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EDITOR'S LITTLE NOTE

AKWAABA AND GREETINGS FROM GHANA! WELCOME TO THE MAY EDITION OF GATEWAY, THE OFFICIAL NEWSLETTER FOR PROJECTS ABROAD GHANA!

The number of volunteers is increasing with the arrival of the busy summer season! We are excited about you all coming.

Our staff have to help some volunteers to adjust – all stories with happy endings and promises to return! Many volunteers are taking impressive initiatives in their different areas of work, and there have been many donations this month!

Ayekoo everyone ... For non-Twi speakers, this means 'well done'!

Just a note for last month's edition – the donation made by Catherine to the Mariah Estee Learning Centre was a van, not a bath!!! Sorry about that.

I hope everyone enjoys this edition of Gateway, the official Projects Abroad Newsletter for Ghana.

INSIDE OUT: GENERAL INFO ABOUT GHANA

AFRICAN UNION DAY

Africa Day is the annual commemoration on May 25 of the 1963 founding of the Organisation of African Unity (OAU). On this day, leaders of 30 of the 32 independent African states signed a founding charter in Addis Ababa, Ethiopia. In 1991, the OAU established the African Economic Community, and in 2002 the OAU was disbanded and re-established as the African Union (AU). However, the name and date of Africa Day has been retained as a celebration of African unity. Here is a bit of history about the African Union.

The OAU had two primary aims:

- To promote the unity and solidarity of the African states and act as a collective voice for the African continent. This was important to secure Africa's long-term economic and political future. Years of colonialism had weakened it socially, politically and economically.
- The OAU was also dedicated to the eradication of all forms of colonialism, as, when it was established, there were several states that had not yet won their independence or were minority-ruled. South Africa and Angola were two such countries. The OAU proposed two ways of ridding the continent of colonialism. Firstly, it would defend the interests of independent countries and help to pursue those of still-colonised ones. Secondly, it would remain neutral in terms of world affairs, preventing its members from being controlled once more by outside powers.

A Liberation Committee was established to aid independence movements and look after the interests of already-liberated states. The OAU also aimed to stay neutral in terms of global politics, which

would prevent them from being controlled once more by outside forces – an especial danger with the Cold War.

The OAU had other aims:

- Ensure that all Africans enjoyed human rights.
- Raise the living standards of all Africans.
- Settle arguments and disputes between members – not through fighting but rather peaceful and diplomatic negotiation.

Soon after achieving independence, a number of African states expressed a growing desire for more unity within the continent. Not everyone was agreed on how this unity could be achieved, however, and two opinionated groups emerged in this respect:

- The Casablanca bloc, led by Kwame Nkrumah of Ghana, wanted a federation of all African countries. Aside from Ghana, it comprised also Algeria, Guinea, Morocco, Egypt, Mali and Libya. Founded in 1961, its members were described as "progressive states".
- The Monrovia bloc, led by Senghor of Senegal, felt that unity should be achieved gradually, through economic cooperation. It did not support the notion of a political federation. Its other members were Nigeria, Liberia, Ethiopia and most of the former French colonies.

The dispute was eventually resolved when Ethiopian emperor Haile Selassie I invited the two groups to Addis Ababa, where the OAU and its headquarters were subsequently established. The Charter of the Organisation was signed by 32 independent African states.

The organisation was widely derided as a bureaucratic "talking shop" with little power. It struggled to enforce its decisions, and its lack of armed force made intervention exceedingly difficult. Civil wars in Nigeria and Angola continued unabated for years, and the OAU could do nothing to stop them.

The policy of non-interference in the affairs of member states also limited the effectiveness of the OAU. Thus, when human rights were violated, as in Uganda under Idi Amin in the 1970s, the OAU was powerless to stop them.

The Organisation was praised by Ghanaian former United Nations Secretary-General Kofi Annan for bringing Africans together. Nevertheless, in its 39 years of existence, critics argue that the OAU did little to protect the rights and liberties of African citizens from their own political leaders, often dubbing it as a "Dictators' Club" or "Dictator's Trade Union".

