



Organisation for Strategic Development in Africa

VOLUNTEERGUIDE



REPRODUCTION OF OSDA VOLUNTEER GUIDE

This material may only be reproduced for educational and training purposes or for practical use by community projects where applicable. OSDA and relevant partners must be acknowledged if any part of this document is copied. It may not be reproduced for commercial purposes.

DISCLAIMER

This document and all accompanying material are intended for guidance purposes only. It is not a full statement of the law and is not a substitute for professional advice. No liability or responsibility is accepted by OSDA or its partners.

VISION STATEMENT

To be a global humanitarian organisation focused on building a vibrant society through the promotion of education, good health and the development of human capital of the less-privileged.

Postal Address

P.O. Box CT 6397, Cantonment

Accra-Ghana

Tel: +233 307090090

Mob: +233 208211489

Email: osdaworld@gmail.com

Website: <http://osdaworld.org/>

Basis of Faith

The European Evangelical Alliance is a fellowship of Christians who accept the revelation of the triune God given in the Scriptures of the Old and New Testament and confess the faith of the Gospel therein set forth. They assert the following doctrines which they regard as crucial to the understanding of the faith, and which should issue in mutual love, practical Christian service and evangelistic concern:

- The sovereignty and grace of God the Father, God the Son and God the Holy Spirit in creation, providence, revelation, redemption, final judgment and consummation.
- The divine inspiration of Holy Scripture and its entire trustworthiness and supreme authority in all matters of faith and conduct.
- The universal sinfulness and guilt of fallen man, making him subject to God's wrath and condemnation.
- The substitutionary sacrifice of the incarnate Son of God as the sole and all-sufficient ground of redemption from the guilt and power of sin, and from its eternal consequences.
- The justification of the sinner solely by the grace of God through faith in Christ crucified and risen from the dead.
- The illuminating, regenerating, indwelling and sanctifying work of the Holy Spirit.
- The priesthood of all believers, who form the Universal Church, the body of which Christ is the head, and which is committed by His command to the proclamation of the Gospel throughout the world.
- The expectation of the personal, visible return of the Lord Jesus Christ, in power and glory

N/B: OSDA upholds the same basis of faith

Why volunteer with OSDA?

Apparently, you may have the desire to travel and learn about another continent, know about other cultures, touch lives, meet new people, make global friends, discover your soul mate or discover new business opportunities. Organisation for Strategic Development in Africa (OSDA) and its partners offers you the opportunity to achieve your dream.

Use the opportunity offered by OSDA and its partner to gain all the great benefits associated with volunteering abroad. Use the opportunity to gain volunteer experience in Ghana by living within the indigenous communities, participating in the local activities together with the inhabitants of the local community. You'll get a better understanding about another culture and about the issues that affect this part of the world. You'll better discover what no one has ever told you about Africa and finally rediscover your capabilities and redefined yourself as you engage in a completely new environment.

OSDA has both short-term and long-term volunteer opportunities: The long-term volunteers are placed within the local Communities Schools and Health Post between a period of six (6) to twelve (12) months to provide supportive services to the teachers in order to enhance education and health care within the targeted communities.

The short-term volunteer opportunities offers three(3) to four(4) weeks integrated short programme that draws together both local and international volunteers in the form of **WorkCamps** to engaged in a project such as tree planting, construction of schools block and libraries. Drumming and dancing, as well as tourism, forms an integral part of the short programmes. Tourist site such as such as Fli Falls, Mountain Afadjato, the national parks and many others are visited. Trips are also organised to visit neighbouring countries such as Burkina Faso, Togo, Benin and others.

Volunteering your time can have a greater effect on people than money ever could. Get involved to inspire kids and teenagers to follow their dreams and hold workshops to help them gain the confidence they need to succeed. Be a role model to them, someone they can admire and look up to. Show them that hard work pays off. Helping others will help fulfil a void inside of you that money will never be able to fill. As many would say, money can't buy happiness. You can be part of any of the following OSDA projects to make that impact:

- Voluntary Teaching
- Volunteering at Health Posts
- Voluntary WorkCamp
- Internships

Arrival in Accra

OSDA provides pick up and drop off service to all the volunteers and its guest. Upon arrival in Accra, a representative of OSDA will pick you up from the airport to the OSDA house in Ashongman Estates (Accra). The OSDA house is situated within a very quiet and serene outskirts of Accra devoid of hustle and bustle.

