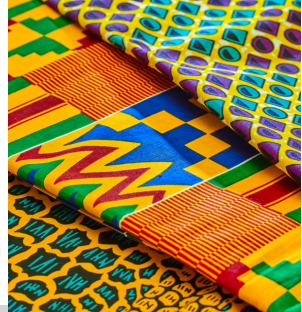


# Ghana: The African Perspective on Social Issues, Care, and Cultural Approaches to Serving Community

May 18 - 31, 2024



Travel the Black World  
with Us



# University of Minnesota School of Social Work Study Abroad Ghana Itinerary

May 18 - 31, 2024

## May 17, 2024: University of Minnesota Students and Faculty fly to Ghana

### Day 1: May 18, 2024

#### Accra

- Arrival at the Kotoka International Airport in Accra, Ghana (ACC)
- Check in to the "Guest House"
- "Akwaaba" Welcome Reception and Dinner with African Dance Performance

### Day 2: May 19, 2024

#### Accra

- Meet our local guide Nii Tetteh Afortey. Nii Tetteh is a community organizer, Pan-Africanist, father, and husband who was born and raised in Accra. He carries a wealth of knowledge about the history, politics, and culture of Ghana. He will be with the group for the entire trip to offer knowledge and support to the learning needs of the students.
- Exchange funds from U.S. dollar to the Ghanaian Cedi
- Accra City Tour and visit to the Accra National Museum
- Lunch
- Visit to the Makola Market to shop for African print fabrics for hand sewn clothing options
- Meet with seamstress to take measurements for hand sewn clothes.

### Day 3: May 20, 2024

#### Accra

- Tour of the University of Ghana
- Visit with the Chair of Social Work Dr. Austina Naomi
- Participate in a Panel Discussion with Faculty and Students from the Social Work Department on the topic, Social Work: Attending to the Needs of the People
- Lunch
- with special guest Dr. Mjiba Frehiwot Institute of African Studies, University of Ghana

### Day 4: May 21, 2024

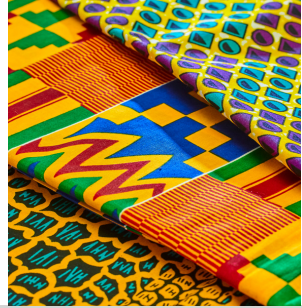
#### Accra

- Visit to the Kwame Nkrumah Mausoleum, the last resting place of the first President of Ghana, Osagyefo Dr. Kwame Nkrumah. This site is dedicated to him for his outstanding campaign to liberate Ghana from British colonial rule
- Assignment: Gender and Market Economics. Visit to the Accra Arts Center, a large crafts market with cloth, instruments, furniture, beads, traditional clothing and more. This is a great place to purchase local art, fabrics, carvings, and clothing to take home. Students will conduct an interactive assignment in the market to learn more about the role of women in the local market economy
- Lunch
- Visit and discussion with DOVVSU Child Abuse Unit to learn about the systems in place that intervene in cases of abuse and role Social Workers play in the process

### Day 5: May 22, 2024

#### Accra

- Assignment: "Walk a Day in My Shoes".
- Students take local transportation on the "Trotro" to spend the day with workers of various occupations. Students will be partnered with a worker that is trusted and well known by the organizers to experience more about day-to-day life in Ghana
- Lunch group reflection on the experience to learn from each other
- Visit to the ARK Foundation, an advocacy-based NGO based in Accra that focuses on providing protection for women and children
- Discussion on gender based violence and child abuse



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## Day 6: May 23, 2024

### Depart for Drive to Kumasi

- Early departure to Kumasi the Seat of the Ashanti Empire Donkor Nsuo
- Check in to the Guest House
- Lunch
- Visit to the Manhyia Palace Museum. This African art museum, seated within the grounds of the Manhyia Palace, serves as a vibrant testament to the Ashanti nation's past and a beacon of cultural legacy that transcends the borders of Ghana
- Guided tour of the Kumasi Center for National Culture to learn more about Ashanti Culture

## Day 7: May 24, 2024

### Depart for Drive to Cape Coast

- Visit to Bonwire Village where students can try their hand at traditional weaving. After this time of learning a bit of the craft, students will participate in an Akan Naming Ceremony, where the chief and leaders designate students with a traditional name with drum and dance. Students will leave with a stronger understanding of the culture of Ghana
- Lunch
- Visit to Assin Manso Ancestral Slave River Site. Assin Manso Ancestral Slave River Park was one of the largest slave markets for gathering people to sell into slavery during the infamous trans-Atlantic slave trade. It is especially worth seeing as a prelude to viewing Cape Coast slave castle since you will be following the route taken by the ancestors of many African Americans.
- Check in to Guest House

## Day 8: May 25, 2024

### African Liberation Day

#### Cape Coast

- Visit to the Cape Coast Slave Dungeon to experience and learn more about the enslavement of African people by Europeans. Stand at the Door of No Return to get a glimpse of the horrific experience of capture and resistance. Due to the emotional and often spiritual impact of this visit, Brother Cohain an expert on tradition, Sankofa, and remembrance will serve as our guide and offer time for ritual and group processing
- Lunch at One Africa on the ocean to relax and reflect

## Day 9: May 26, 2024

### Depart for the Drive back to Accra

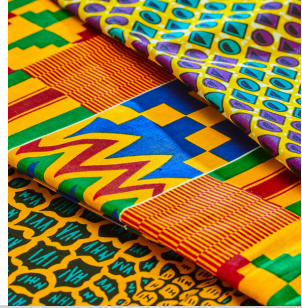
#### Accra

- Free Day on the beach
- Meet with seamstress who will bring the clothes designed for students
- Free evening to enjoy Ghanaian night life

## Day 10: May 27, 2024

#### Accra

- Lecture on Ghana's Education System to learn about the structure, strengths and challenges of the educational system and the role it plays in the lives of youth and families
- Visit to a local high school to exchange with teachers and students for a more personal view of the educational system
- University of Minnesota students will give school supplies as donation to the high school



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### Day 11: May 28, 2024

#### Accra

- Lecture on LGBTQ+ rights and experiences to learn about how Social Workers support this community
- Visit to West African Aides Foundation to learn about services, stigma, and outreach efforts
- Lunch
- Lecture on Family, Aging and Serving Elders within an African Cultural Frame by University of Ghana School of Social Work faculty
- Visit to Help Age, a Ghanaian organization that serves the elderly to learn more about direct service, care, and holistic support needs

### Day 12: May 29, 2024

#### Accra

- Day trip to Shai Hills Resource Reserve, a nature reserve and monkey sanctuary (light walking/hike so wear good walking/tennis shoes)
- Lunch
- Visit to Cedi Bead Village- renowned traditional Krobo bead production site. Students will participate in a traditional bead making demonstration by famed artisan Baba Cedi. There will be opportunities to purchase beads for gifts to take home.
- Drive back to Accra

### Day 13: May 30, 2024

#### Accra

- Free Day
- Farewell Dinner and Reflection on What We have Learned from our visit to Ghana

### Day 14: May 31, 2024

- Return flight back to the U.S.