Volunteer Placement Profile
Health and Hygiene Volunteer

African Hope Foundation of Ghana
Kumasi, Ghana

www.volunteerbasecamp.com
# Table of Contents

- Job Description ................................................................. 3
- Organization Details .......................................................... 5
- Placement Location Information ........................................... 7
- Accommodation and Meal Details ......................................... 9
- BaseCamp Ghana ............................................................... 10
- Living With a Host Family in Ghana ..................................... 12
- How our Program Fees Work .............................................. 14
- Program Fees Ghana .......................................................... 16
- Inclusions and Exclusions ................................................... 17
- Program Dates ................................................................. 18
Job Description

African Hope Foundation engages in local initiatives to achieve sustainable development in Ghana. The main focus of the organisation is on health related issues in the country, hence it undertakes outreach programs on public health in schools, churches, small communities and hospitals in Ghana.

The organisation would expect a health and hygiene volunteer to organise public seminars in schools, churches, hospitals and local communities. The volunteer would assist the local staff of the organisation and also work in a collaborative way with the local communities.

The volunteer should ensure effective communication with the project coordinator and must be willing to undertake any health and hygiene tasks assigned by the project coordinator.

Health and hygiene volunteers are not required to have any specialized education however, they must have educated themselves in: all current aspects of AIDS related issues, as well as other sexually transmitted diseases, able to teach young women about their menstrual cycle and pregnancy prevention, be knowledgeable regarding diseases prevalent in Ghana and what treatment is available as well as how to prevent such diseases when possible.

The volunteer would need to prepare health and hygiene related topics where each session is geared to the age level taught; be it primary or secondary school age children or the adult population in various communities. The health and hygiene volunteer should endeavour to make the sessions both informative and interactive.

Health and hygiene volunteers do not need to have an education in the health field although volunteers who are contemplating a career in such, would certainly gain experience. Volunteers must be willing to devote some time and energy towards making the sessions they teach interesting and directed towards the educational needs of the people at each session.

Volunteer Tasks Required
Personal Hygiene

A health and hygiene volunteer would be asked to teach children and adults about good grooming practices, proper hands and feet washing, good oral hygiene such as brushing your teeth twice a day and flossing at least once. The education should also include the importance of physical exercise.

Adolescent Reproductive Health

A health and hygiene volunteer may be expected to teach adolescents about sex education and the consequences that may occur if proper precautions were not adhered to plus knowledge about AIDS and other sexually transmitted diseases and methods of prevention.

Health Improvement Initiatives

A health and hygiene volunteer must support the local staff of the organization and must work directly with community groups to help them identify and seek solutions to health problems in their community.

Outreach Programs

As a health and hygiene volunteer, you may be asked to conduct outreach programs at hospitals and clinics in local communities. The volunteer must be able to educate patients on how to maintain good health, proper sanitation and personal cleanliness.
Organization Details

AFRICAN HOPE FOUNDATION OF GHANA is a non-profit organization dedicated to improving the lives of people who have been infected with HIV/AIDS. In 1998, it was founded as a non-governmental organization within the Kumasi region of Ghana, West Africa. Apart from working with individuals who have been infected with HIV/AIDS this organization is committed to assisting with local initiatives to achieve sustainable development.

AHFOG's philosophy seeks to strengthen marginalized communities, women and youth to realize their own potentials and to help them adapt to meet the different challenges of the world. AHFOG helps to empower vulnerable individuals to make a livelihood on a sustainable basis and live in dignity.

They are committed to educating the Ghanaian people regarding STIs and HIV/AIDS with the goal of reducing its rapid spread in Ghana. In addition they assist those in marginalized communities to develop sustainable skills for a better quality of life. AHFOG has established a work place where they conduct a program that teaches life training skills to the youth. This includes: tie and dye, soap making and also carpentry work.

AHFOG is registered as a non-profit company in Ghana as No. G8527. It is also registered with the Department of Social Welfare in Ghana, (DSW1458).

When the Organization was Founded

It all started with an organization called Africa Enterprise based in South Africa that cared for children and women and was lead by Dr Nii Amo Darko with the help of Mrs Agnes Opoku, a full-time worker. In 1998 the organization was founded as a non-governmental, non-profit organization within the Kumasi region of Ghana, West Africa and named the, Africa Hope Foundation of Ghana,(AHFOG), with Mrs Agnes Opoku, as administrator.

