

## International Development Summer Institute (IDSI)

Summer 2012, KNUST Ghana



Kwame Nkrumah (Penn Alum 1941), the first President of Ghana. Statue is dedicated to him for his outstanding campaign to liberate Ghana from colonial rule.

Dear Participants,

April 2012

Welcome to IDSI 2012!

Congratulations for being selected for this program. We know you have worked hard to be able to participate in this program, and we have put together a challenging and rewarding experience. This program is designed to introduce you to many of Ghana's cultures, languages, issues, and sectors of society that can teach us more about international development today. Through cultural immersion, site visits, lectures, and hands-on internships we will stimulate valuable knowledge expansion. While in Ghana, you will practice passionate listening and sensitive scholarship.



- ☐ *The mouth that is silent, no fly enters it.*
- ☐ *A child who asks questions does not become a fool.*
- ☐ *Knowledge is like a baobab tree; no one can encompass it with their hands.*
- ☐ *We have one mouth and two ears.*

IDSI ultimately promotes mutual understanding and respect between Penn & KNUST and the United States and Ghana. In this sense, you are “cultural ambassadors” and should become active and involved upon returning to campus.

Please read this handbook and keep with you at all times.

We look forward to an exciting, educational summer!

IDSI Staff

## CODE OF CONDUCT

While in Ghana, you will be representing not only yourself, but also the University of Pennsylvania, the United States, and your country of origin. It is critical that you remember this at all times. Public errors in judgment or conduct in Ghana are likely to be a problem not only for you, but could also compromise the University and future programs like this. It is up to you to think carefully about appropriate behavior within your new cultural surroundings, and the potential negative implications of questionable behavior. If you have questions, please discuss it with program staff. Though you will be working and studying in Ghana, this program is an official part of the University of Pennsylvania and, as such, you are subject to their policies. Please have fun but don't do anything dangerous or unwise.

### Things to Remember:

1. You represent Penn and our whole group. Your actions, positive or negative, intentional or unintentional, have implications for the entire program. Behave in a way that would make your peers, parents, and country proud!
2. It should be recognized that American citizens (or other nationalities) who make public political statements abroad or who engage in political activities abroad may thereby become involved in the domestic political process of the host country.
3. If you travel outside of scheduled activities, it is important to let program staff know.
4. Keep in mind that many individuals have worked hard on your behalf; a lot of work has happened behind the scenes to prepare for your trip.
5. You are the beneficiary of a carefully budgeted program, so be prudent and gracious spenders of these funds.
6. Full and active participation is expected throughout the entire program.
7. This is a professional program and is not designed to cater to specific interested of individuals.
8. Don't let everyday hassles of group travel interfere with excitement and enjoyment.
9. Learn from each other and support one another.

## PROGRAM OVERVIEW

### Program Objectives

IDSI seeks to serve as a point of entry for novice undergraduates who desire to gain knowledge of and experience in Africa (West Africa in particular), and in working on problems of the developing world. They will receive an introduction to discourse on development, learn about working in a team, and engage in confronting and solving critical problems as they arise. Students are expected to reach a greater understanding and appreciation of the impact that culture, society, politics, economic institutions, and appropriate technologies have on improving the health, education, and quality of life for communities living in the developing world. Finally, IDSI aims to prepare and influence students toward global career opportunities.

### Course Requirements

IDSI will provide students with 2 CU of credit, one in African Studies, and one through SEAS for the field practicum. Working with our partner institution in Kumasi, the Kwame Nkrumah University of Science and Technology (KNUST), we will utilize faculty for lectures and identify Non-Governmental Organizations (NGOs) to form a network of partners to develop projects for the practicum. There are three components to IDSI:

1. Coursework to introduce conceptual and methodological approaches to development to take place after Spring Break (at Penn)
2. Lectures from Ghanaian faculty/experts and practicum with student journals for four weeks (in Ghana);
3. Preparation of a substantial paper/report on field practicum/findings/policy recommendations, with 15 hours of advising (fall semester at Penn).

### Expenses Covered in Program Fee

- Accommodations and most meals.
- Roundtrip airfare to Ghana and local transportation.
- Admission fees to cultural and historical sites as part of the program's itinerary.
- Instructional costs in Ghana and in the United States.
- Administrative costs in Ghana and in the United States.
- 2 CU of credit at Penn

### Additional Costs

- Costs related to vaccinations/inoculations and medication as well as health and accident insurance plans.
- All purchases of a personal nature.

### Restriction on Non-Students

Friends, girlfriends/boyfriends and/or other family members will not be accepted as participants in the program. They can only be permitted to join or accompany enrolled students as approved by program staff.

### Termination of Program Participants

IDSI staff reserve the right to decline, to accept, or to retain any person as a program participant. Should any person's health or physical infirmity and/or general deportment, in the judgment of the staff, impede the operation of the program or the rights or welfare or enjoyment of other students; the staff has the right to terminate that person's participation in the program at any time. Other reasons for possible termination may include but are not limited to the following:

- Violation of the laws of the United States or Ghana.
- Violation of Penn's Code of Conduct and Academic Integrity
- Acts likely to be offensive to Ghana and its citizens.
- Failure to observe satisfactory academic or professional standards.
- Failure to devote full time to project activities.
- Physical or mental incapacitation.
- Engaging in unauthorized income producing activities, which are inconsistent with the purpose and best interest of the program.

### CONTACTS

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### **AMERICAN EMBASSY Ghana**

No. 19 Fifth Link Road

Cantonments

Accra, Ghana

021-741-570 (Omit the 0 and add 011 233 to call from the U.S.)

Hours of Operation:

Non-Immigrant (visitor) Visas: By appointment only

American Citizen Services: Monday to Friday: 8:30 a.m. to 12 noon

Emergency Afterhours Services for U.S. citizens (cases involving serious injury or illness, death, victims of crime): 021-741-775: Request to speak with the Embassy Duty Officer.

