

Be a volunteer at Compassion4Humanity Ghana



You are looking for a way to volunteer abroad, give a helping hand and gain a unique cultural experience. Thank you for your interest in C4H. We would like to explain our program, what you can expect from us and what we expect from you. We offer various programs at different costs. You can participate on your own, with friends, family or colleagues. You can stay for two, three or four weeks. You will live with a Ghanaian family and work side by side with the local people.

In this way you experience the Ghanaian hospitality while helping to improve the future of the children of Adawso.

What can you expect?

[Ghana](#) is a West-African country, bordered by the Ivory Coast in the west, Burkina Faso in



the north, Togo in the east and the Gulf of Guinea and Atlantic Ocean in the south. In 1957, it became the first African nation to declare independence from European colonization. Since then Ghana is a constitutional democracy. It is a stable country with a free press. The official language is English. Ghana has a population of approximately 27 million. The Ghanaians are known for their friendliness and hospitality.

As a volunteer of C4H you will get to know Ghana and experience everyday life during your stay with a carefully selected host family. They will be happy to receive you and will try to make you feel at home. You will eat with the family. Breakfast generally consists of tea or coffee, toast and fruit. A typical lunch can include meat and vegetables with rice or noodles, while dinner may consist of more traditional food, such as fufu and banku. If you have special dietary requirements, please let us know ahead of time so we can try to make arrangements for you. Note that this will not always be possible due to the limited availability of dietary products.

During your stay at the host family you will have a private, lockable room. The toilet and shower is shared with the family members. There will be water and electricity in the house. However, the water and electricity systems are saddled with a number of interruptions. The sanitary systems are probably not equivalent to what you are used to back home. Telephone and Internet access can be limited.



First days

C4H will pick you up at the airport and bring you to a basic hotel in Accra. The next morning our guide will assist you with changing money, buying a local SIM card and other items you might need for your stay. This is not a tourist visit of Accra! If you want to explore the town, you will have to make your own arrangements. After lunch the guide will take you to the bus or taxi that will transport you to your destination.

The orientation takes place in Koforidua. Our team will give you an introduction to Ghana, culture and customs, rules and expectations, safety, travel opportunities, C4H, the project and placement. You will meet other volunteers in the area and can swap contact details for weekend travel and socializing. After orientation you will start with your project.

What do we expect from you?



There are many opportunities for volunteers in different areas, for example helping slow learning children, partake in sport activities, work in the school kitchen, assist students with exam preparation, teach book keeping, construction and renovation. Your skills and interests determine what project suits you best. You can join a current program, but you can also set up a new project within the existing programs for the duration of your stay. You should carefully consider what

you want and try to be as specific as possible. We welcome all creativity and resourcefulness and will try to assist you in fulfilling your ideas as much as possible.

The best way to get to know a new country and culture is through making contact with the Ghanaians. Music and dance play a major role in the communities. Your contribution will be greatly appreciated. Most Ghanaians speak English and like to make conversation. Dialogue is a good way to get to know and understand each other. If there is a misunderstanding, try to talk about it. When this does not help, you can always contact our coordinators and they will assist you.

Ghana is a developing country. Facilities will differ from the Western standard. You must be willing and able to adjust to a lower standard of living. You are a guest in a rural community and you should open yourself to local customs and traditions. If you do, you will have a wonderful time.

Practical information

Most volunteers stay 2 to 4 weeks. A longer stay can be arranged in consultation with the C4H coordinator. There are costs related to the volunteer program, part of which is spent on a C4H project of your choice. The cost of the ticket, visa, insurance and vaccinations are not included.

Costs

In order to give as many people as possible the opportunity to volunteer in our program, we try to keep the costs low:

2 weeks	€ 400,-
3 weeks	€ 500,-
4 weeks	€ 600,-

If you would like to stay longer, please contact Emmanuel Nkrumah for possibilities and costs:

emmanuel@compassion4humanity.org.

These costs include

Before departure

Advice on the preparation for your visit to Ghana

Assistance with the application of the required visa

Consultation regarding your wishes and the options at Compassion4Humanity

The possibility to contact a volunteer who worked at C4H

After arrival in Ghana

Airport pick-up and transfer to a basic hotel (en suite accommodation with fan) in Accra

Help with the necessary arrangements on your first day in Accra (SIM card, money exchange, etc.)

Breakfast and lunch on first day in Accra

Transport from Accra to the host family living near the project

Stay with host family in a private and lockable room, including electricity and water

Three meals a day provided by the host family

One day orientation on C4H and Ghana by the coordinator of C4H

Personal support during your entire stay

Contact number - 24 hours a day, 7 days a week

€ 100.- donation to the C4H project of your choice

The costs exclude

Administration costs € 40,-

Airplane ticket to Ghana

Cancellation insurance

Travel insurance

Vaccinations and malaria prophylaxis

Visa

Contact

For additional information you can contact Emmanuel Nkrumah (English), founder of C4H and coordinator of the volunteer program: emmanuel@compassion4humanity.org, or with the Dutch coordinator Iede Koffeman: iede@compassion4humanity.org