The OAU was, however, successful in some respects. Many of its members were members of the UN, too, and they stood together within the latter organisation to safeguard African interests – especially in respect of lingering colonialism. Its pursuit of African unity, therefore, was in some ways successful.

Total unity was difficult to achieve, however, as the OAU was largely divided. The former French colonies, still dependent on France, had formed the Monrovia Group, and there was a further split between those that supported the USA and those that supported the USSR in the Cold War of ideologies. The pro-Socialist faction was led by Kwame Nkrumah, while Félix Houphouët-Boigny of the Ivory Coast led the pro-capitalists. Because of these divisions, it was difficult for the OAU to take action against states involved in internal conflicts because it

could rarely reach an agreement on what was to be done.

The OAU did, however, play a pivotal role in eradicating colonialism and minority rule in Africa. It gave weapons, training and military bases to colonised nations fighting for independence or majority rule. Groups such as the ANC and PAC, fighting apartheid, and ZANU and ZAPU, fighting for the independence of Southern Rhodesia, were aided in their endeavours by the OAU. African harbours were closed to the South African government, and South African aircraft were prohibited from flying over the rest of the continent. The UN was convinced by the OAU to expel South Africa from bodies such as the World Health Organisation.

The OAU also worked with the UN to ease refugee problems. It set up the African Development Bank for economic projects intended to make Africa financially stronger. Although all African countries eventually won their independence, it remained difficult for them to become totally independent of their former colonisers. There was often continued reliance on the former colonial powers for economic aid, which often came with strings attached: loans had to be paid back at high interest-rates, and goods had to be sold to the aiders at low rates.



FEATURE: HIGHLIGHT OF THE MONTH

AFRICA DAY CELEBRATED IN KOFORIDUA!

We met around 8:30 at the usual meeting spot by 205 junction, and then headed to the busy main station to fill up a tro-tro. Waiting for everyone to arrive, some of us played with the children who were there.



Our regional Coordinator, Prince, organized a big quiz mixing some of the children from the orphanage with the volunteers to answer questions about Ghana and other things. After that we had an exciting relay race with all of the children who were old enough to jump in sacks! The day ended with a tiring soccer match (or re-match for some of us!) with the Hour of Grace boys' soccer team.

For some of our other regions, we put together some quiz questions and fun facts about Africa – see how much you know!



1. How many countries are there in Africa?
2. What is the highest point in Africa?
3. Lowest point in Africa?
4. Longest river in Africa ?
5. Which countries does the Nile pass by ?
6. Which African countries are on the equator ?
7. What is Africa's most populated country ?
8. How many languages are spoken in Africa?
9. What are the most visited countries in Africa ?
10. Name one of the 3 countries bigger than the Sahara desert.
11. Which African countries have never been Under European colonial power ?
12. Which is the one country not part of the African Union?
13. What are the two most popular sports in Africa?
14. Where is Africa's only connection to other land?

1. 54 and a couple of disputed territories (Western Sahara and Somaliland). South Sudan is Africa's newest country, officially born on July 9, 2011
2. Mount Kilimanjaro in Tanzania (19340 feet / 5895 meters)
3. Lake Assai in Djibouti (515 feet / 155 meters below sea level)
4. Nile, also longest river in the world.
5. Uganda, Ethiopia, Sudan and Egypt.
6. The equator runs along for almost 2500 miles, passing through 6 countries: Gabon, Congo, Democratic Republic of Congo, Uganda, Kenya and Somalia.
7. Nigeria is the most populated country in Africa with an estimated population of 125 - 145 million people.
8. Over 2000.
9. Egypt, and in second place South Africa.
10. Russia, Canada or China.
11. Liberia and Ethiopia.
12. Morocco.
13. Football/Soccer and cricket.
14. The Sinai peninsula in Egypt.

MIRIAM OFUSU APPIAH

Miriam is the principal of St. Mary's school in Koforidua and is also a member of the Private Schools Association in Ghana. She is a single parent, and wants you to feel comfortable in her house and also to feel like a part of the family.