### **International SOS**

Call: +44-208-762-8008

Member Number for Penn is 11BSGC000012

FAQ <http://www.internationalsos.com/private/upenn/index.cfm?Page=2>

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## HEALTH INFORMATION

***\*DISCLAIMER: The health information provided here is in no way intended to replace medical advice of a trained travel medicine practitioner.***

Students are required to have a **health and accident insurance plan**. If you take any medication on a regular basis, it would be wise to ask your physician for an adequate supply for the full duration of the program. Even the best hospitals in Ghana suffer from inadequate facilities, antiquated equipment, and shortages of supplies (some medicines). There is a shortage of physicians as well. Emergency assistance is limited. Psychiatric services and psych meds are practically nonexistent.

The University of Pennsylvania contracts with International SOS to provide 24-hour worldwide assistance and emergency services designed to supplement and integrate with the University of Pennsylvania's services, procedures and policies. While abroad International SOS can assist in emergency situations, including evacuation and repatriation. <http://travel.upenn.edu/travel/international-travel/international-sos/>

### Vaccines and medications

Your health-care provider will determine what you will need, depending on factors such as your health and immunization history, areas of the country you will be visiting, and planned activities. To have the most benefit, see a health-care provider at least 4–6 weeks before your trip to allow time for your vaccines to take effect and to start taking **medicine to prevent malaria**. Even if you have less than 4 weeks before you leave, you should still see a health-care provider for needed vaccines, anti-malaria drugs and other medications and information about how to protect yourself from illness and injury while traveling.

Routine vaccines, as they are often called, such as for influenza, chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life. Routine vaccines are recommended even if you do not travel. Although childhood diseases, such as measles, rarely occur in the United States, they are still common in many parts of the world. A traveler who is not vaccinated would be at risk for infection.

- Yellow fever Required for all travelers (You will have to show your proof of vaccine card at entry)
- Hepatitis A Recommended for all travelers
- Typhoid Recommended for all travelers
- Meningococcus Recommended during the dry season (November through June)
- Polio One-time booster recommended for any adult traveler who completed the childhood series but never had polio vaccine as an adult
- Hepatitis B For travelers who may have intimate contact with local residents, especially if visiting for more than 6 months
- Rabies For travelers who may have direct contact with animals and may not have access to medical care
- Measles, mumps, rubella (MMR) Two doses recommended for all travelers born after 1956, if not previously given

- Tetanus-diphtheria Revaccination recommended every 10 years

Malaria is prevalent in Ghana. You will need to take one of the following antimalarial drugs: atovaquone/proguanil, doxycycline, or mefloquine. Note: Chloroquine is NOT an effective antimalarial drug in Ghana and should not be taken to prevent malaria in this region. You should purchase your antimalarial drugs before travel. Drugs purchased overseas may not be manufactured according to United States standards and may not be effective. They also may be dangerous, contain counterfeit medications or contaminants, or be combinations of drugs that are not safe to use. Malaria is always a serious disease and may be a deadly illness. Humans get malaria from the bite of a mosquito infected with the parasite. Travelers who become ill with a fever or flu-like illness while traveling in a malaria-risk area and up to one year after returning home should seek prompt medical attention and explain to the health care provider their travel history and which anti-malarials they have been taking. For additional information on malaria, protection from insect bites, and anti-malarial drugs, please visit the CDC Travelers' Health web site at <http://www.cdc.gov/malaria/index.htm>.

**Medicines you may need:**

- The prescription medicines you take every day. Make sure you have enough to last during your trip. Keep them in their original prescription bottles and always in your carry-on luggage.
- Antimalarial drugs, if traveling to a malaria-risk area in Ghana and prescribed by your doctor.
- Medicine for diarrhea, usually over-the-counter.

**Other items you may need:**

- Sunblock and sunglasses for protection from harmful effects of UV sun rays.
- Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol. (Please note that this can be very nasty when eating with your hand later)
- To prevent insect/mosquito bites, bring bug spray

**Be Careful about Food and Water:**

- Wash your hands often with soap and water, especially before eating. If soap and water are not available, use an alcohol-based hand gel (with at least 60% alcohol).
- Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes.
- Be cautious of food purchased from street vendors.
- Make sure food is fully cooked.
- Avoid dairy products, unless you know they have been pasteurized.
- Give your system time to become accustomed to unfamiliar foods. Eat only a little at first, and build your intake gradually.

## BEFORE YOU GO

\*\*\*Make 3 copies of your passport (all the pages), flight itinerary, health insurance cards, program itinerary, etc. Keep one copy with you (carry-on bag), another in your checked bag(s), and the third leave behind with family member or friend. You can also scan and email a copy to yourself.

### Weather

Ghana is very close to the equator, and so the weather is quite warm and tropical. During the hottest months temperatures may get up to 100F, while during the rainy months, temperatures will stay around 70F, though it will be much more humid.

### Money

- VISA Debit/Credit cards can be used at ATM machines. (NOT ALL MASTERCARDS WORK) Do let your bank know you will be using your card in Ghana and expect a \$2-5 surcharge rate.
- U.S. dollars can be exchanged at banks and foreign exchange bureaus. Cash is better than traveler's cheques.
- Don't tip unless the service was particularly good. Keep in mind that tipping is not always customary in Ghana, but if you enjoyed the service, a small tip (5%-10%) is appropriate. Tips are not common in restaurants. But tips are common if someone does a service for you. Ask when in doubt.
- 1 Ghanaian Cedi and 0 Pesewa (or cents) is equal to about \$ .55USD

### Luggage

You are permitted to bring two checked bags and one carry-on. If you bring two checked bags, one must be full of donations/gifts only. At the end of the trip, this second bag can be used for carrying items that you may purchase in Ghana. Your carry-on bag should be light weight and yet big enough for use on short trips instead of using your larger one(s).

