

Global Mamas - Cape Coast, Ghana

Internship Details

Internship Dates: Late May - July

Internship Description: Global Mamas is a Fair Trade Network of nearly 600 women in Ghana. It is a community comprised of thousands of people from around the world working together with the mission of creating prosperity for African women and their families. The women employees, referred to as “Mamas,” define prosperity as going beyond financial well-being to include happiness and good health. They achieve prosperity by creating and selling unique, handcrafted products of the highest quality. Being able to do the work they love and achieving financial independence leads to greater happiness. The Mamas realize their dreams of having the opportunity to support their families, send their children to school, improve their health, and save for the future. Most Mamas are trained in a craft (batiking, sewing, bead-making, shea butter production, etc.). The role of Global Mamas is to enhance their skills by providing hands-on training in advanced techniques, quality improvement, and creative design. Many of the women are business owners and Global Mamas helps them to expand their businesses by training them in leadership, financial management, marketing, and merchandising. You can learn more about Global Mamas [here](#).

Your Role: There are a variety of focuses you can choose from for your internship topic. Possibilities include: micro-finance, accounting, supply-chain management, strategic business consulting, and environmental sustainability. Global Mamas will work with you to determine a project that best fits your strengths, interests, and academic major. You can see example projects here.

Living in Ghana

Location: Cape Coast, Ghana

Overview: Cape Coast is the original and largest Global Mamas production facility. Interns live in a shared house in the nearby town of Elmina. Cape Coast is a fishing port on the Gulf of Guinea. There is plenty to do in the city, but also time to travel on weekends. Popular activities include doing a Canopy walk in the Kakum National Forest or visiting a nearby beach town.

Accommodations: Interns will live together in a volunteer house. You will share a bedroom and bathroom with 2-4 other interns. There is a kitchen where you can cook meals. There is also a facility to hand-wash clothes, although many interns pay a small additional fee to have their clothes washed for them. There is also a neighborhood cook near the volunteer house who prepares delicious meals by request that are very inexpensive. At times, there may not be running water. When there is, you will have a flushing toilet and a shower, although there is no hot water. When running water is not available, there are bucket showers and flushes, which are easy to learn to use. There are regular power outages and inconsistent Wi-fi as well.

Cost

Program Cost: \$1,810

Included:

- Lodging in Ghana
- Project related expenses
- In-country volunteer support
- Pre-departure and in-country orientation

Covered By KISI:

- Health Insurance
- Visas

Additional Costs:

- Airline ticket (~\$1,800)
- Daily travel to/from internship (~\$1/day)
- Required vaccinations and medications- yellow fever vaccination (~\$150), Malaria pills (prices vary significantly)
- Food- traditional food (~\$2-5), western food (~\$13), one week of groceries for cooking in volunteer house kitchen (~\$25)
- Trips/activities/personal expenses