

1. Western region, Ghana.

The western region was once a vast province covering the present western and central regions, and known as the western province, with its capital in Cape Coast, until the country achieved republican status in 1960. The region became a separate administration in July 1960, with Sekondi as its capital, when the central region was carved out of the erstwhile province. Present day urbanised settings have made Sekondi and Takoradi one big metropolis.

The western region covers an area of approximately 2,3921 square kilometres, which is about 10 per cent of Ghana's total land area and is home to about 1,924,577 people. The region has about 75 per cent of its vegetation within the high forest zone of Ghana, and lies in the equatorial climatic zone that is characterized by moderate temperatures. The south-western areas of the region are noted for their rain forest, interspersed with patches of mangrove forest along the coast and coastal wetlands, while a large expanse of high tropical forest and semi-deciduous forest is also found in the northern part of the region. The region has 24 forest reserves, among them are the Bia Reserve, Cape Three Points National Park, and the Ankasa/Nini Suhyien Forest and Game Reserve.

This part of the country is endowed with considerable natural resources, which give it a significant economic importance within the context of national development. It is the largest producer of cocoa, rubber and coconut, and one of the major producers of oil palm. The rich tropical forest makes it one of the largest producers of raw and sawn timber as well as processed wood products. A wide variety of minerals, including gold, bauxite, iron, diamonds and manganese are either being exploited or are potentially exploitable.

The western region comprises five major indigenous ethnic groups. Oral tradition has it that early ancestors of these people migrated from the source of the Nile river in search of fertile land and also to escape from political and social conflict.

The Ahantas and the Nzemas (including the Evalues) occupy the entire coastline from Shama on the east to the western border of Ghana. Both the Ahanta and Nzema celebrate the 'Kundum' festival in remembrance of their ancestors. The Wassa people can be found further inland off the coast into the interior. Their annual 'Eddie' festival is celebrated to coincide with the harvest period of farm produce. The Sefwis and Aowins are in the northern part of the region. Both groups celebrate the annual 'Alluolie' (Yam) festival. The languages/dialects of the Sefwis and Aowins are very similar to each other, and to the Ahanta and Nzema languages. The four groups can converse with each other in their own peculiar dialects or languages and still understand each other.

It is worth noting that although Ahanta, Nzema, Wassa, Sefwi and Brossa (Aowin) are the languages spoken by the indigenes of this region, Fante is widely spoken as a second language in the southern part of the region. It is the school language and medium of instruction in lower primary classes in many of the basic schools. Twi is more widely spoken in the Sefwi and Bibiani areas even though Fante is also widely spoken in the same areas.

- 1.1. Akontombra <Not covered yet>
- 1.2. Bodi <Not covered yet>
- 1.3. Wiawso <Not covered yet>
- 1.4. Bibiani <Not covered yet>
- 1.5. Bekwai <Not covered yet>
- 1.6. Debiso <Not covered yet>
- 1.7. Sui-ano <Not covered yet>

1.8. (Sefwi) Juaboso

1.8.1. Introduction

The Juaboso district has been created in 1988 and is one of the thirteen districts in the western region. The district capital Juaboso is located 360 km north of Sekondi, the regional capital and a distance of 225 km from Kumasi. The district has a surface area of 1924 square kilometers and serves as an entry/exit point between Côte D'Ivoire and the republic of Ghana. According to the 2006 census 156,428 people live in the district.

If forests make you smile, if you like the traditional, rural, remote and laid back life, we recommend to spend at least a few nights in the district capital. Please be aware that this town has not the tourist facilities one may expect as compared to Accra or Kumasi. There is - as far as I know of - no tourist centre, you will experience a high incidence of power outages, running water is a luxury and tarred roads are a rarity.

This is the countryside – not often visited by foreigners - and if you happen to be a white person, locals will consider you the attraction of the day. Ghanaians in this town are warm-hearted, always ready to help you a hand, and they can be quite inquisitive about your whereabouts (since most people living here have never left this town or Ghana before).

