



SPORTS PLACEMENTS

COACHING ATHLETICS

GHANA

ADDITIONAL INFORMATION

AKWAABE - which means "welcome" - is never more meaningful than in Ghana. The Ghanaian people are among the friendliest in Africa. So ... AKWAABA to this beautiful country!



From the moment you step out of the airport in Accra, you will realise that you have landed in Africa! En route to your accommodation, you'll pass by run-down shacks on dusty dirt roads, and half completed buildings with people all around you selling anything and everything whilst waiting at the traffic lights.

There is no mundane routine here: you are now on 'African time' and every thing is far wilder, yet much more relaxed. The air is filled with a warm equatorial breeze and unusual aromas and sounds; a mixture of charcoal, debris and fufu or beny slowly cooking over an open pot along with the chitter-chat of the tribal language of Twi being spoken. You then realise that you have finally arrived in Ghana.

Ghana is very much isolated from what goes in the Western world. While walking around the streets of Accra you won't find any Beckham shirts, Mc Donald's or any other touristy gimmicks - just real people living real Ghanaians lives.

Ghana is warm, friendly and remarkably safe. If you are looking for a truly authentic African cultural experience, Ghana certainly will not disappoint you!

ATHLETICS COACHING PLACEMENTS

If you're an athletics enthusiast, what better way to share your passion for the sport than to take it to the vibrant country of Ghana and see the children's faces light up!

Travellers are now offering the opportunity for volunteers to coach athletics in Ghana. Athletics in Ghana is a sport that unfortunately does not get much coverage and the children do not get an opportunity to receive coaching in athletics, let alone to compete within the sport, this is where you can make a difference.

Ghanaians are natural athletes and their athletic abilities are strong. Through volunteers coming to Ghana to coach athletics, it is hoped that it will not only improve the children's English but also their general understanding of a new and exciting sport, team work, fitness, agility, strength and speed. Also, it will teach them the proper skills involved within the sport and the rules that go with it.

At the moment athletics coaching takes place in one school in Accra. This school has got fairly good athletic facilities, including, with your help, the opportunity of a 400 meter grassed athletics running track which is a rarity in Ghana as some schools have no areas to allocate to athletics. However, we are looking forwards to expanding the Athletics programme to other poor schools in the region.

There are a number of events that you will have the opportunity to coach. These include:

- All running events (excluding hurdles & steeple chase)
- Shot put
- Javelin
- Long Jump



- Triple Jump

The children you will coach are a mixture of primary and junior secondary. You will generally be asked to coach athletics to all age groups. You are very likely to be in popular demand everywhere – on and off the track.

Some of the teachers are keen to learn the sport and help out in athletic sessions, and we believe that this will help to expand the sport not only in the schools, but also in the entire community.

Teaching Other Subjects – Optional:

At the same time as coaching football, you can also teach other subjects, such as conversational English or even other sports, if you'd like to. **You don't need any qualifications to participate in a teaching placement in Ghana** (but if you're combining coaching a sport with teaching English, you do need to be fluent in English).

FREE MANUALS AND FREE SUBSCRIPTION TO A COACHING WEBSITE

You will be given a free football coaching manual specifically designed for your football placement in Ghana, as well as other manuals on warming up exercises, etc., You'll also receive a free subscription to a useful football coaching website. Any unwanted football equipment that you want to bring out with you to Ghana will be gratefully appreciated and put to good use in the schools you will be working in.

As a volunteer sports coach with Travellers, we have arranged for you to get a year's free subscription to a Coaching website: www.grassrootscoaching.com. With this membership (which normally comes with a price tag of £39.99), you automatically become a member of the International Coaches Association (ICA) and join a community of coaches from over 65 countries.

The ICA is rapidly growing into one of the largest coaching organizations in the world. This subscription will allow you access to over 4,000 pages of the best interactive, online soccer and football coaching information.

Although they deal mainly with soccer, the coaching principles are the same for all sports and will be helpful for you in teaching any sport. This excellent resource should hopefully be able to give you a few tips that will benefit both you and the children that you'll be coaching, and enable you to gain the maximum enjoyment from your placement.

ACCOMMODATION

Your accommodation will be in either at Kwabenya or Espoo which is about 6 miles from the city centre. You will most likely stay with a host family. They will look after you superbly and often our volunteers comment how they feel more like being part of the family than a guest! At times you may even be embarrassed to receive such generous hospitality. By far the vast majority will do their best to make you feel happy and part of their family.

For the more independently-minded volunteer, we also work with host families who will feed and house you, but for the most part they'll leave you to your own devices.

The houses are fairly basic but will have all the basic facilities like kitchens and bathroom, telephone, television, radio and running water.



VISAS

We will send you all the necessary forms and information and make the process very easy for you.

FLIGHTS

You can book your own international flights or we can book them for you. You will fly into Accra where you will be welcomed by our Travellers Organiser. They will take you to your family and settle you in for the period of your induction. After that you'll be taken to your school

All flights we book have changeable return tickets because many of our volunteers choose to extend their stay. Changeable return tickets enable you to do so, within the limits of your visa, of course.

ACCRA – THE CAPITAL CITY

Accra, on the coast of the Gulf of Guinea, is both big-city hectic and African laid-back. Accra may not be one of the prettiest cities by Western standards, but there is something else this African city has that makes up for lack of planning and fancy buildings.

It is a wonderful city to experience. It is full of character, has a warm feel, is extremely friendly and feels very safe. It also has some great beaches!

Spend a few hours in the breezy capital of Accra and you'll swear the wind and waves off the Gulf of Guinea have infused the land and people with equatorial warmth. It is a city that is young, wild and full of soul and here you'll sample the true African spirit. During the day, the streets are full of market stalls and vendors where you can browse and buy mouthwatering foods, colourful Kente cloth, beads, or baskets. Don't forget to practice your haggling.

During the night the city comes alive with the traditional Ghanaian 'spot' bars and the sound of live drumming music in the warm night air. Village-specific festivals and events occur throughout the year.

Accra itself is fascinating, very different from home. Very noisy, dusty and hot, but really colourful and vibrant. Particularly impressed by the palm trees, amazing variety of little stalls and shops and the women balancing huge bundles on their heads! We've felt very safe so far - very little hassle from people, most of whom have been really welcoming. Caroline Allen – Law Placement



THE NEXT STEP

If you would like to join us on one of our exciting projects then please fill in either an online application form at our website (www.travellersworldwide.com) or one that is attached to our brochure. Once you have booked and confirmed your place we will send you detailed pack information regarding your placement and country.

I do hope you join us and please do call or email if you have any questions at all about this or any of our other projects – 01903 502595 or email info@travellersworldwide.com

If you would like to know more about Travellers in general, or about any of our other projects we run in over 18 countries worldwide, please visit our website at www.travellersworldwide.com

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Travellers are very proud to introduce their new Division, TEFL Time! Get qualified to teach English as a Foreign Language. TEFL Time runs professional UK based weekend and online courses - see www.tefltime.com for details.

