

GATEWAY



"What time is it?" at Wonderful Love Daycare

AKWAABA!

I hope you will all enjoy the October edition of Gateway, the official newsletter of Projects Abroad Ghana.

We had a great month with many hardworking volunteers, and about mid-month, we celebrated Global Hand washing Day in some of our regions!

We have two lovely volunteer articles in English and German which I hope you'll enjoy.

This will be my last newsletter as I'm leaving this month! I enjoyed giving you updates, and a big thanks to all the readers! Welcome Kwasi as the new temp social manager. ☺

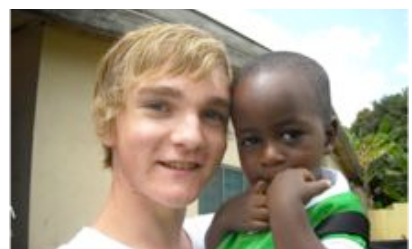
Rainbow Planche – Social Manager,
Projects Abroad Ghana



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INSIDE OUT: GHANA IN OCTOBER

I love posting articles from our Journalism volunteers following their hard work in Ghana! Rebecca shares her experience of the annual 'casting of the fisherman's net', a yearly tradition amongst the Fante people who reside in the Central Region.

Fishing Festival Forecasts Good Harvest

Rebecca Cooke



A heavy and expectant crowd surrounded Cape Coast Lagoon to gleefully engage in the annual casting of the fisherman's net into the water.

For generations the casting of the fisherman's net has been a symbol of local prosperity in harvesting. If the fish are caught in the net then it forecasts an abundant harvest for the coming year. If none become entrapped in the net then the locals will have a sparse harvest for the following twelve months.

The surrounding sandy beach and palm trees were a serene yet festive setting for the flourish of colors and faces that covered the area around the lagoon. The sun beat down on the site of the lagoon and the sky became a canvas of blue, which was welcome but uncharacteristic of the weather in the recent weeks.

The event took place after the festivities of the annual boat-race, just meters away from the scene of the ceremonial fishing. Crowds of people, after clapping, cheering and chanting at the boat-race became mellowed as they ambled across the road to the lagoon.

A buzz of excitement, anticipation and expectancy rippled throughout the crowded beachfront almost in perfect coincidence with the crashing of the seas waves on the beach, as onlookers observed the ceremonial fisherman enter the waters with his net ready to be cast and an air of prophecy ensue.

Chiefs, locals and those who had travelled some distance gathered together practically shoulder to shoulder to partake in the festival's prestigious event waited with baited breath to see the outcome of this year's harvest ritual.

The climax of the event played out to a soundtrack of chants and cheers and the fisherman pulled his net out of the water triumphantly with an abundance of fish floundering in its entanglement. The Cape Coast Festival and its events will continue through to the end of the week and the ceremonial fishing certainly had cast a veil of prosperity and good will amongst the coastal town and its residents as they may look forward to a strong and healthy harvest this year.

*Keep up with our Central Press Newspaper volunteers' work!
<http://centralpressnewspaper.blogspot.com/>*

FEATURE OF THE MONTH



Global Hand washing Day in Koforidua and Cape Coast!

We enjoy incorporating global days into our regular outreaches, and here are a few accounts of what we have done to celebrate Global Hand Washing Day, observed every year on October 15th!

KOFORIDUA (by Princeley) – We left town Friday 14th at 7 a.m. at the trotro station, and headed towards the small village of Darwa Korlewa. The school children were waiting for us and excitedly prepared! They had the local style of welcoming us by raising a canopy for the occasion. We started the program at 8:30am – First a presentation about hand washing by the volunteers; why it is good, what do you need and when do you need to wash, and other facts. Following Carol's demonstration, we had some of the children come up to show their classmates that they watched and learned! The community members were also there so they could join the program!

