



## What's Inside...

### 02 EDITOR'S LITTLE NOTE

### 03 INSIDE OUT: GENERAL INFO. GHANA

Happy Independence Day!

### 05 FEATURE – HIGHLIGHT OF THE MONTH

Health Walk in Accra

### 06 HOST FAMILY

Mary Ahwireng

### 07 PROJECT

Summer Specials

### 08 DONATIONS

Nana Afreamea Donation

National Health Care Donation in Ho

### WHAT'S GOING ON

Medical Outreaches in the Hills

### 09 Spreading the Love at Kumasi Children's Home

### VOLUTEERS' CORNER

### 13 REGIONAL UPDATES

### 15 MISCELLANEOUS

### 18 The Stories Behind Ghana's National Emblems

### 19 VOLUNTEER CONTACT DETAILS

### STAFF DETAILS

### SOCIAL MEDIA

### 20 CLOSING REMARKS

## EDITOR'S LITTLE NOTE

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

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*THERE HAS AN ADDITIONAL SESSION TO OUR "TWO WEEK SPECIAL" PROGRAMMES. AND DATES NOW ARE AS FOLLOWS;*

- *SUNDAY JUNE 12TH – SATURDAY JUNE 25TH 2011*
- *SUNDAY JUNE 26TH – SATURDAY JULY 9TH 2011*
- *SUNDAY JULY 17TH – SATURDAY JULY 30TH 2011*
- *SUNDAY AUGUST 7TH – SATURDAY AUGUST 20TH 2011*

*MORE OPPORTUNITIES FOR TEENAGERS WHO WISH TO DO SOME VOLUNTEER WORK THIS SUMMER!*

*A LOT HAS GONE ON THIS MONTH!! ALL THE VOLUNTEERS GOT TOGETHER FOR AN EXCITING HEALTH WALK, AND MANY GREAT AND DIFFERENT THINGS HAVE BEEN GOING ON IN EACH REGION. READ ON TO FIND OUT!*

## INSIDE OUT: GENERAL INFO ABOUT GHANA

### HAPPY INDEPENDENCE DAY!

Every 6<sup>th</sup> of March, Ghana celebrates its independence and unity as a country.

The Portuguese were the first to arrive in the Gold Coast area around the 15<sup>th</sup> century. After then, the Dutch, Danes and Swedes set up in the region for trade. Once the Dutch withdrew from the region, the British made the Gold Coast a protectorate.

The British and the people of the Gold Coast fought many wars for governance of the area. Despite a brave fight in the Asante (now called Ashanti) territory, the British gained control through a 'peace' treaty at Fomena. The British set up their power and influence in Cape Coast, then later established Accra as the capital in 1876.

The more power and independence the Ghanaian people acquired, the more the British exercised discrimination and oppression. The Ghanaians were getting news from other colonies as some of them went to fight wars for the British, and saw the battles for independence. There started the spark which would make Ghanaians passionately pursue their own independence.

The newly formed United Gold Coast Convention (UGCC) called for "self-government within the shortest possible time". When rioting increased

in 1948, its members were arrested. This included Kwame Nkrumah, who began the Convention People's Party with the motto "Self-Government Now", gaining support of rural and working class Ghanaians.

Again imprisoned for leading a party that caused boycotts, strikes and other forms of civil disobedience, Nkrumah began gaining a majority of seats in the Legislative Assembly. By 1952, he was released and appointed leader of government business.

The Ghanaians pursued negotiations with Britain, and at midnight on march 6<sup>th</sup>, 1957, Nkrumah could declare, "Ghana, your beloved country is free forever".

Ghana was proud to be the first black African country to gain independence, and became a model that others would soon follow. The Duchess of Kent encouraged them: "the hopes of many, especially in Africa, hang on your endeavours. It is my earnest and confident belief that my people in Ghana will go forward in freedom and in justice".

