



Ghana

Batik, Bikes and Beaches

21 Days

From surfing and swimming, to cycling and chocolate-tasting, this expedition is packed full of adventure to keep on your toes and to introduce you to this incredibly diverse country. Along the way we'll immerse ourselves in Ghana's vibrant culture through community projects, market visits and craft workshops. In Ghana, everyone is encouraged to march to the beat of their own drum... literally, as we have a lesson traditional drumming and dancing!

We witness the wonders of the natural world from a bird's eye view with a spectacular rainforest canopy walkway. With such incredible people and so much natural beauty to be found here we will also work hard to ensure it remains this way. Hands-on visits to local co-operatives and carrying out reforestation and conservation projects will ensure that during our time here we will make a difference.



[Learn more about our
Carbon Labels](#)

Your Recommended Expedition Itinerary

- Day 1** **Depart UK, Arrive Accra** D
Arrive at the Kotoka international airport where we are met by our local STC Expedition Leader. Together we transfer to our hotel and freshen up. The evening we have a welcome briefing and set off to enjoy our first traditional meal.
- Day 2** **Krobo beach workshop** BLD
This morning we take some time to adjust to our new surroundings. After breakfast, we spend the morning with the Krobo people who teach us to make traditional beaded jewellery. Having finished our masterpieces, we journey towards Kumasi, the cultural heart of Ghana. We stop along the way to explore Koforidua's bustling market. This will give you a taste of exactly what to expect on our main visit to the market tomorrow.
- Day 3** **Ashanti history & market visit** BLD
Today we travel back in time through Ashanti history and discover the long-running traditions which still live on in west African villages. We visit Adanwomase and Ntunso villages to learn about the daily lifestyles of the local community. These villages are also home to the producers of Ghana's vivid Kente and Adinkra cloth. This afternoon we explore Adum and the huge Kejetia market. With over 11,000 stalls it is reputed to be the largest market in West Africa. Explore, discover, take in the vibrant colours and sounds of this frenetic place and marvel over the food, fabrics and goods on offer. Be prepared for an experience you won't easily forget!
- Day 4** **Kuapa Kokoo Cocoa Co-operative** BLD
Life is a box of chocolates... and what better way to spend our day than sampling a bar of Divine chocolate at a Kuapa Kokoo Cooperative. If you have ever eaten Fairtrade chocolate in the UK, then there is a strong chance it comes from here. We will find out how this Fairtrade company supports the improvement in working conditions, the banning of child labour and encourages women's increasing participation in business. We will also get to observe the entire harvesting process for ourselves and learn how locals even use the cocoa pods to make soap!
- Day 5** **Reforestation project** BLD
This morning we rise early and learn to make local delicacies for breakfast such as Waakye, Kosie and a Ghanaian porridge. Today we will be volunteering at a much-needed reforestation project. Ghana has one of the highest deforestation rates in the world and only 10% of its original Upper Guinea Rainforest is still standing. Planting indigenous trees will also encourage growth of certain bird and wildlife species such as the Yellow-headed Picathartes which feast on the fruits! We venture deeper into the forest on a wildlife walk to spot endemic flora and fauna and spot bird nesting sites. Our meal this evening will be enjoyed around a bonfire.
- Day 6** **Community project & cooking school** BLD
Today we help with a community project which identifies cocoa or palm farms within the community which may be struggling and need support. We volunteer at the farm and help with the daily tasks such as harvesting, weeding, planting or repairing boundary fences. After lunch we visit the local market to barter and purchase ingredients to make our own dinner at cooking school this evening.



Days 7 - 8	Cycling journey	Transfer to Assin Fosu, the largest town between Kumasi and Cape Coast. Here we begin a two-day cycle trip towards the Cape Coast. We will cook our own meals and set our own camps in Aboabo and Antwkwaa Wildlife Camp along the way. The route passes plantations and small villages, birds, butterflies and the boundary of Kakum National Park, home to herds of forest elephants.	BLD
Days 9 - 10	Kakum National Park	Pausing our cycling journey at Twifo Praso, we jump on a vehicle and enter the national park for an afternoon in the trees! Explore the lush and verdant rainforest from the treetops, 40m above ground, on Africa's world-famous canopy walkway. We also visit the information centre to learn about the park's flora and fauna, which includes forest elephants and leopards. This is followed by a tour of Stingless Bee Project and the hives which showcases the incredible importance of small creatures. Back on the bikes on day 10 for a challenging six-hour cycle to the coast. Rolling hills, farmland and forestry gives way to dry coastal savannah. We celebrate the end our cycle with a dip in the ocean!	BLD
Day 11	Beach Clean & traditional drumming show	This morning we take part in an 'Environment Clean Up' project and clean a section of the beach. Brenu Akyinim is an important location for nesting sea turtles so our work here will play an important role in protecting this area for future hatchlings. The afternoon is ours to relax on the beach, swim in the ocean and play volleyball. The evening brings more cultural delights as a traditional Ghanaian drumming troupe join us on the beach. We can even have a go ourselves!	BLD
Days 12 - 13	Cape Coast Castle & Global Mama's	Our day begins with a history lesson at the UNESCO World Heritage site, Cape Coast Castle. Next we visit 'Global Mama's' – an inspiring non-profit and Fairtrade organisation, assisting women in Africa to become economically independent. During this visit we can learn about the challenges and successes of running these kinds of projects. After lunch it's time to get crafty and turn our hand to learning about and making the traditional West African art of Batik - all done, of course, right by the beach. On day 13 we continue our journey to Ankasa Reserve to float through the Amasuri wetlands in traditional dugout canoes! Along the way we see the unique Nzulezu Stilt Village who have built their homes on top of the lake. There will also be an option for a stealthy nighttime wildlife walk through the forest.	BLD
Days 14 - 17	Ankasa Project Work	Nkwanta Rangers Camp will be our base for the next 4 nights as we complete our sustainable project. Exact project tasks will be agreed closer to the time of our trip after consultation with the community and local authorities. The focus of the project is to improve the forest infrastructure through trail maintenance, cutting new forest trails and building bridges. It will be a tough few days but an incredibly rewarding experience!	BLD
Days 18 - 20	Busua Beach	The next three days will be spent relaxing at Busua beach, swimming and learning to surf! We will complete a second beach clean and visit the nearby fishing town of Dixcove. Our final team meal will be celebrated with a beach bonfire!	BLD
Day 21	Transfer to Accra and Depart to the UK	Transfer back to Accra for our flight back to the UK. Depending on flight times, we can make this journey a day earlier.	B



Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel training programme
- 1-day offsite safety INSET day for school staff
- ATOL financial protection
- Emergency Medical & Repatriation Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination

What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations or Covid tests
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.



This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life

Physical Rating for this trip: Grade 3



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase in your underlying fitness levels would help you get the most from this grade trip.

Cultural Rating for this trip: Grade 4



Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

Responsible Tourism workshop

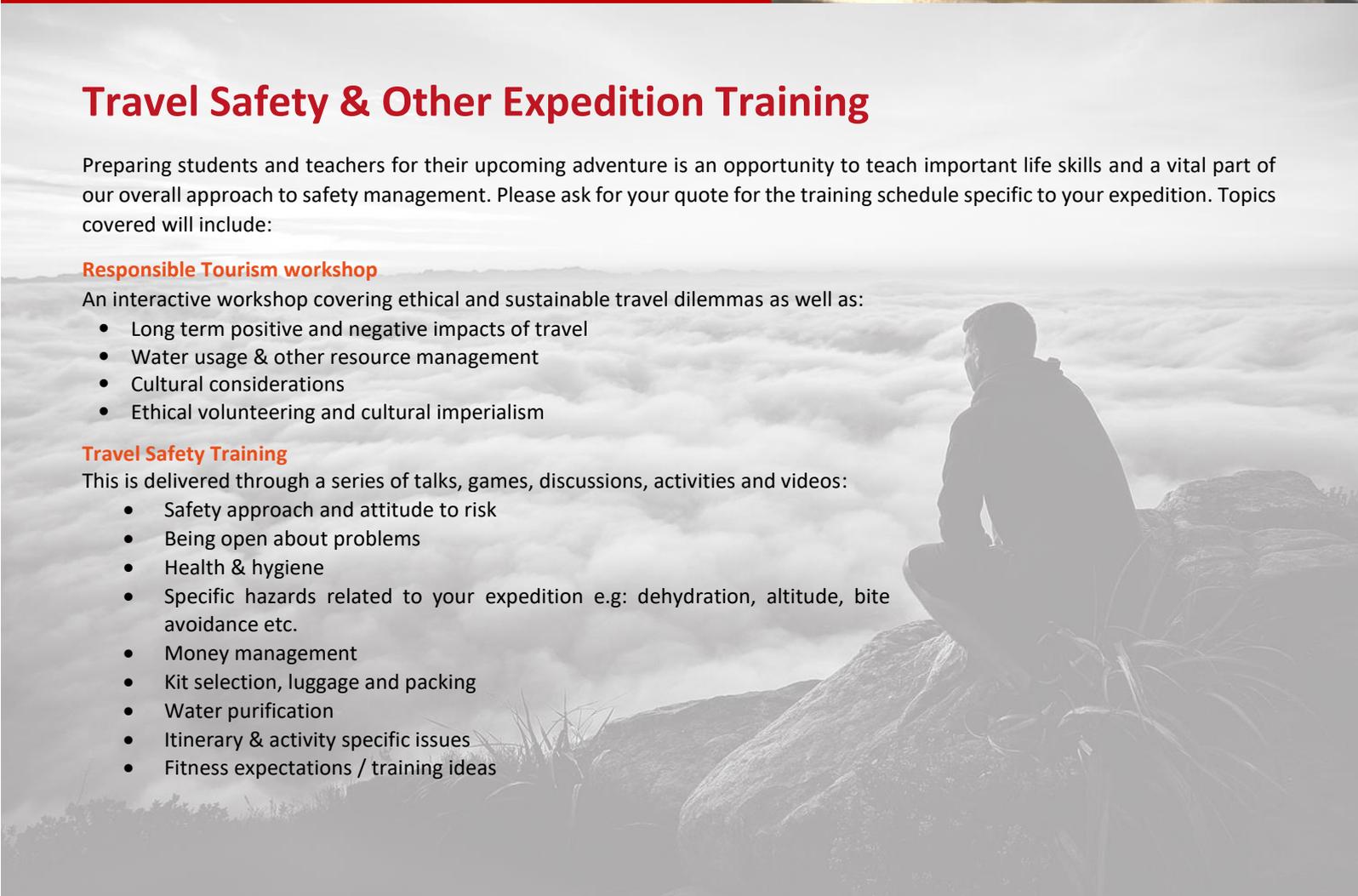
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.



Our school trips and educational tours are all about maximising the learning opportunities of travel. It's all here, the humble school tour has just come of age.



Adventures, holidays and cultural journeys for teachers looking to 'Escape the Classroom' and discover more about our amazing world, its people and places.



"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."

Teacher feedback, King's High Warwick

Contact Us:

STC Expeditions, 6b King Street, Exeter, EX1 1BH

t: 01392 660056 | e: schools@thestc.co.uk | w: www.thestc.co.uk

