

## Sports

### High School Special Schedule Ghana | 2 weeks

Welcome to our High School Special Football Coaching Project in Ghana! Are you ready for a once-in-a-lifetime experience working with the local community and exploring this beautiful country?

#### Programme Goals:

##### ▶ **Sports Coaching and Child Development:**

Football is more than just a game—it is a powerful tool for empowerment, teamwork, and skill-building. As a volunteer coach, you will work with children using the sport as a medium to make learning and development enjoyable for them.

This unique opportunity allows you to combine your love for the sport with community engagement, promoting education, personal growth, and holistic development among Ghanaian children.

The benefits of football extend beyond the field. By participating in friendly matches and training sessions, children learn important life skills such as discipline, resilience, and sportsmanship. They develop a sense of belonging, build self-confidence, and learn how to set goals and work together to achieve them.

##### ▶ **Cultural Immersion:**

Immerse yourself in the rich culture of the country. After your volunteer work, delve into the vibrant Ghanaian culture by witnessing traditional dances, engaging in conversations with locals, and indulging in the diverse flavors of traditional Ghanaian cuisine. Explore the country's history and heritage with fellow volunteers, visiting historical landmarks, experiencing the warmth and hospitality of the local communities, and creating unforgettable memories along the way.





## Day 1

### Sunday

#### Arrival in Ghana

You will arrive at Kotoka International Airport in Accra. One of our friendly coordinators will be waiting for you right outside the airport, ready to guide you on an amazing Ghanaian experience.

Depending on the time of arrival, you will either be transferred to your host family in the Akuapem Hills or you will spend one night with a host in Accra before traveling the following day.



#### Highlights

- ▶ 40 Service Hours
- ▶ Gain coaching skills and experience
- ▶ Teach football skills
- ▶ Referee football matches
- ▶ Immerse yourself in Ghanaian culture
- ▶ Visit Kakum National Park
- ▶ Offset your carbon footprint

#### Accommodation

Host family

#### Transport

Private bus and by foot

#### Meals

At the host family. In the afternoon, the meal might be a packed lunch from the host family.

#### Timings

This schedule is subject to change, however you will be advised in advance should this happen. Most days will have 2 coaching sessions: one in the early morning and another in the mid afternoon. You will be back at your host around 5 pm. This may differ from day to day depending on the activity and progress of the volunteer work.

#### Responsible Travel

We offset 100% of carbon emissions associated with your in-destination transport. We're committed to being fully climate-positive by 2024!

By volunteering with us you're helping reforestation efforts, protecting existing forests and providing employment to local communities around the world.

## Day 2

### Monday

#### Morning:

Have a formal introduction to your host family. Join the rest of the group at the Projects Abroad office for a general induction about your schedule and Ghanaian culture. You will learn about health & safety as well as reviewing the logistics for your trip.

#### Afternoon:

Enjoy lunch at a restaurant during your tour of the town tour. There will be time to get local SIM cards and to exchange money.

#### Evening:

Have dinner with your host family. Begin your exploration of what it is like to live like a Ghanaian.

## Day 3

### Tuesday

#### Morning:

Have an introduction to the school staff and children at your work placement. Discuss your training plan and activities for the week.

#### Afternoon:

Coaching Theory 1: learn how to work with young players. You will have time set aside to learn from local staff and to plan activities and training sessions. Begin football coaching the school students.

#### Evening:

Learn the basics of Twi language during a lesson led by staff. Gain basic vocabulary and phrases that will help you communicate locally.

## Day 4

### Wednesday

#### Morning:

Wake up early to lead the morning football coaching session at the school.

#### Afternoon:

In the early afternoon you'll help local students with art and reading activities. Afterwards, it's time for Coaching Theory 2, where you will lead small sided games. This is followed by youth coaching sessions for under 13 year olds.

#### Evening:

Join your group for a feedback session on your experience so far.

## Day 5

### Thursday

#### Morning:

Help lead an early morning coaching session.

#### Afternoon:

Assist local PE teachers with their classes, then Coaching Theory 3 will review formation strategies. Continue leading youth coaching sessions afterwards.

#### Evening:

Time to get musical! Join traditional dance and drumming lessons. You'll practice drumming with Kpanlogo drums and learn the rhythms that enchant the people of Ghana.

