



INFORMATION PACK

Ghana Sports Physiotherapy Placement

AFRICA

GLOBAL reach. **ADVENTURE** for all. **PROJECTS** to inspire.



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ABOUT THE PROJECT

Our sports coaching in more detail



ABOUT YOUR PROJECT

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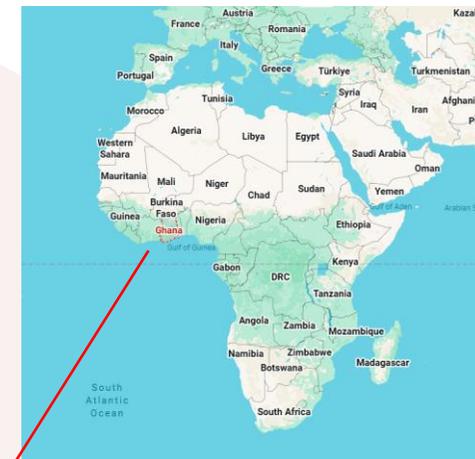
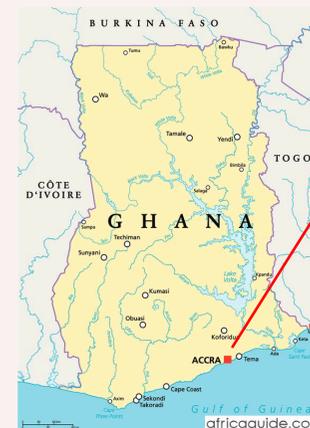
Project Location

Your Sports Physiotherapy Placement is based in Accra, the vibrant capital city of Ghana. Located on the southern coast of West Africa, Accra sits along the shores of the Gulf of Guinea and serves as the country's economic, cultural, and sporting hub.

Accra enjoys a tropical climate, with warm temperatures throughout the year. The dry season (November to March) is sunny and comfortable, while the rainy season brings occasional showers. The Atlantic coastline provides opportunities for water-based recreation, with popular beaches such as Labadi and Kokrobite offering spaces for relaxation and sport.

As a major centre for sports and physical activity, Accra is home to several national sports teams, professional clubs, and fitness facilities, making it an exciting environment for a sports physiotherapy placement. You'll have the chance to experience how sports medicine supports athletes in a developing, yet dynamic, sporting culture.

In your downtime, you can explore Accra's vibrant markets, bars & restaurants, museums, and music scene, or take day trips to the Cape Coast, Lake Volta, Wli Waterfalls and so much more.



Project Requirements

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Project Requirements

- Sports Physiotherapy Students need to be self-motivated to take part in this placement and have a 'hands on' approach.
- Students must have recognised experience and qualifications to at least 2nd year undergraduate level.
- Students will need to send their CV to check their suitability for the placement
- Suitable for ages 20+
- Minimum of 4-weeks
- We advise students to obtain membership with the Chartered Society of Physiotherapy (CSP), as this also provides professional insurance coverage against medical malpractice.
- DBS Check will be required
- VISA is needed to enter Ghana.
- Visit <https://nathnac.net> to find out more about essential vaccinations for Ghana

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Project Overview

Sports Physiotherapy in Ghana

Experience the energy of West African sport while making a genuine impact on athlete care. Sports physiotherapy in Ghana is an under-resourced but rapidly developing field, and your skills will be warmly welcomed. This placement is perfect for qualified or near-qualified physiotherapists looking to combine professional growth with cultural immersion during a career break, internship, or working holiday.

Your Sports Physiotherapy Placement

Based in Accra, Ghana's vibrant coastal capital, you'll work in partnership with the Ghana Football Association (GFA) and leading Premier League clubs. Here, you'll support the treatment and rehabilitation of elite and academy players—helping to improve injury prevention, performance, and recovery standards.

You'll work closely with teams at U13, U15, and U17 levels, as well as with senior players, sharing valuable knowledge and modern physiotherapy techniques. Your input will leave a lasting legacy, strengthening the foundation of sports medicine in Ghana.



ANY QUESTIONS?

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Project Overview

Alongside your sports placement, there's also the opportunity to gain broader clinical experience in local hospitals—ideal for those seeking a wider physiotherapy perspective.

With links to Ghana's top sports physiotherapists, Professor Jonathan Quartey and James Commey-Bortsie, you really will be learning from some of the best.

Normal working hours are 8:30 to 16:30 including weekends as it's match days. Professional supervision is provided throughout the placement.

Why Ghana?

Accra's warm climate, lively culture, and passionate sporting community make it the perfect destination for both professional and personal enrichment. Expect a rewarding challenge, real impact, and an unforgettable adventure in one of Africa's most welcoming nations.



Extra Activities

Accra is full of friendly locals, and travellers, with a variety of bars & restaurants providing the authentic African live music and dancing.

if you fancy a football experience to remember, then watching Hearts of Oak at the National Stadium where the locals wave flags, blow horns and dance on the roofs is something we would recommend.