Afterwards we had a busy time following with a medical outreach: dressing of wounds in a blur of plaster, gauze and latex gloves; and this time we could add the checking of BP and sugar level! We were able to give basic medical consultations with the help of Gifty, our medical coordinator. Everyone was so glad we had come to help and share this Global Hand washing Day with them, asking when we were going to come back!

CAPE COAST – We met up at a main junction near Abura Literacy School around 10 a.m, and walked to the school through the small village streets. The children were in class but couldn't hide their anticipation when they saw all the 'Obruni' (the local word for 'foreigner') arriving! We got out the informational posters and glued them to the wall, and the volunteers began demonstrating how to properly wash hands!

After a few giggles we had the first volunteer children come to

wash their hands, and then had every student come show us how well they could wash their hands, volunteers coming in to help whenever necessary. Some were shy but others were proud to show off their hand washing skills!

Afterwards we made sure everyone got biscuits and juice, and we played with the children a bit before leaving. The staff thanked us for this fun lesson!



REGIONAL UPDATES



Accra

There are over 30 volunteers currently in Accra, and involved in different placements at different parts of the city. The Accra Regional Office is an expanded one which includes a peri-urban area like Kasoa which is politically not part of Accra. Kasoa is quite rural and serves the bulk of our care volunteers who would like to avoid the usual brisk nature of the city life with all the pollution, especially from hundreds of racketeer 'trotros' [commercialized mini-buses] that are usually in bumper-to-bumper traffic on our roads.

We have volunteers in all our different projects/placements in Accra- Human Rights; Care/Teaching; General/Elective Medical including HIV/AIDS and Dentistry; Sports- basketball and soccer; and Journalism- and every one of them is having a great time on their projects.

Our Medical volunteers continue to find our medical outreaches in schools and poor communities around Accra still fulfilling and more hands-on experience outside their placements. They would not miss the opportunity to get closer to the locals and find a greater sense of achievement in reaching out to the less privileged.

The Human Rights Office is doing wonderful by making true justice accessible to both the poor and the affluent in the Ghanaian society as they continue to find for the voiceless, the marginalized and the poor. Their work includes not only advocacy programs in schools and poor communities but also providing free legal services to those who have suffered all forms of injustice and abuses. Our volunteers have been extremely pivotal in this drive and the locals are very much grateful these hardworking volunteers.

Our Sports project is great and our volunteers are very instrumental in training up the future sportsmen in soccer and basketball. Basketball is a lesser-known sport in Ghana and volunteers who work on the kids at our basketball placement have to do a lot in sustaining their interest in the sports. These two groups of our sports are exceedingly happy on their projects as they truly get personal with their benefactors and positively influence their thought processes in the game and life.

The Journalism volunteers have had rare opportunities to interact with the local population and cover stories at first-hand. They have gone on assignments to cover global events like the hosting of the UEFA Cup at Metro TV, one of our television placements. Others have covered stories on environment, local politics, sports, transport systems, etc. The Journalism volunteers also have opportunity to interact with Senior High School students and develop and sharpen their interest in journalism.

Our volunteers live as a family once they arrive in Ghana and plan night outs together. They have the option of going to Reggae nights at the Labadi Beach every Wednesday, Ryan's Irish Pub on Thursdays and the weekend trips outside Accra to either Kokrobite Beach, any of the numerous waterfalls and beach resorts.

REGIONAL UPDATES

Cape Coast

In the month of October we had a total of 20 volunteers from different nationalities such as Britain, Netherlands, Canada, Australia, Northern Ireland, Denmark, and Germany among others.

All our volunteers are doing great and helping in various programs such as Medical, at the leprosy camp and medical outreaches, our care, which takes place at various orphanages such as New Life International Orphanage and Children's Home of Hope, and Covenant Day Care. We also have volunteers working in Rugby, Journalism, Teaching and IT teaching among others.

At Covenant day care, Juliette and Floriane are helping to feed the kids, painting the walls of the day care and teaching the kids French language rhymes. The director of the school is so grateful to them for their support and contribution especially the introduction of the French language by the two volunteers which is the first of its kind.

