

AFS GHANA WELCOME BOOKLET



2012

GHANA.

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WELCOME TO GHANA!

Ghana is noted for her warmth and proverbial hospitality which is better experienced than described.

A Brief History

Ghana, a former British colony (Gold Coast), was the first African country, south of the Sahara to achieve independence. Among the several coastal kingdoms and villages that constituted the Gold Coast were the Northern Territories and the Trans Volta Togo land Protectorate. The name Ghana was however inherited from the ancient Ghana Empire, which flourished in ancient Sudan. Though modern Ghana has experienced a difficult history of alternating military and civilian regimes, she has since 1992 been under democratic rule. The country is now run by a constitutionally elected government. It has been said that Ghana is a model for democracy in Africa.

Geography



The Republic of Ghana is in West African with coasts on the Gulf of Guinea. The Greenwich Meridian passes through Ghana. Ghana's territory extends from latitude 4 ½ degrees North of the equator at her southern coast to latitude 11 degrees north of the equator. The distance from north to south is 672 kilometers. Ghana has 541 kilometers of coastline. The widest distance from the eastern borders to the western borders measures 536 kilometers. Ghana has a total land area of 238,537 square kilometers. The capital city is Accra. To the east of Ghana is the Republic of Togo, on the west is La Cote d'Ivoire and beyond the northern border is Burkina Faso.

The most densely populated cities of the country are Accra and Kumasi. These cities also happen to be capitals of the two leading Regions: the Greater Accra and Ashanti Regions. Other major cities in Ghana are Tema, Sekondi-Takoradi (a twin city), Tamale, Sunyani, Koforidua, Ho, Tamale, Wa and Cape Coast.

Climate

Ghana has a tropical climate. The weather is generally sunny, with temperatures ranging from 21°C – 32°C (70°F-90°F). The rainy season is from May to September. The arrival of the Harmattan winds from the Sahara Desert in December to January bring with it dry conditions with fine hazy dust and cool nights. The rest of the year is warm with low humidity.

Language

The various Ghanaian Ethnic Groups speak over ninety languages and dialects. Some of the languages are Akan, Moshi-Dagomba Ewe and Ga. English is the official language.

Population and Ethnicity

Population

The population of Ghana as at the year 2000 was 18,912,079 and the population growth rate is 3 % per annum. Ghana has over fifty ethnic groups spread over her ten regions. 49.5% of the population is made up of the Akan Ethnic Grouping. Other major Ethnic Groups such as the Mole Dagbani tribes constitute (16.5 %) of this population, the Ewe, 12.5 % and the Ga-Dangme Tribes about 8%. Among the Akans, the Asante and Fanti Ethnic Groups are most in size.

About 70 % of the population lives in the Southern half of the country. The greater part of this population is the Akans. Others such as the Nzima and the Ahanta live in the Southwest. The Accra plains are inhabited by the Ga-Dangme. The Northern Regions are inhabited mainly by the Moshi-Dagomba and the Gonja groups (Mole Dagbon).

The population is made up of mainly subsistent agricultural workers who live in the farming communities of the country.

The Ghanaian family.

On average, Ghanaian families are large. The size of the household might depend on whether the family is a polygamous one or not and also if they live in an urban or rural community. Members of a family may include father, mother, children, cousins, nephews, uncles, aunties, and grandparents. By nature Ghanaians are warm, friendly and hospitable and do as much as they can to make you feel at home in their families, this attention can be over bearing sometimes. The family members usually spend time together watching TV during the evenings or attend church, funerals or weddings during the weekends. You are expected to get involved in the family activities because the best way of experiencing Ghana is to be in the company of the family. Most Ghanaian families would not accept a participant who wears dread logs.



Protection of Children

Ghanaian parents are usually very protective of their children and once you live in the family as their child, you will experience it too, thus you will feel restricted during your first few months in Ghana and this can be very frustrating for you. It is important to obey your host parents and at the same time find points of negotiating what you want to do because if you resist, you will find it difficult to adjust.