### Clothing

It is the best to remember that Ghanaians are fairly conservative in their dress. Suits and ties are standard in offices. We recommend that participants distinguish themselves from the stereotypical tourists by following the local dress code. Bring sneakers or walking shoes, nice sandals, pair of dress shoes, and flip flops for the bathroom/dorm. Have one outfit or more for more formal occasions, such as restaurant dining or a meeting. Women will need skirts or dresses- knee length or longer for occasions when pants cannot be worn, and should avoid bare midriff tops and micro-mini skirts/shorts. Participants should note that the program activities might include taking hikes, walks or working in the field, which require wearing sneakers and long pants. Bring a swim suit and towel.

1. **DO** remove your hat when speaking to an elderly person or a chief, as it shows respect for their traditions.

2. **DO** dress somewhat modestly. Shorts, t-shirts, and the like are fine, though some elderly people might find some of those clothes offensive.
3. **DO** wear lightweight suits and cotton dresses for formal meetings, like at a bank, with government officials, or at ceremonies.

### Cosmetics and Toiletries

Most cosmetics and toiletries that you are used to will not be readily available in Ghana. Bring all your regular items with you to avoid having to use up your spending money. We recommend the following:

- Razor and razor blades.
- Soap, shampoo/conditioner.
- Needle, thread and safety pins.
- Small packs of pocket-sized tissues.
- Wind-up flashlight.
- Pre-moistened towelettes.
- Band-aids.
- Cotton swabs.
- Tweezers and nail clippers.
- First aid cream.
- Pain killers- Tylenol, aspirin, ibuprofen.
- Kaopectate, or something similar, for diarrhea. Consult with your doctor.
- Antacid.
- Decongestant and/or antihistamine.
- Insect repellent.
- A travel alarm clock.
- Sunscreen.

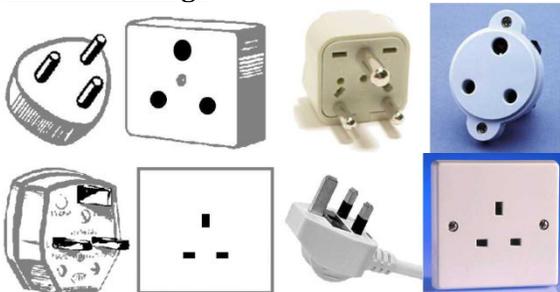
### Shopping

Expect to bargain. Unless a price is written on the item at a shop or store, it is negotiable.

### Photography

Permission should be sought before photographing military installations, government buildings, airports, elders, chiefs and other traditional leaders/people. Children may ask you for money after you take their photo. Market vendors may ask you to buy something if you take their photo.

### Electrical Plugs



Primary Socket Types: British BS-1363, Indian  
220V/240V 50Hz

### Gifts

You may bring some items appropriate as gifts for Ghanaian friends, schools, and mentors. This may include sports or university items with logos, pens and pencils, solar and battery calculators, etc. **DON'T** give or receive gifts with the left hand. **DON'T** give gifts directly to children. Give to an adult who will direct it to the child/children.

*"In Africa it is the custom to bestow small gifts as a token of thanks, or just out of respect, to people who perform favors or generous services. Sometimes, especially when you are traveling in rural areas, you may want to give something to someone who befriends you, even in some small way. Also, you will need to bring gifts for the schools you will visit. You might consider baseball caps with logos, an assortment of sizes of colorful T-shirts with logos, cheap wrist watches, solar or battery powered calculators, powders and body lotions etc. for ladies, small flashlights (squeeze lights), sunglasses, colorful BandAids, tylenol (the rule in dispensing any over-the-counter medicine is always that the person receiving it must be able to read and fully understand the instructions). You will need to bring a variety of pencils, pens, colored marking pens, and pads of paper. Pens are also great small gifts for your time on the road. Ghanaians are enormously generous people and will often share with you everything they have. You will want to come prepared to do the same."* -by Lyn Brignoli, GPA 2000, Ghana

### Culture Do's and Don'ts

#### Table Manners

1. If you don't drink alcohol and are poured a drink, **DO** raise your drink to your lips without sipping it, and then pour your drink on the ground. This is socially acceptable.
2. **DON'T** eat with your left hand.
3. **DO** pay for a meal at a restaurant, if you are who initiated the invitation.
4. **DON'T** blow your nose at the dinner table.

#### Body Gestures

1. **DON'T** use your left hand to give or receive items, point at things, or wave at a person.
2. **DON'T** sit with your legs crossed among elders or chiefs.
3. **DO** expect to see members of the same sex holding hands, especially outside of major cities. It's a sign of friendship. Members of the opposite sex usually don't hold hands.

#### Greetings

1. **DO** greet with a handshake and a smile.
2. **DO** greet everyone present, including kids, and start with the most elderly.
3. **DON'T** shake hands with your left hand.

4. **DO** shake hands again upon departing.

#### Visitors Etiquette

1. **DO** expect to be given a seat and a glass of water to drink when visiting a Ghanaian's home. You then might be asked the purpose of your visit.
2. **DON'T** be late to any business appointments!
3. **DO** move up to a chief or king when invited to greet him, and then stop a bit in front of him and bow. You may also be invited for a handshake.
4. **DON'T** speak directly to a king or chief. You may communicate through a linguist called "Okyeame."
5. **DO** offer a gift to a chief or king, such as Schnapps or gin. Money is also acceptable.

In Ghana, most people are incredibly patient and hospitable, and many enjoy having people visit their country. However, in order to blend in a little better and respect the customs and Ghana's heritage, keep the above etiquette in mind.

#### Housing

There is a wide range of accommodation in Ghana. We will be staying at moderate student housing. Bed linens will be provided. We recommend that you bring a towel and a washcloth. Be prepared for inconveniences, such as occasional cold showers, water shortages, and unreliable power supplies.

#### Laundry

Participants will be responsible for their own laundry. Laundry services will be available for a small fee. You can also do your own washing.

#### Bathrooms

Most of the time, you will be staying in facilities with U.S. style toilets. Toilet paper is available but not always provided. However such facilities may not be available in some restaurants, some private homes, and some of the trip destinations. For this reason you are advised to bring small tissue paper packets and hand sanitizer and keep these with you at all times.

