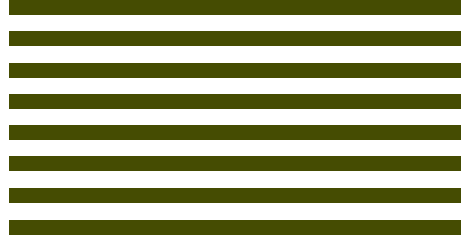


R-EVOLUTION

Dialogues in the Diaspora

GHANA | 2019

GLOBAL CONVERSATIONS | TRANSFORMATIVE TRAVELS



MISSION

through courageous conversations around the globe, we bring the diaspora to the dialogue and the dialogue to the diaspora

VISION

to uplift and unite humanity, inspiring a world where cultural appropriation is replaced by cultural humility

THE YEAR OF RETURN



As a family, we traveled to Cuba and had a life changing experience. When we came back, we knew we

wanted to take people of African descent to meet other Africans of the Diaspora. Our first journey this year is to Ghana...

President Nana Addo Dankwa Akufo-Addo of Ghana proclaimed 2019 "The Year of Return" for diasporan Africans. This year also marks the 400th anniversary of the first arrival of enslaved Africans to North America.



WELCOME

we invite artists, intellectuals, activists and visionaries of African descent to join in global travels with local and cross-continental conversations on culture and identity

Dialogues in the Diaspora

Who We Are. Who R We?

- Unity
- Self-determination
- Collective Work and Responsibility
- Cooperative Economics
- Purpose
- Creativity
- Faith

GHANA 2019 | CUBA 2020



GHANA "Year of Return"

Accra • Kumasi • Elmina/Cape Coast

Double occupancy \$1,824.00

Single occupancy \$2,024.00

Trip Deposit \$500 (non-refundable)

Departure
December 26, 2019

Return
January 4, 2020

TOUR DAYS

00

Depart San Francisco International Airport (or your departure city). (12/26/19)

01

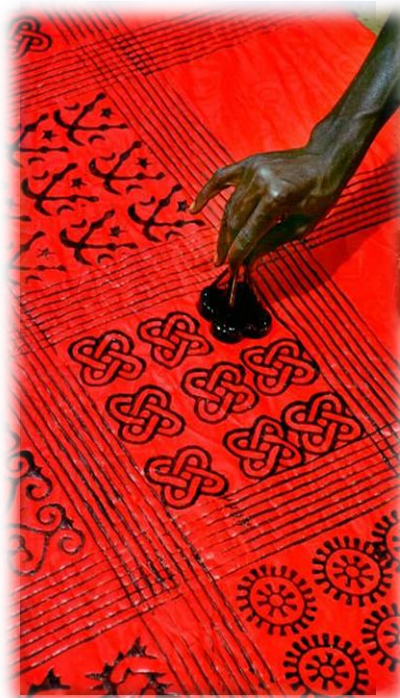
Arrival at Kotoka International Airport Accra. (12/27/19)

02

Visit Black Star Square, Kwame Nkrumah Memorial, W.E.B. Dubois Center for Pan African Culture, Padmore Library, Art Centre and dining at Chez Afrique. (12/28/19)

03

Departure for Kumasi – Noda Hotel. Visit Bonwire (the Kente Village), Ahwia (the wood carving village), and see Adinkra Cloth made at Ntonso Village. (12/29/19)



04

Visit to the Manhyia Palace Museum and the Kumasi Arts & Cultural Center. Visit Kejetia Market, reportedly the largest in West Africa. (12/30/19)

05

In route to Elmina visit Assin Manso & Last **Bath** and the Reverential Garden. Visit Cape **Coast** Castle Dungeons and participate in Thru the Door of Return. Candlelight vigil in the Cape Coast Castle Dungeons. Return to One Africa to complete ceremony with cleansing Spiritual bath in the **Gulf** of Guinea. Check into **Mabel's Table**.



06

Visit Kakum National Park, Hans Cottage Botel for lunch and Self Care Session. Visit the Elmina Castle Dungeons. (1/1/20)

New Year's Eve!

07

Check into One Africa before departing for Nzulezu, the Village on Stilts, located an hour's rowing up river from the village of Beyin. (1/2/20)

Dinner at **One Africa** with Cultural Drum & Dance Group Performance.

