



Final Expectations Packet
Salisbury School Global Education Squad
Ghana, June 5-16, 2019

Dear Salisbury School Students and Parents,

You're almost ready to takeoff to **Ghana**! In **one month** your group will journey together on an adventure-of-a-lifetime experience that includes fun and engaging cultural and volunteer immersion activities designed to enrich your understanding of the country while making a positive impact in the local community. Our staff in **Ghana** is nearly prepared and anxiously awaiting your arrival to their beautiful country with your **Global Education Squad** in **June**.

This **Final Expectations Packet** is designed to give any final details to ensure a safe flight and successful program experience with your classmates. This Final Expectations Packet includes **Final Airport Instructions, Money and Communication Information, Code of Conduct, Contact Sheet, Packing List, Final Schedule** and an invitation to your Squad's **Facebook Page**. We hope it will answer any final questions you may have but we are also available anytime to assist with any additional questions or concerns.

During our upcoming **Final Expectations Conference Call**, we will review the information covered in this packet in more detail as well as answer any questions you may have.

We are excited for you to embark on your program within these next few weeks and witness the rippling effect you will have on the Ghanaian community! With your help, we hope to continue to expand our international impact within the country and back home as more globally conscious citizens. Feel free to call or email with any questions or concerns at **(559) 761-0351**.

Yours in the journey,

Erik Werner, Director of School Group Programs @ ewerner@squads.ngo

Hailey Roodberg, Squads Abroad Program Specialist @ hroodberg@squads.ngo

Flight Information and Instructions

From New York City, NY (JFK) to Accra, Ghana (ACC)

Wednesday, June 5- Thursday, June 6

Flight	Departure	Time	Arrival	Time
DL 420	New York City (JFK)	11:19 PM	Accra, Ghana (ACC)	1:35PM

From Accra (ACC) to New York (JFK)

Saturday, June 15 - Sunday, June 16

Flight	Departure	Time	Arrival	Time
DL 421	Accra, Ghana (ACC)	11:25 PM	New York City (JFK)	6:23AM

➤ Prior to Departure

- Be sure to check your airline to see the specific **size and weight limit** for your trip. There may also be additional **checked baggage fees***

➤ Day of Departure

- Have your **printed** Emergency Travel Contact Sheet and 2 copies of your Passport
- Check in at least **2.5 hours** before your flight
- ****Do NOT check in online** prior to your departure**
- Bring a credit or prepaid debit card for **baggage fees**
- Bring spending money for food or snacks in the airport(s)
- Teachers please collect passports and guard them carefully! We will lock them up in the home-base upon your arrival
- Our staff will be waiting for you in the arrivals outside of the airport. Look out for the **Squads Abroad sign!**

*Delta Airlines allows **1 checked luggage piece** with a maximum weight of 23kg/50lbs for free. A **2nd bag** is an additional fee of \$100. Please review the Delta Airlines Baggage Policy in the link below, since **this can change** at the airline's discretion at any time and **without notice**.

https://www.delta.com/content/www/en_US/traveling-with-us/baggage/before-your-trip/checked.html

Money And Communications

The currency in Ghana is the Ghanaian Cedi (GHS). The current conversion between the US Dollar and the Cedi is 1 USD = 5.10 GHS; 10 USD = 51 GHS; 100 USD = 510 GHS

The best way to access money is through the ATMs. There in country staff will transport you to the nearest ATM instead of doing so in the airport. If you're not able to bring a debit or credit card to withdraw money you may want to bring cash to exchange at the bank during weekday business hours.

Budget about \$50 - \$100 (255 - 510 GHS) during your week for snacks and souvenirs.

Be sure to contact your bank and/or credit card company and let them know you are traveling abroad!



There is limited Wi-Fi via Mobile Hotspot at the homebase but it is not always reliable. The staff is available for you 24/7 if communication is needed. We recommend using WhatsApp for communication back home. You can also **stay connected with your families back at home via the Facebook group** for your program! Please join the group page and invite friends and family to join. We will post regular updates about the country and encourage students and staff to post updates throughout your trip!

