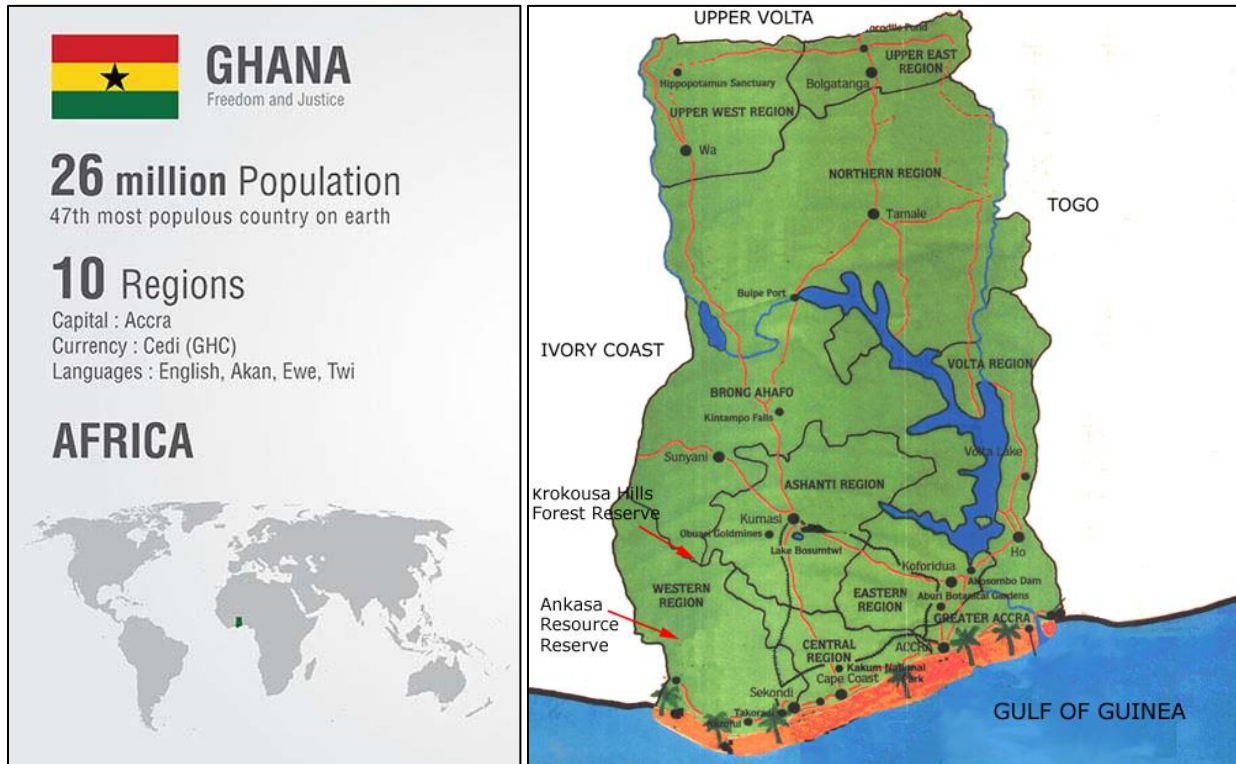


## ABOUT GHANA, WEST AFRICA



Jo and Randy Hopkins have been visiting Ghana, West Africa since 2003. They find Ghana to be one of the most stable and safest countries in Africa, and the people to be very inviting, loving, and engaging.

Ghana is located a few degrees north of the Equator on West Africa's Gulf of Guinea and is bordered by Burkina Faso to the North, Cote D'Ivoire (also known as the Ivory Coast) to the West, Togo to the East and the Gulf of Guinea to the South. The estimated population of Ghana as per Google is 29,614,000 for 2018. The country is mainly agricultural, with a majority of the work in farming. The climate is tropical and experiences distinct rainy seasons and dry seasons. English is spoken throughout the Country however most Ghanaian people have at least one African language.

Ghana, once called the Gold Coast, gained its independence from European colonial rule in 1957. The culture in Ghana is diverse. Weaving and carving are important traditional art forms and music and dance can be seen at communal functions. The hospitality of the people in addition to the diverse culture makes Ghana a very attractive Country. Ghana just may be the Safest Country in Africa, as its low crime-rate and lower-than-average violent-crime rate are considerably below most African Countries.

The children we are working with are located in the Ho Municipal District (County) of the Volta Region (State) in the Southeastern part of Ghana. The town of Ho is the capital of the Volta Region and quite a few rural villages fall within the Ho District. Ho can be found on a map of Ghana as it sits roughly 100 miles NE of Accra (Capital and Largest City in Ghana – 2012 Area Population of 2.25 Million). The population of the town of Ho as of 2016 was 96,213 with 233,960 in the surrounding area (Ho Municipal District). English is spoken there and the main African dialect is Ewe. The climate in Ho is tropical and they experience 2 rainy seasons each year.



## GET READY TO VISIT GHANA, WEST AFRICA

The One by One Foundation is excited to bring a unique travel, vacation or volunteer opportunity to our friends and supporters. Since we first became involved in Ghana, we have made many great local connections. If you want to see our efforts to change the lives of children in Ghana; or if you just want to experience the beautiful Ghanaian people, culture and country; for a donation of \$1,500 to \$2,500 per person (depending on the complexity of your desired adventure), plus actual costs, the One by One Foundation can act as your Ghanaian concierge service by arranging everything including transportation, lodging, food and activities.

The options for your trip are limitless. You can stay in a 3-star hotel, or stay with one of our local connections in a home. We can even arrange for our older students to support and escort you while in Ghana; they will even cook your meals for you, if you desire. Additionally, since Jo and Randy travel to Ghana a couple times per year, you can schedule your trip to travel at the same time as them.

Ghana is not where you go to see the big safari animals. Ghana is about the culture and loving nature of the all the Ghanaian people; most importantly our students and care-takers. But while in Ghana you can visit the slave forts on the oceans, some beautiful and quaint ocean towns, the cities, villages and marketplaces including the capital city of Ho, in the Volta Region of Ghana; which is where the One by One Foundation is based out of.

For more information, call Jo Hopkins at 208-890-1293

### Preparation List:

- Book Flight – 2 months before planned departure time. For visa application you must have your verification of return trip, this is will be your flight itinerary.
- Apply for Visa. Visa Instruction site: <http://www.ghanaembassydc.org>,  
NOTE: You are applying for a tourist visa, so you DO NOT need to provide “Letter of Invitation” or “Verification of Funds.
- Month prior to departure – Get needed shots to travel to Ghana (if you need assistance in finding local clinics that provide shots, contact Jo Hopkins).
- 1 Month prior to departure – Visit your Doctor and get prescription for Malaria pills.
- Passport – Make sure passport is current and will not expire during your travel:  
[www.uspassportnow.com](http://www.uspassportnow.com)
- 2 weeks prior to departure – Orientation with Jo Hopkins.

### What to Bring:

- Toiletries to include (Do not put in carry on, per airport security)
- Shampoo
- Tooth paste/brush
- Disinfectant Lotion and Soap / Body sponge
- Insect repellent
- Travel toilet paper or wipes
- First aid kit
- Imodium AD (or other Anti Diarrheal medication)
- 2 Towels
- Sunscreen
- Power Converter for Africa
- Check Carry on Rules for your Airlines –  
<http://www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm>
- Ghana is hot and humid, pack clothing that is comfortable, yet conservative in nature (that respects Ghanaian Culture). For example, skirts below knee, and longer shorts are appropriate.
- Rain jacket