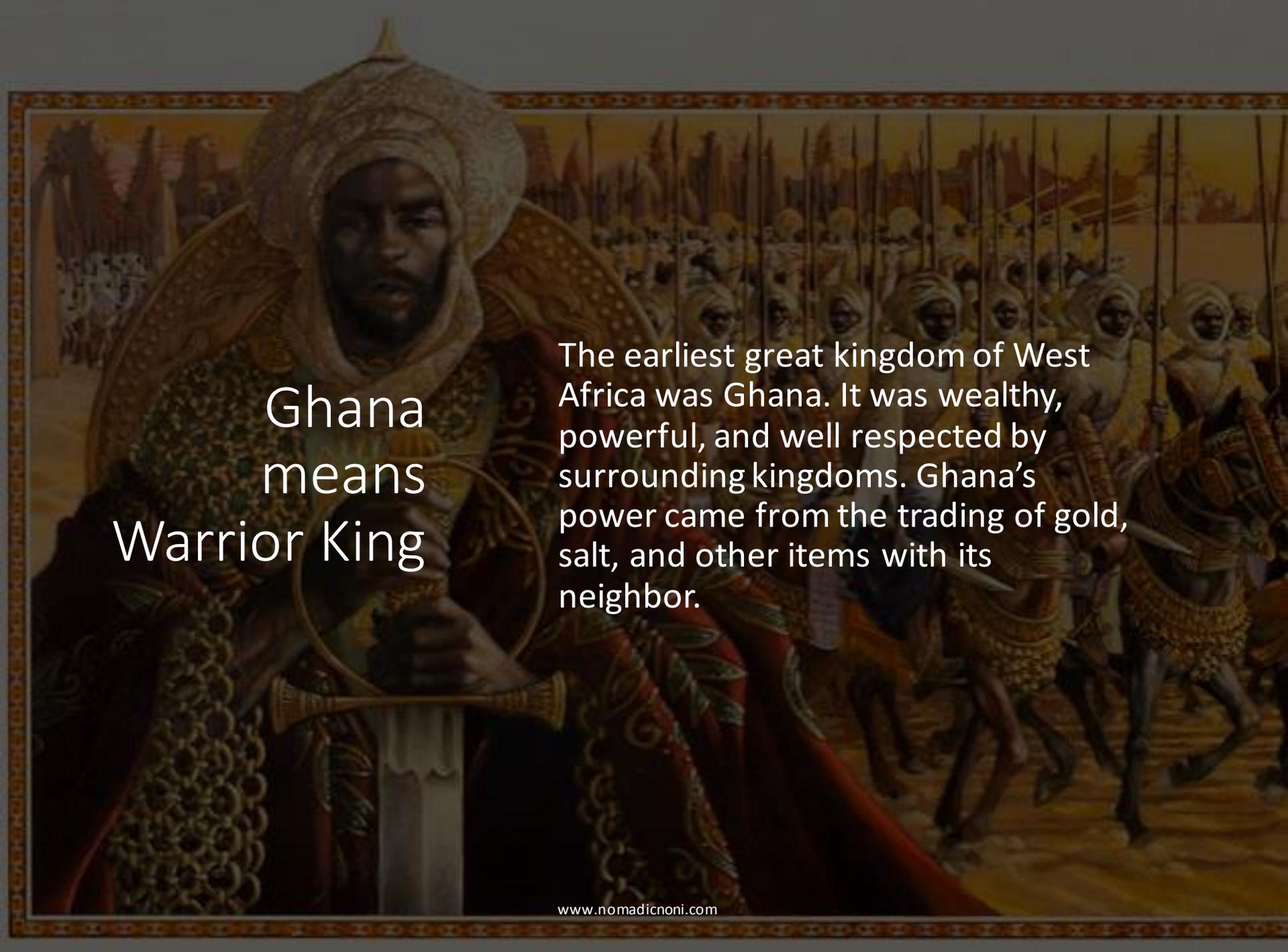


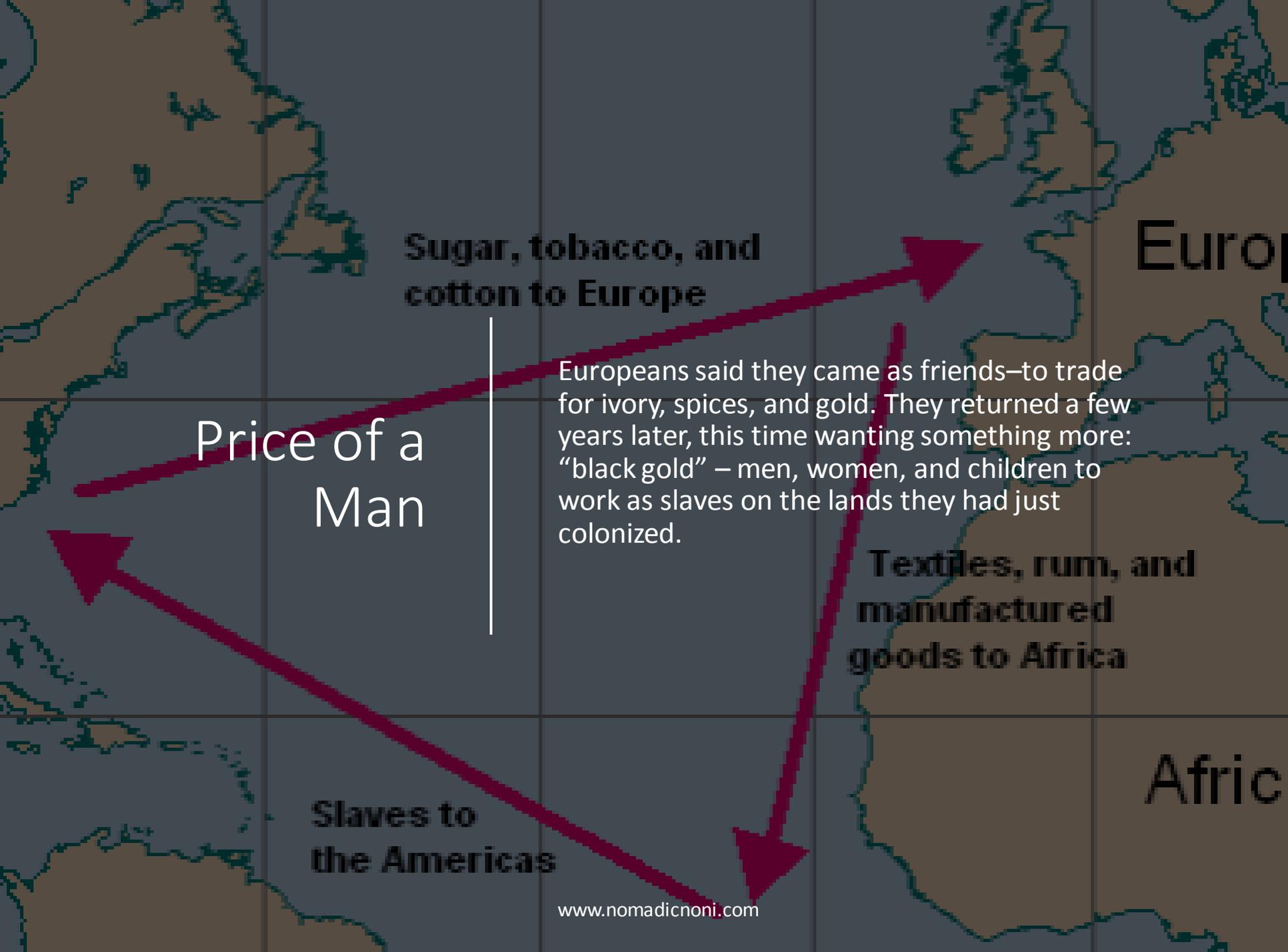
Akwaaba
Welcome





Ghana
means
Warrior King

The earliest great kingdom of West Africa was Ghana. It was wealthy, powerful, and well respected by surrounding kingdoms. Ghana's power came from the trading of gold, salt, and other items with its neighbor.



