



Ghana: Traditional Healing

October 19 – October 30, 2020

Program Lead
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EXPLORE YOUR SENSES!
TRANSCENDING THE KNOWLEDGE
OF MODERN MEDICINE WITH
NATURAL REMEDIES

DESCRIPTION

Come be a part of an invigorating journey throughout the beautiful country of Ghana. This trip guarantees an eye-opening perspective into another culture and their fusion of traditional and modern medicine. The country has adapted to the knowledge of modern medicine, but the influence of the traditions is still held in high regard. The two practices coexist together by recognizing the healing capabilities of herbal remedies and the science behind modern advancements. This coexistence will be learned about in Travelers will get the opportunity to learn about and discover alternative methods to healing and curing diseases. This will begin with a tour of an herbal clinic and the chance to meet spiritual healers. Throughout the trip, travelers will experience the culture of the country through cooking, crafting, and dancing lessons. The trip ends with an incredible African spa using natural elements in order to enhance one's mind, body, and soul.

Eligibility

This program/course is open to clinicians. All participants MUST attend two mandatory one-day orientation sessions before the trip in order to travel. The program involves quite a bit of moving around from city to city, and walking in hot temperatures, so travelers should plan accordingly. Program size is limited to 30 and participation is contingent upon acceptance by the Program Director.

Program Cost

The program cost may vary at any time according to currency fluctuations. The cost is tentatively set at \$3,900.

TENTATIVE PROGRAM ITINERARY

- Day 1: Depart Atlanta (overnight)
- Day 2: Arrive in Accra and rest in the hotel; Dinner and local live band performance
- Day 3: Discussion and cultural excursions; Guided tour of a traditional herbal clinic and learn how traditional medicines cure diseases
- Day 4: Visit a Shea Butter workshop and a guided discussion about the culture
- Day 5: Guided city tour of Kumasi visiting the National Cultural Center and Kwame Nkrumah University of Science and Technology
- Day 6: Discussion and Cultural excursions to Assin Manso, the Ashanti Craft Village.
- Day 7: Tour of infamous Castles and Slave Dungeons such as the Cape Coast Castle.
- Day 8 Guided city tour of Accra, including African drumming and dance class
- Day 9: Traditional spa day filled with beauty and skin products from the natural environment
- Day 10: Cultural immersion by spending time with a local family and learning how to make traditional meals
- Day 11: Breakfast; Depart Ghana

