

Akwaba to Ghana

The etymology of the word Ghana means "warrior king" and was the title accorded to the kings of the medieval Ghana Empire in West Africa.



Map of Ghana.

Country

Ghana, officially called the Republic of Ghana located along the Gulf of Guinea and Atlantic Ocean, in the subregion of West Africa. Ghana is bordered by the Ivory Coast in the west, Burkina Faso in the north, Togo in the east and the Gulf of Guinea and Atlantic Ocean in the south.

Capital: Accra

Mass land: 238,535 km²

Currency: Ghana cedi

Official language: English

Population: 26,9 Million

Big cities: Accra, Kumasi, Tema, Cape Coast, Ada Foah, More

Climate

The climate of Ghana is tropical. The eastern coastal belt is warm and comparatively dry, the south-west corner of Ghana is hot and humid, and the north of Ghana is hot and dry. There are two main seasons: the wet and the dry

seasons. Ghana's coastline is dotted with sandy palm-fringed beaches and lagoons. A narrow grassy plain stretches inland from this, widening in the east, while the south and west are covered by dense rainforest.

Standard time zone in Ghana is GMT hour.

Population

The population of Ghana is divided into some 75 ethnic groups. In the recent census of 2014 the estimated population of Ghana is over 26,000 000(females-51%, males 49), giving the country an overall population density of 78 persons per sq km (201 per sq mi).

The most densely populated parts of the country are the coastal areas, the Ashanti region, and the two principal cities, Accra and Kumasi.

The most numerous peoples are the coastal Fanti, and the Ashanti, who live in

central Ghana, both of whom belong to the Akan family.

The Accra plains are inhabited by the Ga-Adangbe. Most of the inhabitants in the northern region belong to the Moshi-Dagomba or to the Gonja group.

Language

There are over seventy ethnic languages spoken in Ghana. Eleven of these languages have the status of government-sponsored languages: four are Akan ethnic languages (Akuapem Twi, Asante Twi, Mfantse and Nzema), two are Mole-Dagbani ethnic languages (Dagaare and Dagbanli). The rest are Ewe, Dangme, Ga, Gonja, and Kasem.

Culture

Food



Ghanaian cuisine and gastronomy is diverse, and includes an assortment of soups and stews with varied seafoods and most Ghanaian soups are prepared with vegetables, meat, poultry or fish. Fish is important in the Ghanaian diet with tilapia, roasted and fried whitebait, smoked fish and crayfish all being common components of Ghanaian dishes.



Tourism



Ghana's all year round tropical warm climate along with its many wildlives; exotic waterfalls such as Kintampo Waterfalls and the largest waterfall in west Africa, Tagbo Falls; Ghana's coastal palm-lined sandy beaches; caves; mountains, rivers; meteorite impact crater and reservoirs and lakes such as Lake Bosumtwi or Bosumtwi meteorite crater and the largest lake in the world by surface area, Lake Volta; dozens of castles and forts;

UNESCO World Heritage Sites; nature reserves and national parks are major tourist destinations in Ghana.



Visa requirement

All visitors to Ghana must be in possession of a valid passport or legal travel documents. Most visitors to Ghana require (ECOWAS nationals and those of other countries with which the Government of Ghana has specific bilateral agreements, are exempted.). Please check before travel to Ghana.

IFRC Office in Accra

Currently IFRC have no office in Ghana

Ghana Red Cross Society

The Ghana Red Cross (GRCS) started as the League of Maternal and Child Welfare in 1929. After national independence in 1957, the Ghana Red Cross was founded and the Ghana Red Cross Act was passed in parliament in 1958. It was then recognized by the ICRC and became a member of the International Federation (IFRC) in 1959. Per its constitution, the Head of State of Ghana is the Chief Patron of the Ghana Red Cross Society.

Currently, GRCS has its headquarters in Accra and Secretariats in all the ten (10) Regions with a presence in 106 out of 216 districts. The Society has 56,000 volunteers comprising 60% youth and 40% adults. The Society has a corps of women volunteers known as **Mothers Clubs** who provide public health support and care in

most of the communities throughout the country.

The following are examples of one-off activities with which Ghana Red Cross is involved/

- Hand washing service
- Social mobilisation for health and in disasters
- First aid training and first aid
- Motorway first aid post, Accra – Tema motorway
- Community based health and first aid (CBHFA) project, Central Region
- Disaster management
- Communal work