Most Ghanaian families do not allow their children to sleep over at friends' homes, and if you wish to go out at night you will be expected to do so with an older sibling or a responsible person and will be expected to be back by the time you are told to be home. Drinking of alcohol and smoking is totally forbidden in Ghanaian homes.

Household Chores

In most Ghanaian families, household chores are normally gender specific, except homes where all the children are of one gender, thus girls are expected to help with cooking and sweeping outside the house and boys sweep the living room and wash the family car (if there is any). Each child in a house performs a specific chore everyday and as an exchange student and a member

of the family, in the beginning the family may not want you to take part, however it is important to find something doing by helping another child perform his or her chore, as this will make the family happy. Most parents are quite strict and parents and older siblings are expected to be respected.

Teen Life

Teenagers in Ghana are much influenced both by the Ghanaian traditions, which are very alive in the country, and by western culture, which comes through TV, movies or the internet. They spend a lot of time outdoors, playing games such as basket ball, hockey, soccer, etc. They enjoy playing games such as *oware* (similar to a board game) or *draft* (a board Game). They like dancing, listening to music and playing musical instruments. After school and on weekends, teenagers are expected to help at home with siblings, cooking, cleaning work the house, washing clothes and participating in every social family life, with extended family members or the whole community. They are also expected to use some of their time to learn from their books.

Privacy

Ghanaians are very sociable people and may, therefore, have a different idea about privacy from your views on privacy. In most families it will be rude to spend a lot of time in your bedroom writing letters, reading, etc. In such families and cultures, you may feel that you have little privacy and time to yourself. You may share a bedroom and it may be normal for family members to spend a lot of time together talking. If this applies to your host family, you should take advantage of the attention that you will get during your stay.

In other families and cultures, you may be given a lot more space and time alone. You may have your own bedroom. Such families are few in Ghana. The difficulty with staying in this kind of family is that you may sometimes feel lonely at home.

Diet and Meals

Ghanaian families enjoy eating together. The diet consists mainly of yams, cassava, maize, plantains and rice. Tropical fruits and vegetables supplement the diet. The mainstays of Ghanaian cuisine are sauces, usually eaten with rice or other tubers such as yam. Fufu, the very much loved staple for most of West Africa, is a mashed ball made of cassava, yam or plantain that has been cooked and pounded into a semi-plastic state.



Pounding Fufu

Banku & Fish

Red Red

Fried Rice

Other types of dishes usually served are *kenkey* – traditionally prepared by boiling balls of mixed portions of fermented cooked maize meal and raw maize dough wrapped in dried cornhusk; *banku* – fermented corn / cassava dough, cooked in hot water into a smooth whitish paste. *Gari* – made from fresh cassava which is grated and the excess liquid is then squeezed out. The remaining grated cassava is then fried over an open fire, on a broad metal pan. The resulting product is crispy and crunchy to taste, and is stored easily and can be eaten with stew or soup and fish. In secondary schools it can be soaked with water, milk and sugar to make a student delicacy.

Street shops and markets are often filled with fresh foods with local taste. A popular dessert is fried plantain seasoned with chili pepper and ginger called “kelewele”.

Meal Times

Most Ghanaian families don’t normally eat together at table because of the different time individual family member’s return from work. Meals are usually prepared by the mother, host sister or house help and it is dished out to individual family members who sit anywhere in the house to have their meal, some sit in front of the TV, others at the dining table, others sit in the kitchen or outside. In some families, female members of the household take turns in the preparation of family meals. It is important to find out what rules the family has in respect to meals and abide by them.

Communication with your natural family should be kept at the minimum as frequent communication with your natural family tends to disrupt your adjustment and interfere with your intercultural experience.

Smoking & Drinking

Most teenagers in Ghana do not smoke. Smoking is in fact frowned upon in most Ghanaian homes. There are no special places for smoking in many public areas. In school, smoking cigarettes is considered a punishable offence and one can even be dismissed from school for smoking.

However, drinking beer is common among adults and particularly males. Paradoxically, it is a punishable offence for a teenager to drink alcohol in some homes and in schools.