It is very important for entrants into Ghana to have their vaccination card, the OSDA address (P.O. Box CT 6397, Cantonment-Accra, Ghana) and a contact number of OSDA Member (**Bright Tawiah, Tel: +233 307090090, Mob: +233 208211489**) for the completion of the immigration form which would be provided by the cabin crews. You can change money at the airport with relatively higher exchange rate and OSDA does not encourage volunteers to change their money at the airport but rather use the ATMs located at the entrance to the arrival hall if the need be.

Security Issues

Ghana is one of the peaceful countries in Africa and Ghanaians are generally very friendly and affectionately welcomes foreigners. You can be assured of safety on the streets and of course take the usual safety precautions and not displaying excessive wealth since there are few bad guys. There been few robbery cases regarding walking or travelling alone by taxis and volunteers needs to use tro-tro (public transport) in the night when travelling alone since there are always a lot of passengers in that type of vehicles.

Climate

The climate of Ghana is tropical and there are two rainy seasons from April to July and from September to November. In the north, the rainy season begins in April and lasts until September. Annual rainfall ranges from about 1,100 mm (about 43 in) in the north to about 2,100 mm (about 83 in) in the southeast. The harmattan, a dry desert wind, blows from the northeast from December to March, lowering the humidity and creating hot days and cool nights in the north. In the south, the effects of the harmattan are felt in January. In most areas, the highest temperatures occur in March, the lowest in August. The coolest time of year is between June and September when the main rainfall occurs. Variations in temperature both annually and daily are quite small. The minimum temperature is around 23C (73F) warm and comparatively dry along southeast coast; hot and humid in southwest; hot and dry in north.

Volta Region

The Volta region is known for its exceptionally beautiful scenery, it is the most easterly region of Ghana and shares a border with Togo on the Eastern side of the country, western with the Volta River and Lake. The southern border is the Atlantic Ocean while the north shares a boundary with the Northern Region. The region boasts of many tourist attractions, including the Keta Lagoon, Mt. Afadjato, the highest mountain in Ghana (2,095ft) and the Keta basin, the lowest point in Ghana. The region is also dominated by the Volta Lake and stretches from the coastal plains on the Atlantic coast right up to the arid lands of the north.

Communication

English is the official language and most Ghanaian can speak English, however, most Ghanaians grow up speaking indigenous languages (e.g. Twi, Fanti, Ga, and Ewe) with English as a second language. It is important to speak slowly, as most Ghanaians are more accustomed to British accents, than others. The language spoken at the placement is Ewe and it's spoken in the southern parts of the Volta Region of Ghana and across southern Togo, to the Togo-Benin border. Ewe belongs to the Gbe family of Niger-Congo. Gbe languages are spoken in an area that extends predominantly from Togo, Benin and as far as Western Nigeria to Lower Weme; that is, from the Greenwich Meridian to 30E and from the Atlantic coast to about 8oN. OSDA provides basic ewe language course in Accra to equip volunteers before they depart to the placement and volunteers can improve their language skills at the placement since the indigenes are always willing to engage the volunteers in the local dialect.

Phone

Are you confused about whether your mobile phones can work here Ghana? Mobile telephony is one of the fastest growing industries in Ghana. There are six current operational service providers which include MTN, Tigo, Airtel, Vodafone, Expresso and Globacom. There are over 20 million mobile phone subscribers. The introduction of 3rd and 4th Generation services has led to an increase in the range of services provided by cellular operators. Volunteers can choose from any of these services provided, however, OSDA will advise volunteers about the best network with regards to each placement. Most people use Smartphones in Ghana and takes advantage of applications such as Whatsapp, KakaoTalk, Viber, Skype, Tango etc and volunteers are encouraged to take their smartphones along since OSDA often communicate via the above apps. The SIM cards are sold for approximately €50 and recharge cards are readily available everywhere on the street.

