



Example 2 Week Itinerary

Childcare & Community Work in Ghana



\*The following is an example itinerary. Please note arrangements change from year to year and session to session based on the goals of the programme, need of the community, and size of the groups. Please use this itinerary as a general guide to the structure of the projects.

Day No.	Weekday	Time	Activity
1	Sunday	All day	ARRIVAL: Transfer to Akuapem Hills
2	Monday	Morning	• Breakfast, followed by local area orientation and project introduction.
		Afternoon	• Welcome lunch at a local restaurant, followed by a trip to the shops to change money and set up local phones. • Cultural induction and childcare workshop
		Evening	• Dinner & games
3	Tuesday	Morning	• Breakfast, followed by an orientation and introduction to the Care placement. Start doing renovation work.
		Early Afternoon	• Lunch
		Afternoon	• Educational activities with the children
		Evening	• Local Twi language lesson before dinner at the host family.
4	Wednesday	Morning	• Breakfast before heading to a local school for light renovation work.
		Early Afternoon	• Lunch at the school
		Afternoon	• Care activities with the children
		Late Afternoon	• Care activity workshop at our local office
		Evening	• Dinner, followed by a quiz night.
5	Thursday	Morning	• Breakfast, followed by educational activities with children.
		Early Afternoon	• Lunch at the school
		Afternoon	• Social visit to Aburi Botanical Gardens and traditional arts and crafts market
		Late Afternoon	• African drumming and dancing session
		Evening	• Dinner at a local restaurant
6	Friday	Morning	• Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch at the school
		Afternoon	• Games with the children
		Evening	• Dinner and games night at host family
7	Saturday	All day	Trip to Cape Coast. Activities include: Cape Coast Castle, beach picnic, cultural display and live music.
8	Sunday	All day	Trip to Cape Coast Activities include: Kakum National Park, Canopy walk, Alligator watching and shopping
9	Monday	Morning	• Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch at the school
		Afternoon	• Educational activities with children
		Evening	• Local Twi language lesson before dinner at the host family.
10	Tuesday	Morning	• Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch at the school
		Afternoon	• Educational activities with children
		Evening	• Twi Language class followed by dinner and a movie night.
11	Wednesday	Morning	• Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch at school
		Afternoon	• Educational activities with children
		Late Afternoon	• Cooking class
		Evening	• Dinner and games
12	Thursday	Morning	• Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch at the school
		Afternoon	• Hygiene games with children • African Drumming and Dancing lesson
		Evening	• Dinner at host family
13	Friday	Morning	• Breakfast before heading to school to finish renovation work.
		Early Afternoon	• Lunch at school
		Afternoon	• Hygiene games with children
		Evening	• Farewell dinner at local restaurant
14	Saturday	All day	DEPARTURE: Transfer to Accra airport



Example 4 Week Itinerary  
Childcare & Community Work  
in Ghana

\*The following is an example itinerary. Please note arrangements change from year to year and session to session based on the goals of the programme, need of the community, and size of the groups. Please use this itinerary as a general guide to the structure of the projects.

