

**PROJECTS
ABROAD.**

Medicine

Ghana

**Clinical shadowing, medical
outreach, and Ghanaian cultural
immersion**

3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION



10 REDUCED
INEQUALITIES



17 PARTNERSHIPS
FOR THE GOALS



LOtC Quality Badge



Certified



Corporation

**SUSTAINABLE
DEVELOPMENT
GOALS**

Overview

The following is included in the cost of your trip (subject to change).



Medical Shadowing

- Shadow doctors and nurses during clinical rounds
- Observe patient interactions and diverse medical cases
- Rotate through different departments in a local general hospital

Rotate through different departments in a local general hospital:

- Emergency Treatment Unit
- Neurosurgery ward and operating theatre observation
- Palliative care unit
- Occupational Therapy department
- Hemodialysis centre

Workshops:

- Healthcare system in Ghana
- Tropical diseases
- Learn to do basic checks and tests
- Centre for Traditional Medicine visit
- Herbal healing
- Public health

Community outreach:

- Research the topics for the awareness programme
- Prepare presentations and activities
- Visit local communities to check vital signs, treat ringworm, and test for Malaria and Hepatitis B
- Help prevent common diseases by running health awareness lessons in schools



Culture & Leisure

- Cape Coast excursion
- Kakum National Park safari
- Traditional dance and music show
- Cooking class
- Gari factory tour
- Visit to traditional chief
- Language lesson
- Local games
- African movie night



Food/Accommodation

- Three meals a day (all diets catered for)
- Drinking water
- Guesthouse, hotel



Logistics

- Airport transfers in Ghana
- Orientation and tour of cities
- Travel in country
- Pre-departure support
- 24/7 support from local staff
- Emergency assistance



 **LENGTH**
14 Days

 **ACCOMMODATION**
Guesthouse, hotel

 **TRANSPORT**
Minibus

Trip highlights:

-  Gain invaluable firsthand experience by observing local medical professionals at health centres as they provide patient care.
-  Actively contribute to public health by assisting with vital sign checks, testing for diseases like malaria and hepatitis B, and running health awareness programmes in schools.
-  Explore Ghana's profound history at Cape Coast Castle and experience the breathtaking scenery of the high canopy walkway at Kakum National Park.
-  Deepen your understanding of Ghanaian life through traditional cooking classes, language lessons, and an exploration of traditional medicine and local leadership.



Days 1-2



SLEEP
Guesthouse



TRAVEL
1.5 hours
(Day 1)

Arrival

Arrive at Accra International Airport, where our local team will welcome you and drive you to your accommodation in the Akuapem Hills, approximately an hour and a half from the capital. Once settled, you'll have time to get familiar with your new surroundings.

Your first full day starts with a project induction. Our team will cover your project schedule, provide a safety briefing, and introduce you to local customs before taking you on a guided tour of the area. You will also have the opportunity to change money, get a SIM card, and enjoy a welcome lunch featuring authentic Ghanaian flavours.

To end the day, engage in a language lesson to help you better communicate with the community throughout your stay.



Clinical shadowing & outreach

Immerse yourself in the local healthcare environment as you shadow doctors and nurses at health centres. You will follow active cases and observe how they deliver patient care firsthand.

This experience is complemented by a professional workshop offering insight into Ghana's broader healthcare system and the management of tropical diseases. You will also spend time preparing for your upcoming community outreach by learning how to perform basic health checks and tests.

As your first week comes to an end, head out into the local community to put your training into practice. Visit community members under the guidance of a medical professional to check vital signs, assist with treatments for conditions like ringworm, and conduct screenings for malaria and hepatitis B.

When you're not working, you'll have plenty of time to relax, become a master of local games such as "oware", and share your experience during a guided feedback session.





Days 7-8



SLEEP

Hotel,
guesthouse



TRAVEL

5 hours
each way

Cape Coast & Kakum National Park

Start your weekend with a scenic drive down to Cape Coast. Learn about the Portuguese colonisation and the region's slave trade history as you explore the Cape Coast Castle. After a beach picnic, immerse yourself in local arts with an evening at your hotel, where you'll watch a traditional music and dance performance before joining a hands-on drumming and dance class.

Your exploration of the coast continues the next day with a Kakum National Park visit. There, cross the high canopy walkway to get a fantastic vantage point for spotting local wildlife like monkeys and antelope. After a relaxing lunch by a lake, you'll head back to Akuapem Hills, with a stop at West Mills Mall, a major shopping centre located on the Cape Coast Highway.



Traditional medicine & community awareness

Before returning to clinical shadowing, discover a different side of the Ghanaian medical system with a visit to the Centre for Traditional Medicine, where you will learn about the role of herbal healing.

Your week will be balanced between shadowing medical teams to observe active cases and attending professional workshops designed to deepen your knowledge of public health. You will also dedicate time to a disease prevention campaign, running health awareness lessons at a local school to support the community.

Beyond your medical training, you'll enjoy an authentic cultural experience through social activities, including a hands-on traditional cooking class, a tour of a Gari-making factory, and an evening watching an African movie.

As your time in Ghana comes to a close, you'll celebrate your achievements during a farewell dinner, the perfect opportunity to reflect, take group photos, and enjoy one last taste of local flavours.



Departure

Reflect on the incredible journey you've undertaken and the memories you've made. Look back on the incredible work you've done and how you've contributed to the local communities in the Akuapem Hills with pride.

Think about your newfound confidence, clinical skills, and cultural understanding; these are experiences that will stay with you for the rest of your life.



Destination Info

Formerly called The Gold Coast, Ghana became an independent nation in 1957, and the first African country colonised by Europeans to achieve independence under majority rule. Still famed for gold and cocoa production, it's a treasure trove of cultural and natural experiences.

Explore lush rainforests, cascading waterfalls, and golden beaches, or get stuck in the lively music and dance scene. With a rich mix of languages and traditions, its people are known for their warmth and hospitality.

LANGUAGE

English, Akan (Twi)

CURRENCY

Ghanaian Cedi

NATIONAL DISH

Jollof rice (disputed)

POPULATION

35 million

TIMEZONE

GMT

NATIONAL ANIMAL

Tawny Eagle

CAPITAL

Accra

COUNTRY CODE

GH / +233

NATIONAL BIRD

Tawny Eagle

A sustainable adventure

We're dedicated to protecting both people and the planet, treading lightly as participants of global travel.

By travelling with us, you're making positive contributions to people and planet, aligned with the UN SDGs.

Don't just take our word for it, we're B Corp certified!



**B CORP
CERTIFIED**



**CLIMATE ACTION
PLAN**



**FAIR & ETHICAL
WAGES**



**SUPPORTING
THE UN SDGs**

Learning Outcomes



GLOBAL HEALTHCARE

Students will explore how healthcare systems differ around the world and develop an understanding of the social, cultural, and economic factors that shape health and access to care.



CLINICAL INSIGHT

Through exposure to real-world clinical settings, students will learn about the realities of patient care and explore how medical practices are applied in different global contexts. Close observation and supervision from healthcare professionals will develop students' understanding of applied clinical skills.



EMPATHY & CULTURAL AWARENESS

Students will gain a deeper appreciation of the experiences and challenges faced by different communities, developing empathy, cultural awareness, and a more globally minded approach to healthcare.

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futures.**



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Medicine & Healthcare | Ghana

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