Leisure



Ghanaian families especially in the big cities often watch television (TV) especially after supper. Occasionally, some people go to the drama theatres, pubs and restaurants. Some people would visit friends and spend time outdoors, chatting, playing soccer and other games. Others explore on the internet.

In most rural areas, where is either no TV or electricity, so most people will either have a chat, make music with traditional musical instruments such as drums, flutes, etc. and dance to it. Some also listen to stories told by the older folk or listen to programmes from battery powered radio.

Religion.

Ghanaians by nature are very religious, whether they are Muslims or Christians. Church service is more or less a family activity where the whole family takes part, most Ghanaians attend church service about once in a week. You will not be obliged to attend these church services but it will be a

good idea to tell the family in the beginning about your reservations (if any) about church. However it is important to go with them in the first few weeks to experience another aspect of life in Ghana. Thereafter, you can ask to be excused from future attendance.

Communication.

Most host families have telephones however it is expensive to call on their phones. Therefore it is best to buy a prepaid card on arrival for communication back home; you can also bring a GSM cell phone and buy a chip from one of the networks in the country to use. There are a lot of internet cafes all over town and therefore it will be quite easy to communicate via the internet, it cost about \$1 an hour to use the internet at the cafes.

Clothes and fashion

Ghanaians, like all West Africans, are fashion conscious and dress elegantly. There are appropriate clothes according to age, sex, time of day, social class, task at hand, special occasions and of course just changing times. You cannot be responsible for knowing what's especially "in" this season, but you can be careful of a few things.

Respect the sensibilities of the culture and wear neat and modest clothes. You should have at least one dress or skirt& blouse for special occasions.

Bring a nice outfit (button-up shirt, dress, shoes) for dining out, church, and invitations to wedding and special occasions.

Remember you (exchange volunteers) may often be working in a teaching capacity and so you do need to dress tidily to be acceptable to the school administration and parents. This is very important to AFS Ghana as a few exchange participants over the years have been found to wear very shabby and dirty clothing which tends to be embarrassing for the families that host them.

Sandals are also preferred to flip flops. Nose rings and more than a pair of earrings in each ear is frowned upon and ear rings on boys/men are not accepted. Men with braided hair or dreadlocks are also frowned upon. Men who wear beard should have it always nicely trimmed.



Basic Etiquette

In every society there are acceptable and unacceptable patterns of behaviour. The following are some of the basic rules of social conduct. Ghanaians are very tolerant and forgiving, especially with foreigners, and will often not even point out our mistakes. However, repeated errors and offenses will create an uncomfortable atmosphere with negative results. Just remember the old adage: When in Rome, do as the Romans do. Pay close attention and ask questions when you do not understand certain norms or behaviour or do not know how to behave in a given situation.

1. Learn the uses of the right and left hands. Eat and greet with the right hand only. Do not give or receive anything with the left hand. Above all, do not dip

your left hand into a dish of food shared with others or take the Lord's Supper with the left hand. Remember that use of the left hand is considered disrespectful in most settings.

2. When eating and someone comes, you can invite them to join you. When you are so invited, you may decline respectfully or join as you wish. When served food, never refuse. Eat at least some. Make no comments except favourable ones about food. When you are asked what you would like to eat, feel free to make suggestions within limits of availability. Be careful of facial expressions or comments about food. This is a sensitive area. Always share, and always be appreciative and willing to join in.

3. Greetings are important. Always greet and respond to greetings properly. Whenever you pass a group of people, especially elderly ones, always greet them. To fail to greet is considered an insult, and not easily over-looked. When you walk up to a group of people, always greet and shake hands if possible. Time is always made for greeting and it is not seen as an interference or waste of time. Look, listen and learn.

4. Be careful with humour and teasing. Ghanaians love to laugh and have fun, but humour is usually non bi-cultural, that is, it does not cross cultural boundaries. What is funny in one language may be insulting to another. Teasing especially can be misunderstood. Observe and learn. Do not attempt jokes unless you catch onto the style of humour. Many feelings have been hurt due to improper humour. Do not compare people to animals ("cute as a monkey," "dirty as a pig," etc.).

