



GHANA

TOGO & BENIN



CONTENTS

Things to Know Before You Go2

 About AAT2

 Togo4

 Benin4

The Itinerary5

 Ghana Tour5

 Togo & Benin6

In Depth7

 Traditional Naming Ceremony7

 Accra City Tour7

 Independence Square7

 National Museum of Ghana7

 Kwame Nkrumah memorial7

 National art center for crafts and Souvenirs8

 W.E.B. Dubois Center8

 Cape Coast Castle Tour8

 Elmina Castle Tour 9

 Day Tour of Kumasi9

 Bomwire Kente Weaving Village9

 Ntonso Stamping Village9

 Asante Museum10

 ATV Tour10

 Adesso Village10

 Dance Class11

 Ghanian Cooking Class11

 Togo & Benin11

 Fetish market in Akodessewa11

 Togoville12

 Temple of Python12

 Sacred Forest12

 Point of No Return13

Accra Hotel14

Togo Hotel14

Benin Hotel15

THINGS TO KNOW BEFORE YOU GO

About AAT

Detailed Itinerary to be Distributed Upon Receipt of First Monthly Payment

To ensure an intimate and uninvaded experience for our travelers, certain details such as airline names, departure times, hotels and our preparation tips will be withheld until the first monthly payment is received.

All Details Are Tentative!

Despite the countless hours invested into planning this trip, the circumstance may arise where we must make changes. For example, maybe we might find out that our hotel isn't up to AAT standard or maybe our airline may go belly up bankrupt (this has actually happened)! Whatever occurs we will do everything in our powers to ensure the trip goes on as planned. And if we do have to make a change, that change will result in you going on a trip that is equal or greater than the value of what you originally paid!

How Do These Add Ons Work?

Good Question! After 6 years and taking hundreds of travelers across the globe, one thing has become apparent; while we as humans innately enjoy being in large groups, it doesn't mean that all members of the group want to do the same thing. For that reason, despite being a group travel company, we design our trips with the individual in mind!

So, if you are someone that is looking to travel in luxury, no worries! Simply check off the business class and/or single room upgrade, and you get to be a part of our group while still having your own unique experience. Moreover, if you are an avid traveler that is looking to make new friends but would rather explore on your own, simply select nothing during checkout and you have 7 Days to explore Ghana at your own pace. And I'm sure there will be plenty of others on the trip to accompany you. The total cost of each add on will be divided amongst your monthly payments and you are free to add or change your add-ons right up until 1 month before departure.

Traveling Alone?

While the option is there for you to get a single occupancy room if you choose, by no means do you have to select it if traveling alone. We understand that the extra money spent in getting your own room, takes away from the money available to you to splurge on the streets of Ghana!

For that reason, we extend each traveler the option of having us pair you with a suitable roommate for no additional cost. Roommates are paired based upon the answers to their personality questions on their registration form, as well as their ages and even astrological signs. At least 2 months before departure you will be given the contact information of your roommate, giving each of you the opportunity to get properly acquainted.

The 'Tell-A-Friend' Discount

Do you know someone who may be interested in joining our trip but isn't a member of AAT? Here is your chance to save a little money while bringing them on a trip of a lifetime!

For every traveler that you refer to our trip, you can subtract \$50 from the cost of your trip. There is no limit to the amount of people you can bring, as long as that person has not already traveled with AAT. Be sure to tell your friend to enter your name in the registration form under "How did you hear about this trip?"

Your \$50 discount will be put back on your card within 30 days of you and your referral having paid in full.

The Land Package

The Land Package option is for those travelers outside of the New York area that may want to join us. Selecting this option means that you will have to purchase your own flight to meet us in Ghana.

If you select this option, you will have to purchase your flight no later than November 15th.

About Ghana

Entry Requirements

1) **PASSPORT:**

To enter Ghana as a US Citizen, you must have an original, signed passport, valid for 6 months beyond stay in Ghana.