Miriam lives with her son, Owureku Clarence (2003), her sisters, Barbara (1983) and Victoria (1993), and a nephew, Andrew (1976). Miriam has other relations who visit occasionally.

Miriam's house is situated in Adweso, next to the main road into Koforidua. The house is near the Polytechnic junction and in front of the Prince of Peace Preparatory School.

Koforidua is the capital of the eastern region of Ghana. It has many of tourist attractions, stores, banks, a post office, internet cafes and petty traders.

The climate is cool and manageable because of the hilly topography. From Koforidua you can visit the Boti waterfalls, Kumasi (the garden city), and other interesting places.

Miriam hosts a maximum of eight volunteers. Your room, shared with another volunteer, will have two beds and plenty of space for clothes. The shower and toilet are shared with the family.

All volunteers in Ghana live with a local family and hence gain a rich and varied experience of Ghanaian life. Respecting the family's rules and customs and explaining your own culture are key to a happy home.

Meals will be a mixture of Ghanaian and western foods. The family are keen for you to try the local dishes, however, they appreciate the need for variety and that some people have particular tastes.

Miriam understands that volunteers like to go out in the evenings, but would like to know where you are going and prefers that you do not come home too late, particularly during the week, when you may disturb the family.



OUR MEDIA PROJECTS



There are many different ways to contribute to Ghanaian media through Projects Abroad, and it will surely give you something back! We have projects in several different areas and in two different regions.

In print media, we work with the Daily Graphic, Ghanaian Times, Business and Financial Times, and Central Press Newspaper. The volunteers have the opportunity to go to press conferences and to use their own initiatives to come up with stories, investigations or their own experiences which can be published.

Projects Abroad also works with several radio stations we've had volunteers placed at Choice FM, Radio Peace, Radio Atlantic and Vibe FM. Volunteers are often asked to write news for them, or to come up with the topics or discussions.

Our placements at Television stations include Metro TV, and TV3, in which the volunteers are part of the production staff. If you prove yourself, chances are you will get airtime!

In all media and journalism placements, the volunteers will have the opportunity to go to press conferences, and in the past they have met and interviewed some high-end people! Recently they have documented some of Projects Abroad's activities, and we enjoy reading their contributions.

Recently, an initiative through our Media Coordinator Sam Polley is the establishment of the Ghana group for Voices of the World. This is an online global program sponsored by Projects Abroad, desiring to give a platform to youth around the World to "express their opinions, desires and aspirations". Ghana's project takes place at Accra High School, with a group of 13 students who meet up after school hours. They will have the opportunity to write articles about issues in Ghana, which will be published on the Voices of the World website. Sam says that "so far, we have all had a good time in the workshops and the students have come up with some very good ideas regarding their articles!"

It is important for an aspiring journalism volunteers to understand that Ghanaian journalism is different in many respects than journalism in the Western world. Although it is very interesting to see the different rules about interacting with people, ethics and presenting information, it is important to stay open minded in your attitude with your co-workers. You'll be sure to have an interesting and enriching experience!

Read some of our volunteer's articles at Central Press Newspaper site - <http://centralpressnewspaper.blogspot.com>

To read more about Voices of the World, and to take a look at international articles, visit <http://www.voices-of-the-world.org/>



DONATION TO EASTERN REGIONAL HOSPITAL

Anne Moffat worked at the labour ward of the hospital for 6 weeks. On May 13th, she donated four stethoscopes and a Blood Pressure Apparatus to the Labour Ward of the Eastern Regional Hospital. She hopes the donation will help the Nurses at the hospital in their daily work at the Labour ward.

The head of department receiving the donations was very happy for the step Anne has taken and assured her that the stethoscopes and the Blood Pressure Apparatus will be put to good use to the benefit of the patients who visit the hospital.

DONATIONS IN CAPE COAST

This month, there have been many donations in Cape Coast! Each brought a smile in different types of placements.