#### Communication

Your program staff will have cell phones during the entire program. You will be able to use these phones occasionally if you buy minutes. Once we have the number you can give it to your emergency contacts in the U.S. You can buy a cell phone in Ghana or bring your own unlocked phone from the U.S. and buy a SIM card from a local store/kiosk.

There are numerous internet cafes in Ghana and at KNUST. Usually connection speeds are most of the time more than adequate for performing tasks such as checking one's e-mail. A typical internet cafe will have a dozen computers using one broadband connection. **Most computers or flash disks in use are infected with viruses.** Outside of bigger towns, it is harder to find a working Internet connection and the charge per minute is often much higher than in bigger towns.

## Safety

Crime is a significant problem in every society. However this does not mean that you should feel nervous, or that you should be suspicious of everyone you meet. You should take reasonable precautions and follow the advice of the program staff. Pick-pocketing, purse snatching, and various types of scams are the most common forms of crime confronting visitors. Those who limit their display of jewelry and handle their cash discreetly reduce their vulnerability to crime.

For the most part traveling in Ghana is safe, but it always good to err on the side of caution when you are in an unfamiliar place. The two dominant religions (Christianity and Islam) strongly influence people's day-to-day life. Therefore, according to their influence the government implements certain rules and laws that could appear unsettling to westerners. In particular, homosexuality is illegal, and not tolerated. Penalties for possession, use or trafficking in illegal drugs in Ghana are strict and convicted offenders can expect jail sentences and heavy fines. Travelers should be cautious at all times when traveling on roads in Ghana. Travelers are cautioned to limit road travel outside major towns or cities to daylight hours and travel in convoys, if possible.

### Safety Tips:

- Don't walk alone, use buddy system on campus and elsewhere.
- Be alert for pick pocketing in markets.
- Don't wear too fancy jewelry.
- Don't carry too much cash on you. Keep cash in separate places.
- Carry minimal camera/tech equipment.
- Avoid travel at night.
- Take the minimum of expensive technology with you. This is an ideal time to reduce your dependence on gadgets.
- Learn your bearings as soon as you are settled in a place.
- Always lock your room at night and when you go out.
- Do not display your wallet, your passport, or a wad of money in any public place.
- Be careful in your dealings with strangers who are interested in 'being your friend' and ask for financial assistance or offer to provide you with unnecessary assistance. In such cases be firm and remove yourself from the situation quickly.

## GROUP LIVING

Participants are going to be seeing a great deal of one another during the course of the program, and it is very important for the whole program that we develop a workable dynamic. A good group dynamic is based on cooperation while showing respect for each individual's need for privacy; a group functions best when everyone is willing to show flexibility and retain a sense of humor.

### Culture Shock

Most of you have traveled to unfamiliar places before and some have traveled abroad as well. Any conflict between your expectations and reality may cause anxiety, sadness, stress, fear, or anger. This is quite normal, and everyone will experience this to some extent. Other symptoms of culture shock may include:

- A feeling of uneasiness with strangers.
- Fear of dirt, insects, and disease.
- Unwillingness to learn or abide by local customs.
- Over-reaction to delays and minor mishaps.
- Withdrawal and negativism.
- Excessive drinking or eating or loss of appetite.
- Unusual fatigue.

Learning about Ghana and the program can minimize culture shock. You should also lower your expectations of written, and especially telephone contact with loved ones back home. Once in the program, follow the suggestions below:

- Make sure you eat a balanced diet, get regular exercise and enough sleep.
- Avoid alcohol intake.
- If you are suffering from culture shock, or if you believe another participant might be, please tell the project staff right away.



## WELCOME TO GHANA

Ghana, is a west African country, bounded on the north by Burkina Faso, on the east by Togo, on the south by the Atlantic Ocean, and on the west by Côte d'Ivoire. Formerly a British colony known as the Gold Coast, Ghana was led to independence by Dr. Kwame Nkrumah on the 6th of March, 1957. Ghana became the first black nation in sub-Saharan Africa to achieve independence from colonial rule. The country is named after the ancient empire of Ghana, from which the ancestors of the inhabitants of the present country are thought to have migrated.

### Population

The population of Ghana is divided into some 75 ethnic groups. In 2006 the estimated population of Ghana was 21,000,000 (*females-51%, males 49*), giving the country an overall population density of 78 persons per sq km (201 per sq mi). The most densely populated parts of the country are the coastal areas, the Ashanti region, and the two principal cities, Accra and Kumasi. About 70 percent of the total population lives in the southern half of the country. The most numerous peoples are the coastal Fanti, and the Ashanti, who live in central Ghana, both of whom belong to the Akan family. The Accra plains are inhabited by the Ga-Adangbe. Most of the inhabitants in the northern region belong to the Moshi-Dagomba or to the Gonja group.

### Major Cities

Accra, the capital, has a population (1996 estimate, greater city) of 1.7 million. Kumasi is the capital of the Ashanti region. Sekondi has an artificial harbor and was the first modern port built in Ghana. Other major cities include Tema, Tamale, and Cape Coast. People living in urban areas account for 37 percent of the population. [http://www.ghana-embassy.org/corp\\_div\\_embassy3.cfm?BrandsID=49-top](http://www.ghana-embassy.org/corp_div_embassy3.cfm?BrandsID=49-top)

### Language

English is the official language of Ghana and is universally used in schools in addition to nine other local languages. The most widely spoken local languages are Akan (Twi), Ga, Dagomba, and Ewe.

### Religion

Traditional religions accounts for two-fifths of the population. The Christian population also accounts for two-fifths of the total population and includes Roman Catholics, Baptist, Protestants, etc. The Muslim population (12 percent of the total) is located chiefly in the northern part of the country.

### People

Ghanaians come from six main ethnic groups: the Akan (Ashanti and Fanti), the Ewe, the Ga-Adangbe, the Mole-Dagbani, the Guan, and the Gurma.

