

A gap year with Project Trust.

It has been a hard day at school. Your Prelims are in a couple of days, and you've been cramming as much as you can. After spending a couple of hours writing a particularly long Advanced Higher history essay on the Russian Revolution, you've concluded that maybe you don't want to continue studying for another 4 years straight at university.

A memory pops into your head of an assembly at school you had a couple of weeks back. A representative from a charity call Project Trust had come into do a talk advertising doing a gap year of volunteer work abroad. At the time you thought little of it, but now the idea sounds more and more appealing.

Do you choose:

- A. Take a break from studying to investigate Project Trust online. (page 2)
- B. Dismiss the thought from your mind as a wild fantasy and continue studying (page 2)

If A. Take a break from studying to investigate Project Trust online.

After doing some research the idea sounds more and more appealing to you. You are particularly intrigued by the idea of going to Ghana for a year. You've always had a fascination with African culture and you have some family friends who come from Ghana.

After a couple hours researching, looking at the Project Trust website as well as reading online blogs from past volunteers, you quickly realise that the idea sounds more and more appealing. You're fixated on the idea and the thought of going into another 4 years of education is horrific to you now, however, you are hesitant to ask your parents what they think of the idea.

You wait until dinner to tell your parents. You make sure to express how passionate you are about the idea and how you're bored of education, at least for the time being. At first your parents are hesitant to accept the idea, your father is worried about you lacking behind in your education whilst your mother lists off on her fingers the numerous illnesses and diseases you can contract in Ghana. Slowly both are persuaded to at least let you try for the selection process.

You work with your parents to come up with a good lesson plan and talk topic for your selection course which is online. During the course, you present your topic confidently as you've been able to practice at home and within a few days you find you've been accepted into Project Trust! However, you have 6 months until your training course and it is time to start fundraising. You have had a few ideas but are unsure which to choose...

- A. Do the Edinburgh Kilt Walk (Page 3)
- B. Do a bake sale (Page 3)
- C. Host a ceilidh (Page 4)

If B. Dismiss the thought from your mind as a wild fantasy and continue studying.

You go back to writing your history essay and slowly get more and more bored. When your history exam comes around you do very well, so much so that you decide to study 13th century British history at Glasgow University. You do well in your course but by the 4th year you're burnt out and can't help thinking it had something to do with partaking in close to 20 years of solid education. After university you join a research team at a dig site in Oban looking at some recently recovered ragged Latin scrolls from William Wallace. You've had a stressful day at work and decide to go down to the local Wetherspoons to have a solitary drink. Whilst there, you overhear a conversation of an excitable group that look like young backpackers who are having a drink a couple tables down. You overhear that they are heading to Coll tomorrow morning on the ferry to undergo some kind of training course. You also overhear the phrase "Project Trust" multiple times and the realisation rushes over you like a tidal wave. You finish your drink and head home. You went to bed filled with regret and uneasy dreams of what could have been. THE END

If A. Do the Edinburgh Kilt Walk.

You choose to do the Kilt Walk as your first fundraising activity. This is a sponsored walk which was recommended by Project Trust as you get an extra 50% of whatever you fundraised added to your total. You're generally healthy and thus don't feel it is necessary to do much training before the walk, however, your father encourages you to do some training beforehand. This really helped prepare you for the challenge of a 24 mile walk and you are grateful to your dad for his advice. With donations from friends, neighbours and family members, you manage to raise £3000 with the added bonus bringing it up to £4500. You now must decide how you're going to get the rest of the money. You know that if you work some extra shifts you'll have enough to pay for the total. However, this will mean you'll have less spending money whilst you're away, but your parents have reassured you that they'll be able to lend you money if you run out whilst away.

- A. Work extra shifts (Page 4)
- b. Do a bake sale (Page 5)
- C. host a Ceilidh (page 5)

If B. Do a bake sale

You decide to do a bake sale at your school. With the help of your family, you bake cakes at home in your kitchen and bring them to school to sell. This turns out to be a roaring success and the Head teacher, Mrs Willson, offers if you want to make this a weekly thing. You made £200 from this first sale alone, doing it weekly it should not take you long until you make a sizeable dent in your fundraising target, however, it is a lot of work. You also know that if you work some extra shifts you'll have enough to pay for the total. However, this will mean you'll have less spending money whilst you're away, but your parents have reassured you that they'll be able to lend you money if you run out whilst away.

- A. Do it weekly (page 6)
- B. Do the Edinburgh Kilt Walk (Page 5)
- C. Host a Ceilidh (page 5)
- D. Work extra shifts (page 4)

If C. Host a Ceilidh

You choose to host a sponsored ceilidh. Your farther just happens to know many of the moves to some of the most popular dances and so, offers to host the event. You invite friends, family and neighbours to come and soon word spreads around and the idea is very popular. You manage to raise £3000 from the Ceilidh alone. You now must decide how you're going to get the rest of the money. You know that if you work some extra shifts you'll have enough to pay for the total. However, this will mean you'll have less spending money whilst you're away, but your parents have reassured you that they'll be able to lend you money if you run out whilst away.

- A. Work extra shifts (Page 4)
- B. Do the Edinburgh Kilt Walk. (Page 5)
- C. Do a Bake sale (Page 6)

If A. work extra shifts

You have decided to work extra shifts at your job at the local Tesco. The hours in the deli isle and nonstop beeping of the scanners seems to drive you insane on the longer 10 hour shifts you have signed up for, but you do make employee of the month 3 times in a row. This is mainly because no one else would dedicate 10 hours a day 6 days a week to Tesco but as ever, one of your main attributes is your determination. After 4 long months of this painful work and the near destruction of any social life you once had, you finally have enough money to pay for the Project Trust placement.

Next (Page 7)

If B. Do a bake sale

You decide to do a bake sale at your school. With the help of your family, you bake cakes at home in your kitchen and bring them to school to sell. This turns out to be a roaring success and the Head teacher, Mrs Willson, offers you if you want to make this a weekly thing. You made £200 from this first sale alone, doing it weekly, it should not take you long until you make a sizeable dent in your fundraising target, however, it is a lot of work. You know that if you work some extra shifts you'll have enough to pay for the total. However, this will mean you'll have less spending money whilst you're away, but your parents have reassured you that they'll be able to lend you money if you run out whilst away.

Do it weekly (Page 7)

Host a Ceilidh (page 5)

Work extra shifts (page 4)

If Host a Ceilidh

You choose to host a sponsored ceilidh. Your farther just happens to know many of the moves to some of the most popular dances and so offers to host the event. You invite friends, family and neighbours to come and soon word spreads around and the idea is very popular. You manage to raise £3000 from the Ceilidh alone

Next (Page 7)

If do the Edinburgh Kilt Walk

You choose to do the Kilt Walk as your fundraising activity. This is a sponsored walk which was recommended by Project Trust as you get an extra %50 of whatever you fundraised added to your total. You're generally healthy and thus don't feel it is necessary to do much training before the walk, however, your farther encourages you to do some training beforehand. This really helped prepare you for the challenge of a 24 mile walk and you are grateful to your farther for his advice. With donations from friends, neighbours and family members, you manage to raise £3000 with the added bonus bringing it up to £4500.

Next (Page 7)

If A. do it weekly

After the success of the first bake sale, you are confident to continue it on. Every week you dedicate 3 hours on Saturday and 4 hours on Sunday to solid baking. This does take a slight hit to your social life however, that does not really bother you because you're so determined to reach your fund raising target. Ingredients are expensive but your parents have offered to pay for most things leaving only a weekly expense of £15 a week from yourself. Every Monday in the school canteen you sell your cakes whilst they're still fresh and soon you gain popularity and you're making upwards of £250 a week.