Hiking the villages, getting lost in the forest, visiting a cacao farm or saying hi to a local chief are just a few of the many things you can do here.

1.8.2. Best time to visit

The best time to visit Juaboso is definitely during the dry season, roughly between November and March. The rain season makes the untarred roads very muddy and slippery therefore reducing seriously the level of accessibility to the district capital.

1.8.3. Things to consider

At the time of writing a lot of people were still mentioning the old currencies when trading. So don't be surprised when goods cost you 5,000; that is actually 50 pesewas or 0.5 Cedis. Also, if people say 'How' to you, they actually mean 'How are you', locals seem to like to abbreviate...

Always greet people; this is a very important custom in Ghana. Take off your hat when speaking to somebody older than you and always ask permission if you want to leave. Ghanaians generally love to eat with their hands. If you prefer to eat with cutlery, bring a spoon.

We stayed for 3 months in Juaboso. We recommend you to bring following items:

- a Swiss knife
- a strong flashlight
- string/rope to attach your mosquito net
- duct tape
- a mosquito net
- a hat to protect you from the excruciating sun
- earplugs / sleep mask

While the locals are not much bothered by noises of toads, frogs, birds, crickets, crying babies, late night church services... it can sometimes be hard to a foreigner to fall asleep, especially if you are sleeping in a local's house instead of a hotel. In case you are a bad sleeper, we recommend to take along earplugs.

In our experience, insect repellent and sunblock weren't doing their job very well since we were sweating abundantly all the time. If you want to use sun screen, make sure you bring some from home since there is none available in Ghana.

1.8.4. The harmattan

The harmattan is a hot, dry wind that blows from the northeast or east in the western Sahara and is strongest in late fall and winter (late November to mid-March). It usually carries large amounts of dust, which it transports hundreds of kilometres out over the Atlantic Ocean.

The effect caused by the dust and sand stirred by these winds is known as the Harmattan haze, impairs visibility and has in the past forced airlines to cancel their flights for safety reason. This weather phenomenon can affect persons with chronic asthma or breathing problems, take precautions accordingly.

1.8.5. Getting there and away

- Getting in Juaboso

The N6 connects Kumasi to Juaboso. The orange-coloured Metro Mass bus takes you there for 5 Cedis. A trip usually takes about 5 hours (depending on the driver). Along the road, you pass by the bigger cities of the western region such as Bibiani and Wiawso.

- Away from Juaboso

Metro Mass is the only public-large-bus company that takes you outside Juaboso. Using Metro Mass, you can only travel directly to Kumasi or to Takoradi. It takes about 8 hours to get to Takoradi, but the locals didn't recommend this. The roads are full of potholes and the best alternative is travel via Kumasi to the coastal cities. From Juaboso to Kumasi takes about 6 hrs. Metro Mass to Takoradi (8 Cedis)/Kumasi (5 Cedis) leaves daily at about 7 am.

A faster but less safer way to travel are the minibuses. You can find the minibuses and the (shared) taxis at the market place or the protia bus station.

Juaboso -> Kumasi: 3.5 hrs, 6 Cedis.

Kumasi -> Cape Coast: 3 hrs, 6.5 Cedis.

There are 3 ways to get from Juaboso to Accra; the first one is to travel from Juaboso to Kumasi. Next, you take the VIP, VVIP, Yutong or STC bus to Accra nearby the Asarfo market.

The second one is to travel to Kumasi as well and take a Metro Mass bus to Accra (Metro Mass has recently extended their services by connecting Kumasi and Accra). The 3 buses only leave before noon: one bus before 6 am, another between 7 and 8 am and the last leaves somewhere between 9 and 10 am. A ticket will cost you 7 Cedis, they charge 1 Cedi for extra luggage. More info: Metro Mass Transit (M.M.T) in Kumasi: 0322 19 43 11

The third one is to take a minibus from Juaboso to Wiawso. From there Metro Mass buses travel straight to Accra. The bus will leave at 8.30 pm in Wiawso and arrive around 4 am in Accra. Alternatively, you can also take in Wiawso the more expensive VIP or Yutong coaches, 17 Cedis to Accra. These companies offer you TV, AC and spacious seats.