It is recorded that Nkrumah replied as the first Ghanaian prime minister and president of Ghana, "my government fully realizes both the advantages and the responsibilities involved in the achievement of independence. It intends to make full use of these advantages to increase the prosperity of the country."

### HEALTH WALK IN ACCRA

On March 5<sup>th</sup>, 250 morning faces gathered at the Accra office in Pig Farm. By 6 a.m., everyone had gathered so that Tom, our country director, could brief them about the day plans for our trip towards Osu Children's Home.



The health walk was to promote fitness within our staff, so that we could get some exercise and practise the health that we preach! We also wanted to draw attention to the Osu children's home and the fact that they need sports for good physical shape, but also to distract them from their mundane everyday activities – eating and sleeping. We wanted to initiate the sports fields at the Children's Home with an awakening of a passion for moving around!

The band arrived, and we marched out of the gates to the sound of the trumpet and excited chatter. As we headed towards the paved road at Pig Farm, we were greeted by some silently confused faces, and other outbursts of cheer as a bunch of 'Obruni' ('white people' in the local language) came out of nowhere. Led by Tom, Emmanuel, and Kwame Adzakpa we made our way from the Accra office towards Osu.



Initially grumpy that we had to get up early, we were grateful when we realized it meant we didn't have to walk under the scorching sun yet! Some walked faster than others, but eventually we found a good and compromised speed. Some chatted, others had the energy to dance almost all the way (I trust you will recognize yourselves). Once we arrived at Akufo-Addo roundabout, we were joined by some children from the Osu Children's Home.

We continued on towards the Home with the children, all so excited at the prospect of so many care takers. Most children grabbed a volunteer's hand, and the tired ones were even allowed piggy back rides all the way home! We arrived in the gates of the Osu Children's Home with a renewed energy, which was necessary since we were not about to rest yet ...





After sachet water, we all did some stretching and dancing to the tune of the latest African hits. Then most of us made our way towards the fields depending on our favourite sports – soccer, volleyball, basketball or just dancing around with the children.

Some tiring matches made us come to eat with sweaty smiles and promises of rematch. Now it was time for the dance competition between the children organized by Emmanuel! We saw some nice moves and it was great to see the children exploring their creativity. There was a championship for the younger ones first, and then the older ones, and the winners got a prize.

We were all happy to get our lunch (which was for most of us breakfast), sitting down together finding out about each other, talking about past experiences or making plans for the rest of the day in Accra! Everyone was glad to lose a few calories that morning, and we were happy to play with and watch the children as they danced away!

Final verdict: definitely to do again someday.



## HOST FAMILY

### MARY AHWIRENG

Mary has been hosting Projects Abroad volunteers since January 2004 and will quickly make you feel like part of the family.

She is the acting head of Akropong Methodist Basic School and her husband, Nana Yaw, is the caretaker of the Projects Abroad office and house in Mamfe.

Mary and Nana Yaw live with her mother, Comfort (1936), her sister, Gloria, and Gloria's four sons, Mary's daughter, Thelma (1988), and her son, Kofi Francis (1993).

Mary hosts a maximum of six volunteers. Your shared room will have two beds and space for clothes. The shower and toilet are shared with the family and are in a separate block at the back of the house.

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

Mary 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 the family needs to get their sleep!

Mary's house is located on the outskirts of Mamfe in the Akuapem Hills on the main Accra-Akropong road. You can walk or get a taxi from just outside the house into Akropong, where the Projects Abroad office is based. You can also get a tro-tro to Accra, a journey of 60 to 90 minutes.

The Akuapem Hills are at an elevation of 400m, and hence have a slightly cooler climate than the most of Southern Ghana.

Both Mamfe and Akropong have a post office, markets and a few bars and restaurants. There is much to see and do in the surrounding area, including hiking, mountain biking and visiting waterfalls and bead markets.