## Day 6

### Friday

#### Morning:

Support morning coaching sessions as usual.

#### Afternoon:

Assist PE classes or help students with their classwork. Then Coaching Theory 4 will focus on problem solving. Continue leading coaching sessions later.

#### Evening:

Enjoy dinner and an early night in anticipation of your weekend activities.

## Day 7

Saturday

Full

Day:

Wake up early in the morning for a journey to visit Cape Coast Castle. You'll learn about Portuguese colonists and the history of the slave trade in the region.

Afterwards, enjoy a picnic on the beach. There will be a cultural shows with traditional dance and music at your hotel. You'll stay overnight so you can continue exploring the coast tomorrow.

## Day 8

Sunday

Full

Day:

After breakfast you will visit Kakum National Park and explore a large tropical forest. Your group will cross a high canopy walkway up in the trees - a great vantage point for spotting monkeys, antelope and the occasional elephant. You'll then follow guides to spot alligators in their natural habitat.

Enjoy another picnic on the beach in the afternoon before your return journey to the Akuapem Hills. On the way, you will stop at West Hills Mall to buy snacks.

## Day 9

Monday

Morning:

Resume your coaching sessions after a fun and adventurous weekend.

Afternoon:

It's a short coaching session today, as you'll also visit Mamfe Palace to meet with the local chief and learn the history of Akuapem Hills.

Evening:

Bring out the popcorn because it is time for a movie night at your host accommodation. You're about to discover what African dramas are like.

## Day 10

Tuesday

Morning:

Today you will engage in one-on-one training with players.

Afternoon:

Coaching Theory 5: tournament preparation and coaching sessions. As usual, before this you will help students with classwork or their PE classes.

Evening:

What is your favourite Ghanaian dish? Let's see if you can learn to cook it. Time for a cooking lesson and dinner.

## Day 11

Wednesday

Morning:

Continue leading coaching sessions with team members in the morning. Shop with staff at the market for supplies needed in the upcoming tournament.

Afternoon:

Coaching Theory 6: continue training and making preparations for the football tournament.

Evening:

Have fun playing traditional Ghanaian (board) games and enjoy dinner at your host family with the rest of the group.

## Day 12

Thursday

Morning:

Continue running coaching sessions and make the final preparations for the upcoming tournament

Afternoon:

The football tournament begins at Tore School Park for the under 10 & 13 group!

Evening:

Share feedback about the tournament so far. Find ways to solve any problems of make improvements for the next day.



## Day 13

Friday

Morning:

The tournament continues, and both coaches and players get their chance to show what they're made of.

Afternoon:

Time for celebrations! Hand out trophies and awards during a presentation ceremony.

Evening:

Take time to reflect on your experience and enjoy a farewell dinner.