First, Melany Kok donated to our teaching and care placement, Mother's Pride. The items included bicycles, toys and bags for the children to use happily.



Our rugby volunteer, Jamie Kimpton, made a donation to Central Region Rugby Academy. The children now have access to 20 more rugby balls!

Michael Tsang, a past medical volunteer in Cape Coast, saw the needs at the Ankarful Leprosy camp where our volunteers regularly have outreaches cleansing and dressing wounds. He donated gloves so that the work could be done efficiently and hygienically!

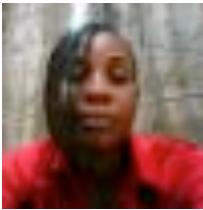
NATIONAL HEALTH INSURANCE DONATION IN KUMASI!

A previous Kumasi volunteer now working in Accra, has added a year of security to many children's lives in Kunsu (Nyame Bekyere)! She provided 385 children with National Health Insurance in this little village outside of Kumasi.



STAFF MEMBERS

YOUR TEACHING AND CARE STAFF



Rhoda Ashitey
Care Manager

A Ghanaian from a family of six, Rhoda graduated from the University for Development Studies in Ghana and has a certificate in Professional Project Management and Executive NGO management. Rhoda works with all of our projects in Accra.

Jessica Vance
Assistant Manager Care



Originally from Atlanta, Georgia, Jessica has a Bachelors of Arts in Political Science and Sociology and a Masters of Arts in Sociology, with a focus on improving education in developing countries. Prior to working in Ghana she was a lecturer, teaching sociology courses to college students. She has also worked with children at day care centers and summer camps for over six years. Jessica was a teaching volunteer in the Akuapem Hills in 2006 and is excited to be back working there! Jessica works with all of our volunteers in Akuapem Hills, Koforidua and the Volta Region.



Jenna Smith
Assistant Manager Care

Jenna grew up in Saudi Arabia, and in 2000 returned to her hometown of Atlanta, Georgia to complete high school and attend Georgia State University where she received her BA in Sociology. Her past experience includes working in children's schools in both Saudi Arabia and the USA, managing family oriented arts and crafts programs and caring for children at family shelters in the Atlanta area. In 2009 Jenna was a volunteer with Projects Abroad where she taught English to pre-school students in the Volta Region of Ghana. Jenna works with all of our volunteers in Cape coast and Kumasi.

WHAT'S GOING ON

OUR VOLTA VOLUNTEERS AT THE SERVICE OF GHANA'S HEALTH!



National Immunization Day

Ghana has been organising national immunizations for children 0-5 years to help them supplement their immunity. May 12th to 14th saw another NID which Projects Abroad volunteers took part in. The theme for this round was: "Do not loose your child to polio and anemia; act now!" This theme was chosen because polio could be eradicated if parents and care takers could make immunisations for their kids available and continue with routine services. Vitamin A as a food supplement was given to boost the immune system of the kids and their sight. De-worming was done to destroy all the worms in the body to avoid anemia in the kids.

A workshop was organised for both medical and non-medical volunteers by Eric, the medical coordinator for Projects Abroad, in an hour and a half were volunteers were talking through the rational of the exercise and the target group coupled with worksheet (tally sheet).

Volunteers learnt at the end of the day how to identify the age group without difficulty. They were taking through instances like how to use the milk teeth, weighing card and others to determine the ages of the kids without their parents, also they learned how to drop polio vaccine, administer vitamin A and dewormer. The demonstration was by Eric and counter demonstration by volunteers.



Polio Immunization Day

They started as early as 5:30 am, where volunteers and other local volunteers converged at the Ho municipal Assembly for packing for the days work. The coordinator of the program reminded volunteers about the importance of the programme and some key information to be given to care givers and parents, and finally wished each and every team good luck. The real work started at 6:00 am, where volunteers went from house to house, from door to door looking for the target group 0-5 years to immunize. Volunteers were well received by communities, homes, families and care givers. Although some families were not aware of the programme, they welcome volunteers. At the end of the day volunteers were excited as to the turn out of communities, families and care givers.

