nights (twin or triple travelers per room of same gender)\*
- All group meals and treated drinking water throughout the trip
- Professional English-speaking guides with group each day
- Community-based project activity cost
- Cultural/educational presentations and activities (subject to availability in specified location)
  - Welcome Home, Libation and Blessings Ceremony
  - Naming Ceremony
  - Door of Return Journal
  - Door of Return Remembrance Candle Ceremony
  - Twi Language Workshop
  - Live Music
  - Batik and Textile Design Workshop
  - Traditional Ghanaian Cooking Workshop
  - Time Capsule Activity
  - Planting Activity
  - Introduction to African Drumming Workshop
  - Introduction to African Dancing Workshop
  - Performance by Nkabom Cultural Troupe
  - Adinkra Stamping
  - Kente Weaving
- Entrance fees
  - Elmina Castle
  - Manhyia Palace

- Kwame Nkrumah Memorial Park
- Shai Hill Resource Reserve
- Customary tips
- Comprehensive Emergency Medical Insurance (with \$0 deductible)
- Political & Security Evacuation Insurance and Natural Disaster Evacuation Insurance
- Registration of all US residents with the US State Department 'Smart Traveler Enrollment Program (STEP)
- 24 hour emergency on-call phone assistance by Project OKURASE staff during trip

Price does **not include**:

- Airfare
- Standard baggage fees and airline upgrades and associated fees
- Travel documents (passport, visas, etc.)
- Optional Trip Cancellation/interruption insurance
- Personal spending money
- Travel vaccinations and medications
- Personal expenses (such as laundry at the hotel)
- Food and snacks apart from the three meals provided

**Additional Notes:**

- \* Accommodations not guaranteed until trip is confirmed.