

GHANA

# Taste of Ghana Day



For an all-around cultural experience that offers volunteers the chance to learn about Ghana, look no further than the Taste of Ghana Day. Volunteers will get started with a visit to Fort Prinzenstein, Keta, once used to hold slaves awaiting exportation to the Caribbean.

Trying and cooking local food is a great way to understand a new culture. Volunteers will take a traditional Ghanaian cookery lesson, making red-red and plantain – a famous local staple – before enjoying the dish for lunch.

In Ghana, you're never far away from a beating drum. You will finish the day with a beach party and drumming.

## What's included?

- All transport and entry fees
- Cookery Lesson
- Lunch
- Visit to Fort Prinzenstein and a beach party
- African Adventures Co-ordinator

## What's not included?

- Drinks
- Tips for guides