Facebook page: <https://www.facebook.com/groups/1791596317607992/?ref=bookmarks>

Code of Conduct for Participants Under 18

Individuals participating in a Cross-Cultural Solutions program as a part of a chaperoned group are expected to be respectful of other program participants, the program staff, the placement, and the community. Students in our program are representatives not only of themselves, but also CCS and act as ambassadors to their home country. The CCS program includes policies, rules, and regulations to ensure the safety of all participants. In the event of unacceptable behavior or a violation of any of these rules and policies, CCS will terminate your participation, and you will be asked to leave the program. Your parent or guardian will be responsible for any costs incurred due to a change in your ticket.

Program Policies

Drugs

The use of drugs is illegal. Anyone who is found asking for, buying, in possession of, or using drugs will be expelled from the program and may be reported to local authorities. Keep in mind that your country's embassy will not be able to protect you if you are in custody of the local authorities.

Alcohol and Tobacco

Volunteers are prohibited from consuming alcohol and/or tobacco while participating on a CCS program. In the United States, the legal age to purchase tobacco is 18 and alcohol is 21. Therefore, there is a no-tolerance policy for the consumption and possession of alcohol and/or tobacco while participating in a CCS program.

Weapons

Under no circumstances will CCS staff or volunteers carry weapons or have weapons or ammunition while with CCS. To do so would undermine CCS' humanitarian philosophy and endanger the well-being of our staff and volunteers. CCS adopts a no weapons policy, prohibiting weapons on CCS property and vehicles.

Home-Base Policies

Curfew

All volunteers participating in the program will be expected to respect the mandatory curfew of 9pm daily. Exceptions to this curfew will only include excursions or evening activities arranged by CCS.

Quiet Hours and Lights Out

All volunteers participating in the program will be expected to respect their fellow volunteers by observing quiet hours at 10pm each night and lights out by 11pm. This will ensure volunteers are well-rested for their volunteer placement in the morning.

Prescription Medication

In order to maintain the highest level of safety, all prescription pain medication and mood-altering medication will be held by the CCS in-country staff. Once you arrive in-country please check your medications in with the Program Director and communicate the frequency/quantity you will require. When you need to take your medication, please see the Program Director or another supervising staff member to access your medication.

Sexual Relations

Volunteers are prohibited from any sexual relations while on the program.

Rooms

Volunteers are assigned to bedrooms based on gender. Volunteers are allowed access to their bedroom only. At no time should volunteers be accessing rooms to which they are not assigned. Common areas are available for socializing.



TRAVEL CONTACT INFORMATION

*I'll be traveling to incredible Ho, Ghana with Squads Abroad from **June 5-15, 2019**.
Here's how you can reach me during my time volunteering abroad.*

Reaching me in Ghana

If you're calling from the US or Canada:
011-233-50-573-0124

Remember that there is a time difference! Ghana is **5 hours ahead of Eastern Standard Time** (4 during daylight savings time) and in the GMT zone (1 hour behind during daylight savings). It's best to call me after 6:30pm (Ghana time).

My Address in Ghana

Cross-Cultural Solutions, Ho
Poly Down, Plot No. VR193/96
House No. 12, Wortoe, Ho
Ghana, West Africa

To Send Mail:
Cross-Cultural Solutions, Ho
P. O. Box HP 1395, Ho
Volta Region
Ghana

The Country Director in Ghana is Makafui Amenuvor, and he can be reached via email at:
mamenuvor@crossculturalsolutions.org

In Case of Emergency

To call Squads Abroad Monday – Friday, 9:00 am – 6:00 pm EST
559-761-0351

To call the Cross-Cultural Solutions Emergency Hotline 24 hours a day
88-772-9336

To reach the Squads Abroad Program Director, Erik Werner, on his cell phone
720-234-1132

To reach the Ghana Country Director, Makafui Amenuvor, on his cell phone
233-20-895-5468

(Please dial "011" before the number if calling from the US, or "00" if calling from the UK)

Ghana Packing List

If you're reading this list, you're likely getting much closer to your international volunteer experience with Squads Abroad! We're excited to welcome you on our program! We understand that packing can get a little stressful, but we hope that this easy-to-follow checklist will make it a little easier and a little more organized. Here are some tips to get you started:

- ✓ **Pack light!** You might find a lot of items that you'll want to bring home from your travels, so save some room. And – who wants to be struggling through airports with heavy suitcases? Less really is more for the global traveler. You can even coordinate with fellow classmates with packing items such as sharing toiletries!
- ✓ **Love your layers.** Don't pack a new outfit for each day – the secret of smart travel packing is to embrace layers. So make yesterday's outfit look brand new with a quick cardigan, and have a wrap on hand for cool evenings. Also keep in mind that you'll be receiving your 2019 Squads t-shirt upon arrival!
- ✓ **This is your tool, not the rule.** You're unique, so let your individuality shine! 2 pairs of jeans not your style? Feel free to swap it out for long skirts or print pants. Just make sure your clothing is appropriate for a conservative culture – this means leave your short shorts or t-shirts with questionable slogans at home.

The Basics – Clothing

We've estimated the amount of clothing that you can bring based on a 2-week experience. Some of these are just our suggestions, so please pack what will be comfortable for you, while keeping in mind modesty in the community.

- 6-7 pairs of socks
- 7-8 pairs undergarments
- 2-3 pairs of jeans (without rips or tears)
- 1-2 changes of sleepwear (long pants or conservative shorts with t-shirts or tank tops)
- 6-7 t-shirts (bring some that you don't mind getting dirty or painted on!)
- 1 long-sleeved shirt
- 3 pairs of conservative shorts for weekend/evening activities
- 1-2 sport/active wear (like yoga pants) for playing sports & hikes
- Swimsuit – some weekend activities might include water! (remember – don't get too skimpy)
- Hat – to protect your face from the sun when you're outdoors
- Belt (if needed)
- Comfortable Walking Shoes (if these aren't your tennis shoes, throw in a pair of these as well for the occasional soccer game)
- Sandals (we like the kind with back straps)
- Flip-Flops for easy slip-ons after a shower or free time in the Home-Base
- Rain gear!** Prepare for the chance of rain (rain jacket, umbrella, and shoes that you would not mind getting muddy!)

Shower-Time Stuff

We love travel-sized bottles! They're perfect for your first week and keep your suitcase light. If you're staying longer, you can always buy a larger bottle at a local market for a reasonable price, or feel free to just bring the big ones!

- | | |
|--|--|
| <input type="checkbox"/> Shampoo & Conditioner | <input type="checkbox"/> Hairdryer (optional – not recommended, but bring a voltage converter if you do bring one) |
| <input type="checkbox"/> Soap/ Body Wash | <input type="checkbox"/> Contacts/Lens Solution and/or Glasses/Glasses Case |
| <input type="checkbox"/> Face wash | <input type="checkbox"/> Toothbrush/ Toothpaste/ Dental Floss |
| <input type="checkbox"/> Sunscreen/ insect repellent | <input type="checkbox"/> 2 Washcloths, Face Cloths, or Loofahs |
| <input type="checkbox"/> Shaving Supplies | |
| <input type="checkbox"/> Brush/Comb | |
| <input type="checkbox"/> Deodorant | |

Odds & Ends

- Sunglasses (a cheap pair will do)
- Alarm clock (if you're not planning to use your phone alarm)
- Medication, in original prescription bottles
- Luggage lock for your locker at the Home-Base
- Money belt (optional)
- Cross-body or drawstring bag for walking around town
- Water bottle to refill for days at your volunteer assignment
- Small towel or sarong for beaches/waterfalls

Keeping Connected

- Converters and adapters. You'll want the three-pronged plug that's also used in the UK
- Journal – if you prefer paper and pen to blogging. Either way, you'll want to capture every incredible moment.
Tip: Write down those mailing and email addresses, and phone numbers, in the front cover so you have an easy contact guide to share your memories along the way.
- Camera & charger – No need to break out the expensive equipment – point and shoot is just fine. And remember to keep sharing your photos and videos with us while you're in-country!
- Phone or laptop/iPad (optional) & Chargers – Not necessary, but this can be helpful to stay in touch or share your instagrammable moments.
- Printed photos of friends and family – share a little more of your life with fellow volunteers and at your placement

Important Documents

- Passport & visa / international vaccination certificate
- A photocopy of your passport in a separate location
- Flight itinerary
- Some cash, for the airport and for a quick exchange, if needed
- ATM card or credit card (optional)

Note: We recommend that you bring around \$50-\$100 per week of your experience, which will be used only for souvenirs/snacks

Carry-On

The Important Documents and Keeping Connected sections should be packed safely in your carry-on bags.

