

GHANA @ 30



YOUR PASSPORT to
the INCREDIBLE
the MEANINGFUL
the MEMORABLE

Apply Today!

- Study Abroad Online Application (\$40 fee)
- Short Essay
- Information Session may be required for summer program
- Interview with Program Director may be required (for internship)
- Official transcript required for non-JMU students



Ghana 2026 Travel Dates

Nursing Program	4-15 Jan 2026
Summer June Program	7 June - 4 July 2026
Summer Internship	5-24 July 2026



Welcome to Ghana





DATE OF INDEPENDENCE: March 6, 1957

POPULATION: 34.43 million

LOCATION: At the geographic center of the world

LOCAL TIME: Greenwich Mean Time (GMT); Four hours ahead of Eastern Standard Time

COUNTRY CODE: +233

SAFETY AND SECURITY: Well-developed security architecture to ensure the safety of all its visitors. Country is politically stable with free and fair elections and a general sense of goodwill toward others.

What You Will See

In Accra, you will visit the house where W.E.B. Du Bois lived, the Kwame Nkrumah memorial park and the museum. Just outside Accra, students will spend a day visit to the Aburi Botanical Garden and the Mampong Research into Herbal and Plant medicine.

There will be a day visit to the Volta Dam at Akosombo (Ghana's biggest and first hydroelectric dam to produce electricity).

In Kumasi, you will visit the Manhyia Palace Museum that used to be the house of the Chief of the Asante. There is also a visit to the Old Fort which now houses the Military Museum.

We visit the Bonwire Kente weaving village to see weaving demonstration of the globally popular Kente cloth

In Cape Coast and Elmina on the Atlantic Coast, you will visit two slave castles (both are UNESCO Heritage sites).

Students love the Canopy Walk at Kakum, just a few miles west of Cape Coast.



What You Will Do

The Ghana study abroad programs include:

- Ghana 4-week academic and volunteer program in June.
- Ghana Internship in July.
- Ghana Winter Nursing Session in January.





What You Will Do

Summer in Ghana students take classes with experts from the University of Ghana and the community to learn about the history and culture of the country. Our classes include presentations on topics such as:

- Women and Development
- Sports and Peace
- Children's Human Rights
- Mental Health attitudes in Ghana
- Our theatre and dance presentation is followed with a practicum dance session.
- Dance with the University of Ghana School of the Performing Arts and weave Kente with artists



Internship and volunteer sites

- Serve the community at internship sites like Glona after-school program to enrich inner-city youth.
- Select internship in the leadership program at the Kufuor Foundation (created by and named after President J.A.K. Kufuor (2000-2008));
- Select the New Horizon special school for people with special needs.
- Gain exposure to international health at the community clinic at Winneba.
- Sample Ghanaian culture from an everyday perspective.



Winter Nursing in Ghana

The Winter Nursing in Ghana program is two weeks during the January term. Nursing students will blend cultural immersion with study on the healthcare systems in Ghana.

Several clinical days are planned in Kumasi and Winneba to provide undergraduate students with an opportunity to observe the role of the healthcare worker. For graduate nursing students, the clinical days will include direct patient care and management. Excursions to cultural, historical, and environmental sites will provide students with insight into the rich history of Ghana and her people.

Students have the opportunity to develop connections with nursing students from Garden City University sharing experiences of nursing education from both countries. Ghanaian speakers will provide insight to the healthcare system and health practices impacting care across the lifespan.

The accommodations are the same as those listed for the other Ghana programs including Forest View in Accra, NODA Hotel in Kumasi, The Windy Bay Hotel in Winneba, and Coconut Grove in Cape Coast.



A Day in the Summer Program

Four-week Study Abroad program:

7-8:30 am	Breakfast at the Forest View Hotel
8:30 am - 12:30 pm	Lectures at the University of Ghana
12:30-2:30 pm	Lunch
3-6 pm	Volunteer hours
6-7:30 pm	Dinner
7:30-8:30 pm	Evening Guest speaker hour*

*Twice weekly event with invited NGO and cultural leaders. Other nights allow students free time in the evening.

Three-week internship program:

During the Internship Program, you will have the opportunity to engage in service-learning projects at one of these three sites:

Kufuor Presidential Leadership Foundation
(<https://www.kufuorfoundation.org/>)

New Horizon Special School
(<https://newhorizonspecialschool.com/>)

Winneba Municipal Hospital and Health Sciences/Care
(<https://winnebamunicipalhospital.org/about.html>)



Accommodations

Depending on location of programming, our students will stay at:

- Forest View in Accra
- NODA in Kumasi
- Coconut Grove in Elmina
- Windy Bay in Winneba





Key things to know before you go

PASSPORT: Required and must be valid for six months after travel

VISA: Required and should be secured between 1 and 3 months before travel

HEALTH: Yellow Fever vaccine (required). Typhoid vaccine and polio vaccine recommended, malaria pills highly recommended. Drink and brush teeth only with bottled water that the program provides in abundance.

CGE will provide all students with travel health insurance cards.

CURRENCY: Called the CEDI (pronounced CD). Major credit cards (Visa, Mastercard, and American Express) are widely accepted at leading hotels, supermarkets, and airlines. Banks will exchange foreign currency, and ATMs will dispense it. If paying in cash at the mall and other stores you may also receive coins called pesewas.

TIPPING: Based on the quality of service.

CLOTHING: Loose, comfortable. Clothing is generally conservative, especially at heritage sites. At mosques, shoulders, knees, and heads should be covered. Rain-wear is recommended as we will be there during the rainy season.



USEFUL ITEMS: Insect repellent and sunscreen are recommended for outdoor use. International adapters (Type D and G like you will use in the UK) are required for power outlets.

PERSONAL SAFETY: Ghana is generally recognized as a safe and peaceful country. But as in all travel cases, exercise sensible precautions when traveling. Pay attention to your surroundings and be cautious with strangers. Keep personal belongings and important documents secure at all times. Consider a concealed money pouch for documents and currency. Purchase comprehensive travel insurance. Avoid isolated areas and travel in groups. We recommend that students do walk about in pairs or more.



“My time in Winneba gave me a deeper perspective on care and has shaped me into a more empathetic and passionate healthcare professional.”



“ My favorite experience while studying abroad in Ghana was being able to meet former President Kufuor! It was a truly unique experience that I felt very privileged to be a part of. I had never had the opportunity to meet a world leader before and am so grateful that this program gave me that incredible experience!

”



“ My favorite experience during the Ghana study abroad program was volunteering at GLONA... I learned valuable lessons about patience, adaptability, and the power of small acts of kindness. I realized that even the simplest gestures—like encouraging a child to keep trying or celebrating their progress—can make a meaningful difference in their confidence and motivation. ”



“ My favorite part about this study abroad in Ghana was the week that we got to spend road-tripping around the country! In each city and town we visited, we got to experience different aspects of Ghanaian culture and learn more about the specific histories of different kingdoms and tribes. Watching all the chiefs be paraded through town and carried on palanquins as people were singing and dancing was such an incredible experience; this trip is definitely one that I will never forget!

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**Thank you to the Ghana Tourism Authority,
Wikicommons, The Ole School, our amazing 2025
student cohorts, and The Coconut Grove Beach
Resort for the content of this booklet.**



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**Contact the Ole School for information and sponsorship:
<https://www.oleschoolalumnigroup.com/apply>**

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Ghana Video

