

Immerse Yourself in Ghana's Culture!

Participate in a Cape Coast workshop to experience life in Ghana

Batik Workshop

- Make your own batik cloth to take home.
- You choose the patterns & colors, then Cape Coast's most talented batikers will guide you through the process of making traditional African batik.

Half-Day Workshop: 180,000 cedis



Gh'n Cuisine Workshop

- Get an up-close view of Ghanaian cooking in a traditional kitchen and learn how to make fufu, red red, palava sauce, & any other soups & stews.
- Sample Ghana's most popular dishes.

Half-Day Workshop: 150,000 cedis



Drumming/Dancing Workshop

- Participate in the songs & dances that have been passed down through generations.
- Learn drumming techniques & the method of using "talking drums" to communicate between villages.

Half-Day Workshop: 140,000 cedis



Fishing Village Excursion

- Observe each aspect of Ghana's fishing lifestyle from casting the nets to pulling the lines.
- Have a welcomed look at life in a fishing village while learning the secrets of smoking fish.

Half-Day Workshop: 160,000 cedis



Sign up for a workshop in Cape Coast today by contacting **Women in Progress**

024-530-467 / 042-36883 (dial 36883 within Cape Coast)

Women in Progress is a nonprofit organization fostering the growth of woman-owned enterprises in Africa.

Participating in a workshop generates income for women and their families in Ghana and helps support the economic development programs of **Women in Progress**.

www.ghanaexpeditions.com

www.womeninprogress.org