Visa matters

The visas are issued by the Ghanaian embassies in the volunteer's countries and in some urgent circumstances OSDA arranges visa upon arrival for the volunteers. With regards to the normal visas, OSDA issues out invitation letters to volunteers to aid the visa application process. OSDA applies for resident and work permits on behalf of the volunteers who intends to stay in Ghana more than six (6) months. The applicant can find the contacts of Ghana's diplomatic mission abroad by clicking this link https://www.ghanahighcommissionuk.com/missions_abroad.php. The following documents are required for the processing of the residence and work permits for the volunteers who intend to stay beyond six (6) months.

OSDA needs the following documents to enable us process the "Resident Permit" in advance:

- CV (resume) in English
- Police Report (in English)
- Medical report (in English)
- 2 x passport photos with a white background
- A copy of the bio-data page of passport
- Travel Insurance

Health Issues

Malaria

Malaria is not to be underestimated and timely treatment is recommended. Volunteers mostly bring along some drugs, however, there are a lot of malaria drugs in Ghana drugs stores and chemical stores. Local people also have excellent knowledge of malaria and the countermeasures.

Vaccinations

Volunteers need to ask for the best vaccines for West Africa.

First aid kit

Most OSDA projects are located in the remote region, which is why you will rarely find a pharmacy around the corner hence the need for first aid kit.

Good mosquito spray + impregnated net, sunscreen plus 30 or higher, anti-diarrhoea, electrolyte powder 'pain killers, dietary supplements (minerals, vitamins), laxative in case of constipation, cold medications (aspirin PlusC or Complex!), Bandages / Scissors, adhesive plasters, disposable gloves, disinfectant for hands / objects, safety pins, digital medical thermometer, Sportgel for tension

Important: A well-stocked first aid kit is a lot of value if you get sick and although you can buy some in Ghana. Cold medicines and Sportgel are as mentioned are not common in Accra yet worth gold when experiencing chill or stress.

Money / Cost of living

The cost of living in Afadjato District is relatively low compared to Accra. Those who want to travel a lot and do not want to miss out on European cuisine can also be expected in Ghana with the similar or even higher cost of living in Germany. From our experience, we can say that you can live relatively well in the village with 150/200 Euros per month and few trips cannot be ruled out. However, you should be expected to spend 300 Euros per month or less depending on your lifestyle. The cost of transportation through Accra may vary depending on the distance and means of transport. The tro-tro cost an average 1 Euros and an average of 5 Euros for taxis depending on the distance.

ATMs

There are enough ATMs in Ghana and using them are very easy and straight forwards, volunteers can use visa cards, master cards, maestro cards and most banks accept international cards. We urge volunteers to inform their banks to get the required settings done right before their trips. There are no ATMs or banks within the Afadjato district and banks at the nearest city (Hohoe) for all banking transaction. Volunteers can also save some money on their mobile phone (mobile wallet) for easy and quick access.

Shopping / Market

Volunteers can shop for fresh food items from the local markets, vendors or grocery stores. The grocery stores are full of imported products from all over the world especially from the US, UK and South Africa. You can find just about anything you need, but be prepared to pay for it. You may not necessarily find your favourite brand, and if you can't live without it, plan to bring it with you. While everything you need is here, you may not find it all in one store. A visit to two or three shops might be necessary to complete your errands.

Check the freshness of products. Although it is illegal to sell out of date products, freshness might be questionable, either because of the heat or a power failure, in the case of frozen goods. This is especially true of biscuits, cereal or flour, which sometimes turn out to be stale or full of weevils. Most of the larger grocery shops will discount soon to be expiring goods, so if you're comfortable with an item that is quickly approaching its sell by date (which may not necessarily mean it's no longer good), buy it in bulk.