Students can also venture outside Accra and experience the following:

- Lake Volta (largest man-made lake in Africa) – swim in it's waterfall's, climb Ghana's highest mountain, and feed the monkeys
- Slave Castles of Cape Coast and Elmina
- Walk with elephants at Mole National Park
- Swim in the Wli Waterfalls
- Climb Ghana's
- Go beach hopping along the Atlantic coastline and party at Big Milly's with live reggae music and cultural drumming and dancing.



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Social Life

We believe it is important to give volunteers the chance to unwind and have fun while they are away. Our in-country team therefore organises a variety of activities to bring volunteers together, to share their experiences and have a good time. Some of these activities include visits to the best night spots, group meals, trips away and creating a group sports team to take on local competition.

If you fancy a game of footy while you are away, you will get the opportunity to join the volunteer team, Akpateshi FC. You will play alongside the other volunteers and challenge some serious African opposition. Although the team has a competitive edge; the emphasis is on the social side of football and is aptly named after the locally brewed bush whiskey!



ABOUT YOUR PROJECT

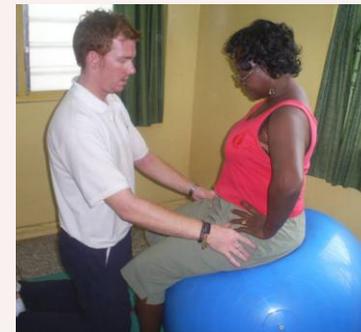
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Kit Donations

Part of the fee you pay goes towards buying decent equipment for beneficiary organisations in Ghana. You will use this equipment during your project and it is always left with the community when you leave.

In some cases, an equipment donation may not be appropriate so a financial contribution is made instead.

We also welcome any new or old equipment associated to your placement that you can collect and donate to us.





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ACCOMMODATION

Life in West Africa



Accommodation

Your accommodation is basic but comfortable, you will stay in a dormitory style room, with shared toilets and showers. There are fans in every room and bed linen and pillows are provided.

**There may be the option to upgrade to a private room, however this is subject to availability and will be an additional charge.*

There is no hot water, however this isn't required as the country is very hot and what better to wake you up in the morning than a fresh shower.

Wi-Fi is unreliable, however GAP Africa Projects will help to sort you out with our eSIM card provider which is a very cheap option. There are also local internet cafes close to the accommodation.

The accommodation is very secure, and the house is locked during the night. There will be staff members that live and stay on site 24 hours 7-days a week to support students where needed.



Food at the project

3x meals a-day are included in the placement cost and prepared by kitchen staff

Breakfast may include bread/toast and spreads, omelette, pancakes or scrambled eggs with tea and coffee

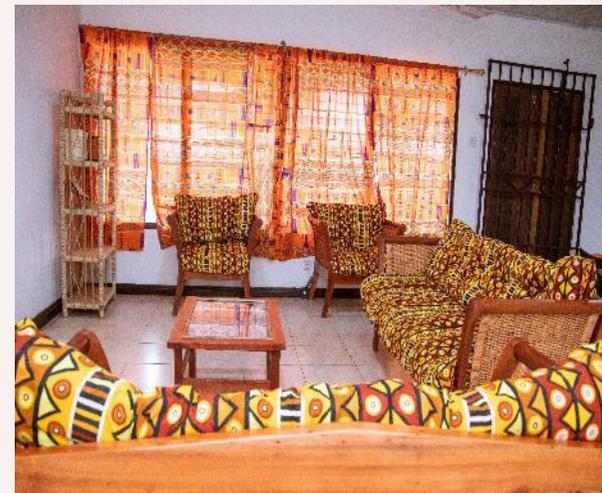
Lunch may include sandwiches, wraps, pasta, salads

Dinners may include rice dishes, meat, beans, chicken, beef and fish, plantain



Dietary Requirements

Provision can be made for Vegetarian & Vegan diets and for those who have a medical condition such as Coeliac disease that requires a Gluten Free Diet and for those with severe allergies to dairy, eggs or nuts





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USEFUL INFORMATION

Inclusions/Exclusions &
Recommended Kit List



WHAT'S INCLUDED

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What is Included?

- Accommodation
- Three meals per day
- Training – full induction and local orientation
- Physiotherapy Placement – coordination of student placement within clinics/hospitals/sports teams etc
- Airport meet/greet
- 24/7 In country support

NOT Included

- Flights
- Personal Travel Insurance*
- Transfers to/from project – budget £25 per week for this
- Vaccinations
- Meals on travel days – before arriving & after departing from project
- Visas/travel documents

* We recommend you take out personal travel insurance as soon as your booking is confirmed



Suggested kit list

To allow for ease of transfer to the project a soft hold all/ soft suitcase is preferred.

- Collared t-shirt / sports t-shirt and sports shorts
- Sports trainers
- Some smart/casual clothes for meals out
- Comfy shoes to wear after work hours
- Waterproof jacket
- Sweatshirt/Fleece
- Swimwear
- Socks
- Underwear
- Hat for sun protection
- Daypack rucksack
- Beach Towel
- Shower towel
- Sunscreen (30+ Factor) and Aftersun
- Sunglasses
- Personal medical items
- First aid kit
- Toiletries
- Mosquito & Insect repellent
- Water bottle (one litre)

Other useful items:

- Camera
- Power bank
- Headtorch



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