*Ashanti* The Ashanti of the Akan are the largest tribe in Ghana and one of the few matrilineal societies in West Africa. Once renowned for the splendor and wealth

of their rulers, they are most famous today for their craft work, particularly their hand-carved stools and fertility dolls and their colorful Kente cloth. Kente cloth is woven in bright, narrow strips with complex patterns; it's usually made from cotton and is always woven outdoors, exclusively by men. The village is a social as well as an economic unit. Everyone participates in the major ceremonies, the most frequent of which are funeral celebrations which typically last several days. Attendance at funerals is normally expected from everyone in the village and expenditure on funerals is a substantial part of the household budget. The Ashanti are noted for their expertise in a variety of specialized crafts. These include weaving, wood carving, ceramics, and metallurgy. Of these crafts, only pottery-making is primarily a female activity; the others are restricted to male specialists. Even in the case of pottery-making, only men are allowed to fashion pots or pipes representing anthropomorphic or zoomorphic figures.

*Fanti* The Fanti are mainly located in the coastal areas of Ghana

*Ewé* The Ewé have over 600 deities to turn to in times of need. Many village celebrations and ceremonies take place in honor of one or more deities. They also weave Kente cloth, and their more geometrical patterns contain symbolic designs handed down through the ages. The Ewe occupy southeastern Ghana and the southern parts of neighboring Togo and Benin. Most Ewe were farmers who kept some livestock, and there was some craft specialization. On the coast and immediately inland, fishing was important, and local variations in economic activities permitted a great deal of trade between one community and another, carried out chiefly by women

*Ga-Adangbe* The Ga-Adangbe people inhabit the Accra Plains. The Adangbe are found to the east, the Ga groups, to the west of the Accra coastlands. Although both languages are derived from a common proto-Ga-Adangbe ancestral language, modern Ga and Adangbe are mutually unintelligible. The modern Adangbe include the people of Shai, La, Ningo, Kpone, Osudoku, Krobo, Gbugble, and Ada, who speak different dialects. The Ga also include the Ga-Mashie groups occupying neighborhoods in the central part of Accra, and other Gaspeakers who migrated from Akwamu, Anecho in Togo, Akwapim, and surrounding areas.

*Guan* The Guan are believed to have begun to migrate from the Mossi region of modern Burkina around A.D. 1000. Moving gradually through the Volta valley in a southerly direction, they created settlements along the Black Volta, throughout the Afram Plains, in the Volta Gorge, and in the Akwapim Hills before moving farther south onto the coastal plains. Some scholars postulate that the wide distribution of the Guan suggests that they were the Neolithic population of the region. Later migrations by other groups such as the Akan, Ewe, and Ga-Adangbe into Guan-settled areas would then have led to the development of Guan-speaking enclaves along the Volta and within the coastal plains.

## Food

Food is most commonly eaten at home, then at chop bars (small outside vendors) or restaurants. International food is available in most large hotels and many restaurants serve a range of local traditional foods. In Accra there are also

restaurants serving Middle Eastern, Chinese, French and other European cuisine. Tipping is permitted; it is not usually included in the bill.



*Kenkey* (fermented corn dough served with hot peppers and fried fish, eaten mostly in the Accra region).

*Fufu* (pounded cassava beans, yam, plantain or rice flour, usually accompanying traditional soups)

*Palmnut* (Soup made with palm nuts)

*Groundnut Stew* (Peanut butter soup)

*Kontomere or Palava*(Spinach or other leaves stew)

*Okro Stew* (Soup made with okra)

*Banku* (Similar to fufu, but made with corn flour. Served with soup)

*Jollof Rice* (Spanish-style rice)

*Red Red* (Stewed beans and Fried Plantains)

*Waakye* (Rice and black-eyes peas)

*Rice and Stew*

*Palm wine*

*Pineapple juice*

*Coconut*

### History

Until independence from British colonial rule on 6 March 1957, Ghana was known as the Gold Coast. The Portuguese were the first Europeans to arrive in the late 15th century. During the next 300 years, the Gold Coast became a major trading centre, mainly in gold and slaves. From the beginning of the 19th century, an increasingly assertive Ashanti kingdom drove out many of the European colonists. The important exception was the British who took control of the whole of the Gold Coast in 1874. The colony's lands were supplemented in 1917 by parts of neighboring Togoland. Together, these formed what in 1957 became the independent state of Ghana – the first British territory in Africa to be decolonized.

Under Dr Nkrumah, Ghana made rapid and remarkable progress in education, industrial and infrastructure development and in the provision of social services. At the same time, the country played a leading role in the struggle for the liberation of other African countries. However, Nkrumah's growing dictatorial tendencies at home disaffected many, especially in the armed forces, leading to a coup in 1966. A pattern of fledgling civilian governments aborted by the intervention of the armed forces has dogged Ghana for much of the time since then.

There remain many traces of the country's rich history. Ghana still boasts 42 European forts and castles including Elmina and Cape Coast Castles which are all recognized by UNESCO as World I Heritage Monuments as well as sites of wars between the British and the indigenous population. Colorful traditional festivals full of pomp and pageantry with Chiefs and Queen Mothers riding on lushly gilded palanquins can still be seen throughout the country while traditional open markets provide the sounds and sights of the African bazaar.

The country's natural heritage is also very rich. A narrow grassy plain stretches inland from the coast, widening in the east, while the south and west are covered by dense rainforests which are being developed into nature parks for the ecology-minded tourists such as the new National Park at Kakum. Although Ghana's national parks and game reserves are relatively small compared to other African countries, species of antelope, monkeys, lions and elephants can be seen here. Birds and butterflies are particularly numerous in Ghana's forests. Ghana's coastline is dotted with sandy palm-fringed beaches and lagoons where watersports can be practiced.