2) **VISA:**

All travelers are required to apply for a Ghanaian visa prior to arriving in Ghana. Visas can be obtained in person or by mail at either the Ghanaian Embassy in DC or the consulates in Houston and NY. The cost of getting a visa is \$70 for a single- entry visa and \$110 for multi-entry.

ALL THOSE GOING TO TOGO AND BENIN NEED TO GET A MULTI ENTRY GHANAIAVISA!

3) **Visa Validity:**

Single entry visas are valid for 3 months. Multiple entry visas validity is based on application and consul's decision. **Houston:** Visa must be used for the first time within 3 months (90 days) from date of issue. Multiple entry visas are valid for 3 years unless the passport expires within the 3-year period.

4) **Visa Processing Time:**

Ghana visas are usually processed in 5 to 10 business days. Rush or Emergency visa service may be available for additional fees.

Shots/Vaccines

All persons entering Ghana are required to have a valid certificate of immunization against yellow fever. The vaccination should be taken at least 10 days prior to entry and should be renewed every 10 years.

For Malaria, talk to your doctor about how to prevent malaria while traveling. You may need to take prescription medicine before, during, and after your trip to prevent malaria.

Weather

The average maximum daytime temperature in Accra in December is a hot 31°C (88°F) with very high heat & humidity. The average night-time temperature is usually a warm 23°C (73°F). There are usually 7 hours of bright sunshine each day, which represents 57% of the 12 hours of daylight. Expect 24mm (0.9 inches) of rainfall across the whole of December with 7 days with some rain falling. Maximum UV levels will be very high (10 UV index) at midday when the skies are clear. The average sea temperature in and around Accra in December is 28°C (82°F).

Water

Water is not safe to drink in Ghana

Money

The **Ghanaian cedi** (currency sign: **GHC**; currency code: **GHS**) is the unit of currency of Ghana. Notes are in denominations of ₵50, 20, 10, 5 and 1. Coins are in denominations of ₵1 and 50, 20, 10, 5 and 1 pesewas. Currency can be exchanged at some banks and hotels. \$1 USD= \$4.47 GHS

Language

Ghana is a multilingual country **in** which about **eighty** languages are spoken. Of these, English, which was inherited from the colonial era, is the official language and lingua franca. Of the languages indigenous to Ghana, Akan is the most widely spoken.

Tipping

Do be prepared to leave a tip when receiving a service in Ghana. It is not protocol, but generally a tip is expected and always appreciated.

Bargaining

With the exception of goods in supermarkets, high-end shops, hotels and restaurants, nothing in Ghana has a set price, so you must make it by doing some friendly bargaining with the vendor.

In general, when you ask the price of something, the seller will initially offer the item at 30 to 50 percent more than what they expect for the item. Your counteroffer should be ridiculously low, about 50 percent less than what you are willing to pay. You and the seller will go back and forth until an agreement is made. If you cannot make a deal, do not get angry or annoyed, simply move on. Sometimes this gesture of walking away will prove to the seller that you are set on what you are willing to pay, and they will settle on the end price that you had determined.

Bartering

Bartering with the locals for items can be really fun, and can be done in small villages and markets. So bring items from home that you are willing to trade for items in Ghana. They do not have to be expensive things, but avoid junk items that have no usefulness. Clothing with logos (T-shirts, caps, etc.) are especially interesting to Ghanaians and you will surely get a good trade for these.

Requests for Money

You are foreign, and you will look like a foreigner. Therefore, it is automatically assumed that you have money, and you will get requests to hand it out. This is something that is unavoidable. In Ghana, requests for money is perfectly acceptable behavior. It is generally ok to fulfill these requests to impoverished children, the disabled and the elderly - but not to mere beggars. Two cedis maximum is sufficient. Remember that you cannot end the world's poverty, so do not feel guilty that you are not able to give to everyone who asks...simply refuse as generously as you can.

Togo**Entry Requirements**

You must have a passport that is valid 6 months past the date of entry.