5. Private matters may be "not so private". Your physical size, marital status, etc., may prove to be enticing topics of conversation, so do not "wear your feelings on your shoulder." Do not be overly sensitive to personal remarks made about you or to you. For example, to be called "fat" is a compliment. They are probably not meant in an insulting way. However, you should be very careful about making any comments about anyone else.

6. Showing your affection in public between men and women is not

acceptable, even husband and wives. Men may hold hands (no sexual implications) or even hug, but male/female relationships are much more strictly controlled. Hugging is not commonly done except by very dear friends, especially between men and women. For example, the American insistence on hugging is often very embarrassing to many Ghanaians.

7. Be careful in taking photos. Always ask permission and do not let your zeal for photos become a distraction or disturbance, especially in church services or public gatherings. Never take photos of government buildings, police and military installations and official sites.

8. Always use titles of respect when addressing someone. Anyone older than yourself must be addressed as "brother" or "sister" at the very least. You will hear terms like "senior brother, elder, mother, father, uncle, auntie," etc. Elderly people should be addressed with titles of respect like "father, mother or grandfather", Sir, Madam, etc.

9. Be very careful of words like "fool, stupid, crazy," etc. Avoid judgmental, strongly worded language, for many words have different meanings here. Do not take offense when certain terms are used that normally are considered profanity in your home country. Sex is not a topic treated in public easily unless you are conversant with the culture, so be careful on delicate issues.

10. Do not shout or display loud, boisterous behavior. Shouting is considered of poor taste, especially for women. Whenever you are in public, be cautious and careful, normally exhibiting a quiet, friendly attitude. It is not considered polite to eat while standing or walking in a public place.

11. Do not be out in public places late at night. Always stay with brethren or your group. If you like jogging or walking, do it in the daytime.

12. Dress modestly and neatly. Women should wear skirts or dresses of moderate length. Young women these days wear jeans and shorts but not for official functions. You should pay attention to grooming and neatness, for

that has a strong reflection on your character. Even when at home dress modestly and be concerned about neatness and public appearance.

Most Ghanaian families would not accept a person who wears dread locks in their home. In Ghana, some people who wear dread locks are associated with illegal drugs, crime, prostitution and unacceptable practices.

13. In some traditional and Islamic homes, it is not acceptable to wear sandals or flip-flops into someone's room. Remove them at the door. Shoes may be worn inside, but it is not acceptable to put your feet upon furniture or sit in a way that shows the sole of your shoes or feet to others in the room.

14. If someone washes your clothing for you, do not include your underwear. That is considered your own responsibility, and washing others' undergarments is not an accepted practice. You must be prepared to wash your own clothing by hand. Washing machines are not common.

15. You may receive requests from people for all sorts of assistance. Listen politely, do not commit yourself ("**maybe**" means **"yes!"**), unless you are seriously going to follow through and provide what has been requested or at least part of it. Seek counsel and advice on such matters from an AFS Ghana staff/volunteer before you commit yourself. If you do agree to help someone in some way, then do it! Do not leave Ghana, and then forget what you promised. If you wish to give something to someone, do so privately, not in the presence of others. (Depending on the situation)

Hygiene & Health



Due to the warm weather, one is expected to take a bath at least twice a day. Though tap water is not free in Ghana, most families can afford to have you take at least two showers every day. Most Ghanaian families do not have washing machines. Laundry is therefore done by hand. You will therefore be taught how to wash the traditional Ghanaian way.

You should consult your doctor before you start your journey to Ghana.

Visitors must be in possession of a current medical certificate showing vaccination against yellow fever which is an immigration requirement. You should also have vaccinations against tetanus, typhoid, meningitis, chicken pox, hepatitis A and B and rabies.

Malaria is also prevalent in certain parts of the country at certain times of the year. Malaria is a common ailment in Ghana due to the presence of mosquitoes in this part of Africa and the following precautions should be taken.

Participants should consult their doctors to recommend prophylaxis to be taken weekly to prevent or minimize the effect of malaria. When in Ghana as soon as you feel weak, have a headache, nausea, and feel feverish, all within a short period of time contact a medical doctor. It might be the onset of malaria.