- Getting around to the nearby cities (shared taxis, most of those roads are NOT tarred)

Juaboso -> Bodi: 45 min, 2 Cedis
Juaboso -> Suano: 20 min, 1 Cedi
Juaboso -> Wiawso: 45 min, 3.5 Cedis
Juaboso -> Amoaya: 40min, 2.5 Cedis
Juaboso -> Bonsu Nkwanta: < 1 hr, 2.5 Cedis

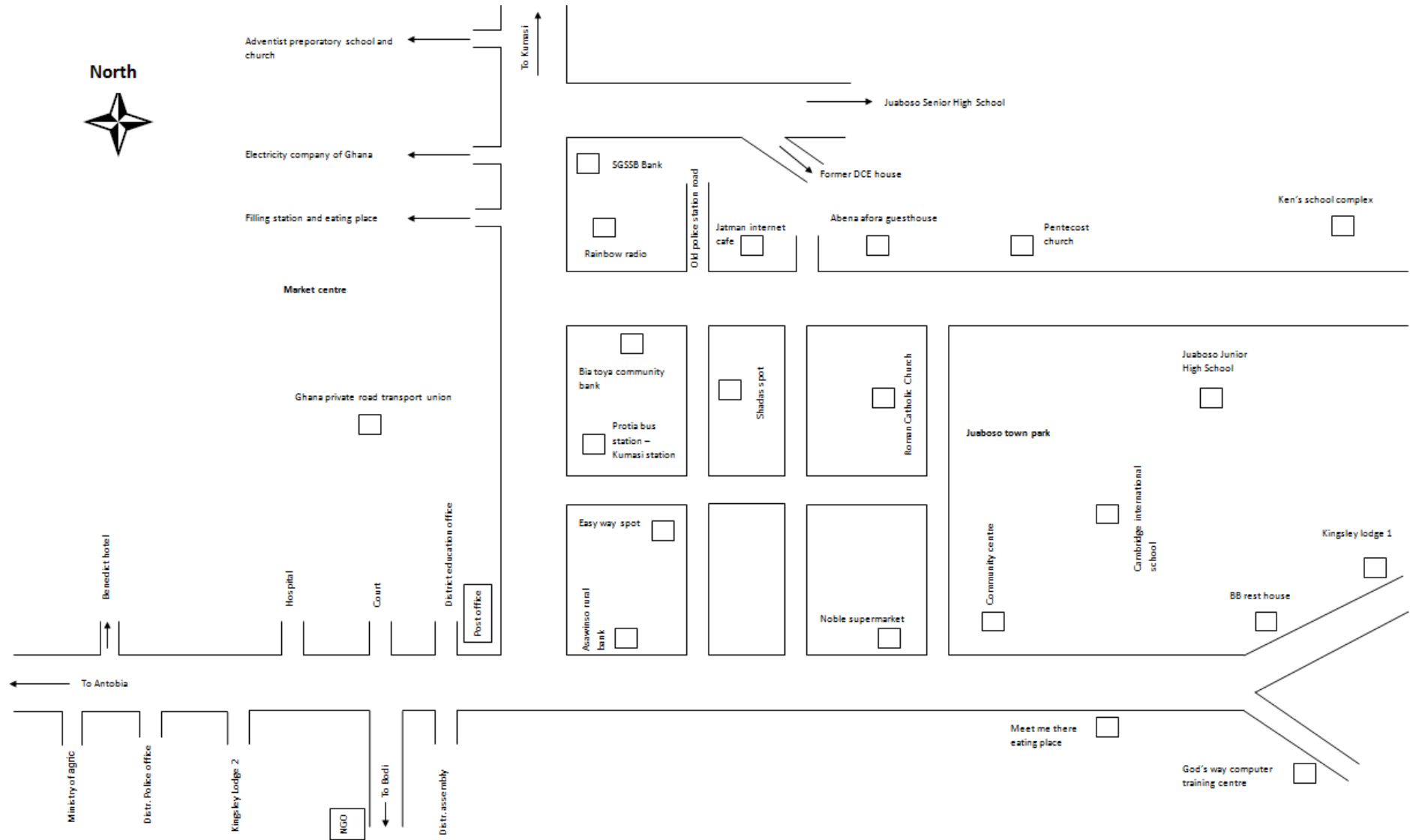
To get to Côte D'Ivoire

Juaboso -> Asawineso: 20min, 1.5 Cedis
Asawineso -> Debiso: 1 hr, 2.5 Cedis
Debiso -> Oseikwadwokrom (Border town Côte D'Ivoire, ± 1 hr, fares unknown)

The Juaboso – Oseikwadwokrom is not an asphalt road. The locals advised us it's better to travel from Takoradi/Cape Coast to Côte D'Ivoire since this highway is a well-maintained, tarred road.

As a rule of thumb, you cannot travel from Juaboso straight to the north or the south of the country since there is a lack of public transport and the roads are bad and bumpy. The best thing to do is get to Kumasi. This city is a central hub in the country which allows you to travel in whatever direction you choose.

1.8.6. Map of Juaboso (all roads are untarred except for road to Kumasi and to Antobia)



1.8.7. Where to stay?

Below, we use the word 'double' to refer to one bed for 2 people. 'Single' means one bed, one person.

- Shoestring

Abena fora memorial guesthouse

This basic stay to rest your head shows an expired certificate of the tourist board (31-12-2006). It's a very humble place to sleep, make sure you bring your mosquito net. It provides an unappealing shared shower and toilet. This guesthouse doesn't offer meals, but in town there are plenty chop bars to satisfy your appetite.

All 15 rooms are equipped with fan + table and 2 chairs.

Double: 22 Cedis; single: 12 Cedis.

Manager: Musah Ahenhorah - 0543 24 96 28.

BB rest house

Located nearby the Cambridge international school you will find the BB rest house.

