

# Ghana AAST

## What's the best advice you can give future students to maximize their experience abroad?

"When you have free time go explore the city. Do not be afraid to try new foods or do new things. On your trip you are not supposed to do everything like you would do it in America. Go have fun and love every minute of what you are doing."

"Be in the moment for everything. Being abroad is not just about getting the college credit. It is about being in the moment and experiences a new culture first had."

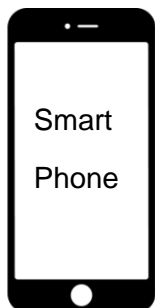
"Just spend time with people from the country. Talk to the tour guides - ask them questions about their life and how they came to work at X,Y,Z."

"Spend time walking around, talking to shop owners and street vendors. Spend time visiting sites important to Ghanaians like churches, mosques, and bus stops. Engage with the community rather than just take notes about them."

## What items did you not bring that you wish you had?

- More comfortable clothes
- Refillable water bottle
- Snacks

## Which devices would you recommend others take in the future?



## What items did you pack and NOT need while abroad?

- Skirts
- Flashlight

## Most common ways to communicate with family and friends back home:

#1. International calling and text plan through an American phone provider

\*Note that wifi and internet connection will be limited

*"I believe every student in college should have at least one study abroad experience. Whether it's a week, month, or year the experience is always life changing as you learn about diverse cultures and peoples, ways of life and history. Students will never have the time or support available to them for study abroad like they do in this season of life so take advantage of the great resources the Study Abroad office has to offer and get going!"*

## Approximately how much did you spend out of pocket during the program (in USD)?

	Max Value	Average Value
Food:	100.00	42.00
Going out/free time:	30.00	10.00
Other:	50.00	10.00
Personal travel/excursions:	60.00	22.00
Program related travel/excursions:	150.00	40.00
Required books/supplies:	100.00	68.00
Souvenirs/gifts:	400.00	172.00

## What advice do you have for students to budget and spend money wisely?

"Bartering is a skill that will help you maximize your funds.  
Practice beforehand

"Write down what you spend!"

"Prepare a budget beforehand and be honest with yourself. If you plan to shop a lot, that is going to be a big expense."

## How did you pay for things on a daily basis?

1. Cash (exchanged from U.S. currency)
2. Cash (withdrawn from local ATM)

## What credit cards were most accepted?

