

# Human Rights

## High School Special Schedule

Ghana | 2 weeks

Welcome to our High School Special Human Rights Project in Ghana! Are you ready for a once-in-a-lifetime experience working with the local community and exploring this beautiful country?

### Programme Goals:

▶ **Internship experience:**

What does it take to work as a Human Rights activist, social worker or lawyer? Explore this question as you act as an intern for Amnesty International and interact with professionals from Legal Aid. Attend court proceedings, visit the Social Welfare office to learn about settling family issues. Observe traditional methods of conflict resolution in Accra's Muslim community and discover challenges facing the LGBT community..

▶ **Cultural Immersion:**

Immerse yourself in the rich culture of the country. After your volunteer work, delve into the vibrant Ghanaian culture by witnessing traditional dances, engaging in conversations with locals, and indulging in the diverse flavors of traditional cuisine. Explore the country's history and heritage with fellow volunteers, visiting historical landmarks, experiencing the warmth and hospitality of the local communities, and creating unforgettable memories along the way.

▶ **Awareness outreach**

Time to put to practice all that you have learnt. Prepare, and lead presentations and discussions on Human Rights issues in schools and communities.





## Day 1

### Sunday Arrival in Ghana

You will arrive in the Kotoka International Airport in Accra. One of our friendly coordinators will be waiting for you right outside the airport, ready to guide you on an amazing Ghanaian experience.

Our coordinator will then transfer you right away to your new home in Accra. You will meet your host family, learn the rules of the house, and meet your fellow Human Rights volunteers.



### Highlights

- ▶ 40 Service Hours
- ▶ Work with Amnesty International and Legal Aid professionals
- ▶ Raise awareness on Human Rights issue in the community / schools
- ▶ Immerse yourself in Ghanaian culture
- ▶ Visit Cape Coast & Kakum National Park
- ▶ Offset your carbon footprint

### Accommodation

Host family

### Transport

Private bus and by foot

### Meals

At the host family. In the afternoon, the meal might be a packed lunch from the host family.

### Timings

This schedule is subject to change, however you will be advised in advance should this happen. You will depart from the host before 8am and be back at around 5pm. However, this may differ from day to day depending on the activity and progress of the volunteer work.

### Responsible Travel

We offset 100% of carbon emissions associated with your in-destination transport. We're committed to being fully climate-positive by 2024!

By volunteering with us you're helping reforestation efforts, protecting existing forests and providing employment to local communities around the world.

## Day 2

### Monday

#### Morning:

Embark on a town tour, exploring the local community and immersing yourself in the Ghanaian culture. Register for a local SIM card and you will also be able to exchange currency. Get to know our staff better over a bite to eat at a local restaurant.

#### Afternoon:

Time to visit your main placements while in Ghana: First Aid Commission and Legal Aid. Become familiar with the schedule and the experiences awaiting you on the program.

#### Evening:

Enjoy a welcome dinner with the host family and the rest of your group.

## Day 3

### Tuesday

#### Morning:

Visit the Accra Mediation Centre, where you will learn about conflict resolution within the local Islamic setting. You will meet the local Imam and observe how cases of domestic abuse are resolved according to Sharia law.

#### Afternoon:

Visit an art centre in Accra, where you will learn about the commercial aspect of art. Understand manufacture, supply chain and trade in Ghana.

#### Evening:

Time for a Twi language lesson, where you'll gain the basic vocabulary to better engage in conversation locally.

## Day 4

### Wednesday

#### Morning:

One of the lawyers at Legal Aid will explain the role of the commission in ensuring human rights in Ghana. You will learn about specific challenges they face in Ghana and the approaches they have developed to deal with them.

#### Afternoon:

Continue learning from the Legal Aid Commission by going through paperwork of past cases. Create your work plan for the rest of the week with staff so work will focus on areas of interest to you..

#### Evening:

Talk with the rest of the group to reflect on your first impressions and experiences so far.

## Day 5

### Thursday

#### Morning:

Observe and support staff as they mediate cases of domestic abuse and other human rights violations.

#### Afternoon:

Take a trip to visit Jamestown Gbekebii, a human rights hotspot in Ghana. This area is home to the LGBTQ movement in Ghana. Over the years it has attracted lots of attention and interventions, especially as the government remains hostile towards the community. You'll learn about issues facing LGBT people and different actions being taken.

#### Evening:

Get musical! Join traditional dance and drumming lessons. You'll practice drumming with Kpanlogo drums and learn the rhythms that enchant the people of Ghana.

## Day 6

### Friday

#### Morning:

Start your day by visiting a court to observe the proceedings in cases taken up by the Legal Aid Commission. Discuss the cases and the next plan of action with the lawyer.

#### Afternoon:

Review criminal cases with one of the lawyers at the commission. The group can use what they have learnt in a mock court.