There are a few international chain hotels in Ghana, all located in the capital. In addition to these there are international-standard hotels, hostels, park lodges and guest houses throughout the country, although they are mainly concentrated in the urban centres. Budget accommodation is available at university campuses in Accra, Cape Coast and Kumasi during the student holidays (Christmas, Easter and summer; June to September).

## **KNUST HISTORY**



The University of Science and Technology succeeded the Kumasi College of Technology which was established by a Government Ordinance on 6th October, 1961. It, however, opened officially on 22nd January, 1952 with 200 Teacher Training students transferred from Achimota, to form the nucleus of the

new College.

In October, 1952, the School of Engineering and the Department of Commerce were established and the first students were admitted. From 1952 to

1955, the School of Engineering prepared students for professional qualifications only. In 1955, the School embarked on courses leading to the University Of London Bachelor Of Engineering External Degree Examinations. A Pharmacy Department was established in January, 1953, with the transfer of the former School of Pharmacy from Korle-Bu Hospital, Accra, to the College. The Department ran a two-year comprehensive course in Pharmacy leading to the award of the Pharmacy Board Certificate. A Department of Agriculture was opened in the same year to provide a number of ad hoc courses of varying duration, from a few terms to three years, for the Ministry of Agriculture. A Department of General Studies was also instituted to prepare students for the Higher School Certificate Examinations in both Science and Arts subjects and to give instruction in such subjects as were requested by the other departments. Once established, the College began to grow and in 1957, the School of Architecture, Town Planning and Building was inaugurated and its first students were admitted in January, 1958, for professional courses in Architecture, Town Planning and Building. As the College expanded, it was decided to make the Kumasi College of Technology a purely science and technology institution. In pursuit of this policy, the Teacher Training College, with the exception of the Art School, was transferred in January, 1958, to the Winneba Training College, and in 1959 the Commerce Department was transferred to Achimota to form the nucleus of the present School of administration of the University of Ghana, Legon.

At the Birth of KNUST in December, 1960, the Government of Ghana appointed a University Commission to advise it on the future development of University Education Ghana, in connection with the proposal to transform the University College of Ghana and the Kumasi College of Technology into an independent



University of Ghana. Following the report of the commission which came out early 1961, Government decided to establish two independent Universities in Kumasi at Legon near Accra. The Kumasi College of Technology was thus transformed into a full-fledged University Kwame Nkrumah University of Science Technology by an Act of Parliament on 22nd August, 1961. The University name was changed to University of Science and Technology after the Revolution of 24th February, 1966. The University of Science and Technology was officially inaugurated on Wednesday, 20th November, 1961. However, by another act of Parliament, Act 559 of 1998, the University has been renamed Kwame Nkrumah University of Science and Technology, Kumasi.

### Kumasi

Kumasi is the capital city of the Ashanti region, a very important and historical centre for Ghana. Tradition is held very high in Kumasi and blends very well with modernity. There is a wide range of attractions in Kumasi. The Manhyia Palace, the seat of the King of Ashanti and members of the royal family is situated in the northern part of the city. The Palace has a courtyard and a courtroom where

matters dealing with the constitution and customs are deliberated upon the traditional council. Visitors can get a good insight into traditional African democracy, which is still very present in the customs of the people when they visit the courtyard. The meetings are open to the public. Lake Bosumtwi, the largest natural lake in Ghana, is about 32 kilometers southeast of Kumasi. The Ashantis believe that the souls of their dead come to the lake to say goodbye to god called Twi. One theory says that the huge meteorite formed the lake. Another says that it is the crater of an extinct volcano.

The ancient capital of the Ashanti kingdom, Kumasi is still the heart of Ashanti country and the site of West Africa's largest cultural center, the palace of the Ashanti king. To add to the appeal, it's surrounded by rolling green hills and has a vast central market as vibrant as any in Africa. The city's major attraction is the *National Cultural Center*, a 10 minute walk west of the market. The sprawling complex encompasses a fascinating museum of Ashanti history, a popular library, an excellent crafts shop and an exhibition hall. Classes in traditional dance and drumming are available. One of the centre's more interesting exhibits is the fake golden stool used to trick the British, who'd heard that the real Golden Stool held the strength of the Ashanti Empire and demanded it be brought to them. It was decades before they discovered the ruse. The real stool is kept at Manhyia Palace and is brought out only on special occasions. It's so sacred that not even the king is allowed to sit on it, and it's never allowed to touch the ground. There's a photo of it in the museum. If you're looking to escape the heat, one option is to head next door to the zoological gardens, with its lovely gardens and somewhat depressing zoo - picture caged chimps toying with broken beer bottles. Watch your step, as crocodiles and porcupines roam freely. Half a kilometer to the west, the Anokye Sword sticks out of the ground exactly where - according to legend - the Golden Stool descended from the heavens to mark the beginning of the Ashanti people. Legend has it that if the sword is ever pulled out, the Ashanti kingdom will disappear. Manhyia Palace, better known as Asantehene's Palace, is the palace of the highest Ashanti ruler. Ashanti kings have never lived in luxury, and visitors are often surprised by how sparse and unpretentious the palace is. The current king lives in a more recent palace directly behind the old one, and if you bring a gift and enquire politely, you may be able to meet him. You might also try to arrive on the Adaye Festival - there are two every 42 days - when the king's subjects come to pay him homage.

In the villages around Kumasi, artisans specialize in crafts such as goldsmithing, wood carving, cloth printing and weaving. Bonwire is the place to go for kente cloth, Pankrono is best for pottery, Ahwiaa for woodcarving and Ntonso for adinkra cloth. Private taxis and tro-tro are the best ways to reach any of the craft villages. Though it's over 250km north-west of the capital, Kumasi is Ghana's second largest traffic hub, so you'll have no trouble getting there and away. There are several flights per week to Accra and Tamale, as well as buses, trains, taxis and tro-tro .