This guesthouse offers 4 doubles and 2 single rooms. They all have netted windows and are equipped with a fan + table and chairs. There is a communal, stuffy, dark living room with couches, multiTV and a fridge. There is 1 shared shower and toilet. It is not possible to order food.

Double: 15 Cedis; single: 10 Cedis.

More info: Kofi Asare - 0267 22 92 95.

- Budget

Kingsley Lodge - Lodge1

This best value for money guesthouse offers you 10 en suite rooms equipped with TV, fridge, AC, fan and kettle. They charge 25/20 Cedis for a double. No breakfast/dinner is included but can be ordered the day before. Kingsley Lodge is located about 1 km north from the main road of Juaboso. Maybe it's worth noting that this hotel has a backup generator in case of a black-out (which occurs several times a day in Juaboso).

More info: see Kingsely Lodge2

- Moderate

Kingsley Lodge - Lodge2

Mr. Kingsley had built a second lodge nearby the police office (next to the Airtel Antenna). It hosts an ample reception room with TV and comfortable couches. This is probably the best guesthouse in town and offers you 8 modern en suite rooms for 30 Cedis. All rooms are equipped with sofas, MultiTV, fridge, kettle, mirror, fan and AC. Mr. Kingsley informed us that this lodge is going to offer computer and internet access in the near future. No food can be ordered.

Kingsley lodge
Co box 17
Juaboso
0246 33 69 58 - 0246 66 63 40
Owner: Mr. Kingsley Adjei - 0242 21 62 20

Benedict Hotel

This spacious and clean hotel is signposted across the police office. There is a large, communal room having a radio and a TV. The hotel offers 8 en suite doubles. All rooms are big and are having a tiled floor. In case of lights-out (=blackout) there is a generator available.

They don't offer meals yet but they are building a restaurant next to the hotel and is expected to be finished next year. No mosquito nets can be used in the rooms but on request they spray your room with insecticide for peaceful sleep.

Double AC/TV: 30 Cedis.
Double fan: 20 Cedis.