One other volunteer in the name of Simarjeet from Canada has introduced a new program at St. Monica's Girls school mentoring the kids to gain confidence and self esteem as well as helping them to discover their future aspirations and potential.

Keep up with Cape Coast on our Facebook page -
<http://www.facebook.com/groups/projectsabroad.capecoast>

REGIONAL UPDATES



handwashing and a donation.

The Hills

Around mid-month, we had about 29 volunteers at quiz.

We keep having our regular outreaches on Tuesdays and Thursdays, and on the 19th we had a big outreach for Global Handwashing Day at Africoco D/A Primary School, to which we added a talk about

Our Demonstration Farm is going well and we have prepared signboards for the different crops thanks to our volunteers! We are also planning on printing out informative posters for our farming outreaches, so that the children can learn faster!

This month we had a maximum of 22 building volunteers at one point, and they are all doing well and working hard! The roofing is now finished, and soon there will be only painting left to do! We might have a new building project planned at Ebenezer International School, a past building project – the children who have moved up one grade are now sitting outside to have their classroom!

We had a series of festivals around September and this month, and some of our volunteers attended the events and concerts. The Akuapem Hills region was very lively this month!!



Keep up with The Hills on our Facebook page -
<http://www.facebook.com/groups/projectsabroad.hills>

REGIONAL UPDATES



Ho & Hohoe

This month has been very good with both care – teaching and medical volunteers,

Volunteers went about with their usual activities, Teaching and Care volunteers led their various placements to mark the Global Hand washing Day. Pupils were taught the right way and the need to wash hands especially after visiting the toilet.

Medical volunteers did their usual Wednesday's and Thursday's medical outreach in rural communities; they cleaned dirty wounds and did basic but important education on Hygiene, adolescence and reproductive Health.

More importantly, both past and present volunteers joined friends and family to wish Mae all the happy things in life as she celebrated her birthday this month. All were invited to Victoria's house for dinner.

REGIONAL UPDATES



Koforidua

In total we had around 14 volunteers this month in our different projects – Care, Medical and Teaching!

Our Medical volunteers have seen their patience tried with this month's doctor strikes, but have still managed to put their hard work into other programs we have such as the medical outreaches, which we continue to have every Tuesdays and Thursdays in villages outside of Koforidua.

Our big outreach for Global Handwashing Day was very successful and everyone was asking when we could come back again! Read about it on the feature page.

At our weekly quiz meetings we were able to play Ghanaian games such as Oware, which we all enjoyed!

It was generally a good month with hardworking volunteers!

Keep up with Koforidua on our Facebook page -
<http://www.facebook.com/groups/projectsabroad.koforidua>

REGIONAL UPDATES

Kumasi

This month has been quite but normal and was still packed with a lot of activities. We started the month with 10 volunteers. It has been a wonderful with very hard working volunteers. The general care at Kumasi children's Home where there are volunteers gets better day by day as volunteers are there to make sure that at least the less fortunate ones over there also get some attention and care. Mike Stuart a volunteer from New Zealand made a donation of stationary to the school of the home. The school was very grateful and promised to put the stationery into good use.

In the Hospitals, the Medical volunteers are doing tremendously well and medical outreaches were held at Asuofia and Tafo communities. They also had a talk about difference in Ghanaian and British medical field and speaks was Dr. Stuart Knowles from England and Enoch the Medical coordinator at Asuofia , near Kumasi. The whole community welcomed them and the program was very successful. They treated illness and diseases, mostly malaria and other minor cuts. One of the Outreaches was on sensitization on cleanness in our environment

Veterinary volunteers also went for outreaches and treated animals like pig's sheep, dogs and poultry. They visit the farms and render their services to these framers. Quiz nights have been very nice and very participatory. Volunteers learn how to speak the local language thus Twi and they also wish that they could be thought very time there is Quiz night. Some of our volunteers travelled to Mole National Park (in the North of Ghana) for some time!