Proof of Yellow Fever vaccination is required.

Visas can be purchased upon entry for \$30.

Money

The currency in Togo is the West African CFA franc. You'll find Visa ATMs in major towns. Only Banque Atlantique in Lomé accepts MasterCard.

Benin**Entry Requirements**

You must have a passport that is valid 6 months past the date of entry.

Proof of Yellow Fever vaccination is required.

Visas must be purchased in **advanced** at the DC Embassy or NY Mission for \$140.

THE ITINERARY

Ghana Tour

Monday, December 27th 2021

	Arrive in Accra, Ghana/Transfer to Accra Hotel
8:00 PM	Host Dinner

Tuesday, December 28th 2021

8:00 AM	Depart for Naming Ceremony
12:00 PM	Return to Hotel for Lunch
1:30 PM	Accra City Tour <ul style="list-style-type: none"> • Kwame Nkrumah Museum/Statue • Web Du Bois Center • Independence Square • National art center for crafts and souvenirs
6:00 PM	Return to Hotel

Wednesday, December 29th 2021

7:00 AM	Depart for Cape Coast	3h Drive
10:00 PM	Arrive/Tour Cape Coast Castle	
12:00 PM	Break for Lunch	
1:30 PM	Arrive/Tour Elmina Castle	
3:00 PM	Depart for Hotel	3h Drive
6:00 PM	Arrive at Hotel	

Thursday, December 30th 2021

ATV Tours		Day in Kumasi	
9:00 AM	Depart for ATV tours 1	7:30 AM	Depart for Airport
12:00 PM	Return to Hotel	9:00 AM	Depart for Kumasi via AWA flight no AW104
1:00 PM	Depart for ATV tours 2	9:40 AM	Land in Kumasi/Begin Tour
4:00 PM	Return to Hotel	7:00 PM	Depart for Accra via AWA flight no AW119
		7:30 PM	Return to Hotel

Friday, December 31st 2021

9:00 AM	Visit Adesso Village for Donations		
12:00 PM	Return to Hotel		
		10:00 PM	Depart for NYE party
		2:00 AM ⁺¹	Return to Hotel

Saturday, January 1st 2022

		ATV Tours	
		9:00 AM	Depart for ATV tours 3
		12:00 PM	Return to Hotel
		1:00 PM	Depart for ATV tours 4
		4:00 PM	Return to Hotel

Sunday, January 2nd 2022

ATV Tours		Dance Class	
9:00 AM	Depart for ATV tours 5	9:00 AM	Depart for Yacht Tour
12:00 PM	Return to Hotel	12:00 PM	Return to Hotel
1:00 PM	Depart for ATV tours 6	Cooking Class	
4:00 PM	Return to Hotel	1:00 PM	Depart for Cooking Class
		4:00 PM	Return to Hotel
8:00 PM	Farewell Dinner		

Monday, January 3rd 2022

12:00 PM	Checkout of Hotel/Transfer to Airport
----------	---------------------------------------

Togo & Benin

Monday, January 3rd 2022

Free Day

Tuesday, January 4th

8:00 AM	Checkout of Hotel/Depart for Togo	4h Drive
1:00 PM	Check into Togo Hotel	
3:00 PM	Depart for National Museum & Independence Square	
6:00 PM	Return to Hotel	

Wednesday, January 5th

1:00 PM	Depart for Fetish Market & Souvenir Shopping
5:00 PM	Return to Hotel

Thursday, January 6th

9:00 AM	Checkout of Togo Hotel/Depart for Benin	5h Drive
12:00 PM	Break for Lunch	
	Tour of Ouidah <ul style="list-style-type: none"> • Temple of Snakes • Sacred Forest • Point of No Return 	
5:00 PM	Check into Benin Hotel	

Friday, January 7th

1:00 PM	Depart for Ganvie Stilt village
5:00 PM	Return to Hotel

Saturday, January 8th

12:00 PM	Checkout of Hotel/Transfer to Hotel
----------	-------------------------------------

IN DEPTH

Traditional Naming Ceremony



Travel to Kisseman once a bush village, recently swallowed by the growing metropolis. Upon arrival you will visit the home of a local family to receive a traditional blessing. You will be given a mild stimulant (cola nut) and local gin during prayers, before receiving your Ghanaian name. Dancing and drumming will last throughout the afternoon

Accra City Tour
Independence Square

Black Star Square, also known as Independence Square, is a public square in Accra, Ghana.

