



GHANA: COACHING SPORTS PROJECT

AKWAABA - which means "welcome" - is never more meaningful than in Ghana. The Ghanaian people are among the friendliest in Africa. So ... **AKWAABA** to this beautiful country!

Many children in Ghana don't have the opportunity to receive proper coaching at a young age and they lack the basic ball skills and understanding of the game compared to those in Europe. You will be able to harness their enthusiasm and teach them how to use their raw talent more effectively and in a structured way.

WHAT DO YOU GET?

- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.
- Experienced local staff with 24/7 back-up and support who'll meet you at the airport on your arrival - helps you **feel safe and never alone!**
- An in-depth Induction makes you **feel local straight away!**
- A unique insight into another culture – **see it from the inside** in a way you could never do as a tourist.
- An opportunity to **make lifelong friends from all over the world.**
- And best of all ... **an unforgettable experience!**



► SUMMARY FACTFILE

Start Dates	All year round - you choose your start and finish dates! Please check school term dates
Duration	Minimum stay 2 weeks and up to 1 year, subject to visa requirements
Requirements	No experience necessary, but you must be an enthusiastic person who enjoys playing the game.
Price	From £795 / US\$1,195 for 2 weeks, ranging to £1,795/ US\$2,695 for 12 weeks. Full Price List
What's included	► Accommodation ► Food ► Meeting you at the Airport ► Transfer to your accommodation ► Transport to and from your project ► Full pre-departure support ► Local in-country team support and backup ► 24-hr emergency support ► Two free T-shirts.
What's not included	Flights, Insurance, Cost of Visas (if a visa is required, but we'll provide necessary documents and assistance), Return transfer to airport.
Who can do this Project?	All our projects are open to all nationalities. Unless otherwise stated, you need to be aged between 17 and 70+

PROGRAMME OVERVIEW:

Ghana is a wonderfully welcoming country and the people are overwhelmingly hospitable and friendly. They love their music, dancing and socialising, and this, together with lots of glorious open African country and sunshine, contribute to making your travel adventure to Ghana very special.

The schools are a mixture of primary, junior and secondary. You will generally be asked to teach to all age groups. You are very likely to be in popular demand everywhere - in and out of the classroom. We're looking for sport enthusiasts as volunteers who can continue with the ground work started by previous volunteers. We run a number of successful tournaments and you can get involved in the running of these tournaments.

As there is very little sports infrastructure and little opportunity for schools to play in competitive tournaments in Ghana, Travellers have created a number of tournaments which allow the children to use the skills they have learnt from the volunteers and put them into practice playing against other schools. If you are involved in one of the Travellers tournaments, it will be the highlight of your placement. You'll see how all of the work you have done on your placement will have paid off - and to see the enjoyment it brings to the children is priceless. Coaching sports is part time alongside Teaching English and other subjects.



The Football Programme

If you're a football enthusiast, what better way to share your passion for the sport than to take it to the vibrant country of Ghana and see the children's faces light up!

Football is a massive sport and played by millions across the country on typical African dirt pitches. Ghana's recent excellent performance in the 2010 football world cup showed the country's potential to be a major football force in world football and in Africa. Ghana has an abundance of undiscovered talent.

The Ghanaian children are very keen on the sport and the affect that our football volunteers have on the children is immeasurable. Football will not only improve the children's English but also their general team work, reaction abilities, awareness abilities, fitness and also it will teach them the proper skills and rules involved with the game.

On this very rewarding project, you'll work with a number of schools in Accra, coaching football during lesson times and coaching the school teams after school. You could also be involved in organising, managing and running the Travellers Football Tournaments. You'll probably also start to organise the schools under 12s and under 14s teams to take part in the **Travellers Football Tournament** at the end of your placement. This football tournament will be the highlight of your placement as it will show that all your hard work has paid off and it will also allow the children you coach to have an opportunity to play competitive football, an opportunity they would not have without our volunteers.



The Cricket Programme

If you're a cricket enthusiast, what better way to share your passion for the sport than to take it to the hot, dusty fields of Ghana and see the children's faces light up.