*Keep up with Kumasi on our Facebook page -
<http://www.facebook.com/groups/projectsabroad.kumasi>*

HOST FAMILY

Ms. Jannet Frempong

This is a new host family in Koforidua, Eastern Region that has started welcoming volunteers this month!

Ms. Jannet Frempong lost her husband in 2011. Jannet runs a provisions store at the front of her house. She is keen to welcome you into her house and will treat you as part of her family.

His son Yao Adu Poku (1981) lives in another area of Koforidua but visits his mother often.

Ms. Jannet Frempong's home is located within walking distance of the tro tro station. She lives in the city center, close to the well-known Koforidua bead market.

Koforidua is the capital of the eastern region of Ghana. It has many stores, banks, a post office, internet cafes and petty traders.

From Koforidua you can visit the Boti waterfall, Kumasi (the garden city), and other interesting places.

All volunteers in Ghana live with a local family and hence gain a far richer and more varied experience of Ghanaian life. Respecting the family's rules and customs and explaining your own culture are key to a happy home.

Ms Jannet hosts a maximum of three volunteers and your room, a very large space shared with the other (female) volunteers, will have three beds and space for clothes.

Meals will be a mixture of local and Western foods. The family are keen for you to try their Ghanaian dishes, but appreciate the need for variety and that some people have particular tastes.

Jannet understands that volunteers like to go out in the evenings, but would like to know where you are going. She asks that you do not return home too late, particularly during the week, when you may disturb the family.



People You will Meet ...

Mrs. Jannet Frempong
Yao Adu Poku (1981)

You will get the contact information about your host family once your project is confirmed!

PROJECT UPDATE

Central Press Newspaper

One of our journalism placements in Cape Coast, Central Press Newspaper, has grown very successfully since Projects Abroad's involvement. Here is a description from their staff to best tell you how your experience working here would be like!



Your role here as a volunteer is that of an intern at Central Press Newspaper. You will begin by shadowing professional journalists, learning from them and hopefully gaining an insight into the field.

Volunteers' responsibilities will depend on previous experience, as well as enthusiasm and level of initiative. However, to begin with you must view yourself as an intern with a learning role. The more you prove your capacities and initiative, the more responsibilities you are likely to get. You are expected to dress 'smart' and take your role seriously to have the best local response to your work and interactions.

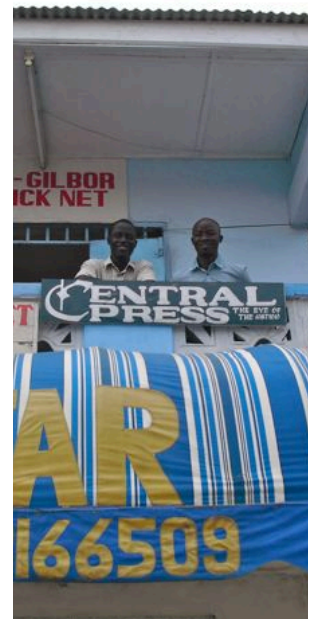
Volunteers will be assigned to gather stories from the local communities, analyse and report on these stories, and educate the public. They will work for 7 hours every week day, starting at 8 a.m. and finishing at 5 p.m. Most of the time the volunteers go out five times a week to get some stories. Five volunteers work here at the same time and share articles.

The Central Press newspaper permits volunteers to go to many regions and write different types of stories, and also have regional correspondents who report on some projects. As a volunteer you have the opportunity to write on Business, Sport, Earth etc.

One of our past volunteer created centralpressnewspaper.blogspot.com, a link where we regularly post articles written by our staff and volunteers. Anyone in the world can keep up with what we write!

For now, our office is shared but we are looking for a permanent office. Useful equipment you may bring with you include a digital camera, a recorder, note books and a laptop. It is really well-recommended to bring your equipment with you. Most of the time we publish volunteers' pictures when they take some.