Bordered by the Accra Sports Stadium and the Kwame Nkrumah Memorial Park. It is the second-largest city square in the world after Tiananmen Square in China.

The square was commissioned by Kwame Nkrumah to honor the visit of Queen Elizabeth II. Construction ended in 1961 and it was christened "Black Star Square". Black Star Square is a site for Ghana's Independence Day parades which falls on the 6th of March every year.



National Museum of Ghana



Set in pleasant grounds, the national museum features excellent displays on various aspects of Ghanaian culture and history. The displays on local crafts, ceremonial objects and the slave trade are particularly noteworthy.

Kwame Nkrumah memorial

A national park erected in memory of Osagyefo (the Messiah) Doctor Kwame Nkrumah, Ghana’s first president and one of its founding fathers. Built on a former British polo field, it was the point where Nkrumah declared independence in 1957. The park consists of five acres of land and holds a museum tracing Nkrumah’s life. There are many personal items on display, but the centerpiece is the mausoleum, Nkrumah and his wife’s final resting place. Kwame Nkrumah is an essential part of Ghana’s history and a good half-hour here will fill you in on most of the details.

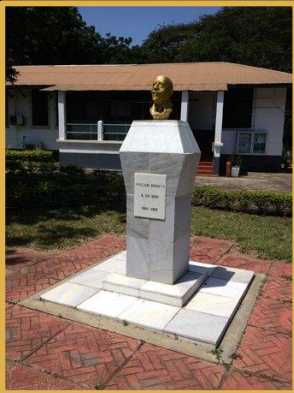


National art center for crafts and Souvenirs

A warren of stalls selling arts and crafts, known simply as the Arts Centre, this is the place to shop in Accra. The level of aggressive hassling may make you want to keep your cedis in your pocket but if you have the patience and wherewithal, you can come away with good-quality handicrafts from all over Ghana.



W.E.B. Dubois Center



The W.E.B. Dubois Center is the former home and final resting place of American-born socialist, author, and civil rights activist, William Edward Burghardt DuBois, who became a citizen of Ghana in his later years. Dubois campaigned for African-American rights and was often referred to as the ‘Father of Pan-Africanism’.

The center, on the outskirts of Accra, was where DuBois and his wife lived for the last few years of his life, and is where they are now both buried.

Cape Coast Castle Tour

Cape Coast Castle is one of about forty "slave castles", or large commercial forts, built on the Gold Coast of West Africa by European traders. It was originally built by the Swedes for trade in timber and gold, but later used in the trans-Atlantic slave trade. Other Ghanaian slave castles include Elmina Castle and Fort Christiansborg. They were used to hold slaves before they were loaded onto ships and sold in the Americas, especially the Caribbean. This "gate of no return" was the last stop before crossing the Atlantic Ocean.



Elmina Castle Tour

Elmina Castle was erected by the Portuguese in 1482 as Castelo de São Jorge da Mina, also known as Castelo da Mina or simply Mina, in present-day Elmina, Ghana. It was the first trading post built on the Gulf of Guinea, and the oldest European building in existence south of the Sahara. First established as a trade settlement, the castle later became one of the most important stops on the route of the Atlantic slave trade. The Dutch seized the fort from the Portuguese in 1637, after an unsuccessful attempt to the same extent in 1596, and took over all of the Portuguese Gold Coast in 1642. The slave trade continued under the Dutch until 1814. In 1872, the Dutch Gold Coast, including the fort, became a possession of Great Britain.



