Passionate about helping the less fortunate? Tired of expensive volunteer abroad companies?

√ Guaranteed, the best price starts $135
√ Pay directly to your host families and projects
√ 18 countries, 200 projects, & 17,000 happy volunteers
√ It will change you forever....

Ghana

Pre-registration Booklet 2015

www.ifrevolunteers.org
Guaranteed, the best price and value
Pay directly to your host families and projects
18 countries, 200 projects, & 17,000 happy volunteers
It will change you forever...

IFRE Volunteers, a 501 C 3, is one of the leading volunteer abroad programs based in Dallas Texas. Since 2005, IFRE volunteers’ has been offering life changing volunteer abroad experience to thousands of volunteers. A volunteer trip with IFRE will change you forever. In our volunteer abroad program, you will discover your purpose while making a dramatic impact on the lives of incredible people who desperately need you!

Our Mission

The mission of IFRE Volunteers is to offer the most affordable as well as the highest quality volunteer and humanitarian abroad experiences - enabling us to make a contribution for all of humanity in its quest to make the world a better place. Through our volunteer and humanitarian trips abroad, we aim to spread love and compassion worldwide while improving the lives of destitute children and less-fortunate communities. We at IFRE also seek sustainable solutions in the fields of education, healthcare, conservation efforts and development issues through international volunteering.

Our Partners and Coordinators

IFRE works with terrific country co-ordinator, most of them are mature, educated, socially respected, and having long history of working with international volunteers. Before joining IFRE Volunteers, our country coordinators were working as a expedition leader, social worker, trek leaders, teachers, and other professional. Country- coordinators of IFRE Volunteers have tremendous enthusiasm to their job. They are committed for a high quality and responsible program in their native country. National co-ordinator is your main contact when you will be in your placement. He/she will help you on:

- Airport receive and transfer
- Management of room and food in host family/hostel
- Orientation of local country, culture, host family, safety, and related issues
- Introduce you to your host family and project staffs
- Periodic follow up visit to ensure everything going good for you
- Offer advices to solve any issues, problems, and concerns

About IFRE
Why IFRE Is Unique Compared To Other Volunteer Abroad Programs?

The Most Affordable Fee - Internet research shows us as the most affordable volunteer program

At IFRE, we are committed to making Volunteer Abroad possible for everyone. So when you join us you not only pay lowest fee in the world, but you also pay it directly to your host family or to the project. This way, people who need and deserve the money get it. Our commitment to providing volunteer programs for all ages and interest has made us a leading volunteer abroad provider in the world with unbeatable prices.

Pay Your Fee Directly To Host Families

Thousands of volunteers join volunteer abroad program and pay as much as $3000 for a 2 weeks experience. Unfortunately, only a small portion of it goes to the host family/project. And when you stay with the host family, gradually you learn that your host family is getting a very small fraction of it. You may wonder “where the heck is all that money going” and “does anyone actually care about the projects and host families”? Therefore, to maintain the honesty and financial transparency, we adopted a model where you pay your fees directly to the host families and projects (through country coordinator).

Our Experience Of 8 Years & 17,000 Happy Volunteers

When you join IFRE volunteers, you will be part of an establishment which has received highly positive feedback and become a reputed volunteer organization globally.

There are hundreds of online reviews on what volunteers are saying about IFRE. [http://www.ifrevolunteers.org/volunteer_testimonies.php](http://www.ifrevolunteers.org/volunteer_testimonies.php)
Ghana - Country details

Ghana is blessed with a beautiful landscape, pristine beaches at Busua and Dixcove, lakes, abundant animal life plus safari opportunities and a rich culture. Visitors can enjoy exploring Cape Coast Castle and other remains of European forts. Busy Accra is the business and cultural center of the country. Kumasi is home to the Ashanti people and their fascinating artworks. Fascinating wildlife awaits you at Mole National Park, where some of the 90 mammal species include elephants, baboons, warthogs and waterbucks make their homes. Or try carefully maneuvering over a rope and cable canopy walkway in Kakum National Park, where you can see how many of the 600 butterfly varieties you can find here.

Projects
- Work in Orphanage Projects (Accra, Kumasi, Abor, Hohoe & Vakpo)
- Teach English in Rural Schools (Accra, Kumasi, Abor, Hohoe & Vakp)
- Health/Medical Projects (Accra, Hohoe & Vakpo)
- HIV/Aids Projec
- Summer Volunteer and Adventure Program Ghana (4 Weeks)

Schedule

Our programs start every Monday, although we allow for flexibility due to travel constraints. Programs last from 1 to 12 weeks.

“It was very reassuring to be picked up from the airport and transferred to the hostel and the placement as well as knowing that there was always support available at the IFRE office. I really enjoyed the experience.”

- Claire Gomer
Volunteer Program Fees & Dates

**Start Dates:** Our programs start every Monday, although we allow for flexibility due to travel constraints.

IFRE is a 501(c)3 organization, so your program fee will be tax deductible. IFRE Volunteers is proud to offer the world’s best fee. Our programs are now more affordable than ever. We are proud to focus on the humanitarian aspect of our business, not on profit. We work very hard and smart to keep our costs down, especially for the volunteers because we know the value of your donated time and efforts. We remain devoted to maintaining both the quality of the program and the safety of all volunteers involved. Below is a brief summary of the program fee and services that IFRE Volunteers offers.

