



CAPE COAST & BUSUA SURF WEEKEND TRIP

There are several amazing weekend trips to get involved in during your time with PMGY in Ghana. Travelling over the weekends is a huge part of the experience as it gives you the opportunity to explore the country with fellow volunteers on the program.

Due to a lack of public transport travelling independently in Ghana is not the easiest thing to do. Even if there were a better transport network it would not be viable to travel out to a national park and then be left to your own devices. As a result, you really need to travel in a more private network to ensure your safety and to make the most of the weekend opportunities.

The Ghana local team provide affordable and reputable weekend trip options to our volunteers. We recommend participants do not make any firm commitments until they arrive in Ghana as participants will usually travel in a group and our team are a great resource to help you make plans! It is common for volunteers to make weekend trip plans for a 3 day period when travelling further afield. This will mean choosing to miss a day from your volunteer project.

Cape Coast is one of the most historical locations in West Africa for its place in the slave trade. It offers an experience like nothing you will ever encounter with its dark dungeons of history and breathtaking view of the sea. This village has so much colour with its endless beaches of fishing trade and coastal culture. Kakum National Park is just a drive north of the sea where you can walk in the tree tops of the rain forest.

Busua/Butre Beach is rated the best beach in Ghana for its surf. It is one of the cleanest beaches in Ghana with its rich fishing lifestyle! Here we will take a surfing class and surf in the waves of the Gulf of Guinea. Take this time to relax and unwind on the Ghanaian coast!

The trips are open to all PMGY volunteers. We expect to have at least 6 people per trip to participate in this adventure to the northern region, so you are able to truly experience an enriching time together. A member of the PMGY team will accompany the group throughout the entire trip and an English-speaking guide will be available at all sites. Transport will be by a private taxi or trotro depending on the size of volunteer group. This will allow us to minimize travel time and offer as much comfort and convenience as possible.

The cost of the trip is 3000 Cedi per person. This will be collected from volunteers by the local team the evening of orientation after they can assist you in currency exchange.

The following are included in the fee:

- Private transport
- Accommodation (same sex)
- Meals (breakfast, lunch and dinner)
- Entrance fees
- English-speaking guide

The weekend trip itineraries for Ghana and any subsequent payments are arranged directly with the local team in Kumasi. Trips are run based on interest levels from volunteers. We do not require any prior commitment or payments until you have started on the program. You can discuss the various opportunities directly with the team once you have arrived in Ghana and once you have met other volunteers on the program.

ITINERARY DAY 1 - CAPE COAST

We will leave early in the morning for Cape Coast. The journey to the sea will take around 5 hours. At our first stop, we will head to Kakum National Park, where you can have lunch and walk on the treetops at the canopy walk. This consists of 9 bridges that reach 40 metres above the forest floor.

Following this, we will go to Cape Coast Castle to experience the thrilling feeling of walking the same steps as the African slaves in the dungeons out to the door of no return. Be prepared to learn about the shocking history of Ghana's slave fortresses and their significance to modern-day Ghana. We will spend 2 hours travelling west to Busua village to end the day.



DAY 2 - BUSUA/BUTRE BEACH

The weekend offers a chance for a nice lie in! You are welcome to awake at any time today as the beach awaits you. If you are up for an early morning we invite you to join us for the opportunity to pull in the nets of the local fishermen. Once the nets are in you can encounter many species of sea life including swordfish and tuna to squid and large manta ray! The day is spent on the beach soaking up the sun, getting that tan that everyone at home expects you to come back with. There are many souvenir shops locally where the people love to show off their work!

Throughout the day, based on the tide, we will take a surfing class. Most volunteers are usually successful in being able to stand on the board by the end of the class! We can't wait to capture videos of you up on that board in the sea off the coast of Ghana!

In the evening we will come together as a group over a

bonfire and enjoy some traditional drumming, dancing and singing!



coordinators will accompany you throughout the weekend trip and you will have English-speaking trip guides to take you around to the sites.

DAY 3 - TRAVEL HOME

In the morning you are welcome to have a beach side meal for breakfast of chocolate pancakes, Spanish omelettes, or whatever available that your heart desires. After walking the beach for one last time we will board the transfer back to Kumasi. We will arrive back to the Volunteer House in time for the evening meal.



ACCOMMODATION

The group will stay at Hideout Lodge located at Busua/ Butre Beach. The accommodation can be dormitory or shared rooms with fans, equipped with private western toilet and bath. The rooms are basic, but very clean and comfortable. The best part is that you walk directly out to meet the warm sand beneath your feet and warm sea wind against your face!

MEALS

The group will be provided 3 meals a day; meals will be continental items such as omelettes, cheeseburgers, chips, pizza, and pasta. Water will be provided at each meal time.

TRANSPORT

A private taxi or trotro is provided. One of PMGY's local