

Country Handbook: Ghana



Introduction

Travelling to see the work of Compassion and our local church partners firsthand is an unforgettable experience. On this trip, you'll see for yourself how children are known, loved and protected by their church communities and are being released from poverty in Jesus' name.

This Country Handbook is designed to start preparing you for your trip to Ghana. Please read it before you depart, and we'd also recommend that you keep it handy for easy reference.

We pray that God will bless your time in Ghana!



Country Information



Ghana is known for its colourful culture expressed in art, music and dance. Ghana means 'Warrior King' in Soninke, a language spoken in West Africa. Ghanaians value relationships and treat others with dignity and respect.

Main languages:

English, Twi

Climate:

Tropical (warm temperatures year-round)

Main religions:

Christian (71.3%), Muslim (19.9%)

Currency:

Ghana Cedis



Compassion in Ghana

Compassion has been working to release children from poverty in Jesus' name in Ghana since 2004. 23.4 per cent of people live below the poverty line.

Compassion's Child Sponsorship Program is tailored to be age-appropriate for each child.

Children **AGED 1 TO 3** receive home-based care.

Children and youth **AGED 3 AND OLDER** attend their local Compassion on weekends, usually on Saturdays.



For more information on Ghana, scan the QR code or visit: compassion.com.au/where-we-work/ghana

Compassion assisted children in Ghana typically attend program activities at their local child development centres. Here is an example of what a typical program day looks like:

9:00am - A time of prayer and devotion and breakfast. A typical breakfast usually consists of maize porridge, milk, sugar and bread.

9:30am - Spiritual lessons, in which children sing songs and learn Bible stories.

10:30am - Break time where children can play in a safe environment and develop friendships.

11:00am - Social-emotional lessons ranging from conflict resolution to developing healthy self-esteem and a godly character. Children often come from challenging home environments and are taught social and personal skills.

12:00pm - Lunch and social time. A typical lunch generally consists of rice with sauce and either chicken, fish or meat, with seasonal fruit. Food is usually provided as children don't always have access to nutritionally balanced meals at home.

1:00pm - Health lessons, in which children learn practical health and hygiene tips, including how to prevent malaria and HIV.

2:00pm - Letter writing and career planning. Older children work with local staff to identify their strengths and interests and set goals for their future.

Older sponsored children also take part in skills training workshops such as bead and batik making, soap preparation and basket weaving. Parents and caregivers are offered health education classes as well as quarterly training on children's rights, parenting, and business and financial management.

Cultural Considerations



Clothing

- **Men:** Shorts, trousers or jeans that are knee length or longer are appropriate. It is best to avoid ripped jeans and clothes.
- **Women:** Please wear dresses, skirts, shorts or pants that are knee length or longer. T-shirts and blouses are acceptable tops. When visiting local church partners or attending services, longer dresses are recommended. Earrings are acceptable, but other piercings should be avoided.
- Light, loose-fitting attire is recommended to help manage the heat.

Greetings

- Shaking hands is the most common greeting.
- It is polite to take off your hat when greeting older people.

Money

- Cash is the preferred payment method in Ghana and not all vendors will accept credit cards.

Eating and drinking

- Traditional foods are usually eaten with your hands.
- It is not common for Christians to drink alcohol.
- Please do not smell food before eating, as this is considered impolite.

Emergency contact information:

Local emergency number: 112

Compassion Ghana office: 011-233-0302-520162

Australian Embassy: +233 302 216 400

Body language

- Couples may hold hands, but it is best to avoid further affection.
- Beyond handshakes or hugs when saying hello or goodbye, other physical affection should be avoided.
- Actions such as shaking hands or passing items are always done using the right hand, as the left hand is considered unclean.
- When sitting, it is best not to show the soles of your feet or the soles of your shoes.
- It is generally considered polite to remove your shoes before entering someone's home.

Language

- Useful Swahili phrases:

Welcome: Akwaaba

Good morning: Maakye

Good afternoon: Maaha

Good evening: Maadwo

What's your name? Wo din de sen?

My name is: Me din de...

How are you? Ete sen?

I'm fine: Me ho ye

Please: Mepaa kyew

Thank you: Medasse

Yes: Aane

No: Dabi

Goodbye: Nante Yie



Key Challenges and Prayer Points

Ghana has one of the highest maternal mortality rates. 308 mothers die from pregnancy related causes per 100,000 births. Compassion's Mums and Babies program partners with the local church to give pregnant mums access to proper prenatal care. Please pray for God's continued blessing over this program and for safe deliveries for all mums and babies.

Thousands of schools in Ghana are referred to as 'schools under trees' as it is common for children to learn under trees where proper classrooms are not available. Addressing this issue is a priority of the Ghanaian government. Please ask God to provide safe learning environments for children and youth.

Eighty-seven per cent of people lack access to basic sanitation facilities and over half the population do not have access to safe drinking water. Please pray for our local church partners who are working to protect the health of children and ask God to make a way for crucial infrastructure to be built.



**SEARCH FOR
COMPASSIONAU**

COMPASSION AUSTRALIA

PO Box 1, Hunter Region MC NSW 2310
Phone: 1300 22 44 53 | +612 49 35 5000
Fundraising Authority: CFN10658
ABN 67 001 692 566

compassion.com.au

Christ-centred | Child-focused | Church-based