## SUMMER SPECIALS

If you're between 16 and 19 and in full-time schooling, our two-week specials are perfect for you!! We have both summer and winter programs and they are designed so that you make the most of your time abroad.

Your schedule will look something like this: two weeks for work and a weekend tourism excursion in between. You will probably be doing this trip with a group of students your age, and we will have organized taught sessions, hands-on and observational work, as well as evening activities. We dare you to find a better way of making a difference in the world whilst having fun!

In Ghana, we offer care programs, community work programs, and sports programs. Some examples of projects are painting classrooms, plastering mud houses in villages, providing toilets for schools and communities. Those who have a passion for children can work at urban or rural orphanages, which is sure to be a touching and memorable experience. If you're into sports, consider joining a local club to coach football to children under 12, under 15 or under 17.

Although there is the comfort of a structured schedule, there is always room to explore your creativity wherever you are placed!

## DONATIONS

### AP AND YOLANDA LEAVE A LITTLE LEGACY BEHIND ...

Ap te Winkel and Yolanda te Winkel-Hoijtink have left a lasting impact where they have worked in the Akuapem Hills. They have left funds which they raised from various places in Holland – the Graafschap College, de Höve primary school, their church in Bredevort, and other individuals.

First, the Hills team was able to paint the Nana Aframea Preparatory School in Akropong, to which Ap and Yolanda's funds added 20 chairs and 10 tables.



In addition, we were able to purchase 10 tables and 20 chairs for the Adom Day Care, as well as the materials necessary to deck the roof of the classrooms: 40 bags of cement, stones and iron rods.

Then Ap and Yolanda's funds contributed to adding a toilet at the Projects Abroad building site school, a cupboard to the Akropong Presbyterian School and then 10 tables and 20 chairs for the new school Projects Abroad has set up at the Yensi centre.

Finally, with the remaining funds we will renovate a source of water that the inhabitants of Mamfe use. It is currently unhygienic, so we will clean and paint it.

Thank you so much for your contribution to Ghana, you will be remembered for a long time!



### HELPING TO FEED THE EUGEMONT ORPHANAGE

This month, Jeanine van den Berge created an outburst of smiles and excitement at the Eugemont orphanage. With 300 Ghana Cedis and a Projects Abroad contribution of 200 Ghana Cedis, Jeanine, Alex Hearn and Ane Mikkelsen took a trip to the market to purchase the necessary foodstuffs.

The following Tuesday, the volunteers went to visit the children who were so glad to have this special contribution!

## NATIONAL HEALTH INSURANCE DONATIONS

The Ho team has recently been going on outreaches to a community called Takla. Unfortunately they see children in such a bad condition that they should be hospitalized. As much as the team can accompany the children to the hospital when they are there, the children do not go themselves because it is too expensive. They say the same when asked why they are not part of the government's National Health Insurance Scheme.

This is when Michael Marcuslund and some of his colleagues decided to register children between the ages of 0 and 13 years so that they could have the security of insurance. It only costs 4 Ghana Cedis to



register a child, so they were able to provide insurance for 180 children! This took place at the end of February, but the project does not end there – Erna Goudt and Nina Jorgensen decided to take on the insurance for another 425 children, for which the ceremony and registration took place by the end of March.

We are all glad to know that money issues will no longer come in the way of these children's health. Thanks so much to those who were part of this project!



## WHAT'S GOING ON

### MEDICAL OUTREACHES IN THE HILLS



Gifty, our medical coordinator in the Akuapem Hills, has been taking our medical volunteers to some lovely outreaches.

The outreach at Adenya D/A Kindergarten was memorable – the goal was to teach the children how to maintain good dental hygiene. First, the volunteers showed the children how to brush their teeth; they then distributed tooth brushes and sachet toothpaste to 60 of the children. Afterwards they proceeded to dressing the children's wounds, and giving each of them Vitamin C tablets.

