



ST MARY'S UNIVERSITY PROJECT PRESENTATION

Ghana Sports Physiotherapy Placement

AFRICA

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

ABOUT US:

AFRICA

GAP Africa Projects

- We are a specialised travel company that offers academic trips and volunteering opportunities for groups and individual travellers, in a number of locations worldwide
- We pride ourselves on curating experiences which are personalised to your needs and requirements
- Our first project travelled in 2012
- Full ATOL Bonding
- Working with over 55 Colleges and Universities around the UK
- A small dedicated team in the UK and South Africa





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Ghana Physiotherapy Placement

Overview and location
of the project



ABOUT THE PROJECT

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Your Placement

- A unique academic placement focusing on Physiotherapy in Accra, Ghana
- Give athletes in an under-funded and under staffed country the chance to receive extra support for injuries
- See an amazing country and make a real impact on your life as well as others.
- Your placement includes
 - Physiotherapy hours in local clinics and hospitals
 - Working in association with the Ghana Football Association
 - Work for the local charity, Rising Stars of Africa
- A 6-week project which includes accommodation and meals.

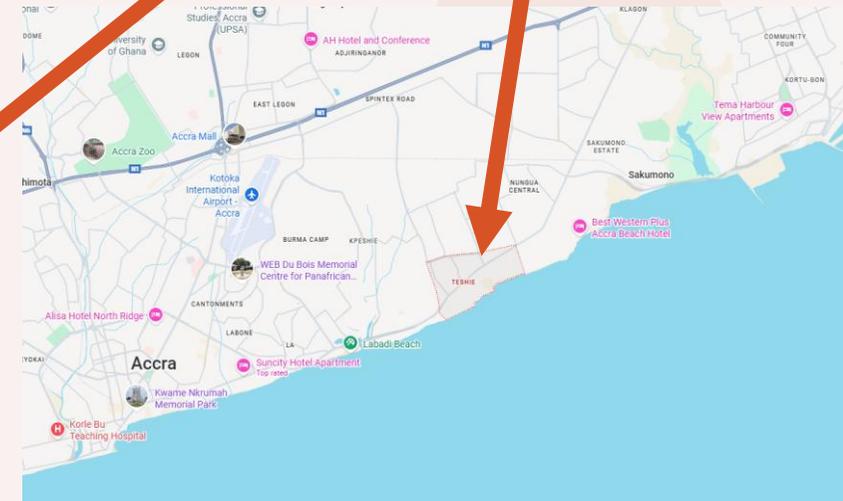
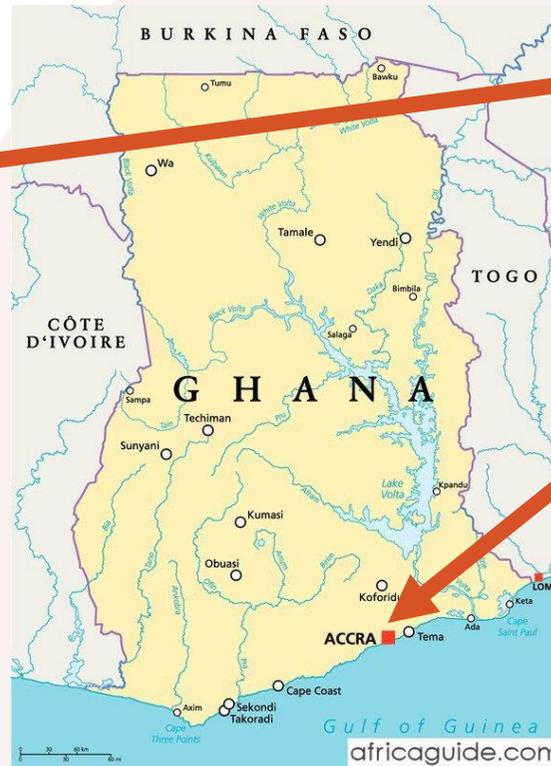
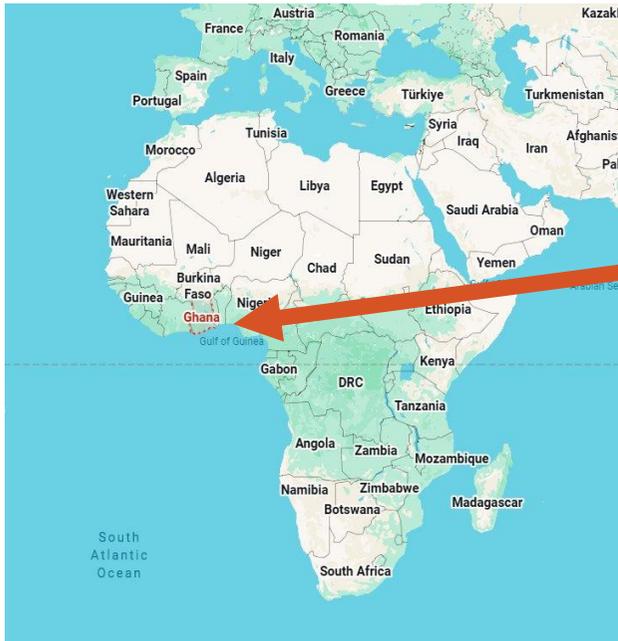
United Through Sports