Day one captured 6077 kids in the Ho Municipality. The Programme ended on Saturday where the municipality recorded 94 per cent coverage of the target group.

VOLUNTEERS' CORNER



MY EXPERIENCE IN GHANA

From France, worked at Kumasi Children's Home in the Ashanti Region.

After ending my studies, I needed to experience something different to what I was used to in France. After a hard selection in all programs of Projects Abroad (with the help of a former volunteer), I chose to join the care program in Ghana. I have enjoyed living in and working at the Kumasi Children's Home, a governmental orphanage for almost 3 months now.

The majority of Ghanaians are friendly with "Obrunis", meaning 'white people' in Twi, the local language. You will have more "friends" here than at home in one week because they feel free to ask as a first question "Do you want to be my friend?"! They are really helpful and their motto is "It is nice to be nice"! I wrote the majority of Ghanaians because you can sometimes have bad experiences, in the mind of few "Obibini" (meaning 'black people' in Twi), Obruni is equal to money, and those ones are not embarrassed by asking for money, food, phones ...

Kumasi is the second biggest city in Ghana, and the capital of the Ashanti region. It is, I think, the best city to discover the African life without being isolated in a small village. The first difference that I noticed is the roads and transportation. Even if it is an important city, many roads are bad (no tar, big holes...) especially the secondary axes; and the drivers are crazy, without any real rules! To move in the city you can use 3 types of transportation, the drop taxi, which is the most expensive (especially if you are an Obruni, drivers always try to cheat us!), the shared taxi, the price and journey are always the same, and the trotros, a kind of minibus, that also have fixed prices and journeys. At the beginning it is difficult to understand how everything works! After one week, you know how to go to work, get home and to other important places (the Projects Abroad office, internet cafe and supermarket!). After 2 months, Kumasi is like your own city, and you can now guide the taxi driver to the places you want to go! You have to remember the principal roads, roundabouts and the names of the different areas and after that it is easy!

Kumasi is really interesting because there are a lot of things to do. During the week here, you work from 8am until 1 or 2pm and then you can go to visit some museums, explore the big market (and you need more than one afternoon to do that!), swim in different pools and lots more. Around Kumasi, there are some curious villages where you can relax around the lake Bosomtwe or discover how to make the typical clothes (kente, adinkra), how the cocoa is cultivated, and also listen to the chief and village's stories.

A "typical" week in Kumasi involves working in the morning, doing different kinds of activities in the afternoon, sharing your family's life in the evening and travelling on the weekends around Kumasi for one day or everywhere in Ghana for 2 or 3 days.

I am doing the care program and working at the Kumasi Children's Home. There are around 60 orphans divided in 3 homes, 2 for boys and 1 for girls. Nearby, there are a day care and a



primary school for the younger orphans and kids of the neighbourhood. Volunteers can help either in the homes or at the school. I am working in one of the boys' homes, where we have between 3 and 6 babies (from 1 month to 2 years) in the morning. We try to be there by around 8am to help the ladies wash and dress the youngsters before going to school. Then we give breakfast to the babies and try to stimulate them with different toys, books, or we can also go outside to the playground. At around 12pm we feed and bath them. When it is time for them to rest, we can leave! Some projects are developed with the orphanage's volunteers, like dedicate a volunteer to a handicapped boy so he can go to the day care, create a new class for the disabled kids, clean, paint some rooms of the school and sort out books in a future library. We also try to go once a week to the pool with different kids or to football games at the Stadium on Sundays. In my boy's home you know that, even if your stay is short, you are making a difference for the kids by seeing their improvements, beginning to smile for the younger or laughing, walking, talking, playing, etc. for the others. Finally, I think the best advice I can give before joining an orphanage program is to contact a volunteer that has already been there, just to be not too choked by the difference of culture, especially in education (for example beating kids because they don't want to eat, or locking all the toys away because kids are going to break them).