Mosquito repellent creams or sprays should be used on the body at night to prevent mosquito bites. Participants could also use mosquito nets over their beds at night.

Observe good personal hygiene at all times. It is advisable to wash fruits and vegetables very well before you eat them. It is not advisable to buy cooked food in the street, but if you must, the food must be very hot and straight from the fire to avoid the possibility of the food being contaminated.

Ghana has a reasonably good health service. All regional capitals and most districts have clinics and hospitals, and two teaching hospitals in Accra and Kumasi have facilities for treating special cases. Additionally, a number of religious organizations and private medical practitioners operate hospitals and clinics all over the country. Herbal medicine is also generally practiced, and there is a special government Herbal Medicine Hospital and Research Centre at Akwapim-Mampong in the Eastern Region of Ghana.

Security

Ghana is relatively a very safe country, stable and relatively low crime levels compared to other West African countries. There is, however, an increase in armed robbery, some of which targeting tourists and expatriates. It is not safe to walk around looking like a tourist. You should not carry too much money, your passport and camera on you. Take enough money for transport and what you want to buy. Do not walk alone at night. Abide by the rules of your host family and AFS Ghana. Take sensible precautions but be assured it is quite safe.

Bank/Money Matters

The local currency is the Ghana Cedi (GHC) and is used everywhere in Ghana. Approximate exchange rates as of May 29, 2009 are: British Pound: £1 = ₵1.97, Dollar: \$1 = ₵1.37 and EURO: €1 = 1.80

There are many Forex Bureaus (Bureau de change) in Accra and Kumasi, and a few in the other major cities and towns. It is very difficult to change

travelers cheques and certainly almost impossible outside Accra, Kumasi and a few major cities towns. Some ATMs in Accra and Kumasi accept VISA. At the main branch of Barclays Bank and Standard Chartered Bank in Accra and Kumasi you can get a cash advance on your “VISA” or “MasterCard” provided you have your passport with you. You can also get remittances through “Western Union”, “Moneygram” and “Vigo”. Most Banks are opened from 8.30am to 4.00pm Monday to Friday. Nowadays, some banks open on Saturdays from and 8.30am to 1.00 pm. Shops are opened 8.00am to 5.00pm Monday to Friday. On Saturdays most shops are opened from 8.00am to 2.00pm. Most shops are closed on Sundays.

Host families are encouraged to pay only for ordinary family events in which you are expected to participate. When you do things such as shopping for yourself or going out with friends, the related expenses are your responsibility.

AFS Ghana recommends that you budget about US \$2,000 as spending money for the year. You can open an account in Ghana and deposit your money into the account.

Extra Costs

AFS Ghana may organize study tours to festivals and places of interest such as the Mole Game reserve and the castles on the coast at moderate fees. These tours are optional and the costs will be announced well in advance to enable participants to pay. School excursions are your own cost.

The Ghanaian Educational System.

Ghana's educational system is similar to other countries in the sub region. The system comprises of two years of nursery, one or two years of kindergarten followed by primary school of six years(i.e. from class one to class six).This is then followed by six years of secondary school comprising of three years of Junior High School and three/four years of Senior High School or Technical school.



One can then go to the university, the polytechnic or the training college depending on ones particular area of interest or chosen career.

Below is a breakdown of academic programs pursued in the Senior High School system in Ghana.

In addition to the breakdown of subjects for every academic program in the Senior High Schools, there are four core subjects that are compulsory to all students in the senior secondary schools. These are English language, mathematics, integrated science and social studies.

ACADEMIC PROGRAMS

BREAKDOWN/SUBJECTS

GENERAL ARTS

A combination of three or four of the following Courses:
Literature in English, Religious Studies, French/Ghanaian Language, History, Geography, Elective Mathematics & Government.

GENERAL SCIENCE

A combination of three or four of the following Courses:
Mathematics, Chemistry, Physics, Geography and Biology.

AGRICULTURAL SCIENCE

Crop and Animal Science, Biology, Chemistry and physics.