This has made a significant dent in your fundraising target. However, you realise that, at the rate you're going, it would be beneficial to host another fundraising event. You also know that if you work some extra shifts you'll have enough to pay for the total. However, this will mean you'll have less spending money whilst you're away, but your parents have reassured you that they'll be able to lend you money if you run out whilst away.

- A. Do the kilt walk (page 5)
- B. Host a ceilidh (Page 5)
- C. Work extra shifts (Page 4)

If B. Do a bake sale

You decide to do a bake sale at your school. With the help of your family, you bake cakes at home in your kitchen and bring them to school to sell. This turns out to be a roaring success and the Head teacher, Mrs Willson, offers you if you want to make this a weekly thing. You made £200 from this first sale alone, doing it weekly it should not take you long until you make a sizeable dent in your fundraising target, however, it is a lot of work. You know that if you work some extra shifts you'll have enough to pay for the total. However, this will mean you'll have less spending money whilst you're away, but your parents have reassured you that they'll be able to lend you money if you run out whilst away.

- A. work shifts (Page 4)
- B. do the kilt walk (Page 5)
- C. Do it weekly (Page 7)

If A. do it weekly

After the success of the first bake sale, you are confident to continue it on. Every week you dedicate 3 hours on Saturday and 4 hours on Sunday to solid baking. This does take a slight hit to your social life however, that does not really bother you because you're so determined to reach your fund raising target. Ingredients are expensive but your parents have offered to pay for most things leaving only a weekly expense of £15 a week from yourself. Every Monday in the school canteen you sell your cakes whilst they're still fresh and soon you gain popularity and you're making upwards of £250 a week.

Next. (Page 7)

Next.

Congratulations you have successfully fundraised enough money to do your gap year with Project Trust. You've got a few weeks until you need to make the journey to Coll for your training course. This flies by and before you know it your planning out your trip to Oban. Being from Edinburgh, you have two options of how to get to Oban. You can either take the train or the Bus. Of course, there is the third option to walk but that seems somewhat impractical.

- A. Train (page 8)
- B. Bus (Page 8)
- C. Walk (page 8)

A. Train

You take the train from Waverly station direct to Oban. The trip is smooth and relaxing with beautiful views of the Scottish hills and landscape. On the train you meet some fellow volunteers also from Edinburgh heading to Coll. They're nice and it's great to have someone to chat to about your fundraising experience however, they are going to Malawi and Honduras, meaning you have still not met any fellow Ghana volunteers yet. The train was quick, and you arrive in Oban at around 4:30 PM. From the train station you make your way to the hostel, with the friends you made on the train, where you'll be staying the night.

Next (Page 9)

B. Bus

You take the regular bus from St Andrews Square bus station in Edinburgh to Glasgow before getting a bus to Oban. The Bus journey was smooth and rather boring really. You are disappointed that you did not meet any volunteers on the bus from Glasgow to Oban and figure most of them will probably be getting the train rather than the bus. As the bus was on time, you arrive in Oban at around 5PM. You make your way to the hostel where you'll be staying the night.

(Page 9)

C. Walk

You are feeling particularly adventurous apparently as you have decided to walk. You make it to Glasgow exhausted and attempt to carry on through the cold Scottish summer afternoon. About a third of the way from Glasgow to Oban it gets dark and soon you are lost, aimlessly wondering through the night in the middle of nowhere. Unfortunately, being raised in a city and with an unadventurous family, you have no idea how to build a shelter or a fire. You collapse on a windy hill side and unfortunately develop frostbite overnight. When you are eventually found by mountain rescue you have to have your right hand amputated leaving you unable to continue your Project Trust gap year, at least for the time being. THE END

Next.

You arrive in the hostel in high spirits. You meet a lot of volunteers there, including some Ghanaian ones, and there is an overall really nice atmosphere. You go out in the evening and get some fish and chips as well as a few drinks at Wetherspoons. The only downside is that you still don't know who your project partners are. So far, you feel that everyone that you've met is nice enough but how foretelling can first impressions really be?

The next morning, you wake up painfully early to make the short journey to the ferry terminal and then across to Coll. On the ferry, you meet your project partners, Adam and Ruben, and get to know them a bit better. This continues throughout the week, the process of getting to know other volunteers and learning more about your future placement. By the end of the week your brain is frazzled but you feel more confident for the year to come and more informed. If one thing is for certain... you are ready for the Ceilidh and drinks!

You were told to bring formal dress for the Ceilidh, the only problem is you can't remember what you brought to wear. Whilst rummaging through your bag you find...

- A. A kilt (Page 10)
- B. A three-piece suit (Page 10)
- C. Formal but casual (Page 10)
- D. A dress (Page 10)

If A. A kilt

You've somehow managed to pack a kilt with you. You're definitely unique at the Ceilidh but receive many complements on your outfit choice. The evening is enjoyable and, perhaps influenced by the two glasses of wine smuggled at dinner, you have a new-found confidence to talk to people you've not managed to over the past week and dance the night away. At some point all the Ghana volunteers gather to take a photo with the Ghanaian flag. You are the star of the stage standing front and centre with your kilt distinguishing you from everyone else.

Next (Page 11)

If B a three-piece suit.

You've packed a three-piece suit to where for the Ceilidh. Unfortunately, the suit has been a little creased having been stuffed in your bag but that doesn't bother you too much. You are unique in your suit, standing out from the crowd and feeling all the confidence a suit can provide however, this could also be due to the two glasses of wine you smuggled for yourself at dinner. Using this new-found confidence, you talk to people you've not managed to over the past week and dance the night away. At some point all the Ghana volunteers gather to take a photo with the Ghanaian flag. You feel dashing in your suit and take centre stage with the natural found smug grin that anyone wearing a suit develops

Next (Page 11)

If C formal but casual.

You've packed your favourite shirt and a nice set of trousers. Although not unique or distinguishable from everyone else, you feel cool and confident in your outfit. You have a newfound confidence, which is most likely due to the two glasses of wine you smuggled for yourself at dinner, and you talk to people you've not managed to over the past week, dancing the night away. At some point all the Ghana volunteers gather to take a photo with the Ghanaian flag which results in a nice wholesome photo.

Next (Page 11)

If D a dress.

You've packed your best dress for the Ceilidh. You look absolutely stunning and radiate off an energy meaning that people just can't help but laugh at your jokes and feel faint at your smiles. You slay the night away, dancing with whomever and talking with everyone who gets the privilege to come close to you. It is clear you're the life of the party and when the time comes to take a picture with the Ghanaian flag it is obvious that you're at centre stage, stealing the limelight.

Next (page 11)

Next

After the Coll training course, you have about a month to prepare before you leave on the 18th of September. During this time, you prioritise spending time with your family and friends and doing things you love in the UK before going away where you know you won't be able to experience them for a year. You also must start packing. Your mother does some extreme panic buying over the next couple of weeks and, before you know it, you have a whole new wardrobe of things to bring with you to Ghana. You also get your last set of vaccinations, you've had so many now they you can't help but feel like some kind of super being.

One thing you've been wanting to do before you leave is a going away party on your last week in the UK. You have had a couple of ideas but not certain on what you want to do yet...

- A. Host a house party (Page 11)
- B. Go out with friends (Page 11)
- C. Do some kind of activity with friends (Page 12)

If A. host a house party

You decide to host a house party. All your friends come who you invite and it's a very chill vibe. There's good music, bad dancing, and even worse karaoke on your behalf. Overall, it's a nice send off. Emotions are running high by the end of the night, and you feel like if you have to say goodbye to one more person you might lose your resolve to go in the first place. However, you are consoled by the promises to keep in touch and everyone's encouraging words including some people's genuine interest in what you are doing, you feel reassured and have an encouraging drive of excitement for your year ahead.

