



## ME TO WE GHANA OPEN TRIP: 19 DAY SAMPLE ITINERARY

### DAY 1: TRAVEL

Your Me to We adventure begins as you depart for Accra, Ghana via overnight flight. Get ready to change the world!

### DAY 2: ARRIVAL IN ACCRA, GHANA

Depending on your arrival time, transfer to a nearby hotel for the night or head straight to your accommodations near the Free The Children community where you'll be volunteering.

### DAYS 3 – 17:

Every day of your trip is made up of a combination of volunteering or building activities, unique cultural experiences and leadership skill building modules.

### HIGHLIGHTS INCLUDE:

- **Building 101**  
Make the most of your volunteering time in the community by taking part in a mandatory one-hour project building safety workshop.
- **Volunteer Project Building**  
Depending on the community, day and time, your volunteering could range from school building, to tree planting, to restoration—all projects that will help remove the barriers to education.
- **Visit to a Local Fishing Village**  
Get a taste of local culture, while visiting a nearby fishing village. Meet local residents and get to know what their day-to-day life looks like. Learn more about the industry that provides an income for many families in Ghana through a truly traditional hands-on experience!
- **Meet Local Women**  
Immerse yourself in Ghanaian culture as you spend time with a local woman, getting to know her and her personal story. Experience her day-to-day life firsthand as you work alongside her to complete her daily chores.
- **Kakum National Forest**  
Discover this tropical forest from a unique vantage point—a canopy walk 40 metres above the forest floor.
- **Cape Coast Castle**  
Explore both historical and modern-day issues as you visit this fort, known as the 'gateway to Africa' during the slave trade, then visit nearby fishing villages to learn about the persistent issue of child labour in Ghana.
- **Leadership Module: Social Issues Training**  
Following your visit to Cape Coast Castle, spend time discussing the issue of slavery, particularly its evolution and effect on Ghana.

### OTHER ACTIVITIES INCLUDE:

- **Fante Lessons**
- **Community Visit and Games with Local Children**
- **Palm Oil Factory Visit**
- **Evening Campfires**
- **Sunset Hikes**
- **A Day in the Life Activity**

### DAY 18: RETURN TO ACCRA

Return to Accra and depart from the Accra Kotoka International Airport for your overnight flight home.

### DAY 19: ARRIVE HOME

Get ready to share the story of your journey!

*Note: Itinerary and daily activities are subject to change.*



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### A TYPICAL DAY:

#### 8:00am – 9:30am

- Breakfast and Fante lessons

#### 9:30am – 12:30pm

- Review schedule for the day
- Day in the Life Activity

#### 12:30pm – 1:30pm

- Lunch

#### 1:30pm – 2:30pm

- Energizer / team building activity
- Depart for community and project building

#### 2:30pm – 5:30pm

- Build site orientation and instruction of afternoon activities
- Volunteer Project Building

#### 5:30pm – 7:30pm

- Return to accommodations and dinner

#### 7:30pm – 10:00pm

- Action Planning
- Review schedule for the next day
- Choice time to relax, play cards, read or just enjoy being in Ghana.

#### 10:00pm

- Light out!

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### DAY IN THE LIFE ACTIVITY

Visit a local fishing village and work alongside a fisherman as he goes about his daily chores. Try your hand at casting a fishing net—it's much harder than it looks! You'll have the opportunity to learn firsthand about the Ghanaian fishing industry, a primary source of income for many local families. You'll also learn about the challenges fishermen face in supporting their families, as foreign fishing boats decimate the fish population off the coast of Ghana.

### VOLUNTEER PROJECT BUILDING

Depending on the community, day and time, your volunteering could be a variety of different activities that help remove the barriers to education—you could be laying bricks that will become a school, digging wells that will provide clean water, or planting crops that will grow into nourishing food. You'll see the real results of your work as you volunteer alongside community members on Free The Children development projects. Your work will have an impact that will last for generations to come.

### ACTION PLANNING

Led by your Me to We facilitators, reflect on your experiences throughout the day. You'll explore some of the contemporary issues facing the communities where we work, and get the tools and skills you need to take action at home on issues you care about. We'll help you put your ideas into action. With the awareness, skills and plan you develop in the Ghana, you'll be ready to make a positive difference when you return home.