It also pays to shop around in terms of prices. Prices can vary from store to store for the exact same branded item. Expect to pay more for imported products. And expect to pay more (by weight or volume) for larger size packages. Fresh fruits and vegetables are readily available from roadside stalls and hawkers at the traffic lights.

Dress Code

Volunteers need light clothes in Ghana since the weather is always warm. Most people in Ghana wear jeans and it's mostly preferred in the evening since mosquitoes prefer to hang around in the evenings. Few formal clothes should also be considered since volunteers might need to attend some formal programmes. Your baggage should not be full without rain gear and waterproof shoes especially for the village.

Laptop / Smartphone

As mentioned above, it would be useful to bring your own laptop because OSDA is not in the position to provide volunteers with laptops. Volunteers are supposed to write situational reports both for OSDA and the sending organisation. We also recommend you bring a Smartphone because the OSDA family communicates via the major apps like WhatsApp, Viber, KakaoTalk etc.

With regards to power, any electrical equipment that has 220-240VAC 50Hz input capability will work in Ghana. A considerable proportion of electrical equipment sold in the USA are exclusively 60Hz and you will have problems with speed and electrical interruptions etc. So the watch word is not only voltage but frequency of electrical impulses. In Ghana, the standard voltage is 230 V. The standard frequency is 50 Hz. The power sockets that are used are of type D / G which works with European mobile phone, computer chargers and shavers etc.

Recreation

There are a lot of opportunities for sporting activities. You can take your sports wears (beach), football, volley ball, etc along. There are some swimming pools which volunteers can pay (2-10 Euros) to enjoy and there are also so many beaches in Ghana. The Afadjato and Hohoe provides so many wonderful tourist attractions such as the highest mountain in Ghana, a lot of waterfalls and many hiking destinations, excursions to waterfalls, monkey parks etc are also encouraged and the countryside is also great for joggers and cyclists.

What must be in the backpack?

1. Leave all expectations at home because the reality might differ.
2. Sunglass
3. Well-functioning flashlight for occasional blackouts.
4. Solid and light footwear (sandals and loafers or sneakers leather) for fickle roads and walks - especially in the rainy season.
5. Raincoats
6. Bedding in the form of a bed sheet or a thin cotton or silk / sleeping bag is very convenient and does not take up much space. Also advantageous for beach visits are cloth or towels but can be bought in Ghana. In addition, it is recommended to have a small pillow case.
7. mosquito repellent and mosquito net are definitely recommended and also an important travel companion.
8. Shampoo, shower gel, shaving gel, tampons are much more expensive here than in Europe. European makeup or toiletries can be found in Ghana but difficult, therefore it is advisable to bring these.

Ghanaian Culture

The people are groomed well in the arts of hospitalities and basic etiquettes that have been cherished by most from generation to generations. Some basic etiquette that prevails in that society and should be able to adopt immediately in order to cope up with the people and their culture.

Dressing

Women do not conspicuously show a lot of their body (the beach and swimming pools are exceptions). Skirts / Dresses / Hot Pants should be knee length (a little looser in Accra!) You can also get nice local dresses at small fees.

Sharing is caring

Ghanaians believe so much in sharing as a way of saying they care and they love you as a person. Don't be surprised when you join a public transport and someone offers to pay your fees. A group of you go to a bar with Ghanaians to drink and one person offers to pay all the bills. The mode of sharing is caring may come in so many forms and reciprocity may sometimes be expected from you. In general, "your problem is everyone's problem", meaning Ghanaians shows a lot of concern for people and more so foreigners.

Integration

Respect for the elderly – respect for the elderly in the country cuts across all the traditional boundaries and have never been compromised no matter the circumstance.

Use of the right hand- a lot of respect is put on the use of the hands. The right-hand shows positive things while the left hand is regarded as negative and therefore considered to be a serious offence to use it in greetings elders. People, therefore, get very much offended when you use it to wave at somebody.

As OSDA operates within Christian communities and children are thought to follow Christian values, it has always been wonderful and appreciative to see our volunteers join church choirs and sing local songs together with the locals. Volunteers are also encouraged to join the locals' volley and football teams or local drumming and dancing group.

