

## **Women's Empowerment – Global Mamas in Cape Coast, Ghana**

### **Internship Details**

**Internship Dates:** Late May - July

**Organization 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.

**Internship Description:** There are a variety of focuses students will experience in this internship. Possibilities include marketing, efficiencies with production line, data analysis, one-on-one business training with the mamas, and more. Global Mamas will work with you to determine a project that best fits your strengths, interests, and academic major.

### **Living in Ghana**

**Location:** Cape Coast, Ghana

**Overview:** Cape Coast is the original and largest Global Mamas production facility. Interns will live with mamas as mamas are primed to house volunteers. 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:** While staying with the mamas, housing accommodations are simple. Rooms and bathrooms are shared. Many interns pay a small additional fee to have their clothes washed for them. At times, there may not be running water. When there is, students will have a flushing toilet and a shower, although there is no hot water. When running water is not available, there are bucketshowers and flushes, which are easy to learn to use. Electricity is spotty and there are regular power outages and inconsistent Wi-fi as well. Proof of COVID-19 vaccination is required by Ghana.

### **Cost**

**Program Cost:** \$1,810

**Included:**

- Home stays 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- Negative COVID-19 test before departure and upon arrival (~\$150) yellow fever vaccination (~\$150), Malaria pills (prices vary significantly)
- Food- traditional food (~\$2-5), western food (~\$13), one week of groceries (~\$25)
- Trips/activities/personal expenses