HOME ECONOMICS

A combination of three or four of the following courses:
Management in Living, General Knowledge in Art, Clothing and Textiles, Food and Nutrition.

VISUAL ARTS

A combination of three or four of the following courses:
General Knowledge in Art, Textiles, Graphic Designing, Picture Making and Photography.

BUSINESS

A combination of three or four of the following courses:
Accounting, Costing, Business Management, Typing, French.

School Uniform.

All public primary and Junior High Schools have government prescribed uniforms. However private schools in the same category have their own designed uniform varying from one school to the other. All Senior High Schools, be it public or private, have their own prescribed school uniforms. In most schools the boys wear short sleeved shirts and a pair of shorts, and the girls wear calf length dresses or skirt and blouse. You will not be allowed to wear additional jewelry apart from a pair of earrings for girls only nor make up to school. Due to the warm weather, most students wear sandals to school. Of course one can wear shoes to school if one wants to. It is forbidden for boys to wear ear rings, nose rings, eyebrow rings, etc. Wearing of bangles is not allowed. Students should normally have their hair nicely trimmed. Wearing of long hair is not accepted. Dread logs are forbidden in schools.

School Supplies.

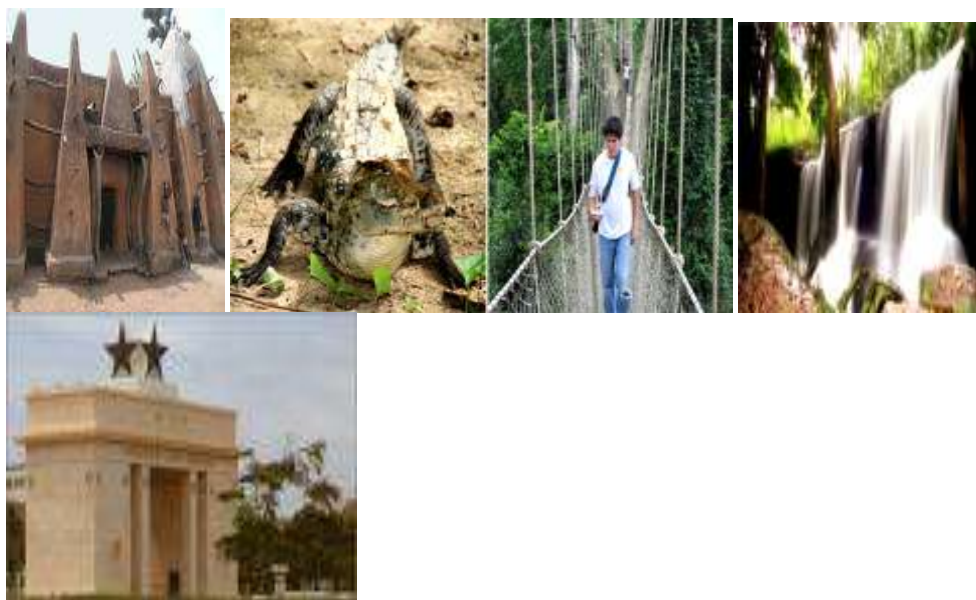
Provision of exercise books is not free. Students should bring along a scientific calculator for lessons in mathematics. Students are also required to bring along a school bag and a sandal (Brown or black) for school. Uniforms are supplied by the school. However, additional uniforms can be made by the student. Some schools have ceremonial dresses that would be supplied to students at a fee. Schools in Ghana do not provide snacks and lunch for day students, therefore students are advised to take packed lunch or snack to school since classes last from 8.00 am to 3.00 pm. Most schools have social clubs that meet once a week after classes.

School Regulations

There is a general code of conduct provided by the Ghana Educational Service (the government department responsible for education at the pre-tertiary level.) A copy of the code of conduct will be provided to all students by their schools.

In addition, each school has its own set of regulations, some of which include respect to teachers. Teachers are never called by their first names, but by their titles such as Mr., Miss, Ms., Mrs....., Sir or Madam. Regular attendance to school, no smoking or drinking in and outside the school are among the rules. You will be supplied with a set of these rules.

