



Please see the **NOTICE ON PROGRAM UPDATES** at the bottom of this sample itinerary for details on program changes.

Please note that program activities may change in order to adhere to COVID-19 regulations.



## GHANA: Building Healthy Villages™

Be a part of an invigorating two-week building project and see your work through from the ground up to completion.

### OVERVIEW

On this program you will learn why the role of public health is critical in breaking persistent poverty cycles through your start-to-finish compost toilet building project and discussions with health-focused organizations. Participate in community outreach programs that educate about WASH (Water And Sanitation, Hygiene). Both physically challenging and an opportunity to dive into health issues, this unique program provides both a building experience as well as a glimpse into Ghana's colorful and celebratory culture.

### 14-DAY PROGRAM

June 29 - July 12, 2022  
July 15- July 28, 2022

Tuition: \$3,799  
Service Hours: 40  
Language Hours: 0  
Max Group Size: 16  
Age Range: 14-19  
Student-to-Staff Ratio: 8-to-1  
Airport: Accra (ACC)

### HIGHLIGHTS

- ★ Live in a beachside Ghanaian eco-lodge
- ★ Explore issues related to composting latrines within the community in which you are working
- ★ Construct a composting latrine from start to finish for families in need
- ★ Shadow community nurses as they provide maternal health services to rural families
- ★ Cruise down the River Volta to the sea

## SPOTLIGHT ON COMMUNITY SERVICE

Assist local masons in the construction of a composting latrine from start to finish for families in need. Before you wrinkle your nose, consider the critical importance of your work: These latrines help prevent the spread of disease and help local girls stay in school. This eco-friendly project also produces high-quality fertilizer that can increase crop yields and sustain nutritious diets. Be part of a ribbon cutting ceremony with the families upon completion!

## SAMPLE ITINERARY: DAILY BREAKDOWN

*Actual schedule and order of activities will vary by program session.* The information detailed here is typical for what you can expect to experience; however, service work and activities vary depending upon the needs of our local community partners, various celebrations and customs, as well as the weather and specific needs of the student group.

### DAY 1: WELCOME TO GHANA!



Touch down in Accra, the capital of Ghana! GLA staff will greet you upon your arrival, and our group will drive together to our Home Base in the village of Dzita, approximately 2½ hours away. Home Base is an ecolodge built right on Ghana's southern coast, with traditional artwork, eco-friendly solar panels and the sound of crashing waves within earshot. Tonight we'll get to know each other and prepare for the next two weeks!

### DAY 2: PUBLIC HEALTH 101



What is there to learn about public health in a rural fishing village in Ghana? Turns out, a lot! An individual's health is the sum of many parts, from social factors to environmental. In this part of the world, the health and hygiene education that we take for granted is given little attention. As a result, thousands of children are prone to sanitation-related diseases, a leading cause of death. Girls drop out of school when they reach puberty and have no private facility to take care of their feminine needs. These tragedies are easily preventable, with the simple addition of basic, private toilets and hygiene education. Such small additions could help children face a much healthier future!

Over the next two weeks, our group will be building a brand new, ecological sanitation (EcoSan) toilet from start to finish. EcoSan toilets are high-quality units that recycle human waste and transform it into a safe, organic compost. They provide this second benefit of generating a usable fertilizer for crops, which also helps with food security. (Best of all, they don't smell!)

### DAY 3: COMMUNITY SERVICE BEGINS, GHANAIAN NAMES



We'll awake early, as does the village, and spend the mornings working on your start-to-finish EcoSan toilet. Make new friends from the community and form a close relationship with the family whom you're building the compost toilet for. Throughout this project you'll be involved in every step, from laying the foundation to applying the final coat of paint. Return home each day for a hearty Ghanaian lunch and a quick break before you head out to see what learning opportunities and adventures the afternoon has in store for you.

You'll also meet with the village chief, who will teach us more about Dzita.



#### DAY 4: COMMUNITY SERVICE, LOCAL CLINICS

Continue working on the EcoSan toilet and interacting with community members daily as you make progress. Today we'll also have the special opportunity to visit a local clinic and learn how both Western medicine and local approaches are applied to different health issues in rural Ghana. See what implementing health services in a developing country really looks like, and hear from the nurse who is responsible for healthcare in the region.

#### DAY 5: SERVICE, COMMUNITY HEALTH WALK

After service, go on a community health walk with the local medicine man. Learn about some of the more traditional, holistic practices that are still being used in Ghana and other parts of the world. After dinner, we'll reflect in Mentor sessions and watch a TED talk about global health issues. Get inspired by the creative approaches various leaders have taken to address them. Do you see yourself making a difference in the field of public health? There are a thousand ways to do so; it's simply a matter of finding the right one for you.

