



Example Itinerary

Human Rights in Ghana



*The following is an example itinerary. Please note arrangements change from year to year and session to session based on the goals of the programme, need of the community, and size of the groups. Please use this itinerary as a general guide to the structure of the projects.

DAY NO.	WEEKDAY	TIME	ACTIVITY
1	Sunday	All day	ARRIVAL: Arrival all day. Pick up from the airport and transfer to accommodation
2	Monday	08:00 – 08:50	• Breakfast at host family
		09:40 – 12:40	• Getting money changed & SIM cards with supervisors • Orientation at the Human Rights Office with the manager(s) and supervisor(s) – overview of projects/programmes & expectations
		13:20 – 15:00 15:30 – 16:00	• Induction lunch • Grocery shopping
		17:00 – 18:00 18:10 – 19:00 19:20 – 20:50	• Drumming and dancing lesson • Dinner at host family • Quiz night at host family – “Knowing You”
3	Tuesday	07:30 – 08:30	• Breakfast at the host family.
		09:30- 12:00 12:15 – 13:15 13:20 – 15:20 15:30 – 17:00	• Visit to Osu Castle • Packed Lunch • Research work and develop resources & materials for Human Rights Focus Group Discussion (including all preps) • Debriefing session
		18:00 – 19:00 20:00 – 20:50	• Dinner at host family • Local language lesson
4	Wednesday	07:00 - 08:30	• Breakfast at host family
		9:00 - 12:00 12:30 – 13:30 14:30 – 15:30 16:00 – 17:00	• Community tour of Nungua. Discuss the United Nations Sustainable Development Goals (SDGs) with community members - relating to Human Rights. • Packed lunch • Review SDG - Good Health & Wellbeing - Disability & Reproductive Rights • Dialogue session on experiences from the community tour & Disability & Reproductive Rights talk.
		17:00-17:30	• Debriefing session
5	Thursday	07:00 - 08:30	• Breakfast at host family
		09:30 – 12.30 12:30 - 13:30 14:30 - 15:30 16:00 - 17:00	• Legislative Watch (Parliamentary Visit) • Packed Launch • Human Rights Focus Group Discussion - Children’s Right in Ghana • Dialogue Session on Children’s Rights in Ghana
		17:30 - 18:00	• Debriefing session
6	Friday	07:00 - 08:30	• Breakfast at host family
		09:30 – 11:30 12:00 – 13:00 14:30 – 16:30	• Visit to Kwame Nkrumah Memorial Park & historical lecture about Dr Kwame Nkrumah, Ghana’s first Premier & President • Packed lunch • Visit to Child Rights International
		17:00 - 17:30	• Debriefing
7	Saturday	All day	Trip to Cape Coast. Activities include: Cape Coast Castle, beach picnic, cultural display and live music.
8	Sunday	All day	Trip to Cape Coast. Activities include: Kakum National Park, Alligator watching and shopping
9	Monday	08:00 – 08:50	• Breakfast at host family
		09:00 – 11:30 12:20 – 13:20 13:20 – – – 17:00	• Time with Amnesty International • Lunch • Briefing on Panel Discussion: Theme: “Gender Equality in Ghana: Myth or Reality” • Working on Theme for the Panel Discussion • Preparing questions for the Panel Discussion • Debriefing
10	Tuesday	07:30 – 08:30	• Breakfast at the host family.
		09:00- 13:00 13:30-14.30 15:00-16:30 17:00-17:30	• Watch court proceedings • Packed Lunch • Panel Discussion: Theme: “Gender Equality in Ghana: Myth or Reality” • Debriefing session
11	Wednesday	07:00 - 08:30	• Breakfast at host family
		9:00 - 12:00 12:00 – 13:00 14:00-15:30 16:00 17:30	• Tour of the Du Bois Center for pan African Culture & have a lecture on Pan-Africanism • Packed lunch • Time with a local lawyer • Briefing on Child Marriage/Time with Achievers’ Girls Seminar • Debriefing
12	Thursday	07:00 - 08:00	• Breakfast at host family
		09:30 – 12:00 12:00 – 12:45 13:00 - 14:00 15:30 – 17:30 17:30	• Visit to Commission on Human Rights & Administrative Justice (CHRAJ) • Packed lunch • Prep – Seminar on Child Marriage/Time with Achievers’ Girls • Seminar on Child Marriage/Time with Achievers’ Girls • Debriefing
13	Friday	07:00 - 08:00	• Breakfast at host family
		09:00 – 12:00 12:30 – 13:30 14:00 – 16:00	• Visit to Kwame Nkrumah Memorial Park & historical lecture about Dr Kwame Nkrumah, Ghana’s first Premier & President • Packed lunch • Christianity & Human Rights: Topic: “what is the Holy Book Perspective”
		16:30 – 17:30	• Complete a Questionnaire & Meet with your Project Supervisor
14	Saturday	All day	DEPARTURE: Departures: Pick up at accommodation by a staff member to the airport