#### Evening:

Have fun playing traditional Ghanaian board games and enjoy dinner at your host family.

## Day 7

Saturday

**Full**

**Day:**

Wake up early in the morning for a journey to visit Cape Coast Castle. You'll learn about Portuguese colonists and the history of the slave trade in the region.

Afterwards, enjoy a picnic on the beach. There will be a cultural shows with traditional dance and music at your hotel. You'll stay overnight so you can continue exploring the coast tomorrow.

## Day 8

Sunday

**Full**

**Day:**

After breakfast you will visit Kakum National Park and explore a large tropical forest. Your group will cross a high canopy walkway up in the trees - a great vantage point for spotting monkeys, antelope and the occasional elephant. You'll then follow guides to spot alligators in their natural habitat.

Enjoy another picnic on the beach in the afternoon before your return journey to the Akuapem Hills. On the way, you will stop at West Hills Mall to buy snacks.

## Day 9

Monday

**Morning:**

Start your second week with a visit to the Social Welfare Office, where family issues are settled. Meet all parties involved and the social workers who work with them. You may also be able to visit the local prison to explore human rights violations in this setting.

**Afternoon:**

After lunch, it is time to begin your work with Amnesty International. Learn about their advocacy work in Ghana, their goals and successes so far.

**Evening:**

After a full day of work experience, return to your host family for a relaxing dinner and some traditional board games.

## Day 10

Tuesday

**Morning:**

Working alongside the local staff at Amnesty International, you will review and become familiar with the various local campaigns and rallies initiated by the organization. In Ghana, a lot of their work is centered around female genital mutilation, reproductive health, as well as advocacy initiatives.

**Afternoon:**

Continue familiarizing yourself with Amnesty's advocacy work and start preparations for the next day's intervention.

**Evening:**

Are you in love with the local cuisine yet? Time for a cooking lesson so you cook share this food when you return home.

## Day 11

Wednesday

**Morning:**

Continue your work experience with Amnesty International and further explore the role of a Human Rights activist, online and offline.

**Afternoon:**

Time to engage in some hands-on activism work through peer engagement. You will travel to a local junior high school to engage in discussions with the students on gender equality, children's rights, reproductive health (such as menstrual hygiene which carries such stigma in Ghana that girls sometimes don't attend school during that time of the month).

**Evening:**

Put your knowledge of all things Ghana to the test during a quiz night and dinner at the host family accommodation.

## Day 12

Thursday

**Morning:**

Today you will participate in a final workshop with Amnesty International about their experiences of Human Rights in Ghana, as well as on your experience collaborating with them in Accra.

**Afternoon:**

The group will go sightseeing in Jamestown to learn about slavery in Ghana and its impact on the present human rights issues in the country.

**Evening:**

Bring out the popcorn because it is time for a movie night at the host family. You're about to discover what African dramas are like.



## Day 13

Friday

**Morning:**

Today you will visit Parliament House. You'll have the chance to engage with the Caucus of Human Rights, and learn what the Ghanaian parliamentarians and legislators do. Don't be afraid to ask them questions!

**Afternoon:**

After lunch, you'll visit the Dubois Centre, a pan-African organization that promotes Human Rights in Africa. Here you will learn about important individuals in the history of the fight for Human Rights in Africa.

**Evening:**

End the day, and your 2-week experience, with a fabulous farewell dinner at a traditional local restaurant. Enjoy authentic Ghanaian cuisine one last time.

## Day 14

Saturday

Group members will likely be departing at different times, therefore the last two days may not be the same for everyone.