Earlier this month, the outreach consisted in an informational campaign on cholera. The three volunteers explained how cholera is transmitted, what the symptoms are, and how to prevent it. They also explained the procedure in case cholera is acquired. They treated the children's wounds afterwards and also handed out the vitamin C, which some of the teachers didn't mind taking!

### SPREADING THE LOVE AT KUMASI CHILDREN'S HOME

On Wednesday March 16<sup>th</sup>, the Kumasi volunteers visited the Kumasi Children's Home instead of their weekly 'quiz night' meeting.



Twenty-two volunteers showed up to play with the children, either soccer or other improvised games at the playground. The children were all so happy to receive these special guests!

The volunteers who work at the Children's Home donated a pack of baby diapers on the occasion, after realizing that there were no diapers appropriate for the youngest children. Projects Abroad supplied biscuits and other snacks, as well as juice and water to fill the children up after their exciting afternoon!!



### REFLECTIONS

*Joan Dolgin, March 4th, 2011*

The last weeks I have spent in Ghana have been as a Ghanaian. That is the best way to describe it. I have talked much about the school and the kids. I will reflect further on some of the kids – I have connected deeply with some of these amazing children and want to describe in depth how they have touched my life and how I have impacted theirs.



But today I want to explain my absence to my internet missives. Yes, I have spent a significant amount of time and energy bringing technology into the lives of our Pre-Voc kids and to the staff at the Gbi Special School, but computers and internet are not really a part of life here. They are interested and envious of our advancement in the West, but I must confess that I am a little envious of them. They still rely heavily on their local community and hold to beautiful traditions of formal greeting – face to face. So I chose (and was chosen) to join them.

I haven't taken enough time to tell you about the deep and true friendships that have been forged with a few of the people here.

The Gbi Special School is actually just outside Hohoe in a town called 'Kledzo' (pronounced Kle-jo). Michael Nyahe is the

mayor, as well as teaching at our school, as well as teaching at a local school named "Winners", as well as tending a farm planted with maize, cassava, and yam, as well as creating batik (a few of which he and the children have designed and given me!), as well as living on the school campus so that they have access to him 24/7. I am sure I am leaving something out, but you get the idea. I have decided, by the way, that it is obvious to me that most guys named

Michael work too hard!!! 😊

Anyway, Michael and I have found many things in common. As he puts it, "We are people of sharing". If we have something, we want to share it – from a thought to food to playing with words and grammar, to knowledge, to feelings. Our friendship has deepened in these last couple of weeks. We have been meeting at the Afegame Guest House which is an outdoor café that always seems to find a breeze in the hot hot afternoons. We are never alone, however! The women who work at Afegame have also become good friends. Grace and Adzo have been around the café the most. Even when Grace is off, she comes and sits with us!! She and I have created an email for her so we can keep in touch. The Guest House has an internet café so she will get occasional access. She is one of my



Ghanaian sisters!!! Then there is Joyce. She was off for a couple of weeks, but I got to meet her and get very close to her during my last weekend. She lives in the same housing block where Michael's family stayed when they came in to support Michael through the funeral of his beloved Enyonam, who died a month ago and was buried (after a viewing) my last weekend in Ghana. More about that later. Joyce is a mother of two whose husband is away getting a degree in something. She not only has her own two, she is also caring for her brother's two children whose wife died. And she works – and provided all the meals to the Nyahe family during the weekend. I was also there to support Michael, and served and cleaned up and kept the rooms swept – you know – I just extended my rebbetzin role to a Ghanaian funeral.