How the Organization is Funded

CARE International (US), PEPLA (NGO based in LA, California), Ghana AIDS
Role of Religion Within This Organization

The vocational institute for young women is run in collaboration with the Asowka Presbyterian Church.
Placement Location Information

The African Hope Foundation is located in a densely populated part of the bustling city of Kumasi called Chirapatre. The foundation consists of a very nice building with five bedrooms and good facilities, including Internet, a library and a wall garden. When it comes to the foundation’s school facilities, the African Hope Foundation deals with the government and is poorly funded, lacking important resources like teaching supplies.

Chirapatre and the surrounding areas are very busy with lots to do. Around the foundation there is a number of resources for tourists to utilize including; hotels, restaurants, medical facilities, markets and shops.

City Description

Kumasi is the second largest city in Ghana and the capital of the Ashanti Region. The city is buzzing 24 hours a day, and is home to the large Kejetia Market. Traditional Ashanti pride is much more prominent in this area, and volunteers are likely to see more cultural dress and practices during their stay.

Kumasi is a hub for travellers planning on going in any direction in Ghana, and has good transportation (bus or tro tro) to all major cities. Drivers in the city are aggressive and down town traffic can often be a challenge.

However, all the suburbs around Kumasi are fairly close and walking, (if you're up for a bit of a hike), is never out of the question. The down town core has a few major tourist spots, (Vic Baboo's restaurant and Chopsticks), where you can always find good Western food.

Points of Interest

Kumasi is the capital of the Ashanti Region and the former capital of the Ashanti Kingdom - coming into power as a city in the 17th century. Kumasi is an important place for the Ashanti people and is still the seat of power for the King of the Ashanti people. Visitors to Kumasi can visit the former palace of the King that was used up to the 1950’s.
Kumasi was a key ally of the Dutch during the colonial days, but frequently battled the British who were ultimately sacked in 1874.

**Weather in the Area**

The dry season in Ghana is from September through March and temperatures generally range from 29-34 degrees Celsius. The rainy season occurs in April until August and is a bit cooler at temperatures of 19-20 degrees Celsius. As the name of the season suggests, rainfall increases dramatically throughout these months. It is generally not constant rain, but when it does rain, it usually pours...

They calculate sunshine hours per day using their past forecast data. For August expect the sun to shine for an average of three hours per day. This represents the average number of hours in the daytime that the sun is visible and not obscured by clouds.

**Transportation From BaseCamp**

Volunteers will travel from the BaseCamp Center (Pink Hostel) by taxi or tro tro (public transportation) to the VIP Bus Terminal, which depending on traffic will take between eight to ten minutes. From there volunteers will take a bus to the city of Kumasi, usually taking between four to five hours. Once in Kumasi volunteers can take a taxi or tro tro to the Foundation.
Accommodation and Meals

All of our volunteers begin their stay in Ghana at our BaseCamp Center in Accra. Given that this placement is more than a 1 hour 15 minute commute from BaseCamp, volunteers here will be living with a host family after your orientation. Living with a host family is an awesome experience for a person looking to really experience Ghana and its culture.

The following information outlines a brief description of life at BaseCamp and also what someone can expect living with a host family in Ghana.

If you think that living with a host family is not for you, then this placement might not be the best fit with what you are looking for. You should try completing our application. It's totally free and will allow our team in Ghana to come up with a list of exactly which placements they would recommend for you based on your personal preferences, background, skills and interests.
The BaseCamp Center in Accra is a hostel situated in the residential neighbourhood of Asylum Down. This is a relaxing and peaceful area, away from the continuous activity and hubbub of the tourist district, but central enough that we are within walking distance of many attractions in Accra including the National Museum, Kwame Nkrumah Circle and Adabraka Market.

The centre itself is a three-story building with several dormitory rooms. There are also several quiet areas where volunteers can study and relax including a covered area outside. There is an internet cafe, allowing volunteers to stay in touch with friends and family abroad. In addition to this, free WIFI can be accessed throughout the building.
All volunteers spend their orientation in this centre when they first arrive in Ghana. The workshops and language training take place in this building as well although each day we incorporate outings to learn about the area and how to get around independently.
Living with a host family is a fantastic way to gain a deep understanding of and appreciation for the people and customs of the country. Each home-stay will provide a bed and three meals per day for our volunteers. The majority of host families offer private rooms with only one or two volunteers living with the family.

Living with a host family can greatly enhance your performance at your placement. For one, it will have a huge influence on the speed with which you gain familiarity with the local language. This, along with your deeper understanding of cultural practices and beliefs that you are likely to gain in this environment, can go a long way to improving or strengthening your relationships with your team mates at work. Furthermore, a significant percentage of our host families are closely affiliated with the organizations with which our volunteers work. As such, even the evening meal or hanging out around the house can become valuable time during which volunteers can share their ideas and continue their support of their host organization.