IFRE fees comprise of two separate fees. An application fee of $299 USD (covers advertising, staff/office expenses, etc.) and a nominal weekly program fee (covers room/board, field support, etc). You will pay your fee directly to host families and projects. In this way, what you pay will go for you or people who deserve it (not for profit).

### Volunteer Program Fee (US$)

<table>
<thead>
<tr>
<th>Duration</th>
<th>Projects</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Week</td>
<td>$135</td>
</tr>
<tr>
<td>2 Weeks</td>
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<tr>
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<tr>
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<td>6 Weeks</td>
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<tr>
<td>11 Weeks</td>
<td>$1,044</td>
</tr>
<tr>
<td>12 Weeks</td>
<td>$1,131</td>
</tr>
</tbody>
</table>

* Airport Pickup and Transfer (1 hour) $50
* Comprehensive Travel Insurance $3.49/day
* Language and Culture Program fee $250
* Summer volunteer and adventure (4 weeks include travel) $1869

**What’s Included:**
- Accommodation & Meals
- Comprehensive Travel Insurance
- Airport Welcome
- Country Coordinator Support
- Volunteer Care and Other Services

“This was a fantastic experience from start to finish, from being picked up at the airport at exactly the agreed time, everything continued in this way.

- Simon Williams
Eating and sleeping

Volunteers stay in home base in Ghana, which is about an hour drive from Accra. It is a safe, secure and comfortable place for volunteers to stay and meet other volunteers. If a project is located far from the home base or when our home base is fully occupied with volunteers, volunteers are placed with host families that are carefully screened, socially respected and experienced with hosting international volunteers. Our field staff visits volunteers regularly and are always happy to help our volunteers in any way needed. We offer 3 meals a day of local cuisine which are breakfast, lunch and dinner.

Volunteers’ qualifications

No special skills are required for participating for most IFRE programs other than being open-minded, passionate about serving humanity, physically fit and ready for the hardships of living in a developing country. Volunteers for health projects need to be a medical professional or studying to become one. Teachers in English teaching projects must be fluent in English. In health project, volunteers must be either medically trained professionals (doctors or nurses) or currently on the process of being trained (medical students). You must produce proof of this.

Orientation

The seven-day Language and Cultural Immersion Program offers unique insight into Ghanaian culture and living. Participants will learn basic words and phrases in local language. Some knowledge of local do’s and don’ts will be shared. Knowledge on everything from politics to transportation will be passed along as well. Volunteers will also be taken on a sightseeing tour.

Volunteers who do not opt for the Language and Cultural Immersion Program will get a 1- to 2-hour country orientation session.

Daily Life of a volunteer

The day to day agenda of volunteers varies according to the project, season and location. Here is a typical schedule:

7AM - 8AM: Wake up, enjoy breakfast and get ready for the project.
8AM - 10AM: Arrive in the project, discuss about daily schedule with project coordinator and other agendas.
10AM - 12Noon: Work in the volunteer projects alongside local staffs.
12Noon - 1PM: Launch break, relax, and rest.
1PM - 3PM: Work in volunteer project.
3PM - 4PM: Wrap up volunteer work for the day and head home to either host family or home base.
After 4PM: Your free time - use it to explore the country, culture, or just simply rest and relax.

The IFRE staffs were extremely helpful and warm. They made my time while volunteering unforgettable. The children in my project were amazing and the project was so rewarding. I loved every second.

- Shandah Inglis
Arrival Information

Arriving

Volunteers will fly in and out of Kotoka international Airport, Accra. Make sure to let IFRE know about your travel details. You will be picked up by an IFRE representative and taken to the home base.

Visas

While tourist visas can be obtained upon arrival in Accra, IFRE recommends its volunteers to get a visa in a Ghanaian embassy or consulate, as getting a visa on arrival is marked by chaos and a long line.

Safety

Nothing is more important at IFRE than the safety of its volunteers. Families, staffers and the status of destination countries have all been carefully considered and screened long before projects are decided upon. Four layers of safety are provided for our volunteers: the country coordinator, project staff, field staff and comprehensive insurance coverage.

Vaccinations

There are several vaccinations you can take before arrive in Ghana. We’ve advise you to get vaccinations below after consulting with Centers for Disease Control traveler’s site. You should consult a doctor also.

The following vaccines may be recommended for your travel to Ghana.

- Routine (Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.)
- Yellow Fever
- Polio
- Meningitis Malaria
- Rabies
- Hepatitis A or immune globulin (IG)
- Hepatitis B
- Typhoid

Applying

To apply to become an IFRE program volunteer, visit www.ifrevolunteers.org/apply-now.php and download the application you find there. It can be submitted online, or sent by mail or fax to IFRE’s US-based office.

Airfare

Airfare is the responsibility of the volunteer. To get a cheap flight you must book your ticket two to three months before your travel time. Good deals on airfare can be found at:

www.kayak.com
www.bargainbox.com
www.travelzoo.com
Lastly

We appreciate the interest you have taken in the rewarding programs offered by Institute for Field Research Expeditions. You are about to embark on a life-changing adventure!

Best Regards,

IFRE Volunteers
8500 N Stemmons Frwy #5030K
Dallas, TX 75247
1-800-675-2504 (toll free: US)
0-800-310-1437 (toll free: UK)
Tel: 214-390-7950 (overseas)
Fax: 214-666-3169
info@ifrevolunteers.org

Note: Information given in this guidebook can change, depending on variances in the field situation. Please see our website for recent and updated information.

Thank you