VOLUNTEER ITINERARY ON ARRIVAL

DATE	ACTMITY	TIME	PURPOSE	REMARKS
01/09/15	Arrival and Pick-up at Kotoka Int. Airport	18Hrs. GMT	Lodging	
02/09/15	Welcoming of Volunteers to OSDA House	09Hrs. GMT	Introduction officials to Vols.	
02/09/15	Tour of Accra	10.30Hrs. GMT	Familiarisation	
03 - 15/09/15	Orientation Programme	9.00 – 12.00 Hrs GMT/ 13.00Hrs - Hrs GMT	Equip Vols. with basic information	
06/09/15	Christian Church Service	07.00 – 10Hrs GMT	Commitment of Volunteers to God	
07/09/15	Orientation Contd.	9.00 – 12.00 Hrs GMT/ 13.00Hrs -GMT	Equip Vols. with basic information	
08/09/15	Volunteers Depart for Project Community	9.00Hrs GMT	To begin assignment	
09/09/15	Redeployment of Vols. To respective work places	Starts 8.00Hr	To begin assignment	
10/09/15	Redeployment continues	Starts 8.00Hr	To begin assignment	
11/09/15	Interaction with Chiefs and opinion leaders	10.00 – 12.00hrs GMT	Introduce vols. to their hosts.	
11/09/15	Courtesy call on District Chief Executive.	14.00Hrs – 16.00Hrs GMT	Introduction to District Assembly	
12/09/15	Durbar to officially welcome volunteers to the Afadjato-South District.	Starts 14.00Hrs	Official Welcome ceremony	A gathering of Chiefs and people of the district to welcome volunteers.
13/09/15	Organise excursion to some tourist attraction sites in Afadjato-South district	Start 7.30 Hrs	Exposure to places of interest within the catchment of project district.	One day trip to reduce boredom in vols.
14/09/15	Church Service	9.00 Hrs GMT	Thanksgiving service to appreciate the goodness of God.	Service in honour of volunteers

Note:

✓ Vols. = Volunteers

SCHEDULE. B

VOLUNTEERS ITINERARY DURING SERVICE – SCHOOL PROJECT 2015/2016 ACADEMIC CALENDAR

1 ST TERM			VACATION DAYS			2 ND TERM			VACATION		3 RD TERM			VACATION		
FROM	TO	NO. OF WKS	FROM	TO	DAYS	FROM	TO	WEEKS	FROM	TO	DAYS	FROM	TO	FROM	TO	DAYS
08/09/15	17/12/15	14	18/12/15	11/01/16	25	12/01/16	18/04/16	15	29/04/16	16/05/16	18	17/05/16	08/08/16	09/08/16	16/09/16	29

NOTE:

- All volunteers placed under school project shall enjoy school vacations and other statutory national holidays during the project
- Total school holidays to be benefited by volunteers while on the project is 72 days
- During some of the vacation periods, the volunteers may be requested to engage in some extra curriculum activities as and when become necessary.

STATEMENT OF FACT CONCERNING WORKING CONDITIONS FOR VOLUNTEERS TO BE PLACED AT HEALTH FACILITIES:

- Volunteers SELECTED for placement at health facilities will be expected to work for 20 hours a week
- Work starts from 8am to 5.00pm each day.
- Volunteers shall qualify for official long break of 21 working days once during the project period.
- Special arrangement between OSDA and health authority will be made to secure permission for volunteers to embark on expeditions.

EMERGENCY CONTACTS

POLICE 191

FIRE SERVICE 192/999

AMBULANCE 193

You may please contact us for further information as we are unable to cover everything in this booklet.

Sending Organisation

European Youth Centre Břeclav

Sady 28. října 1
690 21 Břeclav
CZECH REPUBLIC
eycb.info@gmail.com

Ghana Hosting Organisation

Organisation for Strategic Development in Africa (OSDA)

P.O. Box CT 6397,
Cantonment-Accra, Ghana
Tel: +233 307090090
Mob/WhatsApp: +233 208211489
Email: osdaworld@gmail.com