



# ONE SPIRIT GHANA STUDY TOUR

## WEST AFRICAN DRUM, DANCE AND CULTURAL STUDY TOUR

SEPT 20<sup>th</sup> – OCT 10<sup>th</sup> , 2020

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GHANA, WEST AFRICA





# **WELCOME TO ONE SPIRIT GHANA STUDY TOUR**

An epic cultural development tour that will change your life! Join our three-week African drum and dance cultural study program with master renowned drummers, dancers, percussionists and music teachers from Ghana, West Africa led by renowned percussionist Fred Nii Addo.

Tour Date: Sept 20<sup>th</sup> - Oct 10<sup>th</sup>, 2020

Contact Us:

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E-mail: [niikpakpoaddooz@gmail.com](mailto:niikpakpoaddooz@gmail.com)

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# STUDY PROGRAM

The One Spirit Africa Study Tour is an epic cultural development tour focused on West African drumming, dance and music. Tour participants will study traditional African drumming, dance, rhythms, language, and culture 5 hours daily, all while enjoying the beautiful Ghanaian coastline; it is the perfect way to gain valuable personal, academic, and professional skills abroad.

The program is centered in Nungua, a village on the outskirts of Ghana's capital and is open to all who wish to join, with one to two-week options being available if unable to commit to the full three-week course. Dances and drumming taught range from traditional rhythms specific to many Ghanaian ethnic groups and rhythms of neighboring countries in West Africa, played on both djembe, dundun and kpalogo drums.

We offer extra drumming and dance lessons along with tuition in Dunun, Balafon, Kora, Mbira, Talking Drum, Flute and more. Rates are given per person hourly. [Click Here](#) to see our hourly rate for private lessons.





# AFRICAN DANCE AND MUSIC

Unleash the dancer in you! With our exciting African dance course twice daily, you'll learn traditional West African dance from our professional dance teachers. You'll study a range of dances accompanied by traditional rhythms specific to many Ghanaian ethnic groups and rhythms of neighboring countries in West Africa. Students will work on improving form, endurance and repertoire. Every dance move will be broken down step by step, taking the time to master the postures and techniques for each rhythm.







# TEACHERS & TOUR GUIDE

Students will study with the best artists and most experienced teachers in the region.

Fredrick Kpakpo Addo is a well-known Ghanaian master dancer, drummer, multi-instrumentalist and choreographer based in Victoria, Australia, who has over 25 years' experience in performance and has toured Sweden, Israel, New Zealand, USA and many African countries.

Fred is also the founder of One Spirit Africa. A musical band that performs with high-energy, colorful costumes and offers good vibes at festivals, school workshops, corporate events, dance workshops and community events under the guidance of Multicultural Arts Victoria and Universal Peace Federation Ambassador Fredrick Kpakpo Addo, aim is to promote peace and unity through music.







# ACCOMMODATION



Safety is our number priority while on tour. We provide a hospitable lodging for our students on the tour. Students will stay at our Turtle Beach Guest House situated in the heart of Nungua on the outskirts of Accra, Ghana's capital. Rooms are single and or shared with other students and will have your own toilet and shower. All bed linen will be supplied but students will need to bring towels.



The rooms will be serviced, and arrangements can be made for laundry etc. There are Atlantic Ocean views and we're just a short walk to the sandy coastline. More than just a place to rest your head, the Lodge also serves as a cultural center for travelers.



# MEALS ON TOUR



Our hospitable host-family will welcome you, share their culture and cook for you their traditional and delicious food. Students will be served freshly cooked delicious Ghanaian meals (breakfast and dinner) will be provided daily, with a healthy mix of fruits, vegetables, meat, dairy, and bread.



You will enjoy delicious meals like rice and chicken, vegetable's stew and yam and some Ghanaian cuisine like fufu and soup, banku and okra stew. Vegetarian options and fresh fruits are regularly available. Our host-family is happy to accommodate for any dietary requirements.



If you've any dietary requirements just let us know and will be happy to accommodate and make you feel at home and happy while having an amazing tour experience.