### Cape Coast

The first timber construction on the site was erected in 1653 for the Swedish Africa Company and named Carolusborg after King Charles X of Sweden. It was later

on rebuilt in stone. In April 1663 the whole Swedish Gold Coast was seized by the Danes, and integrated in the Danish Gold Coast In 1664 the Castle was conquered by the British and was extensively rebuilt by the Committee of Merchants (whose Governors administered the entire British colony) in the late 18th century. In 1844, it became the seat of the colonial Government of the British Gold Coast. The Castle was built for the trade in timber and gold, later it was used in the trans-Atlantic slave trade. The Castle, or Castle and Dungeon, to give it its official name, was first restored in the 1920s by the British Public Works Department. In 1957, when Ghana became independent, it passed under the care of the Ghana Museums and Monuments Board (GMMB). In the early 1990s the building was restored by the Ghanaian Government, with funds from the United Nations Development Programme (UNDP), USAID, the Smithsonian Institution and other NGOs. Former government centre of the Gold Coast, Cape Coast was the seat of the British Colonial administration up until 1877 when it was moved to Accra. Along the coastline of this region are many ancient forts and castles built by the European traders. Three of these: Elmina castle, St Jago castle and Cape coast castle have been designated as World Heritage Monuments by the World Heritage Foundation (UNESCO). These are well preserved and must be seen by anyone visiting this region.



#### Kwame Nkrumah

Kwame Nkrumah became the first prime minister and later president of Ghana . He was born on September 21, 1909 , at Nkroful in what was then the British-ruled Gold Coast, the son of a goldsmith. Trained as a teacher, he went to the United States in 1935 for advanced studies and continued his schooling in England , where he helped organize the Pan-African Congress in 1945. He returned to Ghana in 1947 and became general secretary of the newly founded United Gold Coast Convention but split from it in 1949 to form the Convention People's party (CPP). After his 'positive action' campaign created disturbances in 1950, Nkrumah was jailed, but when the CPP swept the 1951 elections, he was freed to form a government, and he led the colony to independence as Ghana in 1957. A firm believer in African liberation, Nkrumah pursued a radical pan-African policy, playing a key role in the formation of the Organization of African Unity in 1963.

As head of government, he was less successful however, and as time passed he was accused of forming a dictatorship. In 1964 he formed a one-party state, with himself as president for life, and was accused of actively promoting a cult of his own personality. Overthrown by the military in 1966, with the help of western backing, he spent his last years in exile, dying in Bucharest, Romania, on April 27, 1972. His legacy and dream of a "United States of Africa" still remains a goal among many. Nkrumah was the motivating force behind the movement for independence of Ghana, then British West Africa, and its first president when it became independent in 1957. His numerous writings address Africa's political destiny.

### Dr. Kwaku Ohene-Frempong

Dr. Ohene-Frempong was born in Kukurantumi, Ghana and attended Prempeh College (High School), where he excelled in the sciences. He also became a young track and field star, earning a spot on the Ghana national track and field team. After graduation, he applied for and was awarded a scholarship to earn an undergraduate degree at Yale University in the United States under the AAI-administered African Scholarship Program of the American Universities (ASPAU). During his studies at Yale, he continued to be a star athlete on the soccer and track teams, and was Captain of the Yale Track and Field team in his senior year. He was selected as a member of the 1968 Olympic Team for Ghana.

But it was in his academic studies in which he found his passion—medicine. He received a bachelor's in biology in 1970 and went on to start Yale University School of Medicine in the fall of 1970. Dr. Ohene-Frempong learned about sickle cell disease in his studies at Yale and realized that many of his own family members back in Ghana had suffered and died from the disease. His interest in the disease became greater when he discovered that he himself was a carrier of the disease. While in medical school, Dr. Ohene-Frempong married Ms. Janet Williams and had a son. In 1975, Dr. Ohene-Frempong graduated from Yale University School of Medicine. His doctoral thesis, entitled "Child Health in a Ghanaian Community," was based on the work he completed at Komfo Anokye Teaching Hospital in Kumasi, Ghana in 1974. Following his graduation, Dr. Ohene-Frempong took a pediatric residency at the Cornell Medical Center and then completed a three-year fellowship in Pediatric Hematology and Oncology at the Children's Hospital of Philadelphia (CHOP). Following his fellowship, Dr. Ohene-Frempong and his family, which now included a daughter as well, moved to Louisiana, where he became the Medical Director of the Sickle Cell Center of Southern Louisiana. He also became the Director of Pediatric Hematology and Oncology and Associate Professor of Pediatrics at Tulane University School of Medicine.

Then in 1986, Dr. Ohene-Frempong returned to CHOP as the Director of the Sickle Cell Program, continuing his work on raising awareness and improving treatment of pediatric sickle cell disease. In 1988, the National Institute of Health (NIH) awarded a grant to CHOP's Division of Hematology to create one of the nation's 10 Comprehensive Sickle Cell Centers, and he was subsequently named the Center's Director in 1990. Dr. Ohene-Frempong expanded his efforts fighting sickle cell disease to his homeland as well. In 1993, the National Heart, Lung and Blood Institute of the National Institute of Health awarded him a research grant to develop a pilot project for Newborn Screening for Sickle Cell Disease in Ghana, the first such screening program in Africa. In the first 10 years of the program, more than 200,000 newborns were screened and over 8,000 patients had been registered at the clinic. Dr. Ohene-Frempong continues to serve as Director of the Comprehensive Sickle Cell Center, directing the Center's team of pediatric hematologists, nurse specialists, social workers, child psychologists and counselors in the care and treatment of more than 700 children and adolescents who have sickle cell disease. In addition, Dr. Ohene-Frempong oversees the research activities of the Center and conducts his own research projects on the disease. He served as a member and chair of the Sickle

Cell Advisory Committee of the NIH from 1986-1990 and was elected President of the Sickle Cell Disease Association of America (SCDAA) in 1991 and completed his second term in 1998. He served as Chairman of the Board of Directors of SCDAA from 2003-2006, and continues to serve as a member of the national Board of Directors. Dr. Ohene-Frempong has received several awards in recognition of his academic and professional careers, including being inducted as the Inaugural Member to the International Scholar Athlete Hall of Fame in 1999, recipient of the William H. W. Bush Lifetime of Leadership Award from Yale University in 2001. And in 2006, Dr. Ohene-Frempong was named one of ESPN-NCAA 100 Most Influential Scholar Athletes.