Next (Page 12)

If B go out with friends.

You decide to go out with friends. You meet your friends up town and quickly head to a club which you all know has a good atmosphere. Although maybe not as intimate as you wanted, you and your friends still have a good time. Emotions are heightened to say the least and at the end of the night you find yourself with only most loyal friends crying over some McNuggets at 4am. You feel like if you have to say goodbye to one more person you might lose your resolve to go in the first place, however you are consoled by your friends' drunken promises to stay in touch and their slurred words of encouragement. In the end - although you wake up the next morning with nothing but hazy memories and a splitting headache - deep down you feel reassured and have an encouraging drive of excitement for your year ahead.

Next (Page 12)

If C. do some kind of activity with your friends.

You and your friends have a long history of enjoying paintballing. You've been many times before however, this time seems extra special. You have a great time with your friends and end the day covered in bruises but laughing all the same. You go out and get pizza with some of your closest friends and have a really wholesome time. When it is time to leave, you feel like if you have to say goodbye to one more person you might lose your resolve to go in the first place. However, you are consoled by the promises to keep in touch and everyone's encouraging words including some people's genuine interest in what you are doing. The next day you feel reassured and have an encouraging drive of excitement for your year ahead.

(Page 12)

Next:

Finally, it is time to leave for Ghana. You say a teary goodbye to your parents at the train station the day before the flight and then take the long train journey down to London from Edinburgh. You have decided to stay overnight at a Holiday Inn close to Heathrow terminal 5 where the plane will be taking off the next morning. You get an early night but can hardly sleep due to the building anticipation for the next day.

The morning of the flight you wake painfully early, at an unholy hour, rolling out of bed and practically inhaling the cheap hotel coffee. You take the short trip to the airport where you arrive with plenty of time to spare. Slowly the other volunteers arrive, and you get ready to make your way through security. Your time in the airport is long but uneventful. You take a few group pictures and chat with the other volunteers about future plans and activities to do in Ghana. You are relieved when the plane boarding is finally announced and you make your way to gate 33. Before you know it, you're in the air. It's going to be a long flight, and you are trying to decide what you are going to do.

- A. Listen to music (Page 13)
- B. Watch a flight provided movie (Page 14)
- C. Try to sleep (Page 15)
- D. Raw dog the flight. (Page 15)

If A. listen to music

You decide to listen to your favourite artist for the duration of the flight. Who is your favourite artist?

- A. Taylor Swift (Page 13)
- B. Ed Sheeran (Page 13)
- C. The Weekend (Page 13)
- D. You don't really have a preference and listen to a random play list. (Page 13)

A. Taylor swift

You decide to listen to some Taylor Swift. As a true Swifty you can listen to her music for the whole 6-hour flight and not get bored. In fact, it's all you can do not to start belching out the lyrics at the top of your lungs. The flight is enjoyable and you enter Ghana in high spirits.

Next (Page 15)

A. Ed Sheeran

You decide to listen to some Ed Sheeran. The music is good and the vibes are high. You find it cool being able to see the Sahara outside your window and get a great view of Accra when you come into landing. Overall, the flight is enjoyable and you enter Ghana in high spirits.

Next (Page 15)

A. The Weekend

You decide to listen to some of the Weekend. The music is good and the vibes are high. You find it cool being able to see the Sahara outside your window and get a great view of Accra when you come into landing. Overall, the flight is enjoyable and you enter Ghana in high spirits.

Next (Page 15)

B. You don't really have a preference and listen to a random play list.

You decide to listen to some random music. The music is good and the vibes are high. You find it cool being able to see the Sahara outside your window and get a great view of Accra when you come into landing. Overall, the flight is enjoyable and you enter Ghana in high spirits.

Next (Page 15)

If B. watch a flight provide movie

There are plenty of movies to choose from, but you narrow what you want to watch down to three options. Do you choose:

- A. Shaun of the Dead (Page 14)
- B. Titanic (Page 14)
- C. Fast and Furious movie marathon (Page 14)

A. Shaun of the dead

You decide to watch Shaun of the Dead. At first you find the zombies and gore a bit graphic but soon you get over it and watch a highly enjoyable movie. You have some good laughs and you enter Ghana with good vibes and high spirits.

Next (Page 15)

B. Titanic

You decide to watch the Titanic. The movie is good, but you've seen it many times before. As a hopeless romantic yourself, you highly enjoy the movie and it's all you can do not to burst into tears at the end. Fortunately, you have some time to recover yourself as it is a long flight before you land.

Next (Page 15)

C. Fast and furious movie marathon.

You Attempt to do a Fast and Furious movie marathon. You don't accomplish much by doing this apart from maybe the degrading of brain cells by movie 3. Soon you realise there are far too many movies to watch in one flight and when you touch down you are slightly frazzled and every 3rd word you utter is "family"

Next (Page 15)

If C. try to sleep

Being a natural heavy sleeper, you fall asleep easily on the plane. You have nice dreams and enjoy the flight getting some much-needed rest after the restless night before the early rising. You wake to the jolt of the plane and the skidding of the tires as you touch down for the first time in Ghana.

Next (Page 15)

If. Raw dog the flight.

As the true sigma you are, you decide to raw dog the flight. As the plane takes off you refuse to look out the window and open the map on the screen in front of you. For 6 hours straight you stare at the map and do nothing else. Your brain feels like it's rotting and pooling out your ears by touch down, but it is worth it as you are a true sigma.

Next (Page 15)

Next:

Finally, you've made it to Ghana! You collect your bags and make it through immigration. When you walk out the airport doors you hit a wall of heat and humidity and instantly you begin sweating. In the airport car park, you and your fellow volunteers stand around awkwardly for a while until your country coordinator shows up. His name is Alex Fenuku, and he is the headmaster of the school you'll be teaching at in Agornu. Alex arrives and gets you all in taxis and you're taken to the hotel you'll be staying at for the two days you're in Accra. On the trip there you try to pay attention to your surroundings but the whole experience is overwhelming and by the time you get to the hotel you're exhausted. You're sharing a room with Adam and Ruben but there is one bed. You volunteer to take the sofa whilst the others bunk up together. After sending a quick message home to reassure your parents that you arrived safely, you quickly pass out in your sleeping bag.

You wake bright and early the next morning for breakfast. You have an omelette with bread, which is good, and listen to Alex as he tells you about the itinerary for the day. The main focus of the day is getting Sim cards and Ghana non-citizenship ID cards which takes up the majority of the morning and the afternoon. For the rest of the day you chill and take some time to rest. Alex has decided to take you all out in the evening. He takes you to a local bar where you get drinks and some street food. Alex gives you the option of barbecued sausage or chicken gizzard, both are common street foods here in Ghana, what do you choose?

- A. gizzard (Page 16)
- B. Sausage (Page 16)

If Gizzard.

You choose the gizzard. It looks more like a random strip of meat wrapped around a stick and you are hesitant to say the least. Nevertheless, your desire to embrace the Ghanaian culture overcomes you and you take a bite. The Gizzard is surprisingly good, maybe a bit hard to swallow but you enjoy it and order another, feeling empowered by the Ghanaian culture. Whilst at the bar you're all trying to decide what card game to play, you've got the deciding vote, what do you choose.

- A. Go fish (Page 16)
- B. Skulls (Page 16)
- C. Rummy (Page 17)

If Sausage.

You choose the sausage. It's pretty good, although just a regular sausage pretty much covered in spice. Not exactly embracing the Ghanaian culture like you've been wanting to do. Nevertheless, you order another. Whilst at the bar you're all trying to decide what card game to play, you've got the deciding vote, what do you choose.

- D. Go fish (Page 16)
- E. Skulls (Page 17)
- F. Rummy (Page 16)

A. Go fish

You decide to vote for Go Fish. It's a well-known game and people catch on quickly. Everyone has a good time.