Travellers have teamed up with the **Ghana Cricket Association** to create a cricket development program which will allows the Ghana Cricket Association to apply for additional funding from the ICB (International Cricket Board) which will help fund cricket in Ghana.

As part of the cricket development program as a volunteer you will be coaching at a number of schools in Accra coaching a mixture of age groups, where you will start to organise the schools under 12s and under 14s teams to take part in the **Travellers Cricket Tournament** at the end of your placement. This cricket tournament will be the highlight of your placement as



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it will show that all your hard work has paid off and it will also allow the children you coach to have an opportunity to play competitive cricket, an opportunity they would not have without our volunteers.

You'll probably work in a few different schools, depending on your timetable. Part of the uniqueness of Cricket is that the game also embodies a philosophy and discipline based on "fair play" and other life skills - so you'll actually be teaching the children more than 'just cricket'!

The kids at the school who are involved in the cricket project so far have certainly taken to it in a big way! The game is virtually unknown in Ghana so this project is unique. The kids love it and the appeal is stretching to both boys and girls.

Some of the teachers are keen to learn the game and help out in cricket sessions, and we believe that this will help to expand the game not only in the schools, but also in the entire community

Free Coaching Manuals

You will be given free coaching manuals specifically designed for your placement in Ghana, as well as other manuals on warming up exercises, etc.

As a volunteer sports coach with Travellers, we have arranged for you to get a year's free subscription to a Coaching website. With this membership (which normally comes with a price tag of £39.99), you automatically become a member of the International Coaches Association (ICA) and join a community of coaches from over 65 countries.

The ICA is rapidly growing into one of the largest coaching organizations in the world. This subscription will allow you access to over 4,000 pages of the best interactive, online soccer and football coaching information.

Although they deal mainly with soccer, the coaching principles are the same for all sports and will be helpful for you in teaching any sport. This excellent resource should hopefully be able to give you a few tips that will benefit both you and the children that you'll be coaching, and enable you to gain the maximum enjoyment from your placement.

Teaching Other Subjects

Coaching sports may not fill up your timetable, therefore you will also be asked to help teach other subjects as well, such as conversational English or even other sports, if you'd like to. You don't need any qualifications to participate in a teaching placement in Ghana, but a good level of English and enthusiasm is required.

Work Content

For **Football**, the children you will coach are a mixture of primary and junior secondary. Coaching will usually typically take place from 3.00-6.00 p.m.

For **Cricket**, at the moment teaching cricket takes place in four schools and you'll probably work at all four. Part of the uniqueness of Cricket is that the game also embodies a philosophy and discipline based on "fair play" and other life skills - so you'll actually be teaching the children more than 'just cricket'!

We're looking for cricket enthusiasts as volunteers who can continue with the ground work started by previous volunteers. We run a number of successful cricket tournaments and you can get involved in the running of these tournaments

For both sports, the schools we work with are a mixture of primary, junior and secondary. You will generally be asked to coach football to all age groups. You are very likely to be in popular demand everywhere – on and off the pitch.

LOCATION:

Accra, on the coast of the Gulf of Guinea, is both big-city hectic and African laid-back. Accra may not be one of the prettiest cities by Western standards, but there is something else this African city has that makes up for lack of planning and fancy buildings. It is a



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wonderful city to experience. It is full of character, has a warm feel, is extremely friendly and feels very safe. It also has some great beaches!

Spend a few hours in the breezy capital of Accra and you'll swear the wind and waves off the Gulf of Guinea have infused the land and people with equatorial warmth. It is a city that is young, wild and full of soul and here you'll sample the true African spirit. During the day, the streets are full of market stalls and vendors where you can browse and buy mouth-watering foods, colourful Kente Cloth, beads, or baskets. Don't forget to practice your haggling.

During the night the city comes alive with the traditional Ghanaian 'spot' bars and the sound of live drumming music in the warm night air. Village-specific festivals and events occur throughout the year.

ACCOMMODATION & FOOD:

You will either stay in a host family or a family run guest house, depending on which area you are located in. This means that you will get to eat, sleep, work, socialise and generally live like a Ghanaian. Local family stays enable you to fully experience the local culture from the inside.