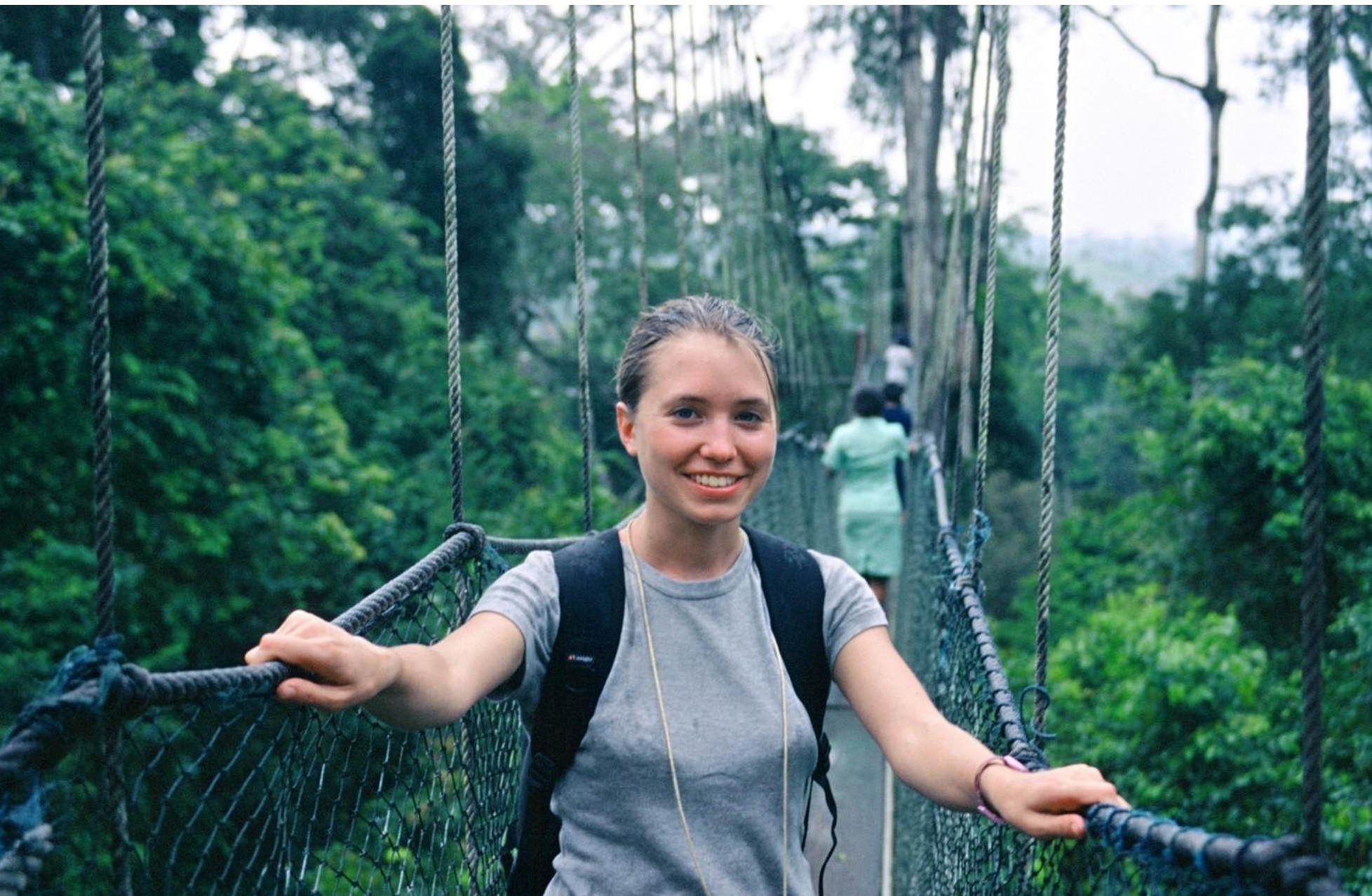
Your exact departure plan will be communicated with you directly by our local team. If you have longer to wait around, we will ensure you are comfortable and well looked-after before being taken to the airport.

You will have the continued support of Projects Abroad staff right until you are safely at the airport to board your plane back home.

# Personal Achievements



- ▶ Completed a total of 40 service hours.
- ▶ Gained Human Rights experience with Amnesty International and Legal Aid.
- ▶ Learned about traditional dispute resolution methods in the Muslim community of Accra.
- ▶ Helped school children understand about human rights issues.



## Student Learning Outcomes

### Intercultural Competence

Students will be immersed in different cultures, gaining an understanding of their role within our global community and developing a deeper cultural awareness.

### Leadership Development

Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their confidence and resilience through team activities and new life experiences.

### Healthy Active Living

Students will be encouraged to prioritise their self-care, enhancing their physical and mental well-being.

### Empowerment

Students will be empowered to think for themselves, challenging the “status-quo” and cultivating transformative decision-making mindsets.

### Global Citizenship

Students will be exposed to new perspectives, engage with real-world challenges and contribute to sustainable development initiatives.



Ghana is a friendly and peace-loving country. It’s full of lush rainforests and historical towns that visitors always enjoy exploring.

Despite its small size and population, Ghana is one of Africa’s most stable and economically successful countries. Located on the Gulf of Guinea, it’s also a stunning location for any trip abroad.

## FUN FACTS

- ▶ Ghana’s national motto is “Freedom and Justice”
- ▶ The name Ghana means “Warrior King”
- ▶ Ghana was the first independent country in Sub-Saharan Africa
- ▶ Ghanaians speak over 200 different dialects

Destination Information	
National Language:	English
Population:	31 million
Currency:	Ghanaian cedi
Time Zone:	GMT
Capital:	Accra
Calling Code:	+233
Dominant Religions:	Christianity, Islam
National Dish:	Fufu
National Animal:	Tawny eagle

## Want to learn more?

We’d be happy to talk to you and and and answer any questions you may have. You can call or email our team, or use the ‘live chat’ feature on the Projects Abroad website.

General inquiries: [info@projects-abroad.org](mailto:info@projects-abroad.org)

## Social Media

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