Next (Page 17)

B. Rummy

You decide to vote for Rummy. It's a well-known game and people catch on quickly. Everyone has a good time.

Next (Page 17)

C. Skulls

You decide to play Skulls. It's a lesser-known game and takes some getting used to. After some adjustments everyone has a good time.

Next (Page 17)

Next:

You wake up early the next day and are eager to go. Today is the first day you will see your Project and the place you'll be staying for the whole year. You all leave early and take a privately hired Tro Tro to your Projects. The drive from Accra is about 3 hours but first stop is your own in Agornu. When you arrive you are greeted by the locals who are already waiting to meet you outside your new home. Everyone is really friendly, and you give out more handshakes than you have ever given in your life. It's all you can do to smile and wave whilst trying unsuccessfully to remember as many names as possible. Eventually the people leave you in peace to settle in a bit and soon it's dark outside.

There is no school for the next two weeks, so you have the time to get more settled into the community. You try out a multitude of new experiences. New foods to try which you are still undecided about. Market days which are chaotic and the definition of sensory overload. Bucket showers which are refreshing but tricky and you feel you might as well accept your never going to be properly clean again for the remainder of the year. You also meet many of the kids in your community, several of which have potential to be students of yours for the coming year. It's all very exciting but also overloading. You quickly discover some downsides about living in Ghana. There is a lack of privacy from the kids and virtually no escape to be on your own. You're always standing out because of your ethnicity so no matter where you go, you're never unnoticed. The constant heat is an adjustment you'll have to get used to as well as the poorer living conditions.

Despite all the negatives you enjoy the first weeks in Ghana. You've accepted that there's bound to be highs and lows but the highs so far are greater and much more numerous than the lows. You've got a determined and driven mindset which you are sure will drive you forward throughout the whole year.

Teaching starts in the next couple of days, however, before then you have a different challenge to overcome... Cooking. So far, a nice local woman called Favor has been providing meals for you. She's shown you the basics of cooking Ghanaian cuisine and now it is your turn. What will you decide to cook?

- A. Egg stew (Page 18)
- B. Banku (Page 18)
- C. Beans and red sauce (Page 18)

If A. egg stew.

You decide to make egg stew, a classic Ghanaian dish which is sure to become one of your regular meals for the next year. It's fairly simple and, with your little cooking knowledge from the UK, it is the perfect thing to start with. The meal takes a short time to prepare and after a quick taste test, you serve it up to your partners. Overall, it goes down well. There is definitely still some room for improvement but you and your friends are satisfied with the meal, even Favor gives you a somewhat decent review after tasting it.

Next (Page 19)

If B Banku.

You decide to make Banku, a very... ambitious choice. Banku is a local dish which is a meal eaten almost daily by most Ghanaians. However, it is unlike anything you have ever made or tasted in the UK and thus you struggle immensely at the task. What is supposed to be a doughy Banku turns into a sloppy, inedible liquid-like substance and your homemade okro stew is as slimy as snail trails. Overall, it is a complete disaster, you and your partners have nothing to eat, or at least eat and keep down, however, Favor comes over to check your process and, after a near fainting episode at a glance at your Banku, she promises to quickly cook you something and reassures you that she'll teach you how to make Banku properly in the future.

Next (Page 19)

If C. beans and red sauce.

You decide to make beans and red sauce, a classic Ghanaian dish which is sure to become one of your regular meals for the next year. It's fairly simple and, with your little cooking knowledge from the UK, it is the perfect thing to start with. The meal takes a short time to prepare and after a quick taste test, you serve it up to your partners. Overall, it goes down well. There is defiantly still some room for improvement but you and your friends are satisfied with the meal, even Favor gives you a somewhat decent review after tasting it.

Next (Page 19)

Next:

The time has finally come for school to begin. The first week you're given time to observe the classes and learn as much as you can about the kids. By the end of the week, you'll be given your class which you'll teach for the remainder of the year. The week of observation goes well although you don't actually get to see much teaching take place, as majority of the time the kids are cleaning the compound and getting the classes ready for the first term of teaching. By the end of the week, Alex tells you you have 3 options for who you're going to teach either: Basic 4, Basic 5 or Basic 6.

You've identified the classes over the past week:

Basic 4 is the youngest class of the three and therefore, has the lowest level of ability as well as most student having the inability to understand a lot of English. They have around 16 students the class and you do feel, that as they are a bit younger, they might be a little more obedient and more fun to teach.

Basic 5 is the smallest class of only 10 students. There is a mix of ages with kids ranging from 9 to 15 years old, however the general ability in the class is higher than Basic 4. Most students can at least get the gist of what you are saying if you take your time and use simple words.

Basic 6 is the largest class of 20 students. It has the greatest range of ages, with the youngest being 11 and the oldest being 19 years old. They have the highest level of ability and most of them can speak and understand English well. However, with a higher level of ability comes a higher standard of teaching and maybe new and more complex concepts for the kids.

You have been asked if you have a preference. Both Adam and Ruben have said they don't have a preference so it's up to you to decide. Do you choose?

- A. Basic 4 (Page 19)
- B. Basic 5 (Page 20)
- C. Basic 6 (Page 20)
- D. You too don't have a preference. (Page 20)

If A. basic 4

You choose Basic 4. They're definitely an energetic class from what you've learnt about them from the past week and you already know you're going to love them. There is a challenge to overcome with the speaking English issue however, you are eager to overcome it and learn new ways to teach

Next (Page 21)

If B. basic 5

You choose basic 5. You think it is nice to have a smaller class. You believe this'll give you the chance to learn each of the kids more intimately and you'd most likely be right. You are looking forward to teaching them on Monday and from what you've learnt about them from the past week you already know you're going to love them.

Next (Page 21)

If C basic 6.

You choose basic 6. With it being the largest class they're definitely energetic and, from what you've learnt about them from the past week, you already know you're going to love them. It's going to be a challenge teaching such a large range of ages and, most likely, ability within one class however, you are eager to overcome it and learn new ways to teach.

Next (Page 21)

If D you don't have a preference.

You tell Alex you don't have a preference. You're not sure how he decides it but in the end, you're given Basic 4 to teach. They're definitely an energetic class from what you've learnt about them from the past week and you already know you're going to love them. There is defiantly a challenge to overcome with the speaking English issue however, you are eager to overcome it and learn new ways to teach

Next (Page 21)

Next:

Every year Alex takes the Project Trust volunteers to a place called Wli Waterfalls and the highest mountain in Ghana: Mount Afadjato. You've been teaching for 3 weeks when Alex informs you that you will be going next weekend.

The drive there is long. You must pass through Ho – one of Ghana's cities and the capital of the Volta region – where you stop to get KFC as a nice reminder of home. Once you arrive, you check into the rooms and then head straight for the waterfalls. The place is amazing. There is a tremendous amount of water flowing over a cliff face into a river down below. The whole place gives of the illusion of a wall of water acting as a great barrier to something unknown and is awe inspiring. The walk there was short but, in the humidity, you're sweating buckets, so you go for a quick swim in the river getting as close to the waterfall as you dare without being squashed. You get some lovely group pictures before heading back to the rooms, the experience being one of the most amazing in your life.

The next day you all climb mount Afadjato. This is a far more challenging experience although the view is for sure worth it from the top. During the walk you chat with the other volunteers to see how they're doing and by the end you feel you know each one of them a little better.

In the evening Alex suggests going into town to get some food and drink. You go to a local bar which does drinks but no food. You all play some card games and have some drinks together before coming back to the hotel for food. Alex however, has decided to have food with his family who also came on the trip so it's just the volunteers. You all order and quickly realise you've left the cards in the room. Instead of getting them you suggest playing an icebreaker.