Many of our volunteers remain friends with their host families long after they leave Ghana and in some cases they return to the country later especially to visit their family. Sometimes members of their Ghanaian family have even gone to visit them in their home country.

They will look after you superbly and often our volunteers comment how they feel more like being part of the family than a guest! By far the vast majority will do their best to make you feel happy and part of their family.

The houses are fairly basic but will have all the basic facilities like kitchens and bathroom, telephone, television, radio and running water.

Food: Food will be prepared for you and will consist of local cuisine - again this is to enable you to fully experience living as local Ghanaians do.

VISAS:

Visas are required and must be purchased before departure. We'll liaise with you about your visa requirements, if any, and make the Visa process very easy.

FLIGHTS:

You have the option to arrange your own flights or we can assist you with your flight arrangements. If you would like us to do this for you, we will liaise with you regarding available flights and dates to suit you. All arrangements for your flight bookings/payments will be fulfilled by [Murray Rogers Travel Limited](#), ATOL No. 6856.

INDUCTION ON ARRIVAL:

When you arrive, you will be welcomed at the airport by our Ghanaian Organiser, who will take you to your accommodation. During your first few days you will be given an induction so that you can learn about Accra and its culture, as well as useful information like how to use the transport system etc.

COSTS:

Please see the prices pages of our website [Full Price List](#). The price of this project is a reflection of the following costs:

✓ Accommodation

✓ Food



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- ✓ Meeting you at the airport
- ✓ Transport to and from your project
- ✓ Local in-country team support and backup
- ✓ 24hr emergency helpline
- ✓ Full pre-departure support
- ✓ UK administration
- ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations)
- ✓ Project Research/Site Inspection
- ✓ Staff Training/Equipment
- ✓ Donations to worthwhile projects

HOW YOU MAKE A DIFFERENCE:

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible.

For every volunteer, a donation is made by Travellers on your behalf into the **Bridge The Gap Foundation**. This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.



COUNTRY PROFILE:

The atmosphere in Ghana is extraordinary; with its run-down shacks, half completed buildings and people trying to sell you anything and everything. From the moment you step off the plane you realise that you have arrived in a very different place and you're about to have a completely new cultural experience!

The country has an air of excitement as people strive for achievement and improved quality of life. It is a country that is full of hope and optimism. Ghanaians are proud of their culture and love welcoming people from outside to integrate and mix in with their local customs and way of living.

The air has an amazing aroma; a mixture of charcoal and local dishes cooking over an open pot. The sounds of the energetic tribal language being spoken around you will assure you.... you have landed in Africa!

Ghana is a country of cheerful anticipation. You will find that you are welcome anywhere and everywhere. The people are extremely friendly and hospitable and Ghanaians are proud of their culture and love welcoming people from outside to integrate and mix in with their local customs and way of living.

Ghana is an exciting modern African culture – open, musical and diverse. Although the country is poor, recently it has attracted new money and Ghanaians are returning from abroad and bringing new investment and ideas with them. Ghana is a stable country and truly delightful to work in and visit. It is now one of the most dynamic countries in West Africa. It was the first country in Africa to gain independence from the British Empire on the 6th of March, 1957, and today Ghana retains a remarkable sense of independence. The country is bursting with customs and tradition and has a long, rich history of crafts-people.

Ghana is very much isolated from what goes in the Western world. When walking around the streets of Accra (the capital city) you won't find any Beckham shirts, McDonald's or other touristy gimmicks; just real people living real Ghanaian lives. Ghana is warm, friendly and feels remarkably safe. You sense that you really are in Africa. Much of the attraction of Ghana results from its legacy as the centre of the gold, ivory, and slave trade during the 17th and 18th centuries, when the mighty Ashanti Empire held sway here. However, Ghana also possesses one of the best game reserves in West Africa, a multitude of good beaches, and plenty of hospitality.

For people who are looking to escape from the comforts and routines of our world and to enter a country that has a proud African culture and heritage, then Akwaaba [welcome] to Ghana.