#### DAY 6: SOCCER, KETA SLAVE FORT

Enjoy a day of soccer with youth from the community! Promote health and wellness through exercise, make friends and have loads of fun along the way. After multiple fun matches, celebrate with your new friends over a hearty Ghanaian lunch. Afterwards, we'll visit the famous Woe Lighthouse, and later, we'll honor history at the Keta Slave Fort, one of 45 slave forts built along the West African coast in the 1500s.

#### DAY 7: THE LEARNING CENTER

The EcoSan toilet project you've been working on is the brainchild of Dream Big Ghana, our local nonprofit partner. As you'd expect from its name, Dream Big Ghana is on an important mission—helping communities in the area take big strides toward improving quality of life and education! Today you'll visit another one of their projects, the Dream Big Community Learning Center. Since it opened in March 2017, there have been more than 3,000 visits by locals, demonstrating the hunger for learning in the village communities!

#### DAY 8: COMMUNITY SERVICE, THE ART OF BATIK

Back to building the EcoSan toilet! By now we should be about halfway finished, having put the bulk of the structure together and finishing up cementing the surfaces so that they withstand time and weather. This toilet will serve the community for thirty years!

In the afternoon, try making your own *batik* print—batik is a technique of using wax to dye cloth in patterns and designs. Batik-dyed clothing and items are everywhere in Ghana, with their signature bright colors and geometric patterns. With the assistance of a local artisan, make your own batik print that you'll be able to take home as a unique souvenir.

#### DAY 9: MATERNAL HEALTH SITE VISIT

Today, accompany community health nurses to a nearby rural area, where they provide regular maternal health checkups. These nurses provide important care for new mothers and their babies, and you'll get a firsthand





look at their work. Observe and ask questions as the babies are weighed under a tree in this open-air clinic. Such gatherings are a normal part of the informal healthcare system for this rural area. What can you learn from this basic, yet effective way of providing care?

#### DAYS 10-11: COMMUNITY SERVICE,

Onward, volunteers! The EcoSan toilet is nearly finished. What have you observed so far about implementing such a service? It takes hard work and a dozen people showing up each day, plus many conversations, decisions and actions behind the scenes—leadership—to get the project going. After service each day we'll discuss this topic in our mentor sessions and also enjoy trips to the market. You might opt to pick up an outfit the local seamstresses custom-made from fabric you chose on a previous visit, or shop for trinkets to bring home.



#### DAY 12: COMMUNITY SERVICE, MUSIC & DANCE

Finish up the last of your work on your start-to-finish EcoSan toilet for the family you're serving! Today we'll put finishing touches on the toilet facility. With your peers and local team members, sign your name on the wall in remembrance of the two weeks of hard work you all put into making this facility available. Tonight, experience a major component of Ghanaian culture: music and dance. Witness a short performance from the locals and do your best to emulate it in a workshop. Feel the energy in the room pulse with the drum beats!



#### DAY 13: CELEBRATION!

The addition of an EcoSan composting toilet to a rural community in Ghana is a big leap in development and a major improvement in public health! This accomplishment deserves a celebration. On the day the toilet is completed, we'll have an opening ceremony with the community. Afterwards, enjoy time on the beach, pull in the nets with local fishermen and travel by boat down the Volta River. In the evening, we'll have a bonfire on the beach and a farewell dinner with our GLA family.



#### DAY 14: GOOD-BYE, GHANA!

Time to say *mia dogo!*—"We'll meet again!" in Ewe—to your Ghanaian family. After breakfast we'll depart for the Accra airport together, and GLA staff will make sure that everyone is checked in for their flight and ready to embark on their journey home. *Hede nyuie* ("safe journey"), everyone!



## NOTICE ON PROGRAM UPDATES

Every year brings new and exciting opportunities for experiences we can offer students on our programs. While this program is being planned for 2021, some activities or details may change between now and the program start date. Please note that references from past participants and previously published information may not accurately reflect every aspect of this program. Refer to the sample itinerary above or to the GLA website for the most up-to-date version of program activities, and please note that further updates may be made between now and the program start date.

## POSSIBLE CHANGES TO PROGRAM ACTIVITIES DUE TO COVID-19

Due to the global pandemic caused by COVID-19 outbreaks around the world, please note that program activities may change in order to accommodate COVID-19 regulations. In particular, service projects and other activities that typically involve close contact or engagement with members of the local community may be curbed, altered or skipped depending on staff evaluations on the ground and/or at the discretion of our Executive Director and Director of Program Operations & Risk Management. Every effort will be made to provide an exceptional experience on-location, at whatever level of community interaction is deemed safe at the time.