What do you play?

- A. 2 truths and a lie (Page 21)
- B. Never have I ever (Page 22)
- C. Random ice breaker questions online (Page 22)

If A.2 truths and a lie

You decide to play 2 truths and a lie, a classic ice breaker game which is sure to get you all to know each other a bit better. You all play along coming up with several lies and finding out interesting facts about the others. By the end everyone feels like they know the others a little better and the game was a great success

Next (Page 22)

If B. never have I ever.

You decide to play Never have I ever, a classic ice breaker game which is sure to get you all to know each other a bit better. Everyone joins in and soon you are hearing each other's wildest stories and adventures from their past. By the end everyone feels like they know the others a little better and the game was a great success.

Next (Page 22)

If C. Random ice breaker questions online.

You decide to ask random ice breaker questions online, a bit of an unusual choice maybe. Nevertheless, everyone joins in and soon the room is divided with some juicy questions and moral dilemmas. By the end everyone feels like they know the others a little better and the game was a great success.

Next (Page 22)

Next:

You've been teaching in Ghana for about a month and a half now. You feel really settled in, not feeling as homesick as you were originally expecting. Teaching has been going great. You know all the kids' names and personalities and have a good grasp on their levels of ability in different subjects.

You've been thinking for a while that maybe it is time to start an extracurricular at the school. You have been given permission by Alex to start an extracurricular on a Thursday after school (apart from when it is a market day which fluctuates weekly as it is every 4 days) however, you are undecided about what kind of extracurricular club you want to run. You figure it should either be classroom based, and therefore more academia focused, or outdoors and related to sports.

Which do you choose?

- A. Indoors (Page 22)
- B. Outdoors (Page 24)

If A indoors

You decided to run an indoors club, one that will be more academic and to help the children with they're studies.

- A. Reading and writing club (Page 23)
- B. Arts/drawing club (Page 23)
- C. Homework/tutoring club (Page 24)

If A. a reading and writing club.

You decide to teach a reading and writing club. You go round the classes making the club available for everyone from classes 4, 5 and 6. It is maybe a bit harder to get kids excited about an academic club but nevertheless, you have plenty of participants during your first session. The school already has some reading books, but you also get some more sent out from the UK as well as the next time you're in Accra you decide to buy some more.

Overall, the club is a great success. You can help those who struggle with reading as well as giving those who are more confident some new material to read. The writing side of things is also a success. You have always enjoyed writing yourself and now you are able to share one of your passions with the kids. Within a few weeks many of your club members have been able to write their own creative stories, some based on reality and Ghana, whilst others are completely fanciful and somewhat nonsense!

Next (Page 25)

If B. Arts/drawing club

You decide to teach an arts/drawing club. You go round the classes making the club available for everyone from classes 4, 5 and 6. It is maybe a bit harder to get kids excited about an academic club but nevertheless, you have plenty of participants during your first session. The school has limited art supplies, restrained to small amounts of paper and only writing pencils, but you make do for the first few sessions. You get some more paper at the market as well as getting some nicer pens and drawing equipment sent out from the UK.

Overall, the club is a great success. You can encourage the students to find their more creative sides and soon your classroom walls are littered with countless drawings and portraits. One of the week's, someone brings in some clay from home and you can expand your arts to sculpture and moulding as well, which is messy but unbelievably fun.

Next (Page 25)

If C. homework/tutoring club.

You decide to teach a homework/tutoring club. You go round the classes making the club available for everyone from classes 4, 5 and 6. It is maybe a bit harder to get kids excited about an academic club but nevertheless, you have plenty of participants during your first session.

You enjoy the club, and it is good to be able to help the kids learn and do better in their studies, even if it is not really something you are passionate about or something they necessarily enjoy! Nevertheless, they keep on coming back and, when their classmates realise they are constantly getting better results in their homework's, your club becomes immensely popular making the club an overall great success.

Next (Page 25)

If B outdoors

You decide to run an outdoors club. One that'll focus on a sport which will really help the kids when they compete against other schools in term 2 after Christmas.

The facilities the school has to offer allow you to run either:

- A. Football club (Page 24)
- B. Netball club (Page 24)
- C. Volleyball club (Page 25)

If A. football club

If you choose A. football club. Football is already immensely popular within the school and thus, when you propose the idea to classes 4, 5 and 6, pretty much the whole school signs up. It is an easy club to run as the kids already know all the rules of football. Nevertheless, you take time to teach them new drills and skills which will help them improve. With every session you end with a match between two teams in which you are the referee. Your job is mainly stopping fights in 30-degree+ weather but you enjoy it anyway. Overall, the club is a great success.

Next (Page 25)

If B. Netball club

If you choose B. a netball club. Netball is already popular within the school and thus, when you propose the idea to classes 4, 5 and 6, pretty much the whole school signs up. It is an easy club to run as the kids already know all the rules of netball. Nevertheless, you take time to teach them new drills and skills which will help them improve. With every session you end with a match between two teams in which you are the referee. Your job is mainly stopping fights in 30-degree+ weather but you enjoy it anyway. Overall, the club is a great success. Next (Page 25)

If C. volleyball.

If you choose C. a volleyball club. Volleyball is already popular within the school and thus, when you propose the idea to classes 4, 5 and 6, pretty much the whole school signs up. It is an easy club to run as the kids already know all the rules of volleyball. Nevertheless, you take time to teach them new drills and skills which will help them improve. With every session you end with a match between two teams in which you are the Umpire. Your job is mainly stopping fights in 30-degree+ weather but you enjoy it anyway. Overall, the club is a great success

Next (Page 25)

Next:

Unfortunately, an ex-teacher at the school passed away last year before you arrived at your project. You and your partners have been invited to the funeral along with all the teaching staff, including Alex. This is an experience you've been looking forward to, as sad as it may be, because it is a unique event unlike anything in the UK. Ghanaian funerals, unlike our own, are grand occasions with lots of traditional singing, cheering and dancing. The typical wear is black and red formal clothing, and you can expect to be dragged up and made to dance with everyone else.

The funeral is in a fortnight, so you have a bit of time to prepare. One of your main concerns is what you are going to wear:

- A. A black and red t-shirt and shorts (Page 26)
- B. A regular shirt made from Ghanaian fabric which you've bought from the market recently (Page 26)
- C. A specially made funeral outfit of black and red however, it would be inappropriate to wear this in day-to-day use. (Page 27)

If A. red and black t-shirt and shorts

You put in very little effort into what to wear and it shows. At the funeral, you are generally excused because you are not Ghanaian however, Alex does give you a somewhat disapproving look as he eyes up your outfit making you feel slightly embarrassed by your laziness.

The funeral itself is an amazing cultural experience. There's dancing and singing as predicted. What's not foretold is that Alex calls you to introduce yourself to the crowd making you feel awkward standing there in your shorts whilst at the same time trying to be respectful.

When the dancing begins you have the option to join in or watch from the sidelines. Your project partners, Adam and Ruben, are undecided about what to do themselves and will follow your lead, you have no experience in traditional Ghanaian dancing. Do you?

- A. Join in (Page 27)
- B. Watch (Page 27)

If B. A regular shirt made from Ghanaian fabric which you've bought from the market recently

You have put a decent amount of effort into what you are wearing. Although it is not the traditional funeral wear, it still shows you are trying to get an appreciation for the culture and pay your respects. Many people at the funeral probably would have excused you no-matter what you wore as you are not Ghanaian however, you do get some approving looks at your outfit. When Alex sees you, he gives you a complement on your choice of fabric and is clearly pleased.

The funeral itself is an amazing cultural experience. There's dancing and singing as predicted. What's not foretold is that Alex calls you to introduce yourself to the crowd and you feel confident in your Ghanaian shirt and are comfortable paying your respects.