Benedict Hotel
PO Box 5
Juaboso
Owner: Alberta Galley - 0249 10 15 28

1.8.8. Where to eat?

There are no restaurants in Juaboso, in the sense that you cannot go to a place have a seat and order a meal listed on a menu card. One alternative is staying in a guesthouse and order your food there. People are friendly and there is always the possibility to arrange a meal.

Nonetheless, there are plenty chop bars in town where you can order food to go. Don't expect to have continental breakfast or Japanese sushi. You will have to eat the local, seasonal food only. Typical dishes included rice or the more expensive jollof rice, topped up with a stew (= hot tomato based pepper sauce) and usually served with a small piece of chicken or fish. Jollof rice with meat is about 3 Cedis, cooked rice about 1 or 1.5 Cedis (depending if you choose respectively fish or chicken).

If you are lucky, you can get an invitation of a local who's more likely to serve you a traditional dish such as fufu, banku, fried plantain...

Although there are no restaurants in town, there are several drinking spots to be found. Ask for the 'Easy way spot' or the 'Meet me there spot' to have a malt, a Castle or a Star beer.

1.8.9. What to buy?

As nearly everybody in this town is having his own shop, it's not hard to buy basic goods. Thursday is market day in Juaboso. It's a great place to buy food, (used) clothes, fabric...

If this market isn't appealing to you, you can always go to the bigger market in Bodi, every Saturday or the market in Bonsu, every Friday.

Please note that you have to travel to Kumasi in case you want to buy more advanced goods such as computer utilities, spare parts for your car, etc... Remember that people in this town are very religious and nearly everybody goes to church at Sunday morning. As a result, most owners close their shop/chop bar at that time.

If you want to buy raw meat or fish such as fish, chicken, goat, beef and pork ask for a 'Cold Store'. If you want energy to cook, you can rely on charcoal, firewood or a gas cylinder (13 Cedis).

Probably the best supermarket in town is the Noble Supermarket:

Mon-Sat 6 am - 10 pm
Sun 6 am - 9am / 2.30 pm - 10 pm
Manager: Isaac – 0248 14 40 19

1.8.10. Public bodies/services

All public bodies are open from Monday to Friday, closed during the weekends and on public holidays. Below is a list of the most important bodies.

1. District Assembly Office (DC)

As the overall governing authority, the Juaboso District Assembly has an important role in promoting human development among others. It is principally responsible for the overall development policies and programmes coordinated by the regional coordinating council. Under the local government act of 1993 the assembly has deliberative, legislative and executive functions. By this concept the assembly is supposed to be the highest political, administrative and planning authority in relation to provision of local services. The head of this body is called the DCE, the district chief executive (often abbreviated to the 'DC').

Since there are no official tourist centers in town, this is your best bet to get official and authentic information about the district. To attract more people to the district, they recently have started the 'Visit cocoa land programme'.

The 'Visit Cocoa Land Programme' is a programme aimed at encouraging Sefwi abroad and foreigners to visit the Cocoa Land of the western region. It is the leading producer of cocoa and forests products in Ghana.

The programme provides current and exhaustive information on the area, coordinate tourist activities and community work volunteers' activities. Tourists, foreign students and locals and researchers interested in rural setting, cocoa farming and related activities, community work volunteerism, tourist sites visits, local governance, specialized fields volunteerism (health experts, education experts, special individuals, eco-tourism, etc) and culture/traditional activities enthusiasts are their target. Aside the weekday volunteerism work in the district, every weekend is an activity programme which is participatory and experience is packed.

The programme coordinator: Visit Cocoa Land Programme'
Juaboso District Assembly block, room 12
PO Box 1
Sefwi – Juaboso

Coordinator: +233-242 60 95 37
profnunoo@yahoo.com

Programme office: +233-312 09 94 59
visitcocoaland@yahoo.com
www.facebook.com/visitcocoaland

2. Post Office

The post office is located across the district assembly. There are 2 ways to send a letter: either the normal, delayed way or the express way. We have sent letters to Europe for 4 Cedis each (express way) which did arrive within 2 weeks. The delayed service cost you no more than 2 Cedis however there is no indication at what time your letters are going to arrive.