Sugar, tobacco, and cotton to Europe

Europe

Price of a Man

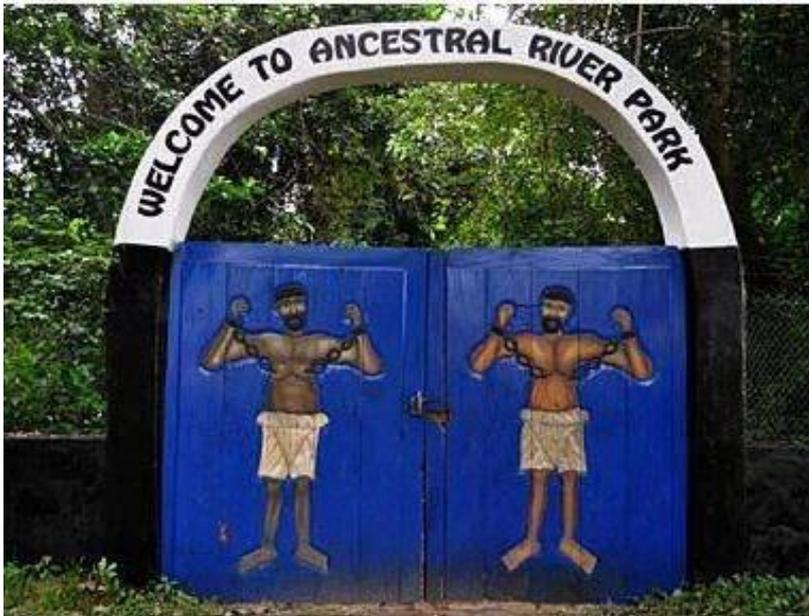
Europeans said they came as friends—to trade for ivory, spices, and gold. They returned a few years later, this time wanting something more: “black gold” – men, women, and children to work as slaves on the lands they had just colonized.

Textiles, rum, and manufactured goods to Africa

Africa

Slaves to the Americas

Assin Manso



- The village of Assin Manso is about 60 miles northwest of Cape Coast.
- According to the history of the village, Africans who were captured by the slave traders were taken to the village for preparation for the long march to Cape Coast Castle. The significance of this area is that it was the place not only where the Africans were kept, but is served as the final bathing place for the African before being transferred to the castles. They would be fatten up so that they could be sold at a higher price once they reached the Americas.



Ghana Culture & Culinary Excursion

Designed for the curious food lover who is ready to explore new flavors and spices, this excursion will enable you to indulge your taste buds while immersing you in Ghanaian and West African culture. Imagine cooking on an idyllic beach with the sea breeze to cool you down, while you receive instruction from a West African chef and culinary instructor. As part of this experience, explore one of the largest markets in West Africa with your host family and bargain for foodstuffs in typical Ghanaian fashion. Then, return to your host family's home and cook a typical Ghanaian meal together. This tour promises to be a once in a lifetime experience, where you will share and prepare delicious meals, and learn about West African culture and hospitality.



Experiences include:

- Meet and cook with African families and chefs
- Visits to traditional African markets to shop for spices, meats, vegetables and more
- Lecture on African food history
- Accra city tour
- Visit Kumasi, the seat of Ashanti Empire
- Visit a Cocoa plantation and processing plant





Join the Journey July 15-24, 2019

Excursion Package:

- Airport transfers
- 3-Star Hotel Stay
- Meals
- Ground transportation
- Attraction fees
- English Speaking Guide

Package Price

- \$2,475pp Double Occupancy
- \$600pp Single Supplement
- \$250pp deposit due to reserve space
- Payment Plan Available



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connections between
Africa and the Diaspora.