When the dancing begins you have the option to join in or watch from the sidelines. Your project partners, Adam and Ruben, are undecided about what to do themselves and will follow your lead, you have no experience in traditional Ghanaian dancing. Do you?

- C. Join in (Page 27)
- D. Watch (Page 27)

If C. A specially made funeral outfit of black and red (it would be inappropriate to wear this in day-to-day use)

You have put a lot of effort into what you are wearing. You go to the market the next day and choose out some fabric with some help from a local. At the funeral you are fully kitted out, showing great respect and appreciation for the culture. Many people at the funeral probably would have excused you no-matter what you wore as you are not Ghanaian however, you do get some approving looks and complements on your outfit. When Alex sees you, he shakes your hand and complements you on your choice of fabric, he is clearly surprised and pleased.

The funeral itself is an amazing cultural experience. There's dancing and singing as predicted. What not foretold is that Alex calls you to introduce yourself to the crowd and you feel confident in your traditional wear and are comfortable paying your respects.

When the dancing begins you have the option to join in or watch from the sidelines. Your project partners, Adam and Ruben, are undecided about what to do themselves and will follow your lead, you have no experience in traditional Ghanaian dancing. Do you?

- A. Join in (Page 27)
- B. Watch (Page 27)

If A. join in

You decide to join in the dancing. People are very welcoming and happy to see you trying to learn some of the moves. They are enthusiastic to help you learn and, even though you look ridiculous, you have a great time trying something new.

Next (Page 28)

If B. watch

You are feeling a bit embarrassed and decide not to join in with the dancing. This doesn't upset anyone as you are not a local and it would have been unexpected but, not unencouraged, if you did try joining in. Still, watching from the side lines isn't too bad and it is interesting to see the variety and style of the Ghanaian dancing.

Next (Page 28)

Next:

It's approaching the end of the term and soon the Christmas holidays will be upon you. So much has happened so far, so many new experiences and it's all gone so fast you can't believe it. You've been teaching consistently for 12 weeks which have been stressful but also enlightening and enjoyable. You've done countless market trips and improved your ability to bargain and speak small dialects in the local Ewe language. You've developed a tight relationship with your project partners and become co-dependent as a unit in Ghana.

But now it is the all-important question... where you are going to spend your holidays. You figure that in the two weeks break you're allowed you'll be able to visit three separate places and with, Ghana being a large place, you'll have to limit your choices based on distance. Do you go?

- A. To the west. You'll get to pass through Accra and visit Cape Coast where there's various activities to do. You'll then continue to Busua, a small village known for tourism and beautiful beaches. At the end, as you volunteer in the East, you'll have to travel back the way you came and maybe stay a few nights more in Accra getting to meet the new 8-month volunteers. (Page 29)
- B. Go to the North. Again, passing through Accra and getting a 12+ hour coach ride to Mole National Park where you can do numerous safaris and see some magnificent wildlife. You'll then cut down to Kumasi, the second biggest city in Ghana but homed to the largest market in Northwest Africa. From here you'll take the short trip to Lake Bosomtwe where you can swim, hike and horse ride. Ending it all in Accra where you'll finally get to meet the new 8-month volunteers. (Page 30)
- C. Stay in the Volta region. Instead of leaving straight away you stay a few more days at your Project. Then you'll travel to Ho, the capital city of the Volta region. You then decide to go to Akasombo which is a village town near the famous Akasombo Dam. From there you get a ferry down the Volta to Ada Foah. (Page 30)

If A. the West.

You decide to travel to the west. You and your fellow volunteers take a tro tro from Akatsi to Accra. You stay there one night, visiting the mall and resupplying on western provisions. In the early morning you take a Ford van ride to Cape Coast.

Cape Coast is amazing! You are staying in the Oasis Beach Resort which is right next to the beach. Whilst there you visit the two Slave Castles, Cape Coast and Elmina. It's a harrowing experience getting a tour of the castles, but it is also very interesting and worthwhile. You also get to see some crocodiles on the way to Kakum Canopy Walk. This is an array of rope bridges which span from tree to tree over the forest canopy where you experience some amazing views and scenery. You are in Cape Coast when it is Christmas time and, although it's not your traditional or typical celebration, you go out for pizza and celebrate in your own way with your Ghanaian volunteer family.

From Cape Coast you travel to Busua. The beach there is amazing, and the people are really friendly to tourists as they are so common there. You spend most of the days here relaxing on the beaches and taking surfing classes. You go on a few walks along the beach as well. You are in Busua when it is New Years. They throw an epic street party which you attend and enjoy.

After your time in Busua is over you travel back to Accra and spend a couple of nights there. It just so happens that you've timed it so the 8 month volunteers have just arrived. You meet them and Alex at a bowling alley in Accra where you get to introduce yourselves and get to know them a bit.

Next (Page 31)

If B. the North.

You decide to travel to the north. You and your fellow volunteers take a tro tro from Akatsi to Accra. You stay there one night, visiting the mall and resupplying on western provisions.

You get up early the next morning to catch the 6 AM coach to Tamale, a city in the north. You travel for a solid 13 hours along bumpy and uneven roads riddled with traffic. You get off at Fulfoso, about an hour outside of Tamale. From there you get a tro tro to Mole National Park. You enjoy the Park immensely, experiencing some fabulous wildlife on the safaris you partake in. You see monkeys, baboons, boars, antelopes and elephants the latter being the most magnificent and your best experience of the holiday.

From Mole you travel to Kumasi. You really enjoy the city; you think it's a lot like Accra however, it is cleaner and less busy which you enjoy. In Kumasi you visit the museum which has lots of artifacts that belonged to past kings, queens and queenmothers of the Ashanti region, the tribal area in which modern Kumasi is in. You also visit the largest market in Ghana, Kejetia. It is on multiple floors and seems to sell everything possibly imaginable.

From Kumasi you travel to Lake Bosomtwe, a large lake on the outskirts. You stay in a place where you can take horse riding lessons, which you discover to be a lot harder than it looks as your horse is incapable of ignoring and eating the fallen mangos on the ground, almost throwing you off in the process. You also do some hiking and swimming in the lake to cool off from the intense Ghana heat.

You get the coach back to Accra to end your holiday. It just so happens that you've timed it so the 8-month volunteers have just arrived. You meet them and Alex at a bowling alley in Accra where you get to introduce yourselves and get to know them a bit.

Next (Page 31)

If C. the Volta region.

You decide to stay in the Volta region, for sure the most inexpensive option of the three. You get a tro tro from Akatsi to Ho the capital, and the only city, in the Volta region. There is not too much to do in Ho. You explore the city which you find very interesting and the place you are staying at has a Pool which you enjoy.

From Ho you travel to Akasombo, a small village near the dam. Unfortunately, the dam has been taken over by the military and you are unable to get close to it nevertheless, you see it at a distance. Akasombo is all beaches, cocktails and coconuts which is highly relaxing and enjoyable.

From Akasombo you take a ferry ride with some magnificent scenery to Ada Foah. You go to a beach resort on the headland off the Volta River. Here you enjoy some more peace and quiet away from the hubbub of Agornu. You swim, sunbathe and play some beach volleyball with some strangers. Overall, a very good holiday to detox from teaching and to relax. Next (Page 31)

Next:

You've been back from holiday for a few weeks now and are readjusted to the volunteering lifestyle. Teaching has resumed along with your extracurricular, both of which are going well and are keeping you busy.

Fra, from Project Trust, is currently visiting your project and would like to watch you teach a lesson. Which lesson will you teach?

