



How My Body Works Camp Session Itinerary

August 11 – August 25, 2026

This itinerary serves as an initial guide, giving you a preview of how we will balance project work, cultural activities, and sightseeing. Details may shift as we plan together.

Day 1 – Arrival in Accra (Tuesday 11th August)

AM–PM Pick up at the Airport (Volunteers will be met by staff of GHEI)

Evening Dinner and overnight in Accra

Day 2 – Introduction to Ghana (Wednesday 12th August)

8AM–12PM Walk to Nkrumah Mausoleum, Jamestown Lighthouse and Makola Market

12PM–3PM Lunch and walk in Osu and other places of interest

4PM–5PM Twi lesson 1

6PM Dinner and overnight in Accra

Day 3 – Travel to Humjibre (Thursday 13th August)

5AM Depart Accra by Trotro to Humjibre with stops for snack, lunch and bathroom

4PM–6PM Orientation to volunteer house and GHEI compound; relax and settle in

6PM–8PM Dinner and welcome drinks with GHEI staff

Day 4 – Introduction to Humjibre; initial planning (Friday 14th August)

7AM–8AM Village Tour

8AM–9AM GHEI Orientation

◆ 9AM–10:30AM Tour of area to be used for camp

11AM–12PM Twi lesson 2

12PM–1PM Lunch

◆ 2PM–5PM Project planning time, material preparation

6PM–7PM Dinner

◆ 7PM–8:30PM Project planning time, material preparation

Day 5 – Camp Day 1 (Saturday 15th August)

7AM Aerobics exercise at the community center

8AM–10AM Local farm visit – learn about farming and cocoa in Ghana

11AM Batik tie and dye (learn how to design your own fabric)

12PM Lunch and learn to cook and enjoy Ghanaian food (fufu)

◆ 2PM–5PM Day 1 – Organs and gastrointestinal system

6PM Dinner

◆ 7PM–8:30PM Project planning time, material preparation

Day 6 – Community Day (Sunday 16th August)

9AM–11AM Attend local church services (optional, but culturally interesting regardless of your faith)

12PM Lunch

2:30PM–5PM Outdoor games

6PM Dinner

7PM Drumming and dancing with local performing group

Day 7 – Camp Day 2 (Monday 17th August)

◆ 8AM–12PM Project planning time, material preparation

12PM Lunch

1PM Mother Mentor Program playgroup session

◆ 2PM–5PM Day 2 – Cardiovascular system

6PM Dinner

Day 8 – Camp Day 3 (Tuesday 18th August)

◆ 8AM–9AM Debrief and planning time

9AM–11:30AM Visit to the Bibiani Municipal hospital to learn about medical care in Ghana

12PM Lunch

◆ 2PM–5PM Day 3 – Respiratory system

◆ 5:30PM Debrief

6PM Dinner

7PM Game night: oware, cards, ludo, draught, jinga etc.

Day 9 – Camp Day 4 (Wednesday 19th August)

◆ 8AM–9AM Project planning time, material preparation

9AM–11AM Meet the Chief and Elders of Humjibre and observe a local Ghanaian tradition

◆ 11:30AM–2PM Market day in Bekwai to explore the weekly market, shop and eat lunch in Bekwai

◆ 3PM–6PM Day 4 – Musculoskeletal system

6PM Dinner

◆ 7PM Project planning time, material preparation

Day 10 – Camp Day 5 (Thursday 20th August)

◆ 8AM–11PM Project planning time, material preparation

12PM Lunch

1:30PM Guided academic discussions

◆ 3PM–6PM Day 5 – Immune System

6PM Dinner

7PM–8PM Cross cultural discussion

Day 11 – Camp Day 6 (Friday 21st August)

◆ 8AM–10PM Project planning time, material preparation

10:30AM Attend child welfare clinic. A good opportunity to observe Ghana's approach to primary healthcare.

12PM Lunch

1PM Learn Batik tie & dye

◆ 2:30PM–5PM Day 6 – Showcase

◆ 5PM–6PM Debrief, reflection and reporting

6PM Dinner

◆ 7PM Friday fun day!

Day 12 – Final Day in Humjibre (Saturday 22nd August)

8AM Visit to Bonsan waterfalls with lunch

4PM Finish exit interviews

6PM Dinner

◆ 7PM Finish reporting

8PM Farewell drinks with staff

Day 13 – Travel and Sightseeing in Kumasi (Sunday 23rd August)

6AM Travel to Kumasi (3 hours)

9AM Tour of Kejetia Market, the largest market in West Africa

12PM Lunch

1PM Visit to the National Cultural Centre (great opportunity for souvenirs)

6PM Dinner

Day 14 – Cape Coast Sightseeing (Monday 24th August)

6AM Travel from Kumasi to Cape Coast

11AM Kakum National Park

12PM Lunch

1PM Tour of Cape Coast Castle

3PM Travel to Accra (2 hrs)

6PM Dinner and overnight in Accra

Day 15 – Departure (Tuesday 25th August)

Morning Depart from Accra for home