Joyce is so sweet. She is a calm, happy person. Her children are delightful and she and I have spent much time together before I left. She is also an awesome cook, and has fed me a number of yummy – and truly Ghanaian – dishes. And my stomach has never been better than in Joyce's care!! DO NOT ask what some of the dishes include unless you have a strong open mind!! Just go with 'so delicious'. The fruit salad she made for me, with sweet cream on it was so sweet – heavenly!!! She calls me 'Auntie Jo-ahn' for the benefit of her children and I call her 'Sister Joyce', and we feel the connection to be strong and sweet! Nance, you have a couple of new sisters you need to meet!!! 😊

And then there is CK. He is a retired male nurse. He is very well read, and cares for the community with his wisdom and with medical treatment when it is need and he has the means to provide it. In fact, the other day, Dzugbe (Benedicta) – Joyce's niece/daughter [*in Ghana the terms as*

*well as the relationships are interchangeable!*] – stepped on a nail which punctured her foot deeply. Once Joyce was home, I related what had happened since it happened when Dzugbe was running over to say hello to me as I was walking to Afegame after my school ended. I told Joyce that the child needed a tetanus shot. Michael suggested we call CK. Joyce started to protest, saying she would take Dzugbe to the hospital the next day since she had to go to work at that moment. I offered and took Dzugbe over to CK. Tetanus shot administered and all is well. CK would take no money. That is just how he is. We have shared many discussions about



Israel, 'the Rabbi', Michael Nyahe, Kledzo – you name it. He is a treasured friend. And how about Richmond? He is from the big city, Accra. He thought he was being sentenced to hell when his National Service posted him in Hohoe. He is the school's IT guy for the next 6 months. He has come to see how wonderful it is to be with the people of Hohoe (Kledzo), and he and I have enjoyed getting to know one another. He has a

ready smile and we have worked closely together. He is diligently teaching the teachers about computers, and I have been giving them time to get onto the internet so they can use the skills and information that he is teaching them!! He is terrific!! He has a cousin in Canada and has promised to visit one day!!! He has been one of the regulars at Afegame with us in the late afternoons and evenings. And during my last weekend, we got to meet his girlfriend, who came up from Accra!!!

You see, all these people live in Kledzo, so I have been spending the time I used to spend on the internet in the afternoons and evenings with them. They have truly become my family. I am very blessed.



## L'EXPERIENCE GHANEENNE

*Clémence Gelée, March 15th, 2011*

Dans quelle optique partir ? Pourquoi décider de tout quitter pour quelque temps et tenter de rendre service dans un pays en voie de développement ? Est-ce vraiment ce dont j'ai besoin, ou simplement envie ? Comment ce sera ? Qui sera là ? Comment seront les volontaires ? Combien serons nous ? Mon projet sera-t-il vraiment utile ?...

Voilà une infime partie des questions qui peuvent venir en tête lorsque la décision de quitter son confort pour aider est prise. Ces questions sont de plus en plus nombreuses et diverses à l'approche de la date du départ. Projects Abroad prend le temps d'y répondre, de conseiller et nous trouvons toujours un interlocuteur dans le pays d'origine. Puis

l'organisation fait qu'un contact est établi entre le staff du pays choisi et nous. Donc nous ne partons pas perdus. Le staff sur place nous renseigne le mieux possible. Ce qui n'est pas synonyme de renseignements véridiques mais au moins nous avons des renseignements et nous sommes calmés.

Le jour d'arrivée est souvent le plus surprenant et le plus déroutant, ce premier jour ne reflète cependant pas du tout la réalité. Nous sommes tellement contents et excités que toutes les surprises qui nous attendent sont prises en riant. Comme découvrir une maison sans eau ni électricité mais avec des prises. Ainsi la première semaine se passe, le volontaire va de surprise en

surprise et découvre son nouvel environnement, ses nouveaux potes pour les mois à venir. Mais la deuxième semaine est plus compliquée. L'effet de surprise se dissipe, on commence à réaliser que nous sommes bel et bien partis et que ce manque de confort, ce pays flamboyant et hypnotisant par sa nature foisonnante sera notre environnement. Mais tous les mauvais côtés arrivent en cette deuxième semaine. Ceci sera ma vie. Avec des chèvres, trois chats, des poulets, le soleil qui se lève trop tôt et se couche aussi trop tôt, la poussière, la chaleur, les modes de déplacements... Tout est différent et ça peut être effrayant mais sans être paralysant. Notre corps nous donne les premiers signes de rejets (ou non) de cette nouvelle culture.

