

HEIFER INTERNATIONAL SENEGAL/GHANA STUDY TOUR

Tentative Itinerary: March 8 - 20, 2010*

Date	Activity	Responsible Person	Remarks
Monday March 8, 2010 Day One Senegal	<ul style="list-style-type: none"> • Arrival at the Leopold Sedar Senghor International Airport (DKR) in Dakar, Senegal • Tour agency will pick up participants at the airport and take them to hotel in Thies • Group dinner with participants and Heifer Senegal staff (if accommodating flights are available) 	Gustave	<p>Approx. 1-2 hrs. drive from airport to hotel</p> <p>Overnight at the Massa Massa Hotel in Thies</p>
Tuesday March 9, 2010 Day Two Senegal	<ul style="list-style-type: none"> • Breakfast at La Massa Massa Hotel • Short participant orientation activity lead by Study Tour Leader • Welcome and orientation to Heifer Senegal - meet staff, tour office, presentation on Heifer's work in Senegal • Lunch in Bandia • Visit Bandia Park • Dinner at the Massa-Massa Restaurant 	Francis & Etienne	<p>Approx. 45 min. drive to Town</p> <p>Overnight at the Massa Massa Hotel</p>
Wednesday March 10, 2010 Day Three Senegal	<ul style="list-style-type: none"> • Breakfast at La Massa Massa Hotel • Visit "Fandène Diversified Production Initiative (DPI) Project" in Thies Region (#21-0702-01) - attend PSRP Training session • Have lunch in the community • Free time to shop in Thies • Debriefing/reflection time • Dinner at the Massa-Massa Restaurant 	Etienne, Gustave, & Daouda	<p>Approx. 25 min. drive to project</p> <p>Overnight at the Massa Massa Hotel</p>
Thursday March 11, 2010 Day Four Senegal	<ul style="list-style-type: none"> • Breakfast at La Massa Massa Hotel • Visit "Baback Integrated Sheep and Crop Project" (#21-0703-01) • Have lunch in the community • Debriefing/reflection time • Dinner at the Massa-Massa Restaurant 	Francis, Etienne, Gustave & Daouda	<p>Approx. 1 hr. drive to project</p> <p>Overnight at the Massa Massa Hotel</p>
Friday March 12, 2010 Day Five Senegal	<ul style="list-style-type: none"> • Breakfast at La Massa Massa Hotel • Visit Slave Castle of Gorée Island • Lunch in Gorée • Tour of Dakar city • Dinner at a local restaurant in Dakar 	Francis & Tour Guides	<p>Approx. 2 hrs. drive to Goree</p> <p>Overnight at the Massa Massa Hotel</p>
Saturday March 13, 2010	<ul style="list-style-type: none"> • Morning flights from Dakar to Accra, Ghana 	Francis	<p>Approx. 2.5 hr long flight</p>