- Based in Teshie, Accra – Operating since 2010
- Working with over 5,000 children from the local community
- **Mission:** Using sport as a tool to improve education, health awareness, and life skills in disadvantaged youth
- **Holistic Approach:** Combines sports training with academic support, mentorship, and pathways to employment and higher education
- **Key Programmes:**
 - Mass Participation Programme for community access to sports, after-school education projects, and elite coaching through the School of Excellence
 - Volunteer Opportunities: Sports physiotherapy, sports coaching, sports psychology, and sports management placements.
- 97% of participants show improved mental health
- 89% employment placement rates for program completers

ABOUT THE PROJECT

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Ghana Physiotherapy Placement- Location





AFRICA

ABOUT THE PROJECT

Our sports coaching in more detail



ABOUT YOUR PROJECT

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Project Overview

Sports Physiotherapy in Ghana

The Opportunity Experience West African sports therapy and make a genuine impact on athlete care in a rapidly developing field. Perfect for qualified or near-qualified physiotherapists seeking professional growth combined with cultural immersion.

Your Role Based in Accra, you'll work with the Ghana Football Association (GFA) and Premier League clubs, supporting elite and academy players across U13–U17 and senior levels.

What You'll Do

- Deliver treatment and rehabilitation programmes
- Educate young players on injury prevention
- Share modern physiotherapy techniques
- Build lasting impact in sports medicine in Ghana



ABOUT YOUR PROJECT

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Project Overview

Additional Benefits & Why Ghana

Broaden Your Experience

- Gain valuable clinical experience within local hospital settings, broadening your understanding of physiotherapy practice across diverse patient populations.
- Support the rehabilitation and performance needs of injured athletes by delivering essential hands-on physiotherapeutic care often limited or unavailable.
- Receive mentorship and advanced skills training from two of Ghana's leading sports physiotherapy experts: Professor Jonathan Quartey and James Commey-Bortsie.

Working Hours

- Weekdays: Generally 8:30–16:30, with some flexibility to accommodate evening team training sessions
- Weekends: Involvement during competitions as required.
- Supervision: Continuous professional oversight provided throughout the placement.
- **Why Ghana?** Accra offers the perfect blend of warm climates, vibrant culture, and a passionate sporting community. Expect a rewarding challenge with genuine impact, professional growth, and an unforgettable adventure in one of Africa's most welcoming nations.



ABOUT YOUR PROJECT

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Experience Ghana Beyond Your Placement

In Accra Explore friendly neighborhoods filled with authentic bars, restaurants, and live African music. Catch a Hearts of Oak football match at the National Stadium

Beyond the City

Lake Volta – Africa's largest man-made lake; swim, climb Ghana's highest mountain, feed monkeys

Slave Castles – Historical sites at Cape Coast and Elmina

Mole National Park – See some elephants

Wli Waterfalls – Natural swimming spots

Beach Hopping – Party at Big Milly's with live reggae, cultural drumming, and dancing along the Atlantic coastline



ABOUT YOUR PROJECT

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Volunteer Community & Fun

Balance Work with Experience We believe in giving volunteers time to unwind and enjoy their time away. Our in-country team organizes regular activities where you'll connect with other volunteers and share experiences.

Activities Include

Nights out at top spots and group meals

Weekend trips beyond Accra

Group sports team for local competition

Join Agoudist FC Play football alongside fellow volunteers in friendly matches against local African opposition. While competitive, the real emphasis is on the social side of football—and yes, we're named after locally brewed bush whiskey!



ABOUT YOUR PROJECT

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Your Impact: Equipment & Donations

Your Fee Goes Further A portion of your placement fee purchases equipment for local organizations in Ghana. You'll use it during your project, then leave it with the community for lasting impact.

Flexible Giving

Equipment donations may not always be appropriate, so financial contributions are made instead

Bring new or used equipment related to sports physiotherapy to donate—we welcome your contributions



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.