Day No.	Weekday	Time	Activity
1	Sunday	All day	ARRIVAL: Transfer to Akuapem Hills
2	Monday	Morning	• Breakfast, followed by local area orientation and project introduction.
		Afternoon	• Welcome lunch at a local restaurant, followed by a trip to the shops to change money and set up local phones. • Cultural induction and childcare workshop
		Evening	• Dinner & games
3	Tuesday	Morning	• Breakfast, followed by an orientation and introduction to the Care placement. Start doing renovation work.
		Early Afternoon	• Lunch
		Afternoon	• Educational activities with the children
		Evening	• Local Twi language lesson before dinner at the host family.
4	Wednesday	Morning	• Breakfast before heading to a local school for light renovation work.
		Early Afternoon	• Lunch at the school
		Afternoon	• Care activities with the children
		Late Afternoon	• Care activity workshop at our local office
		Evening	• Dinner, followed by a quiz night.
5	Thursday	Morning	• Breakfast, followed by educational activities with children.
		Early Afternoon	• Lunch at the school
		Afternoon	• Social visit to Aburi Botanical Gardens and traditional arts and crafts market
		Late Afternoon	• African drumming and dancing session
		Evening	• Dinner at a local restaurant
6	Friday	Morning	• Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch at the school
		Afternoon	• Games with the children
		Evening	• Dinner and games night at host family
7	Saturday	All day	Trip to Cape Coast. Activities include: Cape Coast Castle, beach picnic, cultural display and live music.
8	Sunday	All day	Trip to Cape Coast Activities include: Kakum National Park, Canopy walk, Alligator watching and shopping
9	Monday	Morning	• Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch at the school
		Afternoon	• Educational activities with children
		Evening	• Local Twi language lesson before dinner at the host family.
10	Tuesday	Morning	• Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch at the school
		Afternoon	• Educational activities with children
		Evening	• Twi Language class followed by dinner and a movie night.
11	Wednesday	Morning	• Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch at school
		Afternoon	• Educational activities with children
		Late Afternoon	• Cooking class
		Evening	• Dinner and games
12	Thursday	Morning	• Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch at the school
		Afternoon	• Hygiene games with children • African Drumming and Dancing lesson
		Evening	• Dinner at host family
13	Friday	Morning	• Breakfast before heading to school to finish renovation work.
		Early Afternoon	• Lunch at school
		Afternoon	• Hygiene games with children
		Evening	• Farewell dinner at local restaurant
14	Saturday	All day	Trip to Boti Waterfalls and Umbrella Rock. Have a picnic and go hiking.
15	Sunday	All day	Travel to Sajuna Beach Club for games and swimming. Take a boat ride on Volta Lake.
16	Monday	Morning	• Breakfast before heading to a local school for light renovation work.
		Early Afternoon	• Lunch at the school
		Afternoon	• Educational activities with children
		Late Afternoon	• Twi Language lesson
		Evening	• Dinner & movie night
17	Tuesday	Morning	• Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch
		Afternoon	• Educational activities with children
		Evening	• Cooking lesson before dinner and games night
18	Wednesday	Morning	• Breakfast before heading to a local school for light renovation work.
		Early Afternoon	• Lunch at school
		Afternoon	• Care activities with the children
		Evening	• Dinner, followed by a quiz night.
19	Thursday	Morning	• Breakfast, followed by educational activities with children.
		Early Afternoon	• Lunch at the school
		Afternoon	• Care activities with the children
		Late Afternoon	• Walk around the community
		Evening	• Dinner with host family
20	Friday	Morning	• Breakfast before heading to school to finish renovation work.
		Early Afternoon	• Lunch at school
		Afternoon	• Drumming and dance lesson
		Evening	• Dinner at host family
21	Saturday	All day	Visit the chief's palace in Kumasi and go swimming at a pool.
22	Sunday	All day	Visit a local church. Have free time in the afternoon.
23	Monday	Morning	• Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch at the school
		Afternoon	• Educational activities with children
		Evening	• Ice cream and walk before dinner at the host family.
24	Tuesday	Morning	• Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch at the school
		Afternoon	• Educational activities with children
		Evening	• Dinner and games with host family
25	Wednesday	Morning	• Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch at the school
		Afternoon	• Educational activities with children
		Late Afternoon	• Cooking class
		Evening	• Dinner and games
26	Thursday	Morning	• Breakfast before heading to school for light renovation work.
		Early Afternoon	• Lunch at the school
		Afternoon	• Hygiene games with children • Visit local bead market
		Evening	• Dinner with host family
27	Friday	Morning	• Breakfast before heading to school to finish renovation work.
		Early Afternoon	• Lunch at school
		Afternoon	• Hygiene games with children
		Evening	• Farewell dinner at local restaurant
14	Saturday	All day	DEPARTURE: Transfer to Accra airport