<p>Day Six</p> <p>Senegal to Ghana</p>	<ul style="list-style-type: none"> • Arrival at the Kotoka International Airport (ACC) in Accra, Ghana • Heifer Staff and tour agency will pick participants up at the airport and take them to the hotel • Lunch at Mensvic Hotel • Welcome and orientation to Heifer Ghana - meet staff and tour office, presentation on Heifer's work in Ghana • Visit Kwame Nkrumah mausoleum in Accra • Group dinner with participants and Heifer Ghana staff 	<p>Abraham, John, Doreen & Tour Agency Rep.</p>	<p>Approx. 45 min. drive from airport or Town to Hotel</p> <p>Overnight at the Mensvic Hotel Website: http://www.mensvichotel.com/contact.htm</p>
<p>Sunday March 14, 2010</p> <p>Day Seven</p> <p>Ghana</p>	<ul style="list-style-type: none"> • Breakfast at Mensvic Hotel • Attend PSRP Training session of the "Small Scale Dairy Project" (#21-1033-01) in Abokobi- Greater Accra Region • Have lunch in the community • Debriefing and reflection with mid-trip evaluation (conducted by Study Tour leader) • Dinner at the hotel or local restaurant 	<p>Abraham, John, & Roland</p>	<p>Approx. 45 min. drive to project</p> <p>Overnight at Mensvic Hotel</p>
<p>Monday March 15, 2010</p> <p>Day Eight</p> <p>Ghana</p>	<ul style="list-style-type: none"> • Breakfast at Mensvic Hotel • Visit four participants of the "Small Scale Dairy Project" (#21-1033-01) in Nsawam, to observe and take part in small scale yogurt, milk shake and cheese processing • Have lunch in the community • Debriefing/reflection/workshop • Dinner at Mensvic Hotel 	<p>Abraham, Roland & Ghamli</p>	<p>Approx. 1 hr. drive to project</p> <p>Overnight at Mensvic Hotel</p>
<p>Tuesday March 16, 2010</p> <p>Day Nine</p> <p>Ghana</p>	<ul style="list-style-type: none"> • Breakfast at Mensvic Hotel • Departure for Cape Coast/Elmina • Check into Elmina Beach Hotel • Lunch at Elmina Beach Hotel • Free time with optional visit to Cape Coast Central Market and visit to Elmina fishing community • Dinner at Elmina Beach Hotel 	<p>Abraham, Ghamli & Oheneba</p>	<p>Approx. 3.5 hrs. drive to Cape Coast/Elmina</p> <p>Overnight at Elmina Beach Hotel Website: http://www.gbghana.net/pgs/elmina.php</p>
<p>Wednesday March 17, 2010</p> <p>Day Ten</p> <p>Ghana</p>	<ul style="list-style-type: none"> • Breakfast at Elmina Beach Hotel • Visit "Disabled and Youth Livestock and Beekeeping Project" (#21-1036-01) • Lunch at Elmina Beach Hotel • Debriefing and reflection • Free time 	<p>Abraham, Ghamli & Oheneba</p>	<p>Approx. 45 min. drive to project</p> <p>Overnight at Elmina Beach Hotel</p>

	<ul style="list-style-type: none"> • Dinner at hotel or local restaurant 		
Thursday March 18, 2010 Day Eleven Ghana	<ul style="list-style-type: none"> • Breakfast at the Elmina Beach hotel • Check out of Hotel and travel to Accra from the Central Region with packed lunch • Visit the "Accra Prison Project: Reintegration of Prison Inmates into the Community" (#21-1032-01) in the Central Region in route • Lunch on the way • Return to Accra • Dinner at the hotel 	Abraham & Ghamli	Approx. 3 hrs. drive from Central Region to Accra Overnight at the Mensvic Hotel
Friday March 19, 2010 Day Twelve Ghana	<ul style="list-style-type: none"> • Breakfast at Mensvic Hotel • Visit DuBois Memorial Centre in Accra or/and Art Gallery • Lunch at Traffix Restaurant in Accra Central • Visit Accra Central Makola Market, Art and shopping centers • Final debriefing and study tour reflection • Closing celebration dinner with Heifer staff and Ghanaian Cultural Troupe 	Abraham, John, Roland & Dorinda	Overnight at the Mensvic Hotel
Saturday March 20, 2010 Day Thirteen Ghana	<ul style="list-style-type: none"> • Return flights to the United States from the Kotoka International Airport (ACC) in Accra, Ghana 	Abraham, John & Dorinda	Day rooms and meals at Mensvic hotel if necessary

**Please Note: The itinerary is tentative and subject to change at any time, even once a trip commences.*

The Heifer staff you will meet are:

Francis Bouba-Dalambaye - Heifer Senegal Project Manager
Gustave Guy – Heifer Senegal Social Development Officer
Etienne Dog – Heifer Senegal Project Officer
Daouda Ndao – Heifer Senegal Project Officer
John Heloo – Heifer Ghana Country Director
Roland Kanlisi – Heifer Ghana Deputy Country Director
Abraham Nti – Heifer Ghana Accountant
Dorinda "Doreen" Ainge – Heifer Ghana Secretary/Front Desk
Ebenezer Ghamli – Heifer Ghana Zone 4 Project Coordinator