# ENTERTAINMENT & FUN

Entertainment is a big part of what brings culture, music and diversity alive in Ghana. We offer a variety of fun entertainment package while on tour. Explore local arts, reggae music nights and traditional festivals to have a unique cultural experience.

Immerse yourself into the traditional knowledge of enstooling local chiefs to local musical festivals, and learning about the rituals performed, live band music, batik cloth dyeing and much more.

**Below are some fun events you can enjoy while on tour.**

- Reggae Music Night
- Local Festivals
- Kente/Batik Weaving
- Local Market Trips
- Community Involvement
- Cooking Lessons
- Relaxing time at the beach







## TOUR PACKAGE & RATE(per person)

With the flexibility of our tour schedule, students can choose how to go for. You can join the tour from one to two-week options being available if unable to commit to the full three-week course.

1 Week	2 Weeks	3 Weeks
\$ 1000.00 AUD	\$ 1900.00 AUD	\$ 2800.00 AUD

### Early-bird special:

Bookings made by July 20th, 2020 get \$100 off for our 2-3 weeks course. To confirm early-bird discount, a \$700 deposit is required and must be paid by July 24, 2020. Full payment of tour fee is due by August 28th, 2020.

### What is included in tour rate:

- Airport Pick up and drop-off
- Accommodation
- 3 freshly cooked meals daily
- Group tuition
- Sightseeing within Accra
- Entertainment
- Ground transportation to workshop grounds.

### Tour rate does Not include:

- Airfares, Visas, Insurance, Drums
- Weekend sightseeing outside of Accra

Wi-Fi/Internet Service – *Calling minutes and or Wi-Fi modem can be purchased cheaply from local vendor.*





# TOUR PACKAGE & PAYMENTS

## PAYMENTS

A \$700 deposit is required to secure early bird discount and secure your spot. The remaining balance should be paid by August 28, 2020. Deposit paid are deducted from tour fee. It is not an additional charge.

All payment can be made via online or by money order. We also accept payment in cash. Cheque payment is Note acceptable.

## CANCELLATION POLICY

All payments are subject to the conditions of our refund policy once the payment is received.

Cancellation within 90-days before start date, 75% of tour fee paid is refundable. Cancellations within 45-days before program start date, 50% of tour fee paid is refundable. All cancellations with 30-days before program start date tour fee paid or deposit paid is non-refundable.



# CUSTOM GROUP TOUR

Our custom group tour offers the option for group travel any time of the year for those looking to put together their own group trip. The program alternately is ideal for school groups, educators and or corporate groups and we create a tailored experience for their specific group.

Study traditional African drumming, dance, music and enjoy fun weekend sightseeing opportunities with your group. We offer discounted group rates, for a group of 15-35 or more. We can accommodate any group size and will design and facilitate a program exclusively for your group.

## GROUP TOUR RATE (PER PERSON)

1 Week	2 Weeks	3 Weeks
\$ 900.00	\$ 1600.00	\$ 2300.00

**Tour dates are flexible and open year-round.**

A \$500 deposit is required to secure booking. The remaining balance should be paid within 30-days of tour start date. Deposit paid are deducted from tour fee. It is not an additional charge.

Incase of any date changes and or cancellations, we can reschedule tour at a small fee. You can speak with our tour director about fees and making changes to tour dates.

Have questions about our Custom Group Tour?  
Contact Fred Nii Addo: +614703607

**E-mail:** [niikpakpoaddooz@gmail.com](mailto:niikpakpoaddooz@gmail.com)

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# GETTING TO AFRICA



## VISA'S

All students and participants are required to obtain a visa from the nearest Ghanaian Representation (Embassy, Consulate or High Commission) in their country. We provide “letter of invitation” to include when applying for your visa.

Find below Ghanaian Consulates/Embassies and their websites:

Australia - website: [www.ghanahighcom.org.au](http://www.ghanahighcom.org.au)

USA - website: [www.ghanaembassy.org](http://www.ghanaembassy.org)

UK - website: [www.ghanahighcommissionuk.com](http://www.ghanahighcommissionuk.com)

Canada - website: [www.ghc-ca.com](http://www.ghc-ca.com)

Other General Countries - website: [www.embassyworld.com](http://www.embassyworld.com)

## AIRFARE

All students and tour participants are responsible for booking and paying for their own airfare. Air fares range from \$1200 - \$2500 USD, depending on where you depart and who you book with.