All of this being said, living with a host family is not for everyone. It is very important for volunteers to honor the house rules in their host family and to be punctual. Also,
depending on how remote your placement location, host families can be very rustic. Our staff in country can give you a better idea of what exactly you can expect from a host family in any particular community. However, in general, if these things sound like they might pose a challenge for you, we strongly suggest that you look at a placement within commuting distance from BaseCamp Ghana.
How the Program Works

Our program structure and costing is completely flexible which lets our volunteers ensure that they only pay for exactly the degree of support that they want.

Option 1 - Free Services

Some volunteers prefer to coordinate their own accommodation, meals and other support while overseas.

Anyone is welcome to use our volunteer placement search tool to help in finding a placement that is well suited to their interests. Once someone finds a placement that they wish to work with, they are welcome to make all the rest of their arrangements on their own.

As well, our team of staff overseas are often able to offer a few helpful pointers for volunteers 'doing it on their own'. Just send us an email with your questions and we will put you in touch with our team abroad. We only ask that you keep your requests fairly general, as this type of advice is exactly how our team earn their living. :)

Option 2 - Placement Support - 250 USD

Other volunteers would like assistance in selecting and confirming their placement, but they plan to manage their own accommodation and other expenses on their own.

These volunteers have the option of choosing to only have our assistance with selecting and confirming their placement. This option also includes ongoing placement support while abroad, so a volunteer would be able to ask our team for help if things at their placement were not working out.

In providing Placement Support, our team works with each volunteer through email, telephone and either Skype or Google Hangouts, to ensure that each volunteer has a clear understanding of their placement options. Our in-country staff will put together a custom list of placement options for each volunteer that they believe are the most appropriate matches with the volunteer's background, skills and interests.
Then each volunteer can work with our team both in Canada and abroad to go through each of the options and narrow-down their selection.

**Option 3 - Full Program Support**

For most volunteers who are volunteering for less than a year, they are looking for an option that includes their accommodation, meals, airport reception, country and program orientation and placement support. This is what our Program Fees are designed for.

We are proud of how over the years we have ensured that our program fees are amongst the most reasonable of any program in the world while we continue to provide exceptional volunteer support both at home and abroad.

Our Program Fees and listings of what these do and do not include are listed below:
## Program Fees Ghana

<table>
<thead>
<tr>
<th>Registration Fee</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Week</td>
<td>395</td>
</tr>
<tr>
<td>2 Weeks</td>
<td>535</td>
</tr>
<tr>
<td>3 Weeks</td>
<td>675</td>
</tr>
<tr>
<td>4 Weeks</td>
<td>815</td>
</tr>
<tr>
<td>5 Weeks</td>
<td>940</td>
</tr>
<tr>
<td>6 Weeks</td>
<td>1,065</td>
</tr>
<tr>
<td>7 Weeks</td>
<td>1,190</td>
</tr>
<tr>
<td>8 Weeks</td>
<td>1,315</td>
</tr>
</tbody>
</table>

- Additional Weeks: 120

All program fees are listed in US Dollars.
Inclusions & Exclusions

What is Included

- Pre-Departure support
- Placement consultation
- Airport reception & transfer
- 2 Day orientation
- Accommodation (BaseCamp or host family)
- Breakfast and dinner
- Emergency & placement support

What is Not Included

Before Departure

- International flight
- Travel medical insurance
- Visa costs where required
- Work permits where required

While Overseas

- Daily transportation to and from placement
- Transport to airport on departure
- Placement fees if required
Program Dates

Our regularly scheduled program start dates are the first Friday of each month, every month of the year. We strongly recommend beginning your program on one of these dates as this will allow you to go through our orientation alongside other international volunteers.

If you would prefer, our application will also allow you to select a custom start date for your program. Keep in mind that there is an additional fee for a custom start date which ranges from 50 to 75 USD.

| Dec 06, 2019 | Jan 03, 2020 | Feb 07, 2020 |
| Mar 06, 2020 | Apr 03, 2020 | May 01, 2020 |
| Jun 05, 2020 | Jul 03, 2020 | Aug 07, 2020 |
| Sep 04, 2020 | Oct 02, 2020 | Nov 06, 2020 |
| Dec 04, 2020 | Jan 01, 2021 | Feb 05, 2021 |
| Mar 05, 2021 | Apr 02, 2021 | May 07, 2021 |
| Jun 04, 2021 | Jul 02, 2021 | Aug 06, 2021 |
| Sep 03, 2021 | Oct 01, 2021 | Nov 05, 2021 |

PLEASE NOTE:

These dates are the day that volunteers should plan to arrive on the ground in country. We can accommodate arrivals in-country at any time day or night on these dates.