## Day 14

Saturday

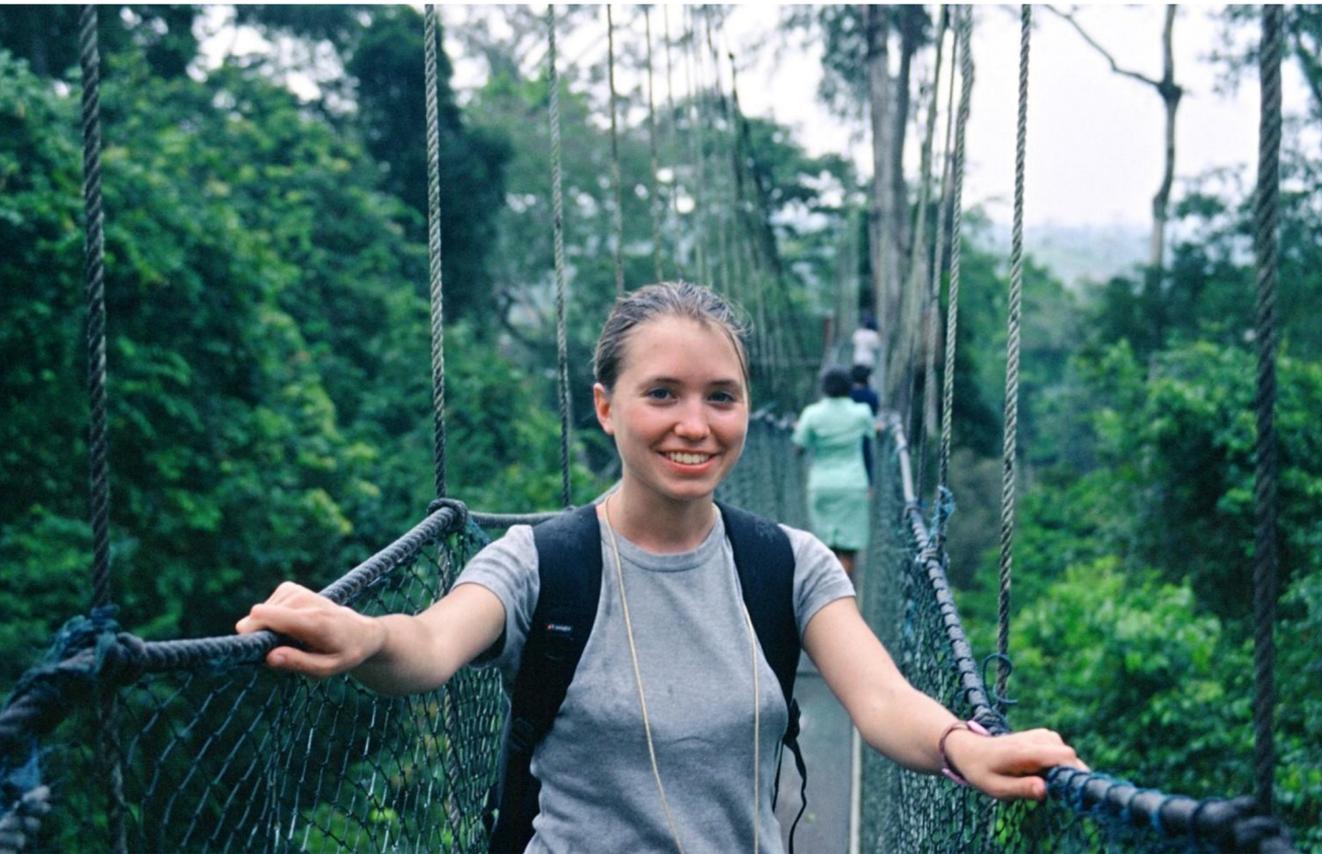
The group members will likely be departing at different times, therefore the last 2 days may not be the same for everyone.

Your exact departure plan will be communicated with you directly by our local team. You will have the continued support of Projects Abroad staff right until you are safely at the airport to board your plane back home.

# Personal Achievements



- ▶ Completed a total of 40 football-related service hours
- ▶ Organized a football tournament with 3 teams
- ▶ Coached around 50 aspiring footballers from disadvantaged communities
- ▶ Worked alongside and learned from Ghanaian football professionals



## Student Learning Outcomes

### Intercultural Competence

Students will be immersed in different cultures, gaining an understanding of their role within our global community and developing a deeper cultural awareness.

### Leadership Development

Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their confidence and resilience through team activities and new life experiences.

### Healthy Active Living

Students will be encouraged to prioritise their self-care, enhancing their physical and mental well-being.

### Empowerment

Students will be empowered to think for themselves, challenging the “status-quo” and cultivating transformative decision-making mindsets.

### Global Citizenship

Students will be exposed to new perspectives, engage with real-world challenges and contribute to sustainable development initiatives.



Ghana is a friendly and peace-loving country. It’s full of lush rainforests and historical towns that visitors always enjoy exploring.

Despite its small size and population, Ghana is one of Africa’s most stable and economically successful countries. Located on the Gulf of Guinea, it’s also a stunning location for any trip abroad.

## FUN FACTS

- ▶ Ghana’s national motto is “Freedom and Justice”
- ▶ The name Ghana means “Warrior King”
- ▶ Ghana was the first independent country in Sub-Saharan Africa
- ▶ Ghanaians speak over 200 different dialects

## Want to learn more?

We’d be happy to talk to you and and answer any questions you may have. You can call or email our team, or use the ‘live chat’ feature on the Projects Abroad website.

General inquiries: info@projects-abroad.org

Destination Information	
National Language:	English
Population:	31 million
Currency:	Ghanaian cedi
Time Zone:	GMT
Capital:	Accra
Calling Code:	+233
Dominant Religions:	Christianity, Islam
National Dish:	Fufu
National Animal:	Tawny eagle

## Social Media

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