Post master: Michael Douglas Kwegyir
Ghana Post Co. LTD PMB
Sefwi - Juaboso
0245 52 67 99 or 0276 40 27 27

3. Police Office

The police office is located about 1 km from the Juaboso centre (road to Antobia, on your left hand side).

DSP (Deputy Superintendent Police) Peter Ofori Donkor
PO Box 44
Juaboso
0244 40 91 75

4. Hospital

You only will be able to encounter the few doctors in town by going to the hospital. In our opinion, the hospital is not equipped to handle serious emergencies (in that case, they will take you straight to Asarfo St. John of God Hospital), but it will do to provide you first-aid.

Juaboso District Hospital
PO Box 5
Sefwi - Juaboso

5. Schools

There are many schools in Juaboso. Below is listed only a small selection.

- Juaboso Junior High School B (J.H.S)

This school is home to 200 day students between the age of 11 and 14 years old. Currently, the J.H.S employs 6 teachers. This school is located nearby the community centre.

Headmaster: Mr. Joseph Gyan 0241 15 58 14
Assistant headmaster: Mr. Adu Blanksonjair 0246 99 63 79
PO Box 31
Sefwi – Juaboso

- Juaboso Senior High School (S.H.S)

The one and only Senior High School in the district was established in 1991 to absorb the growing number J.S.S graduates in the area. It is located nearby the abandoned Rainbow FM station, just at the outskirts of the town from Asawinso to the town. Today, the S.H.S aka 'Juasec' has a student population of 1,400 and a staff strength of 66.

The motto of this school is 'DWEN KYEA BIE' in Sefwi meaning 'Think ahead'. The school aspires towards excellence in character development and in academic achievement.

The subjects are:

- English
- French
- Mathematics
- Integrated science
- Social studies
- Agriculture
- Physical education
- Religious and moral education
- I.C.T
- Business
- Science
- Biology
- Chemistry / physics
- Geography
- Music
- Economics
- Accounting

Headmaster: Mr. Solomon R. Kwofie 0242 11 74 88
visiondestiny56@yahoo.com
Assistant headmaster: Mr. Denis Nuobeika 0244 92 75 46
Denisnuobeik@yahoo.com
PO Box 14
Sefwi – Juaboso

- Ken's School Complex

Ken's hosts about 957 well-performing children and employs 32 teachers. Students in this school are divided in 3 categories: the day students, the boarders and the hostellers.

Director: Mr. Barak
PO Box 32
Sefwi – Juaboso

0207 70 22 33 - 0243 24 49 07
Barakus09@yahoo.com

6. Community centre

The centre is located the across Juaboso town park. The community centre has been built to create a facility where locals can have the opportunity to have speeches, weddings, conferences, church service, seminars... Please be aware that this building has not been finished yet many people are using it already.

If you want to hire this centre, you have to go to the DC to make a booking. At the DC, you ask for the Revenue Office. At time of our last visit, a local was hiring the centre for 3 hours which cost him 50 Cedis. Since this facility is not finalized yet, there is no electricity. Therefore, don't forget to hire a generator as well in case you want to use the place.

1.8.11. Other facilities

1. Money

There are several banks dotted around town but none of them are likely to be of use to foreigners since they don't offer ATM nor foreign currency exchange services. Your best chances are either to bring enough money to span your stay in Juaboso or travel to a major city such as Kumasi. Only if you have an account with Intercontinental bank, you can go to the bank in Wiawso which provides you ATM/foreign exchange services.

2. Internet cafe

God's way computer training centre

This internet café is currently closed but the owner has informed us he has plans to re-open within 2 months. They have 8 computers and are going to offer print and internet services. Browsing the net is going to cost you 0.5 Cedi / 30 minutes or 1 Cedi per hour. You can find this cybercafé at your right hand side on the road that links Junior High School with the Christ Apostolic Church.