Le premier mois passe et le temps commence à être long, et rester trois mois avec une idée bien précise de ce que l'on est venu chercher, c'est une mauvaise chose. Je réalise très vite que je n'aurais pas la solitude tant attendue, et je me trouve tiraillée entre l'envie de faire partie de ce groupe de volontaires et l'envie de répondre à mes questions et mes envies seule. Nous ne pouvons pas être seuls quand nous sommes dans un groupe. Jamais. Venir pour faire une expérience de vie, pour grandir, apprendre c'est le but. Mais il ne faut pas partir avec une

idée faite depuis longtemps. Rien ne répond aux attentes.

Le second mois est le plus long, même si c'est le mois de février. Nous sommes dans un quotidien, une routine prise avec les volontaires et finalement l'équilibre personnel se trouve seul, il ne faut pas le pousser, pas le brusquer, juste attendre.

Le troisième mois et dernier, passe le plus vite, les voyages pendant les week-ends sont comptés, et il faut recommencer à faire des choix. Choix de ce que l'on veut faire avant le retour dans le pays d'origine. Choix qui étaient plus faciles avant car « on a le temps, il me reste plus d'un mois ». Mais ce dernier mois est excitant et on veut le vivre à fond justement parce que c'est le dernier. C'est une expérience que l'on ne vivra pas deux fois. Donc ce dernier mois est passionnant parce que justement, nous attendons plus et nous répondons à nos envies personnelles. Les connaissances que nous avons faites sur place nous resteront, même sans revoir les personnes. Les noms, certains visages resteront parce que vous aurez vécu cette expérience ensemble. C'est unique. Pas forcément agréable, toujours surprenant, instructif. Le retour est agréable mais surtout avec la satisfaction d'être allé au bout du projet fixé. La vie reprend mais différemment. Toujours marquée par ce qui a été vécu au Ghana.



### CAPE COAST

Cape Coast presently has about 30 volunteers undertaking various projects such as journalism, care, teaching, IT and medical projects.

The journalism volunteers are working at Central Press Newspaper and this month they have visited and interviewed people on topics such as government programmes, social issues and tourism. Hopefully they will be published by the end of this month! Ap is a volunteer who has been remarkably enthusiastic.

The care volunteers are doing well – taking children out to the pool, playing games, painting and teaching creative arts. The children are discovering new talents and passions!

Medical projects are doing great as usual, with two outreaches in a week; some of their projects have been visiting schools and communities and providing aid at the leprosy camp.



## AKUAPEM HILLS

The Eastern Region is now composed of two Projects Abroad offices: one in Akropong, and a second in the region's capital, Koforidua. Prince, our former regional coordinator in the Akuapem Hills has now gone to be the regional coordinator for the new Projects Abroad region of Koforidua and surrounding towns. There, he has an assistant coordinator Michael, and Jeremiah has joined the Hills team to replace Prince as regional coordinator.



The volunteers are all doing well in their programs, and recently the volunteers enjoyed a 'sports night' instead of the weekly 'quiz night'!

The Akuapem Hills are getting ready to start up two new exciting projects around the region! The first is in Akokoa, off the Mamfe-Koforidua road, and the second near Mampong-Nkwanta. One of the schools is just recently built and opens this month. Read next month's newsletter for a detailed update!

## HO & HOHOE

The Volta region is enjoying both work and fun. The small number of volunteers makes it feel like a small family! You won't miss seeing them (or hearing them for that matter) at any football match.

Both the medical volunteers and care volunteers participate in the medical outreaches, which happen twice a week; the Thursday outreaches are more community-based.