- A. Mathematics (Page 31)
- B. English (Page 31)
- C. Science (Page 31)
- D. Creative arts (Page 32)

If A. Mathematics

You decide to teach a maths lesson. You are currently teaching about fractions and decide to explain the difference between an improper fraction and a proper fraction. You are patient and understanding, making sure the children understand before moving on showing off the skills you've learnt over the past five months. Although your lesson isn't the most exciting – being a maths lesson – Fra seems to be impressed by your teaching ability and the relationship you have built with the class.

Next (Page 32)

If B. English

You decide to teach an English lesson. You are currently teaching about nouns and decide to explain the difference between an improper nouns and a proper nouns. You are patient and understanding, making sure the children understand before moving on showing off the skills you've learnt over the past five months. Although your lesson isn't the most exciting – being an English lesson – Fra seems to be impressed by your teaching ability and the relationship you have built with the class.

Next (Page 32)

If C. Science.

You decide to teach a science lesson. You have quite a fun lesson planned with using balloons to make paper mâché planets. The lesson is fun and interesting for the kids although it is a little chaotic which gives you a chance to show off your classroom management techniques. Fra expresses how she liked the creativity you brought to the lesson and seems to be impressed by your teaching ability.

Next (Page 32)

If D creative arts.

You decide to teach a creative arts lesson. In the lesson you are teaching the class how to use clay to make sculptures. You've managed to find some clay from one of the locals in Agornu which you've brought to the lesson. The lesson goes well and the children get a chance to express their creativity in whatever they make. Fra is impressed by your resourcefulness in procuring the clay for the lesson. She also notes on your teaching ability and the relationship you have built with the class.

Next (Page 32)

Next:

A few weeks have passed since Fra's visit to Ghana and you've overcome a significant milestone... you're past half way! Congratulations! It just so happens that the day of the halfway point is a market day. You go to the market as usual and buy all the things you'll need for the next four days when the market comes round again. However, whilst you are thinking of treating yourself and buying an extra celebratory mango a Ghanaian comes over and offers a marriage proposal to you.

Such events have been normalized within the past couple of months and usually you give a good-natured smile and wave them off with an apologetic no. However, today is not just any day. It's the halfway point and you are feeling particularly jovial.

- A. Say no (Page 32)
- B. Say yes... (Page 33)

A. Say no

You decide to say no, giving a friendly smile and wave as always.

"What were you thinking?" You think to yourself. For a moment there you were teetering on saying yes! That would've been ridiculous! But you are and always will be plagued with thoughts of what could have been if you allowed yourself to be overcome by the moment.

Next (Page 33)

B. Say yes...

“Yes! Why not?” you exclaim to the Ghanaian. They are taken aback by not only the enthusiasm of your answer but with your answer itself. Marriage proposals are not usually taken seriously by strangers and seem to be more banter than anything on the Ghanaians behalf.

Nevertheless, you exchange contact details and within a week you’ve met their whole family and the marriage is arranged for one months’ time.

On the big day you are ecstatic with no regrets, there is a mix of your family (who flew out last minuet at the news, although they were not enthralled by the idea) and your spouse’s family. It is a beautiful ceremony with blends of both cultures, there’s singing, dancing and drinking throughout the night.

At the end of your placement, you move back to the UK. However, within 6 months you are back in Ghana, living with your other half in Kumasi as you attend the university there. You stay together without looking back until your both old and grey living happily ever after...

Next (Page 33)

Next:

Towards the end of the second term all the schools in your district compete against each other in a sporting competition. The school has a designated 2 weeks of training time before the actual sports week itself. You and your fellow volunteers have the opportunity to coach the school in one of the sports. There are three sports that the school is participating in. Which will you choose to coach:

- A. Football (Page 34)
- B. Volleyball (Page 34)
- C. Track and field (Page 35)

if A. Football

You have chosen to coach the school's football teams. You need to produce a boys' team and a girls' team to play. Football is popular and frankly most of the kids are better than you are already, therefore, you don't have a lot to teach them as a coach. However, as it is so popular, you must host try outs for the teams. This takes up the majority of the first week of training. There are celebrations and heart brakes but at the end of the process you feel you've selected the best teams for the job.

The second week is dedicated to training. The kids are superb and it only takes a few practice drills before you have well-functioning teams. You enter the sports week as a confident unit.

Sports week is a festive affair. There is a lively atmosphere throughout with what seems to be the whole of Agornu turning up to watch your team play. Both the girl's team and the boys team make it to the finals on Friday. Unfortunately, the boy's team is not successful losing 2 -1 against a rival team although, the girls team won! There are celebrations and dancing as the whole community celebrates in the revelry of yours and the team's success.

Next (Page 35)

If B. volleyball

you have chosen to coach the school's volleyball teams. You need to produce a boys' team and a girls' team to play. Volleyball is popular and frankly most of the kids are better than you are already, therefore, you don't have a lot to teach them as a coach. However, as it is so popular, you must host try outs for the teams. This takes up the majority of the first week of training. There are celebrations and heart brakes but at the end of the process you feel you've selected the best teams for the job.

The second week is dedicated to training. The kids are superb and it only takes a few practice drills before you have well-functioning teams. You enter the sports week as a confident unit.

Sports week is a festive affair. There is a lively atmosphere throughout with what seems to be the whole of Agornu turning up to watch your team play. Both the girl's team and the boys team make it to the finals on Friday. Unfortunately, the boy's team is not successful losing against a rival team although, the girls team won! There are celebrations and dancing as the whole community celebrates in the revelry of yours and the team's success.

Next (Page 35)

If C. Track and field.

You have chosen to coach the schools track and field. This sport is not as popular as the volleyball or the football nevertheless, you still have a selection of kids to choose from. You need to select four 100M sprinters. Four 500M runners and four 1000M runners of both girls and boys. You hold try outs for the first week selecting those with the fastest times for the groups. There are celebrations and heart brakes but at the end of the process you feel you've selected the best runners for the job.

The second week is dedicated to training. As Track and field is fairly unpopular, the kids have little experience in it as many signed up just for fun. You spend the time teaching the long-distance runners how to conserve their energy and breathing techniques whilst the sprinters are trained in fast bursts of speed. By the end of the week, you feel as if everyone has improved significantly.

Sports week is a festive affair. There is a lively atmosphere throughout with what seems to be the whole of Agornu turning up to watch your runners. They do exceptionally well with many third-place winners, two finishing in second place and one first out of all the rival schools. There are celebrations and dancing as the whole community celebrates in the revelry of yours and the runner's success.

Next (Page 35)

Next:

The Easter holidays are fast approaching, and the time is coming for you to decide where to go. Maybe you want to try somewhere new? Or maybe a repeat of the last holiday as you feel it cannot be topped.

Do you:

- A. To the west. You'll get to pass through Accra and visit Cape Coast where there's various activities to do. You'll then continue to Busua, a small village known for tourism and beautiful beaches. At the end, as you volunteer in the East, you'll have to travel back the way you came and maybe stay a few nights more in Accra.
(Page 36)

- B. Go the North. Again, passing through Accra and getting a 12+ hour coach ride to Mole National Park where you can do numerous safaris and see some magnificent wildlife. You'll then cut down to Kumasi, the second biggest city in Ghana but homed to the largest market in Northwest Africa. From here you'll take the short trip to Lake Bosomtwe where you can swim, hike and horse ride. Ending your holiday in Accra, where you will spend a few nights.

(Page 37)

(PTO for option C)

- C. Stay in the Volta region. Instead of leaving straight away you stay a few more days at your Project. Then you'll travel to Ho, the capital city of the Volta region. You then decide to go to Akasombo which is a village town near the famous Akasombo Dam. From there you get a ferry down the Volta to Ada Foah.

(Page 37)

If A. The west.

You decide to travel to the west. You and your fellow volunteers take a tro tro from Akatsi to Accra. You stay there one night, visiting the mall and resupplying on western provisions. In the early morning you take a Ford van ride to Cape Coast.