Day Tour of Kumasi

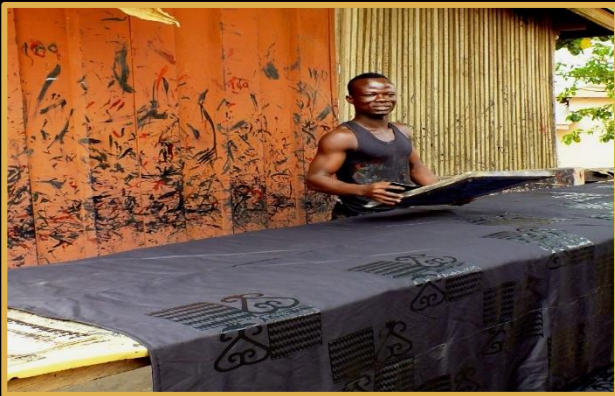
Bomwire Kente Weaving Village



Kente was developed around 17th Century A.D by the people of Asanti the Kingdom; it can be traced to the long tradition of weaving in African dating back to circa 3000 BC. The origin of Kente is grounded in both legends and history. For the legend, a man named Ota Karaban and friend, Kwaku from a town called Bonwire (a leading town for the production of Kente in Ghana) had their weaving lessons from a spider that was weaving its web. They tried to do same by weaving a beautiful raffia fabric. They later told their story to the Nana (Chief) Bobie, who intend passed on the important news to the paramount chief of the Ashantis- the Asantehene. The Asantehene did not hesitate adopting the fabric for all Asantis as a national cloth for special occasions like funerals, festivals, naming ceremonies and marriage ceremonies. Afterwards the production was improved but the name was retained which subsequently became “Kente”. It is also held that Kente was design originally from Bonwire. Bonwire is located 18 km off the Kumasi – Mampong road. It is a settlement with hundreds of Kente weavers.

Ntonso Stamping Village

Ntonso is the homeland of adinkra cloth and the only place in Ghana where traditional adinkra is made locally from scratch. Ntonso is still Ghana’s biggest producer of adinkra, a cloth famed for its symbols and proverbial wisdom. The cloth was originally worn only for funerals in the Ashanti Region and produced mainly in black, brown and red. These days, however, it is made in all colors and used throughout Ghana. Ntonso has a new visitor center and lays on official guided tours. On a walking tour, visitors can engage in the various stages of adinkra production, such as dye preparation, cloth dyeing, adinkra stamping and embroidery of stamped cloth.



Asante Museum



Visitors to the Museum will be able to view video-presentations explaining Asante history and the richness of its culture, as well as splendid examples of the gold-work for which the Asante are world famous. These include gold weights, bracelets and pots for gold dust which were removed from the Palace by Lord Baden Powell, founder of the Boy Scouts Movement and a member of the British expeditionary force in Kumasi in 1896. Here too are the life-sized effigies of the Nana Prempeh I, Nana Yaa Akyaa and the legendary Nana Yaa Asantewaa, Queen of Ejisu, who in 1900 led the uprising and last of the seven Asante wars

with the British, when the British Governor demanded the surrender to him of Asikadwa (Gold Stool).

ATV Tour



Explore the panoramic landscape on a ATV and feel the thrill. Enjoy the local authentic experience with family and friends a fun-filled ATV biking day. You will experience gorgeous views of the forest and tropical mountainous landscape. Get ready for an action-packed day! When you are comfortable and ready to ride we take you through the winding sugar cane paths, and majestic mountain range and unto our centuries old sugar estate ruins. From discovering pineapple plantations and

farms around this mountain, this trip will offer you a glorious adventure away from the stress of the city.

Adesso Village



Enjoy a day of giving back, speaking to the locals, and hanging with the kids. Bring any and everything you can possibly find from school supplies, to sanitary needs, clothes and even candy for the kids. Help gather, hand out, and meet the families of the village while putting a smile on their faces. If that is not enough giving for you then donate to the school being build thanks to you. This school will provide education to kids of all ages and even shelter for those with a long commute.