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ACCOMMODATION & LIFESTYLE

Life in West Africa



ACCOMMODATION & LIFESTYLE

AFRICA

Accommodation

The Basics Comfortable dormitory-style room with shared toilets, showers, and fans. Bed linen and pillows provided.

No hot water – Perfect for Ghana's climate; fresh showers keep you cool

Wi-Fi – Unreliable, but GAP Africa provides affordable eSIM card options + local internet cafes nearby

Security & Support – Secure house, locked overnight with 24/7 on-site staff available to support you whenever needed (7 days/week)

Upgrades Available Private rooms available upon request (additional charge, subject to availability)



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

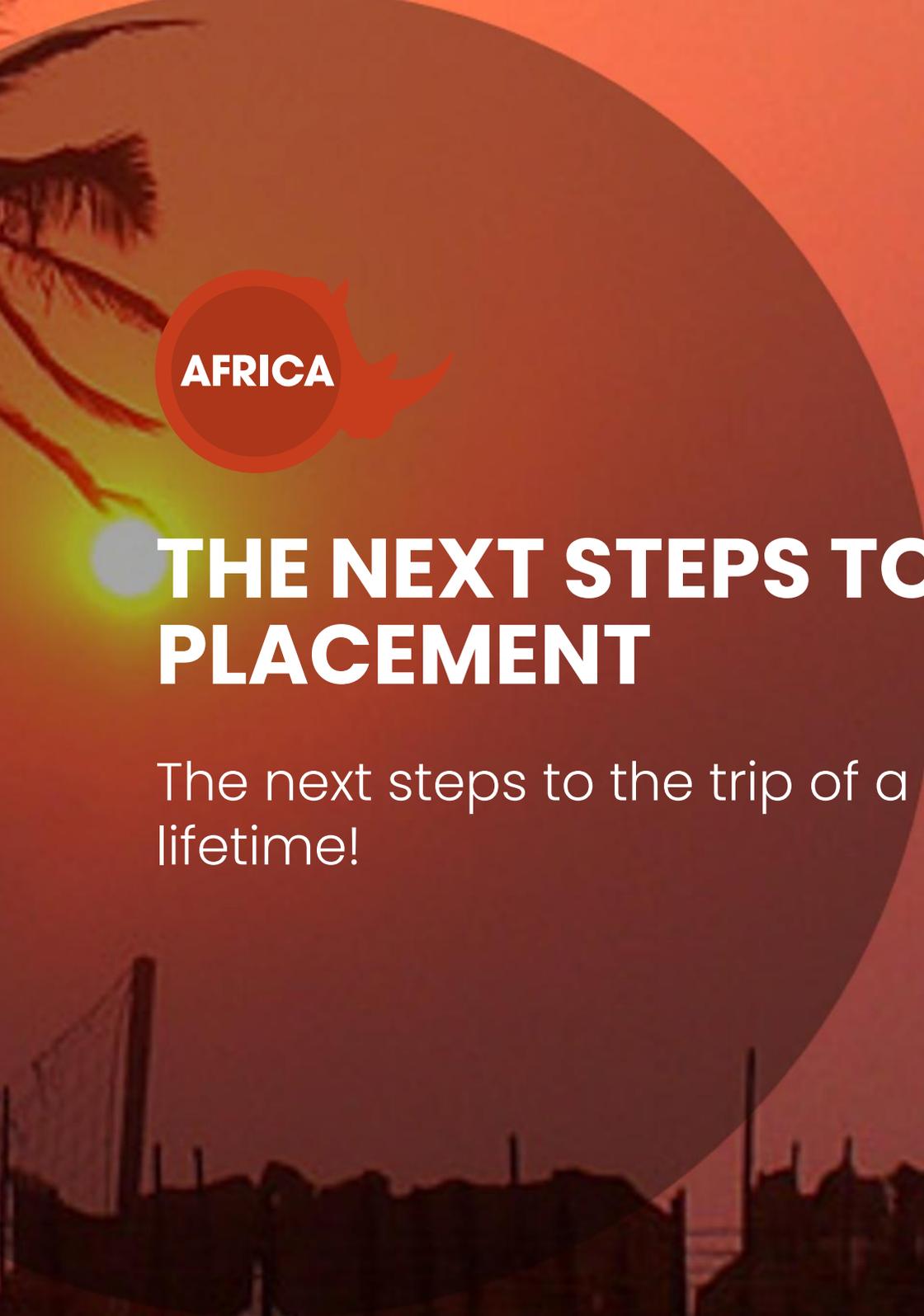
Dinners may include rice dishes, meat, beans, chicken, beef and fish, plantain



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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THE NEXT STEPS TO PLACEMENT

The next steps to the trip of a
lifetime!