### Kente Cloth

Kente is an Asante ceremonial cloth hand-woven on a horizontal treadle loom. Strips measuring about 4 inches wide are sewn together into larger pieces of cloths. Cloths come in various colors, sizes and designs and are worn during very important social and religious occasions. In a total cultural context, kente is more important than just a cloth. It is a visual representation of history, philosophy, ethics, oral literature, moral values, social code of conduct, religious beliefs, political thought and aesthetic principles.

The term kente has its roots in the word *kenten* which means a basket. The first kente weavers used raffia fibers to weave cloths that looked like kenten (a basket); and thus were referred to as *kenten ntoma*; meaning basket cloth. The original Asante name of the cloth was *nsaduasoo* or *nwontoma*, meaning "a cloth hand-woven on a loom" and is still used today by Asante weavers and elders. However, the term kente is the most popularly used today, in and outside Ghana. Many variations of narrow-strip cloths, similar to *Kente* are woven by various ethnic groups in Ghana and elsewhere in Africa.

### History of Adinkra

Adinkra Symbolism: Tradition has it that Adinkra, a famous King of Gyaman (now the Ivory Coast) angered the Asantehene, Bonsu-Panyin, by trying to copy the Golden Stool. Adinkra was defeated and slain in an ensuing war. It has been suggested that the art of Adinkra came from Gyaman. It is also significant that Adinkra means farewell, or good-bye, hence the use of the special cloth on funeral occasions (*eyie*), to say good-bye to the departed. Adinkra aduru (Adinkra medicine) is the stuff used in the stamping process. It is prepared by boiling the bark of *Badie* together with iron slag. Originally the printing was done on a cotton piece lying on the ground. Today, raised platforms with sack coverings act as the printing table. The designs, cut on pieces of calabash with pieces of wood attached for handling, are dipped into the Adinkra aduru, and then stamped onto the cloth. Adinkra cloth is not meant to be washed.

Adinkra is one of the highly valued hand-printed and hand-embroidered cloths. Its origin is traced to the Asante people of Ghana and the Gyaman people of Cote d'Ivoire (Ivory Coast). However, the production and use of Adinkra have come to be more associated with the Asante people than any other group of people. Around the 19th Century, the Asante people developed their unique art of Adinkra

printing. Adinkra cloths were made and used exclusively by the royalty and spiritual leaders for very important sacred ceremonies and rituals. In modern times, however, Adinkra cloths are used for a wide range of social activities. In addition to its sacred usage, it is also used to make clothing for such special occasions as festivals, churchgoing, weddings, naming ceremonies and initiation rites. Today, designers use Adinkra symbols in creating a wide range of products including clothing accessories, interior decoration, packages and book covers.

Each of the motifs that make up the corpus of Adinkra symbolism has a name and meaning derived either from a proverb, a historical event, human attitude, animal behavior, plant life, forms and shapes of inanimate and man-made objects. These are graphically rendered in stylized geometric shapes. Meanings of motifs may be categorized as follows: Aesthetics, Ethics, Human Relations and Religious concepts. In its totality, Adinkra symbolism is a visual representation of social thought relating to the history, philosophy and religious beliefs of the Akan people of Ghana and Cote' d'Ivoire.

Below are some of the most commonly used symbols, their names, sources of derivation, their literal translations and their symbolic meanings. Names and meanings of the symbols are presented in Twi (the language of the Akan people), and translated into English. Symbols are grouped according to the sources of derivation, namely: Creatures. (Animals, Birds and Insects), Celestial bodies, the human body, man-made objects, non-figurative shapes and plant life. Symbols not featured here are on the Adinkra poster which you can purchase. Ordering info is at the end of the home page.

	<b>ADINKRAHENE</b>	— "chief of adinkra symbols"	greatness, charisma, leadership
	<b>AKOBEN</b>	- "war horn"	vigilance, wariness
	<b>AKOFENA</b>	"sword of war"	courage, valor
	<b>AKOKONAN</b>	• "the leg of a hen"	mercy, nurturing
	<b>AKOMA</b>	• "the heart"	patience & tolerance
	<b>AKOMA NTOSO</b>	- "linked hearts"	understanding, agreement

	<b>ANANSE NTONTAN</b>	"spider's web"	wisdom, creativity
	<b>ASASE YE DURU</b>	"the Earth has weight"	divinity of Mother Earth
	<b>AYA</b>	"fern"	endurance, resourcefulness
	<b>BESE SAKA</b>	"sack of cola nuts"	affluence, abundance, unity
	<b>BI NKA BI</b>	- "no one should bite the other"	peace, harmony
	<b>BOA ME NA ME MMOA WO</b>	"help me and let me help you"	cooperation, interdependence

Suggested reading

Ghana, 4th (Bradt Travel Guide) (Paperback) by Philip Briggs

Bradt's *Ghana* has remained the bestselling guide to the country since it was first published in 1998, being used by almost every English-speaking visitor there. Visitors will discover a country steeped in a rich cultural tradition and little-visited attractions.

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Culture and Customs of Ghana (Culture and Customs of Africa) by Steven J. Salm and Toyin Falola

Money and Death: Funeral Business in Asante, Ghana by Marleen de Witte

Journal of the International African Institute, Vol. 73, No. 4. (2003), pp. 531-559.

History, Memory, Slave-Trade and Slavery in Anlo (Ghana) by E. Akyeampong

Tourism in Ghana: The Representation of Slavery and the Return of the Black Diaspora by Edward M. Bruner American Anthropologist, New Series, Vol. 98, No. 2. (Jun., 1996), pp. 290-304.

Crossing Borders: Dr. Kwaku Ohene-Frempong by Carolyn M. Rouse, PhD