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There really is no 'best' time to visit Ghana, as the temperature is always Africa-hot and if rainfall doesn't soak you, then the humid air will. In the south there are two rainy seasons, from April to June and September to November. Temperatures range between 21 and 32 degrees C, highest in March and lowest in August. Whatever the season, the weather gets more arid the farther inland you go.

THINGS TO DO IN: GHANA

- **The Makola Market** is a large and famous busy open-air market attended by traders from surrounding villages. Run by women traders, Makola is a place where you can buy anything you need - manufactured and imported foods, fresh produce, tools, medicines, shoes, and pots and pans.
- **The Osu Night Market** is illuminated by hundreds of lanterns and candles and is a great place to experience authentic Ghanaian Cuisine. Local dishes like banku and kenkey are cooked freshly and served with assorted grilled fish and prawns, all prepared while you wait.
- **Accra's National Theatre** where you can watch a musical show, play or dance performance, for a real Ghanaian experience!
- **Ghanaian Festivals** are annual events in each region. Enjoy drumming, dancing and feasting with the locals! Each region has its own affirmation of tribal values, the remembrance of ancestors and past leaders, and the purification of the state in preparation for another year.
- **Safaris Galore!** Owabi Wildlife Sanctuary, Bia National Park, Bui National Park, Mole Game Reserve and Kakum Nature Reserve are all good options for hiking and exploring the savannah and rainforest. The Shai Hills Game Reserve can be explored on horseback.
- **Mole National Park** is a must see! Explore the largest and one of the best-equipped nature reserves. Visitors can explore either on foot or 4-wheel drive vehicle, but must always be accompanied by a guide. Camp and discover the area at will.
- **Beaches** are always a popular attraction. Labadi Pleasure beach, Kokrobite beach, Coco Beach Resort, Dixcove, Busua and Ada offer tropical palms, spectacular Atlantic breakers and swimming.
- **Lake Volta** Enjoy a round trip on the car ferry to Kete-Krachi to visit the largest manmade lake on earth; alternatively, take the three-day trip to the northern capital of New Tamale at the head of the lake. There are great facilities for water-sports.
- **Lake Bosomtwi** Is great for diving, swimming and mountaineering. Take a multi-day canoe trip through the mangrove jungle of the Ankobra River.
- **Aduklu Mountain** is a great place to visit for those who enjoy hiking. Tours are available through the Ministry of Tourism, and Afadjato Mountain in the Volta region attracts climbers of all ages. Mount Afadjato and Togbo Falls at Liati Wote are excellent for hiking.



WHY GO WITH TRAVELLERS WORLDWIDE?

- Professional work experience placements
- 15 years' experience sending thousands of participants overseas, plus the largest variety of **flexible projects** that are **value for money!**
- Excellent support - second to none in the industry
- Accredited projects helps **appeal to future employers**
- Your own dedicated Project Co-ordinator to answer all questions prior to, during and after your **trip of a lifetime!**
- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our **EXTRANET, available from anywhere, 24/7.**
- 24/7 emergency helpline for you and your family

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- Free pick up from the nearest airport.

VOLUNTEER FEEDBACK:

“I would have to say that the Travellers Football Tournament we have just completed, pitting the U12 teams from the schools where we coach, together in a day of festivities was a joy to watch. The kids were infectiously enthusiastic, friendly and genuinely talented at every school we worked at. We generally did 3 or 4 sessions a day, usually around an hour in length.”

The level of cricket at the Tournament may not have been high, but it was one of the most enjoyable days I have spent on a cricket pitch. I've watched and played cricket all over the world, at all levels and only on rare occasions have I felt like I did after the Tournament was over. The rush of pleasure from seeing how much the children enjoyed it was for me unrivalled.”

HOW TO BOOK:

Please complete a [booking form](#) online or you can send a postal booking from our free brochure. When we receive this, we'll telephone you to discuss the details and then start the exciting process of planning your trip!

We do hope you'll join us and are confident that you'll find this an incredible experience. Don't hesitate to contact us with any questions - we'll be happy to help you plan your exciting adventure!

You may also be interested in other courses with Travellers, or do other projects in Ghana – please visit our [website](#) for details of all our projects. In fact you can choose from over 300 projects in 19 countries!

Make a Difference – Get Involved!



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