You can book your flight from the following websites:

[www.allcheapfares.com](http://www.allcheapfares.com)

[www.kayak.com](http://www.kayak.com)

[www.tripadvisor.com](http://www.tripadvisor.com)

[www.vayama.com](http://www.vayama.com)

[www.lonelyplanet.com/flights](http://www.lonelyplanet.com/flights)



# FAQ'S



## *Do I need VACCINATION?*

Students are required to obtain recommended vaccinations before their trip to Ghana.

## *The following vaccines might be recommended:*

Hepatitis A, Hepatitis B, Malaria, Meningitis, Rabies, Typhoid Yellow Fever - a certificate of yellow fever vaccination may be required for entry into Ghana.

For advice on other vaccinations you can refer to the Center for Disease Control traveler's health recommendations ([wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel))

## *What happens when I arrive at the airport in Ghana?*

We'll be there to pick you up. Once you've and cleared customs, make your way to the outside area at Arrivals. A member of our team will have a board with your name and reference to **One Spirit Africa Tour**.

## *Where will I stay?*

Our students on the tour will stay at our beach side Turtle Beach Guest House.

## *How can I stay in-touch with family and friends?*

Students on the tour can access local internet Café or personal modem to access and use Wi-Fi to communicate with family and friends regularly and purchase minutes for calling cheaply.

## *Can I use my Credit/Debit Card or check in Ghana?*

ATM's and banks in Ghana do accept foreign transactions. Ensure that your bank authorizes foreign transactions and ATM limits. Also let your bank know you're travelling to Ghana and might use your CC.

## *What type of Visa do I need?*

We recommend applying for tourist visa which is valid for 90days from the date issued. We'll provide an invitation letter and contact reference to include with your visa application.

## *What clothes can I bring?*

Ghana has a warm weather and can be humid, so we advise bringing summer clothes, tank tops and any comfortable summer clothes. Casual clothes are recommended as well.



# FAQ'S



## *What sightseeing places in Ghana can I visit?*

Ghana stands out as a preferred tourist destination in Africa with its rich and glorious history, art, and natural scenic beauty. You can visit Ghana's coastal forts, poignant reminders of a page of history that defined our modern world. Our tour guide can arrange an amazing sightseeing adventure taking you on a tour to intimately show you life in Ghana, safely and comfortably.

## *How secure will my valuables be at the lodge?*

Our beach side Turtle Beach Guest House is safe with onsite security and all rooms are locked. All your valuables will be safe.

## *Can I bring other friends and family with me?*

Yes, you can bring non-drumming friends and family. However, we charge same tour rate for anyone you bring with you on the tour.

## *Can I bring anything for donations that would be useful or valuable?*

With our giving back to the community, we recommend educational items like books, kids flip flops and flash drives. Soccer balls and footballs are always popular. Stationary for the kids especially!



# TOUR PROGRAM SUPPORT AND SAFETY



At One Spirit Africa we put the safety and welfare of all our students and tour participant our top priority. We provide 24/7 tour support program, emergency contact and care efficiently right from your arrival till the tour completion.

If you wish to travel, go out with a friend, or do anything outside of the tour program, talk to your program coordinator first and we will advise you on what to do and what not to. Your safety is always our priority.

Our tour program coordinator will be your point of contact upon arrival, we will ensure that you receive all the support, care and advice needed to make your tour experience memorial and life-changing.

Our program coordinator is flexible, super friendly, open-minded and willing work with you on every level of your program to ensure your success and a great experience.

**We hope this Tour Pack has given you a better understanding of our program.**

Still have questions or need more information?

Contact Fred Nii Addo: +614703607

**E-mail:** [niikpakpoaddooz@gmail.com](mailto:niikpakpoaddooz@gmail.com)

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# BOOKING

## Ready to Book?

Sign Up Now >> [Click Here](#)

For Enquires, Contact  
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