## TRAVELING TO GHANA

**GLA HOME BASE** | Home Base is a cluster of beachfront guest rooms in a well-appointed, enclosed ecolodge on the southern coast of Ghana. Students will stay with roommates in comfortable, gender-segregated rooms equipped with a fan. Bathrooms will be shared and have cold-water showers. Cool down after a hard day's work in the beautiful lagoon right in front of Home Base!

**FOOD** | Ghanaian cuisine has traditional dishes from each ethnic group, tribe and clan, and GLA cooks at Home Base will provide many options for you to sample. Ghanaian staples are mostly vegetarian, including rice, beans, and fresh vegetables. We will also have fresh fish and seafood.

**CLIMATE** | As in all other parts of the country, the Volta Region where Home Base is located has a tropical climate with moderate temperatures. A constant sea breeze keeps the heat and mosquitoes at bay. Rains are usually scattered, but rarely all day.

## LEADERSHIP

Global Leadership Adventures started as an educational institute, so we continue to think and act like educators—not tour operators—as we deliver life-changing programs. We intentionally weave a leadership curriculum into the daily experience on our programs. Through group discussion, meaningful service, workshops, speakers and excursions, staff guide students to reflect on program events through the lens of leadership, and celebrate outstanding examples of leaders they encounter in the local community. Lending this context to the experience creates opportunities for students to dig deep into their vision, purpose and knowledge of themselves and the world.

## ABOUT GLOBAL LEADERSHIP ADVENTURES

**Global Leadership Adventures** was founded in 2003 by Fred Swaniker, a native of Ghana, TED Fellow and educational entrepreneur whose work has been praised by Barack Obama. Born as a global extension of the revolutionary African Leadership Academy, Global Leadership Adventures now operates programs centered around leadership, sustainable community service projects, and meaningful travel across Africa, Asia, Europe or the Americas. Through life-changing adventures, we strive to inspire the next generation to realize their potential to transform the world and their role in it.

GLA HAS BEEN FEATURED IN:

**The New York Times**

 **USA TODAY**

 **NBC NEWS**

**The Boston Globe**

*seventeen*

## Our Expectations

### **Be present**

Our mission at GLA is “to inspire the next generation to realize their potential to transform the world and their role in it.” To that end, we expect GLA students to maintain high standards of personal behavior and to be open-minded. The culture may be different, sometimes shockingly so. GLA will challenge students as they are expected to work hard and be present physically and mentally for all activities. We also ask students to take a step back from regular use of technology - particularly their smartphones - so as to maximize their engagement with the program and their fellow participants. Students may get hot, dirty and bug-bitten along the way, but their contribution can transform the community. The goal is for each student to return home having had a life-changing experience.

### **No tolerance**

GLA has a no-tolerance policy towards drugs, alcohol, tobacco and disruptive behavior. Those who violate or are suspected of violating this policy will be immediately dismissed from the program at the sole discretion of GLA staff.

### **Community-Led experiences**

GLA makes every effort to offer thoughtfully crafted programs for teens and young adults. Detailed planning and exhaustive communications with partners are indispensable parts of our program development process. However, occasionally service and activities are adjusted from session to session, due to weather, changing needs of our local community partners and/or various cultural celebrations and customs. We expect participants to be open-minded and flexible, willing to embrace the experience when plans change. GLA makes every effort to communicate adjustments to students and families with advance notice. We expect you to be open-minded and flexible.

### **Mentorship**

GLA is not a therapy program. Our staff are highly skilled, professional, caring and fun, but they are not licensed therapists. GLA programs can be physically and emotionally demanding, and applicants should be in good physical and mental health.

## We're Here to Help

### **Contact Us**

Want to learn more about Global Leadership Adventures and our available programs? Our Admissions Team has expertise and insights into our slate of program offerings, and we're happy to answer any questions you might have. We have collectively visited or staffed many of our GLA programs around the world, and we have advice to share on everything from getting your travel documents together to what a typical day on a program is like. Call us at 1-858-771-0645 any time during office hours for assistance.

### **Enroll Now**

We encourage you to enroll on your 1st choice program as early as you can! In fact, our most popular programs fill early every year, and many students end up putting off the quick and easy application process only to end up on the waiting list. The best way to ensure that you save your spot is to place your deposit and apply early. You can easily enroll online at [www.experiencegla.com/enroll](http://www.experiencegla.com/enroll).