But what else should you bring to make a long flight more enjoyable?

- Books or e-reader
- Portable charger
- Snacks for the plane (gum if your ears tend to pop during takeoff & landing)
- Pens (you'll need these for customs forms)
- Ear buds/ headphones/ ear plugs
- Any other items you need to stay comfortable (such as a travel pillow)
- Squads Abroad Travel Contact Sheet

Squads Abroad Staff Favorites

We're a team of travelers, so we'd love to share a few of our favorites for circling the globe! These aren't necessary, but they might help out!

- Collapsible tote, if you're the type who will bring back some gifts and might need some extra room
- Scarves – great for changing up an outfit, or for turning a tank top into something appropriate to wear on a tour of a local church
- Bandanas – keeps you cool & travel-cute through hikes and playing sports
- Extension cord
- Plastic bag(s) – for storing dirty clothes, and preventing any spillage during your trip!
- Card games, like Uno, and other travel games for night-time relaxation and/or portable speaker to listen to music!
- Hand wipes - for when you're out and don't have access to a sink!

Ghana Salisbury School Final Schedule

June 6 - June 15, 2019

Community: St. George Anglican Primary School						
	Thursday 6/6	Friday 6/7	Saturday 6/8	Sunday 6/9	Monday 6/10	
7:00 AM	International Volunteers Arrival @ 1:25PM	BREAKFAST				
8:00 AM		Orientation at Volunteer Placement: (Intro to classroom; Intro to manual work, project overview & use of handtools)	Wli Waterfalls and Monkey Sanctuary (full day, packed lunch)	Right to Dream Visit	Volunteer Placement	
9:00 AM						
10:00 AM		Lunch			LUNCH	
11:00 AM						
12:00 PM		Town Tour and Market Tour	Cultural Learning Activity: (Traditional Drumming & Dancing)			
1:00 PM						
2:00 PM		Late lunch	DINNER			
3:00 PM		Transport to the home-base	Board/Card games	Board/Card games	Board/Card games	Reflection and Feedback
4:00 PM						
5:00 PM	Late dinner	Free Time	Free Time	Free Time	Free Time	
6:00 PM	Orientation at homebase					
7:00 PM	Free Time	Free Time	Free Time	Free Time	Free Time	
8:00 PM	Free Time	Free Time	Free Time	Free Time	Free Time	
9:00 PM	Free Time	Free Time	Free Time	Free Time	Free Time	

	Tuesday 6/11	Wednesday 6/12	Thursday 6/13	Friday 6/14	Saturday 6/15	
7:00 AM	BREAKFAST					
8:00 AM	Volunteer Placement	Volunteer Placement	Volunteer Placement	Depart for Cape Coast	Cape Coast Castle Tour	
9:00 AM						
10:00 AM	LUNCH					
11:00 AM	Proposed: Soccer game at RTD	Cultural Learning Activity: (Guest Speaker - Educational System in Ghana)	Depart for Old Ningo: (Visit Ophanage & interact with the kids)	Visit Cape Coast & Games on the sandy beach.	Transport to Accra and Depart @ 11:25PM	
12:00 PM						
1:00 PM	DINNER					
2:00 PM	Board/Card games	Reflection and Final Feedback	Stay in Old Ningo over night	Stay in Cape Coast over night		
3:00 PM	Free Time	Free Time	Free Time	Free Time		
4:00 PM						
5:00 PM	Free Time	Free Time	Free Time	Free Time		
6:00 PM						
7:00 PM	Free Time	Free Time	Free Time	Free Time		
8:00 PM						
9:00 PM	Free Time	Free Time	Free Time	Free Time		

Color Reference:							
Project Implementation	Cultural Activities Time	Traveling Time, riding on the bus mostly	Meals at Compounds	Debriefing and Reflections time	Add on excursion time	Free Time at Compounds	Right to Dream Visit