



# Example Itinerary

## Football in Ghana



\*The following is an example itinerary. Please note arrangements change from year to year and session to session based on the goals of the programme, need of the community, and size of the groups. Please use this itinerary as a general guide to the structure of the projects.

DAY NO.	WEEKDAY	TIME	ACTIVITY
1	Sunday	All day	ARRIVAL: Collected from Accra and taken to Akuapem Hills
2	Monday	Morning	• Breakfast, followed by local area orientation and project introduction.
		Afternoon	• Welcome lunch at a local restaurant, followed by a trip to the shops to change money and set up local phones. • Care management workshop
		Evening	• Dinner & games
3	Tuesday	Morning	• Breakfast, followed by an introduction to the school team.
		Early Afternoon	• Lunch at home
		Afternoon	• Coaching theory 1: working with young players. Followed by introduction to the youth teams.
		Evening	• Local Twi language lesson before dinner at the host family.
4	Wednesday	Morning	• Breakfast, followed by training with the school team.
		Early Afternoon	• Lunch at home
		Afternoon	• Arts and reading with students
		Late Afternoon	• Coaching theory 2 workshop: small sided games. Followed by youth coaching sessions with under 13 year old groups.
		Evening	• Dinner, followed by a movie night.
5	Thursday	Morning	• Breakfast, followed by an African drumming and dancing session.
		Early Afternoon	• Lunch at home
		Afternoon	• Coaching theory 3: formation strategies. Followed by youth coaching sessions.
		Late Afternoon	• Social visit to Aburi Botanical Gardens and traditional arts and crafts market
		Evening	• Dinner & quiz at host family
6	Friday	Morning	• Breakfast, relax with host family in the morning.
		Early Afternoon	• Lunch at home
		Afternoon	• Coaching theory 4: problem solving. Followed by youth coaching sessions.
		Evening	• Dinner and an early night before the weekend trip
7	Saturday	All day	Trip to Cape Coast. Activities include: Cape Coast Castle, beach picnic, cultural display and live music.
8	Sunday	All day	Trip to Cape Coast. Activities include: Kakum National Park, Canopy walk, Alligator watching and shopping
9	Monday	Morning	• Breakfast, followed by swimming at Royal Lees Hotel
		Early Afternoon	• Lunch at hotel
		Afternoon	• Visit to the Mamfe Palace, to meet with the Chief and listen to History of Akuapem Hills
		Evening	• Cooking lesson and dinner with host family
10	Tuesday	Morning	• Breakfast, followed by one-on-one training with players.
		Early Afternoon	• Lunch at host family
		Afternoon	• Coaching theory 5: tournament preparation. Followed by youth coaching sessions.
		Evening	• Twi language class followed by dinner.
11	Wednesday	Morning	• Breakfast, followed by shopping for the teams at the market.
		Early Afternoon	• Lunch at the school
		Afternoon	• Coaching theory 6: pre-tournament preparation. Followed by youth coaching sessions.
		Evening	• Dinner and games
12	Thursday	Morning	• Breakfast, followed visit to a bead market and cafe in Koforidua
		Early Afternoon	• Lunch at host family
		Afternoon	• Coaching theory 7: pre-tournament preparation. • Tournament begins for under 10 & 13 groups.
		Evening	• Dinner at host family
13	Friday	Morning	• Breakfast, followed by an educational trip to Aburi botanical gardens and wood market.
		Early Afternoon	• Lunch at host family
		Afternoon	• Coaching theory 8: pre-tournament preparation. Final stage of the tournament.
		Evening	• Farewell dinner at local restaurant
14	Saturday	All day	DEPARTURE: Transport to Accra airport