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



THE NEXT STEPS

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Project dates & key deadlines

Confirmed travel dates:

Dates are flexible between February and September

Trip cost:

£1645 for a 42-day placement

Key deadlines are:

- Return online booking form
- Deposit payment, £300.00 to secure your placement
- 50% instalment payment of to be paid 16 weeks before travel
- Balance payment of £0000.00 to be paid 8 weeks before travel
- e-Tickets & final documents will be issued 2 weeks before travel

BOOKING YOUR ADVENTURE

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Booking Form

- Please complete our booking form
- No deposit required at this stage of booking
- Passport fields not mandatory

Key deadlines are:

- Deposit of £300 to confirm placement
- Instalment payment of 50% due 16 weeks before departure
- Balance payment due 8 weeks before departure

GAP Africa Projects

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CALL: +44 (0)207 1937819 | EMAIL: INFO@GAPAFRICAPROJECTS.COM

BOOKING FORM

(NB: Your name should be given as displayed on your passport)

Title *
Mr/Mrs/Miss/Ms/Other

Name *
First Last

Date of birth *
DD MM YYYY

Address *
Street Address
Address Line 2
City County / State / Region
ZIP / Postal Code Country

Telephone *
Mobile *

Email 1 *
Email 2

(**NB: Please note that all booking correspondence will be sent via Email**)

Passport no.
Passport Issue Date
DD MM YYYY

THE NEXT STEPS

AFRICA

Confirmation Documents

Confirmation documents will be issued and sent directly to you via email.

Please communicate with us with any questions relating to the field trip.

Booking

10 Oct 2023
Ref: 23-KCA-CAL-7-02-L3

Travel Advice

Names and spellings
It is essential that your name and spelling is correct on your passport. If there is a mistake this will need to be changed, otherwise you may be refused travel and charged for air tickets.

Passport expiry date
Your passport must be valid for at least 30 days beyond the intended return date to your country of origin. If you have a passport other than a British Citizen passport, you should seek more specific travel advice from your embassy.

Passport Copies
It is recommended that you take photographs of your passport, visa and stamps as a backup plan.

Travel insurance
It is essential that you take out the appropriate travel insurance for your trip. Please remember to take the certificate and policy wording booklet with you when you travel. For the professional word insure please visit: <https://www.gap-africa.co.uk/insure.html>

Passengers Travelling
Miss Chloe Capstick

Placement(s)
Zulu Land Conservation Research (06/03/23 - 18/03/23)

Inclusions
Flights, Shared road transfers to and from project, accommodation for duration, all meals and all project activities.

Exclusions
Insurance, any activities undertaken that are not included as part of the project.

Your Flight(s)

Flight No	Date	Depart Time	Arrival Time	Departure Airport	Arrival Airport
BA1399	05/03/2023	D: 15:00	A: 16:05	Manchester (MAN)	London Heathrow (LHR)
BA55	05/03/2023	D: 18:20	A: 07:25 + 1 D	London Heathrow (LHR)	Johannesburg (JNB)
BA55	18/03/2023	D: 20:15	A: 05:30 + 1 D	Johannesburg (JNB)	London Heathrow (LHR)
BA1390	19/03/2023	D: 09:35	A: 10:40	London Heathrow (LHR)	Manchester (MAN)

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UK

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United Kingdom
Tel: +44 (0) 20 7193 7819
Email: info@gap-africa.co.uk

Date: 10/10/2023
Invoice No: 23-KCA-CAC7-02-IN
Booking Ref: 4413

Invoice Amounts

Description	Date	Amount
Total cost of the arrangements as specified above	25/09/2022	£ 3,195.00
Deposit Payment	09/01/2023	£ 1,893.00
Total balance due by	24/11/2022	£ 1,302.00
of which is due by		£ 947.50

Payment Methods
Cheques: Payable to GAP AFRICA PROJECTS LTD
Bank Transfer: Account No: 61609750
Sort Code: 20-60-73
BIC: BARC033
IBAN: GBAN6160975061609750

For all bank transfers, please use your surname and booking number 4413 as reference. For transfers outside of the UK, please ensure that international transfer charges are covered when making the transaction.

BOOKING YOUR ADVENTURE

AFRICA

Group Web Page

<https://gapafricaprojects.com/26-cpp/>



Email Contact

Chloe.Nelson@gapafricaprojects.com

Booking Form

<https://gapafricaprojects.com/booking-form-26-cpp-caribbean-physio-project/>





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