## ACCRA

The Volunteers in Accra have been enjoying their placements as well as the Accra social life. Another football placement has opened up at Madina, which will add to the Cantonments football and Basketball sports placements here.

The journalism volunteers have been getting to grips with the differences in the Ghanaian press and have been getting their editorials published regularly.

What Accra medical volunteers enjoy most are the organized outreaches. They are twice a week, and have involved many different kinds of activities. Recently, the HIV/AIDS program as started up again successfully. There are three volunteers taking part in that program now, and they are more than excited to take part in it!

Accra was also very glad to host this month's Health Walk!



## KUMASI

Most Kumasi volunteers are working together at the Kumasi Children's Home, happy to watch the children grow and learn once they have stayed for a while. The volunteers are doing extremely well, despite some of the shocks they have faced initially!

Usually the medical outreaches are Thursday and Friday, when the volunteers go to schools, orphanages and care centres. This month, however, they have planned a veterinary outreach!

The weekly quiz night meetings are sometimes drumming lessons, soccer or volleyball. A few weeks ago, the volunteers and staff all enjoyed a trip to the pool!



### THE STORIES BEHIND GHANA'S NATIONAL EMBLEMS

#### The National Flag - Mrs. Theodosia Salome Okoh

Mrs. Okoh (1922-) remembers reading a local newspaper to see an ad asking for the design of Ghana's national flag. It asked that the flag be "original and must have motifs many nationals can identify with."

She picked the three colors red, gold and green:

- Green for the rich vegetation and because Ghana is in the tropics,
- Gold for the rich mineral nature of the land,
- And red to commemorate those who worked and died for Ghana's independence.

The five-pointed lone star is the "symbol of African emancipation and unity in the struggle against colonialism."

In 1992 and 1997 Mrs. Okoh received the Entertainment Critics and Reviews Association of Ghana mahogany award for having designed the national flag. In 1996 she received a Grand Medal from the State during the 40<sup>th</sup> independence celebration of the country. At the rally around the flag for the 50<sup>th</sup> anniversary, she delivered a much welcomed speech.

She is generally passionate about art, and helped build a national hockey pitch, for which she received another award from the Ministry of Education, Youth and Sports.



#### The National Anthem – Philip Gbeho and Michael Gbordzoe

Originally written and composed by Philip Gbeho, Ghana's national anthem was adopted the country achieved independence in 1957.

The current text was chosen after the 1966 coup in Ghana. This new text was written by a student named Michael Kwame Gbordzoe, through a national competition.

*God bless our homeland Ghana  
And make our nation great and strong,  
Bold to defend forever  
The cause of Freedom and of Right;  
Fill our hearts with true humility,  
Make us cherish fearless honesty,  
And help us to resist oppressors' rule  
With all our will and might for evermore.  
Hail to thy name, O Ghana,  
To thee we make our solemn vow:  
Steadfast to build together  
A nation strong in Unity;  
With our gifts of mind and strength of arm,  
Whether night or day, in the midst of storm,  
In ev'ry need, whate'er the call may be,  
To serve thee, Ghana, now and evermore.  
Raise high the flag of Ghana  
And one with Africa advance;  
Black star of hope and honour  
To all who thirst for liberty;  
Where the banner of Ghana freely flies,  
May the way to freedom truly lie;  
Arise, arise, O sons of Ghanaland,  
And under God march on for evermore!*

## SOCIAL MEDIA

*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>

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>

PAHRO: <http://www.facebook.com/group.php?gid=113609401994015>

*Upcoming Human Rights volunteers, please check out what's up on the PAHRO link.*

Country Blog:

[http://www.mytripblog.org/mod/blog/group\\_blogs.php?gl=true&group\\_guid=2915](http://www.mytripblog.org/mod/blog/group_blogs.php?gl=true&group_guid=2915)

*We're sure you will meet some past, current and up coming volunteers there, to share ideas, tips and stories!*

***It's time to NETWORK!!!***