08

At your leisure - beach, shopping and relaxation. (1/3/20)

09

Depart for Kotoka International Airport Accra for return to U.S. (1/4/20)



10

Arrival back to San Francisco International Airport (or your original departure city). (1/5/20)



PAYMENT OPTIONS:

Credit Cards:

www.paypal.me/totalhealthinstitute

Checks/Money Orders made payable to:

The Total Health Institute

*Installment Plans have \$200 added to total cost

Ghana 2019 / Dbl. Occ. Installments:

Ghana 2019 / Sgl. Occ. Installments:

Accommodations / Tours / Transportation / Breakfast	Amount	Accommodations / Tours / Transportation / Breakfast	Amount
First Trip Deposit (non-refundable) Due now	\$500.00	First Trip Deposit (non-refundable) Due now	\$500.00
Second Monthly Trip Deposit	\$308.00	Second Monthly Trip Deposit	\$348.00
Third Monthly Trip Deposit	\$304.00	Third Monthly Trip Deposit	\$344.00
Fourth Monthly Trip Deposit	\$304.00	Fourth Monthly Trip Deposit	\$344.00
Fifth Monthly Trip Deposit	\$304.00	Fifth Monthly Trip Deposit	\$344.00
Sixth Monthly Trip Deposit	\$304.00	Sixth Monthly Trip Deposit	\$344.00
Trip Base Cost	\$2,024.00	Trip Base Cost	\$2,224.00

Estimated Flight Cost: \$1,800.00
 Estimated Trip Insurance: \$150.00 (based on age)

TRAVEL AGENTS

ElTyna McCree of A Travel Moment
 Call: (510) 435-7050
atmtravel@att.net

Kiet H. Lam of Linden Travel
 Call: (510) 763-7957
linden_travel@yahoo.com

Ghana **VISA** Fees

Single Entry Regular = \$60
 Single Entry Rush = \$100
 Multiple Entry Reg = \$100
 Multiple Entry Rush = \$200

<https://ghanavisapassport.com/online-visa>

Yellow fever vaccination certificate required

for all travellers aged 9 months or over.
 Consult your physician about other vaccines to consider.

Travel Clinics in SF Bay Area

Passport Health
 333 Hegenberger Rd., Suite 311
 Oakland, CA 94621
 Phone: 888-909-6551

Kaiser Permanente
 3779 Piedmont Ave., Ground Floor
 Oakland, CA 94611
 Phone: 510-752-5512

AITC Immunization & Travel Clinic
 101 Grove St, Suite 102
 San Francisco, CA 94102
 Phone: 415-554-2625

Kaiser Permanente
 2238 Geary Blvd., 6th Floor
 San Francisco, CA 94115
 Phone: 415-833-1804



WHAT TO PACK FOR GHANA

The following is a typical list of what might be required while you are in Ghana. If you are not traveling in a private car, then be certain to pack light.

BAGS

- Soft hold-all bag for excursions
- Smaller travel/overnight bag or day pack for traveling
- Lightweight backpack if traveling via public transit

CLOTHING

White clothing is not recommended because it is impossible to keep clean. Ghana is a very dusty place.

- Smart-casual outfit - 1 set
- Outdoor summer clothing in natural fibers - 3 sets
- Lightweight cotton long pants - 2 pair: For cool evenings or to use as sunscreen.
- Comfortable walking shoes / sandals - 1 pair each
- Undershirt / singlet - Not to keep you warm, but to keep the sweat from showing so much.
- Underwear - 4 to 6 sets
- Swimwear: Only wear this at beach or poolside.
- Sarong or multi-purpose cotton wrap-around: Useful also as sunscreen or dust cover for cameras.
- Towel / face cloth / bandana / handkerchief
- Hat in neutral tones
- Sunglasses

TOILETRIES

- Toothbrush, toothpaste, soap, shampoo, conditioner, deodorant (not antiperspirant), shaver, brush & comb, moisturizing cream, decongestant, anti-fungal.
- Sunscreen lotion/sunblock, lip-aid and floss: These are particularly difficult to obtain in Ghana.
- Prescription drugs/small private medical kit (pain killers, plasters, antiseptic spray) / contraceptives / tampons
- Contact lenses / lens fluid / spare glasses
- Malaria tablets
- Insect repellent (containing DEET is best)

Travel Tip Links for Ghana

- <https://theculturetrip.com/africa/ghana/articles/top-tips-to-know-before-travelling-to-accra/>
- <https://www.goabroad.com/articles/study-abroad/5-things-your-travel-guide-won-t-tell-you-about-ghana>
- <https://www.tripadvisor.com/Travel-g293796-c61961/Ghana:Faq.Trip.To.Ghana.Start.Here.html>
- Trace your Ancestral DNA: <https://www.ancestry.com/dna>

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