Mr. Augustine Oppong Boadi

0549 94 76 22

godsway89@yahoo.com / passion_richy@rocketmail.com

Jatman

This is currently the only public place in town where you can connect to the outside world. This cafe hosts about 9 outdated computers but only a few of them are actually operational. They don't have turbo internet, it offers you only a slow connection for 70 pesewas an hour. Don't expect friendly nor helpful staff.

Jatman Printing and Cafe

PO Box 20

Sefwi Bodi

0202 80 40 68 - 0246 17 17 12 - 0265 41 14 83

jatman40@yahoo.com

3. NGO

There is one local NGO, called 'Development Focus'. To get there, follow the main road in Juaboso direction towards Antobia. At the district assembly, turn left (that junction should be signposted). The NGO is located 500 m down the road at your right hand side.

Their mission is to provide innovative health programmes for deprived rural dwellers, relieve the poor and distressed and support the vulnerable through education, care, rehabilitation and empowerment.

The objectives of this NGO are:

- To support rural communities in the provision of social services through increased rural transfer of technical, civil and human resources for the development of basic village like infrastructure.
- To assist those communities in the delivery of good health care and proper environmental sanitation and proper hygiene.
- Increase access to information and education of target group to issues of primary/public health care and reproductive-related diseases, including STIs/HIV/AIDS.
- To assist those communities to identify and develop viable employment opportunities so as to enhance their economic life.
- To support the protection, development and management of forest resources.
- To build the capacities of Community Base Organizations (CBOs), Farmer Based Organisations (FBOs), Women groups through workshops and to enhance the effort in community development.

Executive Director: Mr. Peh Justice

PO Box 88

Juaboso

0246 89 77 31 - 0275 83 98 70

developmentfocus@gmail.com / Peh.Justice@yahoo.com

1.8.12. What to do?

1. Visit a cacao farm

The production of cacao – locals call it 'koko' - is one of the main sources of revenue in Ghana. In Juaboso, almost everybody has a cacao farm to provide an income for their families. In this region, cacao is harvested between August and December therefore this is the best time to pay a visit to a farm. The farmers will show you how to harvest the fruits that are located high up in the trees, how they open the fruit and eventually extract and dry the beans. See also the 'Visit cocoa land programme'.

2. Say hi to a chief

It's important to pay a visit to the chief, especially if you want to stay for a long time in one village to do volunteer work, research... Tradition demands you greet the chief since the town where you are living has been built on the land of the chief. Be aware, it is NOT proper to go alone to greet him. It's better to ask a local to present you to the chief. When greeting, you can bring a small gift such as a bottle of liquor.

The chief will ask you where you are staying and what you are going to do. By greeting the chief, you recognize the chief of the land and the authority of the elders. You also become part of the community. Therefore, if you have greeted the chief and if something happens to you during your stay, the community is going to support you.

3. Attend a church service

Ghanaians are notoriously religious. Religion is deeply ingrained in their everyday lives because of their highly spiritual nature. Islam and Christianity are the most common denominations (in Juaboso, you are not going to encounter any Hindu's, Buddhists or Jews).

All Christians worship on Sundays with exception of the 7th Day Adventist Church, which worships on Saturdays (Muslims worship on Fridays). Church services in Juaboso are rather intense: singing and dancing is an essential part of worshipping the God. A service can last a while; services that take up to 3 or 4 hours are no exception. Just ask a local to join his or her church. Below, a list of churches to be found in Juaboso.

- Methodist Church
- Christ Apostolic Church
- Mosque
- Pentecost
- 7th Day Adventist Church
- Jehovah Witness Church
- Presbyterian Church
- Assemblies of God
- Catholic Church
- Church of Christ
- Deeper life
- New Apostolic Church

4. The Bia forest

If you want to go to the forest you need to arrange your own means of transport since there is no direct public transport to the Bia District. The road to the headquarters in Kunkumso is bad, dusty, and full of potholes. Therefore, we recommend you to drive a four-wheel-drive vehicle. It's going to take you about 2 hours to get to the main entrance of the forest.