Flexibility, on both sides, is the key to working at most Projects Abroad placements. As long as you are prepared to work hard and do the best you can, no one will insist on you doing something you are not happy about.



Keep up with our Central Press Newspaper volunteers' work!
<http://centralpressnewspaper.blogspot.com/>

OUTREACH OF THE MONTH



Farming Outreach in the Hills

A few times a month, our farming volunteers get to go in a classroom setting to teach the children the value of fruits and

The shy and excited children first welcome the group of volunteers, and it's always nice to see how ready they are to learn!

With the help of Isaac, our local farming coordinator, the team is able to share information in both English and in the local language of Twi. They teach about the different types of vegetables, and their health benefits and vitamin composition. To best teach the children, they bring in a basket of fruits and vegetables which they harvested, and some which they bought at the market. To know what the inside looks like and which parts you can eat, Isaac cuts the fruit in half before their attentive audience.

They team repeats the names of the fruits and veggies to make sure the children remember. The many curious and happy eyes repeat silently to themselves, showing us we taught them something today!



VOLUNTEER CORNER

My Experience in Ghana

Remco Duinmeijer

Too hot, too busy and not safe at all but still a great start of my working day here in Ghana; that for 5 days a week and two months. The bus to school is overloaded with children, as you can see on the picture. Every morning there are usually three children sleeping all over me. It is so sticky and hot but you get used to it. Unless the children are sweaty, it is adorable to see.



The Anointed Royals Early Childhood Development Centre is my placement during my stay here in Ghana, Koforidua. A daycare centre for children aged 2 to 5. In total there are three classes and two toddler rooms. So, for Ghanaian terms it is not a very big 'school'. I am in the Grace Class with 38 children. The children are about 3 or 4 years old.

In Holland, I raised money so that I could buy some stuff for the daycare centre. Thanks to everybody who donated. After the first days at the centre I decided to buy some school stationery. This is because the centre pays a lot of attention to preparing the children for junior school. Quickly, I found some good alphabetic coloring books and pencils. The next day I brought the things I bought to school. Miss Adelaide, who founded the centre, and the teachers of my class were very surprised but also very grateful. Directly, we started to draw in the books. See the results on the pictures. I felt really good after the first day we did this. The children seemed to be very happy with this kind of amusement.

Now, my daily routine is getting out of bed at quarter to six and getting the bus to school at quarter to seven. Finally, we arrive at the school at nine where we first start with assembly; a lot of singing, dancing and praying. After this I mark the homework books of the children and write down their new homework. Then I help the children with writing. Most days the writing is from half past nine until quarter to eleven. After writing the children have a break for half an hour so they can eat there snacks. Then we go drawing, singing and dancing for an hour. The children really enjoy it and so do I! At quarter past twelve lunch is served. After this, the teachers and I dress them all up. Then they sleep until the bus comes to pick them up and drop them off at their homes. Most of the time I am very busy with everything but when I have some time left I walk around and have a look in the other classes to see if I can help there. One day I met a little girl who was crying and wouldn't stop at all. But then one of the teachers came with the idea to carry the child on my back. I had to walk around and at the end the little girl fell asleep. Everybody was very surprised. Normally, only women carry children on their backs. Sometimes I was a bit afraid that she could fall off and hurt herself. Luckily, nothing went wrong and I really enjoyed it.



At the beginning I felt a bit uncomfortable and awkward to be here. But I think that is quite normal, because nothing is similar to my own life. Now, after a few weeks being here you get used to the way of living. The people here wake very early and in Holland I am used to getting up later. Also at school there are a few things that are different. Here they hit the children very often when they don't listen. I had a hard time with it when I first saw it. I talked about it with Miss Adelaide and my teachers and told them you go in jail for hitting children in western countries. Since then they try to use it less.



I really enjoy my time here but it goes far too fast. So, now I try to enjoy every single day here and make the best of it. This is a once in my lifetime opportunity and I have to go for it. Ghana is a beautiful country with very nice places and very nice people. They really respect you and try to help you where they can. It already gave me so much more than I expected! I am really going to enjoy the last part of my stay here. Goodbye!

