



## Martial Arts Training Experience – Accra, Ghana

### Project Overview

Martial arts is a popular sport in Ghana, however there is a severe shortage of coaches and funding available to maintain this momentum. As a volunteer martial arts coach, you'll have the opportunity to develop participation and skill across all ages, working with children from disadvantaged backgrounds as well as novice adults. You might even get the opportunity to train some of the more advanced or national-level athletes depending on your experience. Your sessions will introduce beginners to the fundamentals, refine the technique of those already practicing, while also giving you the chance to train alongside some of Ghana's best martial artists and improve your own skills. Beyond coaching, you can help organise local tournaments and inspire a new generation of martial artists. All whilst immersing yourself in the vibrant culture of Accra, building lasting friendships, and enjoying a rewarding combination of coaching, training, and cultural exchange. It's not all work... you'll get the chance to travel Ghana, sampling some of the country's breathtaking sites and most-popular excursions – the Monkey Sanctuary, Kakum National Park, and visit the Elephants at Mole National Park to name a few. Accra is home of the National Stadium where you may be able to get tickets to watch Hearts of Oak FC, where locals wave flags, blow horns and dance on the rooftops.

### What's Included

Accommodation, 3x meals per day (2x meals at weekends), airport pick-up, support & orientation, placement coordination, 24-hour in-country team support

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Flights, travel insurance & visas, vaccinations, spending money, In-country transport, DBS certificate (essential)

### Duration & Pricing (14-day minimum) other durations are available

- 2026 price: £695 (14 days)
- 2027 price: £730 (14 days)

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