Cape Coast is amazing! You are staying in the Oasis Beach Resort which is right next to the beach. Whilst there you visit the two Slave Castles, Cape Coast and Elmina. It's a harrowing experience getting a tour of the castles, but it is also very interesting and worthwhile. You also get to see some crocodiles on the way to Kakum Canopy Walk. This is an array of rope bridges which span from tree to tree over the forest canopy where you experience some amazing views and scenery. You are in Cape Coast when it is Christmas time and, although it's not your traditional or typical celebration, you go out for pizza and celebrate in your own way with your Ghanaian volunteer family.

From Cape Coast you travel to Busua. The beach there is amazing, and the people are really friendly to tourists as they are so common there. You spend most of the days here relaxing on the beaches and taking surfing classes. You go on a few walks along the beach as well. You are in Busua when it is New Years. They throw an epic street party which you attend and enjoy.

After your time in Busua is over you travel back to Accra and spend a couple of nights there.

Next (Page 38)

If B. the North.

You decide to travel to the north. You and your fellow volunteers take a tro tro from Akatsi to Accra. You stay there one night, visiting the mall and resupplying on western provisions.

You get up early the next morning to catch the 6 AM coach to Tamale, a city in the north. You travel for a solid 13 hours along bumpy and uneven roads riddled with traffic. You get off at Fulfoso, about an hour outside of Tamale. From there you get a tro tro to Mole National Park. You enjoy the Park immensely, experiencing some fabulous wildlife on the safaris you partake in. You see monkeys, baboons, boars, antelopes and elephants the latter being the most magnificent and your best experience of the holiday.

From Mole you travel to Kumasi. You really enjoy the city; you think it's a lot like Accra however, it is cleaner and less busy which you enjoy. In Kumasi you visit the museum which has lots of artifacts that belonged to past kings, queens and queenmothers of the Ashanti region, the tribal area in which modern Kumasi is in. You also visit the largest market in Ghana, Kejetia. It is on multiple floors and seems to sell everything possibly imaginable.

From Kumasi you travel to Lake Bosomtwe, a large lake on the outskirts. You stay in a place where you can take horse riding lessons, which you discover to be a lot harder than it looks as your horse is incapable of ignoring and eating the fallen mangos on the ground, almost throwing you off in the process. You also do some hiking and swimming in the lake to cool off from the intense Ghana heat.

You get the coach back to Accra to end your holiday.

Next (Page 38)

If C. the Volta region.

You decide to stay in the Volta region, for sure the most inexpensive option of the three. You get a tro tro from Akatsi to Ho the capital, and the only city, in the Volta region. There is not too much to do in Ho. You explore the city which you find very interesting and the place you are staying at has a Pool which you enjoy.

From Ho you travel to Akasombo, a small village near the dam. Unfortunately, the dam has been taken over by the military and you are unable to get close to it nevertheless, you see it at a distance. Akasombo is all beaches, cocktails and coconuts which is highly relaxing and enjoyable.

From Akasombo you take a ferry ride with some magnificent scenery to Ada Foah. You go to a beach resort on the headland off the Volta River. Here you enjoy some more peace and quiet away from the hubbub of Agornu. You swim, sunbathe and play some beach volleyball with some strangers. Overall, a very good holiday to detox from teaching and to relax.

Next (Page 38)

Next:

You've arrived back from your Easter holidays feeling refreshed and ready to teach. You are thrown back into the deep end of teaching as your teacher has been sick, meaning you must take your class full time. You have also been tasked with making a PLC lesson. PLC runs every Wednesday after school with all the teachers. As the PLC leader, it is your job to make a lesson on a topic which informs the teachers how to better teach that topic to their classes.

As your teacher has been off, you've been granted some leniency as for when you must do your PLC lesson. However, this week your teacher is back and you have to teach the PLC lesson in two days. You have had some ideas as for what you are going to teach but you are still undecided.

- A. a lesson on creative writing (Page 38)
- B. a lesson on the Solar system (Page 38)
- C. a lesson on creative arts (Page 39)

If A. a lesson on creative writing.

You do a lesson on creative writing. You decide you are going to focus on three key points. Structure, content and vocabulary.

The lesson goes well. You explain your points fully and explain different techniques which could be used to help the class understand and expand their Creative writing ability. The teachers are engaged throughout and credit you on your teaching ability.

Next (Page 39)

If B. a lesson on the solar system.

You decide to teach a lesson on the solar system. You would like to think outside of the box so decide to bring some balloons and glue to do some paper mâché with the teachers.

The lesson goes well. You explain your points fully and analyse different techniques which could be used to help the class learn the solar system and its planets. The teachers are engaged throughout and credit you on your teaching ability.

Next (Page 39)

If C. a lesson on creative arts.

You decide to teach a lesson on creative arts. Recently the JHS students went to Sogakope on a school trip. Sogakope is known for pottery and using clay to make things such as bowls, sculptures and ornaments. Because of this, you think it would be valuable to do a lesson on the uses of clay. One of the children from your class was able to bring in some clay from home which you used as an example in your PLC lesson.

The lesson goes well. You explain your points fully and explain different techniques which could be used to help the class learn about how to use clay and pottery skills.

Next (Page 39)

Next:

Term three, your final term, is coming to an end. You have had such a great time teaching at Agornu and your gap year experience has been indescribable, although it is fair to say, that after ten months of being away from home, you are eager to get back. You want to do one final thing for your class to say goodbye before you leave, you've got some ideas but are undecided what to do...

Will you:

- A. Hand out sweets for the kids and watch a movie with them. (Page 39)
- B. Hand out new pens and workbooks and do a quiz (Page 39)
- c. Play a massive final game of football with a prize (Page 40)

If A. hand out sweets for the kids and watch a movie.

Your final day at Agornu is emotional. You bought some sweets from the market the day before and hand them out to your class. The kids are ecstatic by the sweets but it is a sad time for you as you know it will be the last time you give them any, to distract yourself and the class you bring your laptop to school so you can enjoy a movie together. After a class vote, you collectively decide to watch How to Train Your Dragon.

The children love the movie, and you end your teaching experience with a high.

Next (Page 40)

If B. hand out new pens and workbooks and do a quiz.

Your final day at Agornu is emotional. You bought some pens and workbooks from the market the day before and hand them out to your class. It's very sad for you but the children are grateful for their useful gifts. You have planned out a fun quiz for the kids which goes down well.

Overall, you are unhappy to leave but you leave on a high. Next (Page 40)

If C. play a massive game of football with a prize.

Your final day at Agornu is emotional. You bring the football to school and play a game with all three classes (class 4, 5 and 6). You even join in at the end and the game ends in chaos as always. The winning team got to keep the football for their class whilst all the players received some sweets which you have bought from the market the day before.

Overall, you are sad to leave but you leave on a high.

Next (Page 40)

Next:

You had four days after your final day of teaching before you left for Accra and ultimately home. You spend this time mainly packing and deciding what to bring and what to leave behind. You also spend this time making sure you can say goodbye to everybody in the community. You give Favor (the lady who looks out for you most) a leather handbag with Ghanaian stitching, which you bought for her whilst away on holiday, and share a meal with her and Moses, your host, before you go. Whilst on holiday you also bought a Ghanaian fabric bucket hat, a hat which you know your moto driver- Babana – would be fond of so, you gift it to him.

In the end you and the other volunteers take your final tro tro to Accra where you spend the night before catching a flight early the following morning. The flight is smooth and melancholic, leaving you an emotional mess before touch down.

You say goodbye to your project partners and the other volunteers at Heathrow which is another emotion packed experience. With the final goodbyes it signals the end of your fantastic gap year with Project Trust.

The end.