If you want to make an alumni contribution to the newsletter – what your time was like, what it meant to you or what you are up to now, just send it on to socialmanager-ghana@projects-abroad.org !



Small Ghana ... and Small Melanie

Melanie Hanimann

Während meiner Zeit in Ghana fiel mir vor allem auf, dass dort die Beziehung zu Zeit anders ist. Der Bus fährt nicht ab, wenn es Zeit ist, sondern wenn er voll ist. Es wird nicht gegessen, wenn Zeit ist zu essen, sondern wenn man Hunger hat. Man geht nicht zur Verabredung, wenn es Zeit ist, zu gehen, sondern wenn man bereit ist. Ich als typische pünktliche Schweizerin musste eigentlich schon nach kurzer Zeit eingestehen, dass es an dieser Art und Weise, mit Zeit umzugehen, gar nichts auszusetzen gab. Im Gegenteil, es hat etwas Beruhigendes, wenn man sich nicht permanent mit der Zeit messen muss und stattdessen die Zeit als ein Hilfsmittel zur Orientierung nehmen kann. Ein altes Sprichwort trifft es sehr genau: In Europa hat man Uhren, in Afrika Zeit. Wie wahr!

Im Haus meiner Gastfamilie fühlte ich mich sehr schnell zuhause. Meine Gastmutter nahm mich auf wie ihr Kind und ich fühlte mich willkommen und wohl. Es gab viele Sachen, die die Menschen in Ghana machten, und die wir meiner Meinung nach in der Schweiz eigentlich nachmachen sollten. Eines ist zum Beispiel das Tragen auf dem Kopf. Das ist so elegant. Ich habe in einem Bericht gelesen, dass man bis zu 15 % des eigenen Körpergewichts auf dem Kopf tragen kann, ohne dass sich der Körper mehr anstrengen muss. So hat man immer noch beide Hände frei, um etwas anderes zu machen. Bis am Schluss meines Aufenthalts war ich fasziniert, wie diese Frauen alles tragen konnten: vom Handy und Portemonnaie über Früchte, Einkäufe und Tücher bis zu Tischen und Stühlen.

Ich werde das Bild nie vergessen, als ich das Schulgelände betrat. Der Schulleiter saß auf einem Holzstuhl, hinter einem Holztisch unter einem Baum. Das war sein Büro, und wenn es regnete, wurde der Tisch, Stuhl und Schulleiter ins Trockene gebracht. Aber unter diesem Baum – ich weiss nicht mehr, was es für ein Baum war – jedenfalls war dort sein Platz. Es gab zwei Gebäude. Eines war fertig und dort waren die älteren Klassen und das andere war nicht mehr fertig gebaut worden, dort waren die kleineren Kinder. Die Kinder waren goldig. Sie fragten mich, ob meine Haare echt seien, oder warum ich mich so merkwürdig kleidete (dabei glaubte ich immer, mich gut zu kleiden und hatte das nie so hinterfragt). Sie fragten mich auch, welche Spiele in meinem Land gespielt werden, und welche Lieder wir singen.

Als Freiwillige wurde ich langsam in die ghanaische Kultur eingeführt. Zuerst gab es Reis und Hähnchen oder Fisch, dann Bohnen und gegen Ende meines Aufenthalts konnte ich alles essen, über Fufu und Banku mit Okro bis hin zu Kenkey, und es war wirklich köstlich! Gegessen wurde mit der Hand. Das war beim ersten Mal etwas merkwürdig, weil ich das Gefühl hatte, etwas Verbotenes zu tun, aber es machte richtig Spaß! Man ist so nahe mit dem Essen. Und ich finde, eine Kultur lernt man erst kennen, wenn man wirklich lebt und isst wie die Leute im Land. Der Geschmack passt sich erstaunlicherweise auch an. Beim Hähnchen werden die Knochen mitgegessen. Das machen auch andere Kulturen so. Ich habe mich das erste Mal schon gewundert, als bei den anderen alles weg war, inklusive Knochen. Sie sagen, das macht starke Zähne. Nur, da ich ja keine starken Zähne hatte, weil ich keine Knochen esse, konnte ich keine Knochen essen, um starke Zähne zu bekommen!