Dance Class

Receive state of the art training in multiple African dance forms, as well as learning how to play the drums, Ghanaian xylophone, and other instruments.



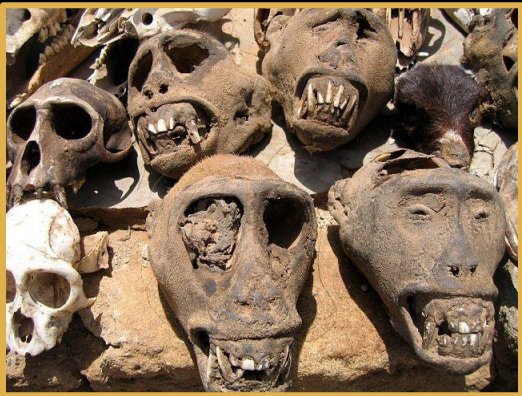
Ghanian Cooking Class

Browse for fresh produce, herbs and spices as you explore a neighborhood market with your guide, and learn the fundamental components of the West African kitchen. Bring your ingredients to a nearby home and prepare a meal of traditional Ghanaian dishes like Jollof Rice and Fufu then finish your tour around the table as you enjoy warm Ghanaian hospitality.



Togo & Benin

Fetish market in Akodessewa



Togo's capital city of Lomé is the birthplace of the largest Voodoo market in the world – a kind of super supply store for fetishes, charms and anything else one might need for a ritual. The Akodessewa Fetish Market, or Marche des Feticheurs, is a place where you can find anything from leopard heads and human skulls to Vodou (voodoo) priests who bless and create fetishes or predict the future and make medicines to heal whatever ails you.

Though many people think of Haiti as Voodoo's biggest stronghold, the religion originated in West Africa. Vodoun is the official religion of neighboring Benin and is still the largest religion in the area, which is obvious given that the outdoor market's location is in the heart of Togo's capital. Although the market is owned and run by Beninese. The Akodessewa Fetish Market is a mecca to local practitioners and they travel there from all over the African continent. Many believers view the Marche des Feticheurs as a kind of hospital or pharmacy – it is the place you go when you either cannot afford traditional treatment or traditional treatment has failed you. Here you can find talismans and charms good for treating everything from the flu or infertility to removing the blackest of curses.

Togoville

Togoville is a town and canton located south of Togo at the northern edge of Lake Togo. Named Togoville in 1884, the town was originally known as Togo until the King Mlapa III and explorer Gustav Nachtigal, a German commissioner who oversaw Togo (then Togoland) become one of German's colonies and the first capital of the country. King Mlapa's heir to the throne informs visitors of the history of the city and take them through the royal museum.



The canton is also famous for its tradition and history. One of the main attractions of the city is the voodoo culture. Visitors will not only be able to interact more with the voodoo priests, they will also be able to learn more about voodoo and debunk myths and assumptions about it. There are shrines and altars to visit and icons and relics to see.

Temple of Python



An interesting and historical sight to visit in Benin is in the Python Temple in the town of Ouidah. There is an interesting story behind how the temple came to exist. The temple is facing the Ouidah's basilica and the adoration of pythons started after a war that took place in 1717 when the kingdom of Dahomey still existed. At the time Ouidah (Formerly called Houeda) wasn't part of the kingdom of Benin and during that war, Ouidah was defeated. King Kpassè, ruler of the kingdom of Ouidah, fled the town and took refuge in a big forest in order to not be captured by the notorious Ghézo warriors who were searching for him. The legend has it that during the search, many pythons started to come out of the forest therefore protecting king Kpassè of Ouidah from his capture.

Sacred Forest

The Sacred Forest of Ouidah is a high spiritual place. It was the resting place of the King of Kpassè, the First King of Ouidah who was living in Savi. When he felt that he is going to die, he told his children that he didn't want people to see his body. One day he disappeared and by many signs from a peacock and panther, they discovered that the King turned into a small Iroko tree growing in the grass.