We have been visiting the woods in at a bad time, in December in the afternoon, so we didn't see any elephants or other mammals. The guide informed us the best chances to see animals is to hike the forest at dawn, around 3 or 4 am. To do so, it's best you book 2 days of hiking; the first day the guide will lead you to a base camp (a wooden chalet) where you can spend the night (there are several camps set up in the forest) The next day, you'll get up early and if you are lucky, you'll see some animals.

Non-nationals pay 6 Cedis to enter the premises. The guide is going to cost you 3 Cedis per hour per head.

More info:

Manager: Mr. Richard Ofori-Amanfo – 0205 38 66 65

Assistant Communication Officer: Mrs. Ophelia – 0201 70 30 83

5. Participate in a funeral

A funeral is being celebrated over the course of 2 days; from Friday night to late Sunday afternoon. If you live in the village of the deceased, you are supposed to be part of the celebration (invitation letters are only been sent to other remote villages to inform the people that somebody has died). The big issue about funerals in Ghana is debt. Organising a funeral is a costly business and a lot of families go into debt when celebrating one. Sometimes, the family has not enough money to pay the funeral; therefore they put the body in the morgue till they gathered enough money (sometimes by means of a loan).

Leaving a deceased family member in the morgue for months is no exception, which increases the debt. Thus, the celebration is a way to release the debts of the family. A committee will be formed to calculate the debt and to determine how much each participant should contribute when he/she is attending the funeral. For that reason, it's impossible to say beforehand what the correct amount of money is to be contributed. Women generally pay less than men.

Proper clothing to attend a funeral is black or red-coloured. Never dress up in white clothing, which is used for other celebrations such as church or naming ceremonies or weddings.

6. Gold mining and quarrying.

Ghana was formerly known as the Gold Coast and today there are people still making a living when processing the mineral. Surface mining is practiced by artisanal miners popularly called 'Galamsey' in Ghana.

There is a small, licensed, gold mining company located behind the Senior High School. (at your right hand side on the road linking the formers DCE house). You can always pay the workers a visit, they will explain you the process of examining and crushing the stones and filter, extract and wash the gold particles.

7. Tailor / Barber

There are several tailors in town that can make a custom made suit or dress at affordable prices (5-10 Cedis). Most tailors expect you to bring your own fabric (which can be bought at market day). If you like to do give your hair an African flavor, you can go to a barber shop. There are dozens of hairstyles to choose from, especially if you are a lady.

8. Playing soccer (football)

There is a public soccer field located next to the community centre. Bring your own football.

9. The Alluolue festival

This agricultural festival is held to mark the end of one agricultural year and to welcome the beginning of another. Socially, the festival brings chiefs, elders, and the people together during which disputes are settled, and a reunion for those within and outside the community.

'Alluolue' is Sefwi for 'the beginning of the harvesting of jam'. The first one to start the celebration is the Paramount Chief Nana Nkuah Okumdum the 2nd. Afterwards, the sub-chiefs can celebrate the event. The festival lasts for 1 week and is usually held between February and March. In case the Paramount Chief cannot start the event – because he is sick, travelling... - nobody can celebrate the festival.

Although the festival is significant in the life of the people, it is decreasing in popularity. Therefore, only a few communities that want to keep the culture flames of the Sefwis high, making all the necessary effort to celebrate it.

10. Volunteering

One of the major issues in Juaboso is that a lot of teachers leaving this town to earn more money in the bigger cities. Also, the Ghanaian government only allocates teachers in function of the budget, not in function of the number of students. As a result, almost all schools in Juaboso do not have the sufficient amount of teachers to run their school properly. In other words, the schools will welcome teachers, professionals or native English speakers.

Juaboso's hospital is employing only a few MD's and nurses whilst dozens of patients need their services daily. Due to the daily overload of patients in Juaboso, it's not abnormal to wait 4 hrs before you see a doctor. If you have a medical background, the hospital will be more than happy to make you a volunteer member.

The local NGO can always use extra hands to assist their missions of health, work or trading. They need social workers, psychologists to assist the behaviour change projects and the trading programmes. They can use the help of builders to set up new infrastructures and medical personnel to increase access to information and education about public health care, proper environmental sanitation and hygiene.