An den Wochenenden bin ich oft verreist, zum Beispiel nach Cape Coast und habe das gewöhnliche Touristenprogramm gemacht. Während zwei Wochen durchquerte ich ganz Ghana und besuchte den Mole Nationalpark, wo ich auf einer Safari viele Tiere sah. Aufregend war oft der Weg zum Ziel. Während dem Warten auf den Bus lernte ich die spannendsten Leute kennen und auf der Reise die spannendsten Geschichten.



Bald war schon wieder Zeit zu gehen. Das war sehr traurig. Wie ein Schwamm hatte ich diese Monate in Ghana versucht, alles einzusaugen. Ich bin so tief getaucht wie es möglich war und verwandelte mich zwar nicht in einen ganzen Fisch, jedoch in eine Meerjungfrau, die nun beide Welten kannte. Wo gehörte ich hin? Afrika war jedenfalls ein zweites Zuhause geworden.

If you want to make an alumni contribution to the newsletter – what your time was like, what it meant to you or what you are up to now, just send it on to socialmanager-ghana@projects-abroad.org !

ABOUT YOUR STAFF

A New Face in the Hills

This month we had to say goodbye to Jeremiah, our past Assistant Regional Coordinator, and we welcomed Augustine, who quickly picked up his tasks!

Augustine Kwaku Bow comes from Tamale, a city in the Northern Region of Ghana. He began his work on October 1st of this year in the role of Assistant Regional Coordinator: He introduces volunteers to the Hills and their placement, helps get feedback, and to arrange departures for volunteers, and of course like all of our staff he is available at any time for any problems! His favorite Ghanaian dish is Banku with Ground nut soup.

If you want to 'meet' the rest of our Ghana staff, just go to
<http://www.projects-abroad.org/about-us/overseas-staff/#ghana> !!

MISCELLANEOUS

Tribes in Ghana

On the basis of language and culture, historical geographers and cultural anthropologists classify the indigenous people of Ghana into five major groups. These are the Akan, the Ewe, MoleDagbane, the Guan, and the Ga-Adangbe.

Ashanti

The Ashanti people of the Akan, from which nearly half of the Ghanaian population is descended, comprise the largest ethnolinguistic group in Ghana and one of the few matrilineal societies in West Africa. The matrilineal system of the Akan continues to be economically and politically important. Each lineage controlled the land farmed by its members, functioned as a religious unit in the veneration of its ancestors, supervised marriages, and settled internal disputes among its members.

Ashanti kings, once renowned for their splendour and wealth, retained dignitary status after colonization. Celebration of the Ashanti kings lives on in the tradition of the Golden Stool. The Ashanti are noted for their expertise in several forms of craft work, particularly their weaving, wood carving, ceramics, fertility dolls, metallurgy and kente cloth. Traditional kente cloth, is woven in complex patterns of bright, narrow strips. It is woven outdoors, exclusively by men. In fact, the manufacture of many Ashanti crafts is restricted to male specialists. Pottery-making is the only craft that is primarily a female activity; but even then, only men are allowed to fashion pots or pipes depicting anthropomorphic or zoomorphic figures.

The various Akan groups speak various dialects of Twi, a language rich in proverbs, and the use of proverbs is considered to be a sign of wisdom. Euphemisms are also very common, especially concerning events connected with death. The Ashanti village is the primary social and financial unit, and the entire village typically participates in major ceremonies.

Fanti

The coastal Akan (Fanti) were the first to have relations with Europeans during the "Scramble for Africa". As a result of long association, these groups absorbed aspects of British culture and language. For example, it became customary among these peoples to accept British surnames. The Fanti people live predominantly in the Central Region though a large number too live in the Western Region of Ghana.