EDUCATIONAL TOURS



As many families in Ghana cannot afford to go on a vacation tour, AFS Ghana plans a tour for each group of hosted participants. This tour is a wonderful opportunity for you to see a little more of Ghana, savour more of the unique and diverse cultures of Ghana and also spend time with all of the other participants from your group.

It is important to note that this tour is optional and is at your own cost. AFS Ghana tries to keep the costs low.

Duration: 2 to 7 days.

Date: It is usually either at mid-stay or towards the end of your stay.

Cost: You will be notified before each tour.

Transport

Travel around Ghana is relatively easy as there are various means of transport to major cities & towns in the country. There are two types of road transport systems: the public one which is owned by the government and the private one which is owned by private individuals.



Bus

The State Transport Company (STC) operates long distance domestic and international services. S.T.C. operates between Accra, Kumasi, Takoradi, Tamale, Cape Coast, Sunyani, Bolgatanga, Wa and other main cities. Several other companies also operate bus services between the major towns and cities.

Tro-Tro

'Tro-tro' is a term that covers almost any sort of vehicle that has been adapted to fit in as many people as possible. They along with 'shared' taxis run along fixed routes and have fixed fares, and rarely run with less than full capacity (so be prepared to wait). They are inexpensive for example ten pesewas – one cedi and most of them are normally tuned to a radio station with loud music which can sometimes be noisy for first timers. They are often the only option

in remote towns. Note that Tro-tros are not recommended for long distance travel as some drivers tend to drive too fast and recklessly.



Taxi



Taxis are prevalent, and as a foreigner you will see that they find you quickly if you need one. To charter (i.e. hire) a taxi is more expensive than to share one. Always settle on the fare before getting in. A chartered taxi for a very short route should be about ₦2.00, longer distance, ₦3.00 - ₦20.00. About one in every ten taxi drivers will probably try to cheat you for a higher price if you are a foreigner and you must learn to negotiate or bargain the price. In

Ghana almost everything is negotiable. In Accra and the major cities most taxis that will stop for you assume you require a chartered taxi, so make it clear to the taxi driver what kind of service you want and agree on the fare before you start the journey. In more remote areas shared taxis and tro-tros are mostly common.

Independent Travel

Although it is natural for you to want to travel while in Ghana, AFS is not designed as a tourist program. AFS offers the rare opportunity to be immersed in a culture and country. It is likely, however that you will have many opportunities to travel with your host family, school, community organization, local chapter or AFS Ghana. AFS Ghana will permit independent travel after three months of stay in the country. We advise that you take the necessary precautionary measures when you travel outside Ghana. AFS Ghana deserves the right to cancel the trip, if the trip to the neighboring countries is considered unsafe.

KEY RULES OF AFS GHANA.

There are general AFS rules for participants. However AFS Ghana also has a few rules in addition to the general ones. On arrival in Ghana you will learn about the rules of AFS Ghana as well as the information to help you have a successful stay.

Attendance to AFS organized activities (e.g. orientations) is obligatory.

Regular attendance to school or community work (i.e. for CS) is mandatory.

No abuse of drugs, use of Indian hemp, and use of illegal drugs/substances.

No use of alcohol.

No pregnancy.

No Driving.

No Smoking cigarettes.

No hitch-hiking.

No travelling during school period or when one is supposed to be at work placement.

No independent travel with the first three months of stay in Ghana.

No participant is permitted to travel without the expressed permission of AFS Ghana.

AFS Ghana does not encourage visits by natural family members or friends during the programme period. If it must, such visit should not be more than 48 hours.

Recommended Reading & Websites:

1. “A New Geography of Ghana.” by K. Dickson, G. Benneh & R. Essah
Publisher: Longman
2. “Ghana in Retrospect.” by Bishop Peter K. Sarpong
Publisher: Ghana Publishing Corporation.
3. “Dilemma of a Ghost.” by Ama Atta Aidoo
Publisher: Longman
4. <http://www.ghana.gov.gh>
5. <http://www.ghanaweb.com>
6. <http://www.myjoyonline.com>
7. <http://www.gse.com.gh>