During the afternoons, you have a lot of options! The most pleasant ones are to go in to town with other volunteers, to go and play sports in some universities in Kumasi (you can ask the staff members, they can help you to find some places to play) and meet local people, to go shopping (to buy fabrics and make African clothes for example). The most boring thing, but essential, is to wash your clothes, with your hands of course (do not take any white clothes, they will never be white again because of all the dust here!).

Every Wednesday afternoon is the Projects Abroad meeting with the staff and all the volunteers. It is sometimes at the office to answer some funny quiz about Ghana or all our countries, to play some games or have drums and Ashanti dance lessons. Other times outings to the pool or to the orphanage are planned. It is the moment where you can get to know the other volunteers better, plan trips for the weekend or talk with the staff about your issues or worries. After that, everybody goes to dinner together, those nights you have to learn to be patient because you can wait one hour and half to have your food! At the beginning it could be difficult to be a new volunteer because others already know each other, but you quickly feel familiar with everybody! Meeting all these people from the whole world (especially Europe and North America) is also a part of making that experience so incredible! As for the staff in Kumasi, they are like big brothers to us! They take care of us when we are sick, listening to all our small or big problems at work, at home and also sometimes with local people, and give us good advice about the life in Kumasi! They are always available even when it's not their working hours.



In the evening or during the weekend in Kumasi, it is the moment where you can discover the Ghanaian life with your family. At the beginning, it is a discovery about the rhythm and habits of the family (waking up early, eating dinner around 4 or 5pm, experiencing the local food, like fufu, banku, kenkey or red-red), playing football with the kids, then when you are more familiar with them, they are happy to answer all your questions about education, religion, to give you advice about your travels, and also to learn more about you and your country.

Weekends are the moment to discover the whole Ghana, and it is crazy all the different landscapes you can see here! First step from Kumasi is Cape Coast, relaxing at the beach (just to be more tanned!), going to the canopy walk of the Kakum National Park, and visiting the castles and forts, and the smelling harbour of Elmina. The advantage of Cape Coast is that it is “only” five hours drive from Kumasi, on a bumpy road but not the worst of Ghana!

Then you can go and experience the quiet wildlife in Mole National Park in the northern part of Ghana. That weekend was one of my best times here. The area is so peaceful and beautiful, people of the village, Mognori, where we did a canoe safari were so nice, and seeing elephants, monkeys, and warthogs was amazing! We also went to Accra one weekend, an expensive but more continental city (malls, real roads, local people used to see Obrunis), with all the Projects Abroad’s volunteers and staff in Ghana to have a long walk from the office to an orphanage to spend the day with the kids there. I miss the Volta region that I am going to visit before I leave, and then I will have to come back to Ghana to see the northern and western parts! The biggest problem of all these travels is the transport; it’s so long, almost never comfortable (I will always remember the 5 hours sitting between to “African mamas” in a non air-conditioned bus, on a bumpy road!!). If you are too tired at the weekend to travel, staying in Kumasi is also really nice! You can go out to party (better on Friday because there are more people in the club!), relax at the pool at Tech University, go to see a football game at the Stadium to support the Kotoko team (from Kumasi), or visit a little village outside Kumasi to learn how to weave the Kente clothes and to see a cocoa farm, for example.



I do not really want to conclude this story because my time here is not finished yet and also because I hope I will come back here soon. I already know that it is one of the biggest experiences of my life, in terms of humanity, discovery, sharing, and learning from all those orphans and local people how to enjoy simple moments of life. Finally, I hope I gave you the desire to come and enjoy the Ghanaian way of life!

REGIONAL UPDATES

ACCRA

There has been a lot going on this month in Accra.

We are so happy to have started our new basketball project. The volunteers there are having a great time coaching basketball to young children who are all eager to learn. The children are getting better at basketball one day at a time, thanks to our volunteers.

Our Human Rights volunteers will be taking a trip next week to Obuasi on a mining project in a small village. They have been working extra hard on this project and hope to make a lasting difference.