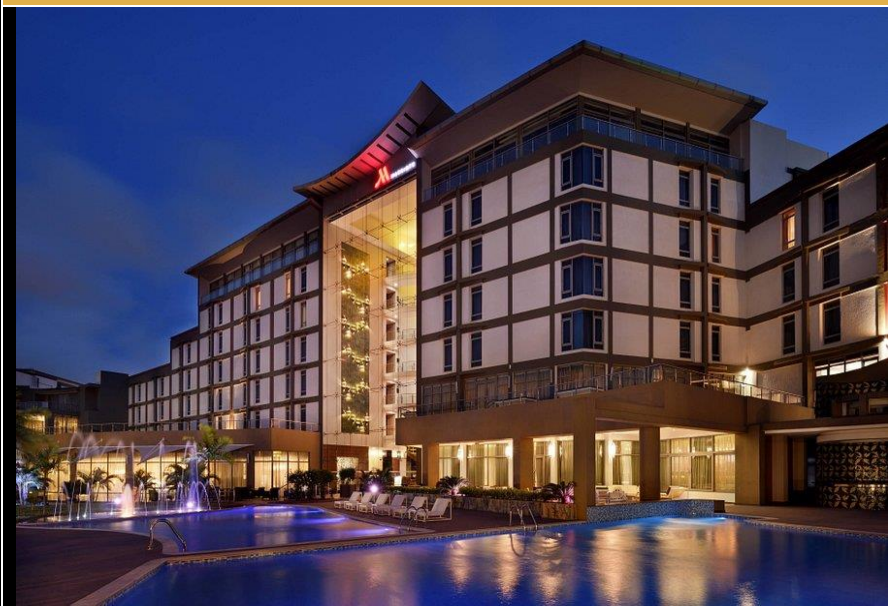
Point of No Return



Inaugurated in 1995 by a former Beninese president named Nicéphore Soglo, this monument, which is designed like a gate, is the symbolism of the departure of captive slaves leaving for the Western world. It was the last place slaves walked through before embarking a slave ship; they knew at that point that they wouldn't be able to ever see their loved ones and were forced to leave their homeland, Benin.

ACCOMODATIONS

Accra Hotel



A 14-minute walk from the Kotoka International Airport, this elegant hotel is 8 km from Labadi Beach and 9 km from the Achimota Forest.

Streamlined rooms include free Wi-Fi, flat-screen TVs, and tea and coffeemakers, plus minibars, safes and private bathrooms. Room service is offered.

Free perks include airport shuttles, parking and breakfast. There's also an outdoor pool and a bar, as well as 2 refined restaurants, including 1 with poolside seating. Other amenities include a fitness center, BBQs, and an executive lounge with a terrace.

Togo Hotel



In a high-rise overlooking the Monument de l'indépendance, this upscale, contemporary hotel is 1 km from the beach and 9 km from Université de Lomé.

Sleek rooms with city views feature complimentary Wi-Fi, flat-screens and desks, as well as safes and minibars. Some have Nespresso machines. Suites add dining tables and/or living rooms, while an upgraded suite offers a kitchenette and office space. Room service is available 24/7.

Amenities include a relaxed cafe, 2 chic bars and 3 trendy restaurants, plus tennis courts, and an outdoor pool with cabanas. There's also a day spa and a gym.

Benin Hotel



Surrounded by greenery, this laid-back hotel is less than 1 km from the beaches of Cotonou and 6 km from bustling Dantokpa Market. Aéroport International Cotonou Cadjehoun is 5 km away.

Casual rooms with colourful accents offer free Wi-Fi and flat-screens, plus minibars, and tea and coffeemaking facilities. Suites add separate living areas. Room service is available 24/7.

Amenities include a relaxed, airy restaurant and 2 bars, as well as a business centre and meeting space. There's also an outdoor pool and a kids' play area. Breakfast and parking are available.