The language is Fanti.

Ewé

The Ewe people occupy southeastern Ghana and parts of neighboring Togo and Benin. The Ewe are essentially a patrilineal people, the founder of a community became the chief and was usually succeeded by his paternal relatives. Ewe religion is organized around a creator deity, Mawu, and over 600 other deities. Many village celebrations and ceremonies take place in honor of one or more deities.

Coastal Ewe depend on the fishing trade, while inland Ewe are usually farmers and keep livestock. The local variations in economic activities have led to craft specialization. The Ewe also weave kente cloth, often in geometrical patterns and symbolic designs that have been handed down through the ages.

Mole-Dagbani

Mole-Dagbani is spoken by about 15 percent of the nation's population, the name of which is a portmanteau of two closely related languages: Moore language (Mole), spoken by the Mossi, and Dagbani language (Dagbane) spoken by the Dagomba, two related peoples. The majority of the Mossi live in Burkina Faso, which the Dagomba mainly reside in Northern Ghana. Its speakers are culturally the most varied. For centuries, the area inhabited by Mole-Dagbane peoples has been the scene of movements of people engaged in conquest, expansion, and north-south and east-west trade. Hence, Hausas, Gurunsi, Fulanis, Zabaremas, Dyulas and Bassaris are all integrated into the Dagbani areas, and many speak the language. For these reasons, a considerable degree of heterogeneity, particularly of political structure, developed here. Many terms from Arabic, Hausa and Dyula are seen in the language, due to the importance of trans-Saharan and West African trade and the historic importance that the Islamic religion has had in the area.

Guan

The Guan are believed to have migrated from the Mossi region of modern Burkina around A. D. 1000. Moving gradually south, through the Volta valley, they created settlements along the Black Volta, the Afram Plains, in the Volta Gorge, and in the Akwapim Hills before moving onto the coastal plains.

Ga-Adangbe

The Ga-Adangbe people (named for the common proto-Ga-Adangbe ancestral language) inhabit the Accra Region, Eastern Region, Togo and Benin. The Adangbe inhabit the eastern plain, while the Ga groups, occupy the western portions of the Accra coastlands. Both languages are derived from a common root language, modern Ga and Adangbe languages are still similar.

Despite the archeological evidence that proto-Ga-Adangbe-speakers relied on millet and yam cultivation, the modern Ga reside in what used to be fishing communities, and more than 75 percent of the Ga live in urban centers. The presence of major industrial, commercial, and governmental institutions in the city, as well as increasing migration of other people into the area, has not prevented the Ga people from maintaining aspects of their traditional culture.

SOCIAL MEDIA

Here's just a recap of the social networking we do so that you can be best updated!!

Hills: <http://www.facebook.com/groups/projectsabroad.hills>



Kumasi: <http://www.facebook.com/groups/projectsabroad.kumasi>

Ho & Hohoe: <http://www.facebook.com/groups/projectsabroad.ho>

Accra: <http://www.facebook.com/groups/projectsabroad.accra>

Cape Coast:

<http://www.facebook.com/groups/projectsabroad.capecoast>

Koforidua: <http://www.facebook.com/groups/projectsabroad.koforidua>

Upcoming Human Rights volunteers, please check out what's up on the PAHRO link:

<http://www.facebook.com/groups/projectsabroad.hro>

We've started tweeting from Ghana ! Follow the latest news and events at:

http://twitter.com/Proj_AbroadGH/



We also have a lot of fun articles on our Projects Abroad blogging site! Everyone is free to contribute, and it's a great way to get a little taste of what you'll experience in Ghana, or in any other Projects Abroad Destination! Catch up and contribute your thoughts at :

<http://www.mytripblog.org/pg/groups/2915/Ghana>

If you would like one of the pictures from our newsletter, blog or facebook in full resolution just email the request to socialmanager-ghana@projects-abroad.org!