Currently the journalists have been working hard and gaining successes in their placements at the Daily Graphic and Vibe FM. They have had some interesting stories published and often broadcasted across the Accra airwaves. *Voices of the World* is a new initiative in Accra. Read more about the Media Projects in the 'Projects' section!

Accra is still as lively as it used to be. Outside of placement, volunteers head to the cinema, the beach, Reggae Night at Labadi beach or Tawala, Ryan's Pub on Thursday's, the art market, La Palm for a day at the pool or they travel outside of Accra to places like Cape Coast, Volta region or the stilt village in the west of Ghana.

There is never a dull moment here in Accra – always things to do, people to see and places to go!

HO

This month, volunteers have been busy working for Ghana's health! They have taken part in Ghana's National Immunization Day from May 12th to 14th, and also the Polio Immunisation day, which covered 6077 children in one day! Great job.

The volunteers are also enjoying their weekly get-togethers at Quiz Night. To ensure that volunteers are acquainted with some basic Ewe, they had tests, organised frequently to ensure new volunteers especially become familiar with how to say "how much", "good morning", "how are you", "please", "what is your name", etc.

This month, the volunteers also met for the first time in a while at Hohoe instead of Ho. The Hohoe volunteers were grateful for that!

KOFORIDUA

Quiz Night in Koforidua is exciting in the month of May. Volunteers were taught how to play indoor games in Ghana. Ghanaian games are classified as being indoor or outdoor type. Our concentration was the indoor Ghanaian games to enable volunteers learn more about Ghana cultural games. An indoor game requires less physical movement and is often a competition of intellectual capacity. Oware, Dam and Ludo are some examples of indoor Ghanaian games.

Oware is an indoor game mostly played by two people but can be played by as many as six people. It is played using forty-eight marbles and a board containing twelve circular spaces. The spaces are set up in two rows with six spaces in each row. The game begins with four marbles in each space and each player performs a turn by removing all marbles from one space on his or her own side of the board and placing all of these marbles into every space proceeding counter clockwise direction until all of the marbles used up. A player's turn is not over until he or she sows his or her last marble into an empty hole. At such juncture the player's turn is up and the opponent gets to play. As the turn progresses, all groups of exactly four marbles in one space are collected. Group of four marbles are collected by the player on whose side the space containing the marbles is located. The only exception to this rule occurs when a player sows his or her last seed into a space on the opponent's side that already contains three marbles. Thus the player is creating a group of four marbles within the space owned by the opponent. The player who sows this final marble is only allowed to take this group of four when it ends his or her turn. The final end of the game comes when eight marbles are left on the board. At that point, the player who starts first in the game collects the remaining eight marbles.



"It's very exciting to play Oware" said by one volunteers as he wins against another volunteer.

CAPE COAST

Cape Coast has been more busy recently, with 25 volunteers and in preparation of the busy summer season programs!

You can read about the many donations in the 'Donations' section! Thanks to Melany, Jamie and Michael!



At quiz this month, they got to watch a travelling dance group called Foundation for Development of African Culture and Heritage (FODACH)! One of our volunteers, Michelle, has even joined this group as a part time activity, so that she can learn all of the Ghanaian dance moves to perfection. FODACH is an organization that aims to keep Ghanaian traditions alive, and does this through creative teaching, medical outreaches, as well as drumming and dancing performances.

You can read more about FODACH on their site: fodachgh.org

THE HILLS

This month, although starting out with about 20, the number of volunteers is on the increase as the summer is coming up!

The Wonderful Love Day Care, a former building project, is now up and running. The number of children has increased, so a new teacher is coming in to help the previous one. Projects Abroad supplied teaching materials for the kindergarten level.

The building project has started up, and the volunteers are finishing the foundation this month. The iron rods are up and they have made many bricks to build! For now there are about 15 volunteers working on this project!

The new farming land at Akokoa has been cleared and can be used as a demonstration farm! We are moving the last materials from the previous farming placement, which was at Larteh. This month there are 3 volunteers in farming, and they could do an outreach led by the farming coordinator, Isaac. They went to our care placement, Mount Zion Foster Home at Tinkong to do an outreach, and also left the children fruits and vegetables!

KUMASI

Former volunteers Milan, Stephan, Tijmen, Sandra, and Tiemen prepared a classroom for the mentally disabled children at the Kumasi Children's Home, so that they could go to school. The tables and chairs are in, and now the only thing needed is to group the children together, and for passionate volunteers to start teaching; something to think about if you are planning on doing a teaching project in Ghana.

The volunteers went through this month with their regular veterinary outreaches, and this month could participate in a session to castrate farm animals. So some of them got to castrate goats!

A former volunteer from 2009, Michael Abel, got married to a Ghanaian in Kumasi this month. Congratulations!

YOU KNOW YOU'RE IN GHANA WHEN ...

Here's Part 2 of a combination of the best ones from the Facebook sites "You know you're in Ghana when ...", "You know you're in Accra When ...", "You know you've been in Ghana too long when ...", and other alumni contributions. Enjoy!

- You know the hand signals for tro-tros.
- If you call Kwasi on the street, 20 guys turn around.
- Whatever you need can be bought from your car window.
- It's uncommon to only have one cell phone.
- People don't take traffic lights seriously, and who's to blame them, because sometimes they don't work!
- You've given up on wearing white clothes.
- Taxi drivers use their horns more than their brakes.
- "People use friendliness as a form of marketing."
- If you have running water all week, you wonder if something's wrong with the water company.
- "50 GHc worth of groceries can fit in one bag."
- "You have a minimum of 5 'worst tro-tro ride ever' stories."
- You don't notice the Fanlce honking anymore. Except if you're hungry.
- "You secretly envy Taxi drivers for their driving skills."
- "2 GHc to cross a bridge is a fair price. 3 GHc (to avoid police inspection) is even better."
- "If you're in Accra, work starts at 8 but you have to leave at 5 to beat the traffic."
- "Do Not Walk" means 'If You Do, Do It Quickly'
- You can't see it now, but you *will* miss the rice when you get back.
- Why wait on the sidewalk when you can wait as close as possible to the cars in order to cross faster?
- "Local news is national news."
- You are impressed at how long shops are open, but later on you're disappointed whenever they're closed.
- Yellow light means speed up. Red light also means speed up because you know there's 1 second until the other light turns green.
- You know that your tro-tro will inevitably break down at least once.
- "You hear "Yes! Pure water!" which sounds like "icepurewater", and is so welcoming in the heat."
- "Sleeping at the work place is a common thing."
- "You can open a plastic sachet of pure water with your teeth without spilling a drop."
- Communicating with people on the road only takes one finger.
- It's perfectly normal to answer a phone call during a meeting.
- You know how to speak pidgin English – just add 'dey' every few words, and 'Charley' every few sentences.
- You forget what silence sounds like, and when there's absolute silence it kind of scares you.

SOCIAL MEDIA

Guys!

Don't forget to join our official Facebook Group for each placement region:

Hills: <http://www.facebook.com/group.php?gid=2355118946>

Kumasi: <http://www.facebook.com/group.php?gid=2330126047>

Koforidua: http://www.facebook.com/home.php?sk=group_189429624434431

Ho: <http://www.facebook.com/group.php?gid=24364808701>

Cape Coast: <http://www.facebook.com/group.php?gid=2450760029>

Accra: <http://www.facebook.com/group.php?gid=2581495079>

Up coming Human Rights volunteers, please check out what's up on the PAHRO link: <http://www.facebook.com/group.php?gid=113609401994015>

Country Blog:

http://www.mytripblog.org/mod/blog/group_blogs.php?gl=true&group_guid=2915

We're sure you will meet some past, current and upcoming volunteers, and we trust you will share ideas, tips and stories!

It's time to NETWORK!!!

SOME IMPORTANT CONTACT INFORMATION

Kotoka International Airport (Info. Desk)

Tel: 00233302776171

Police

Tel: 191

Fire Service

Tel: 192