

Supported by **SOUL  
DRUMMER**



# RHYTHM POWER



**15 YEAR**  
*Anniversary  
tour*

# UNITING CULTURES THROUGH MUSIC



FRI 29<sup>TH</sup> DEC 2023 –  
THURS 25<sup>TH</sup> JAN 2024



**GHANA, WEST AFRICA**



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# WELCOME TO RHYTHM POWER

Join us on our 15<sup>th</sup> Tour to West Africa. If you've been considering a study tour to the motherland then now is a great time to realise your dream. Our Rhythm Power tour has welcomed over 300 drum and dance aficionados from all over the world with open arms.

We offer an enriching cultural and musical experience with a highly rewarding Study Programme tailored to push your learning as far as possible. We are based in the idyllic Volta Region of Ghana at the seaside [Meet Me There](#) African Home Lodge. On top of your study program you can expect exciting cultural excursions and fascinating traditional festivals and ceremonies.

We're very excited to say that Josie Scott - an 8-time Rhythm Power devotee - will co-host/manage our 15<sup>th</sup> tour in conjunction with Simon Fraser. Josie has a long standing passion for Rhythm Power and has done two extended stints managing Meet Me There (MMT).

Happy drumming and dancing until we see you in West Africa!



## CONTACT US

**MELBOURNE** Simon 0416 053 619  
**AFRICAN DRUMMING HQ** (03) 9525 3073  
**GHANA** + 233 244 059 614  
**EMAIL** info@africandrumming.com.au

**TOUR DATES** Fri 29th Dec 2023 – Thurs 25th Jan 2024  
**RATE** \$4300 - \$5200  
**VISIT US** [African Drumming](#)  
**ONLINE** [Rhythm Power Ghana](#)  
**SOCIAL** [Facebook](#)

# STUDY PROGRAMME

Our study program is geared to suit your individual needs. With classes graded for Beginners right through to Advanced / Professional levels, we will make sure you are grouped with similar level students.

Our teachers have decades of teaching experience and you'll be pushed to learn as much and as fast as you need.

We hold a 2-hour morning session and a 2-hour afternoon session, plus 3 weekly additional

'all-in' drum & dance afternoon sessions after our regular classes, where all the teachers and students come together. This allows people who are focusing on drumming to still get their dance fix! You'll also have time for additional private tuition if you feel like pushing a little bit further.

Whether it be drum, dance or a combination of the two, you will be encouraged and challenged to excel as far as you want to go!



# DRUM

We're bringing you the very best Djembe and Dun styles the region has to offer. From the ancient Malinke rhythms of Mali and Burkina to the funky contemporary arrangements on the streets of Ghana right now, our team of Master Drummers will push you as far and fast as you want to go.

Each class is led by one of our experienced Master Drummers and supported by an experienced Dun player. Explore the rhythms and songs of a variety of ethnic groups. You'll learn a deep catalogue of rhythms with accompaniments, breaks, solos and songs for each.

A key benefit of our programme is our focus on the music in context. Drum and dance are inextricably intertwined in West African music, although they are often taught separately. We will often bring the drummers and dancers together in the afternoon, allowing our team of Master Drummers to solo for the dancers in an all-in group session.

Students are welcome to play along as accompanists, support the music and boost their stamina. You'll learn by listening, deepen your understanding of rhythmic dynamics and hone the skills of soloing. Private Classes with all our teachers are available on demand on top of your regular classes.



# DANCE

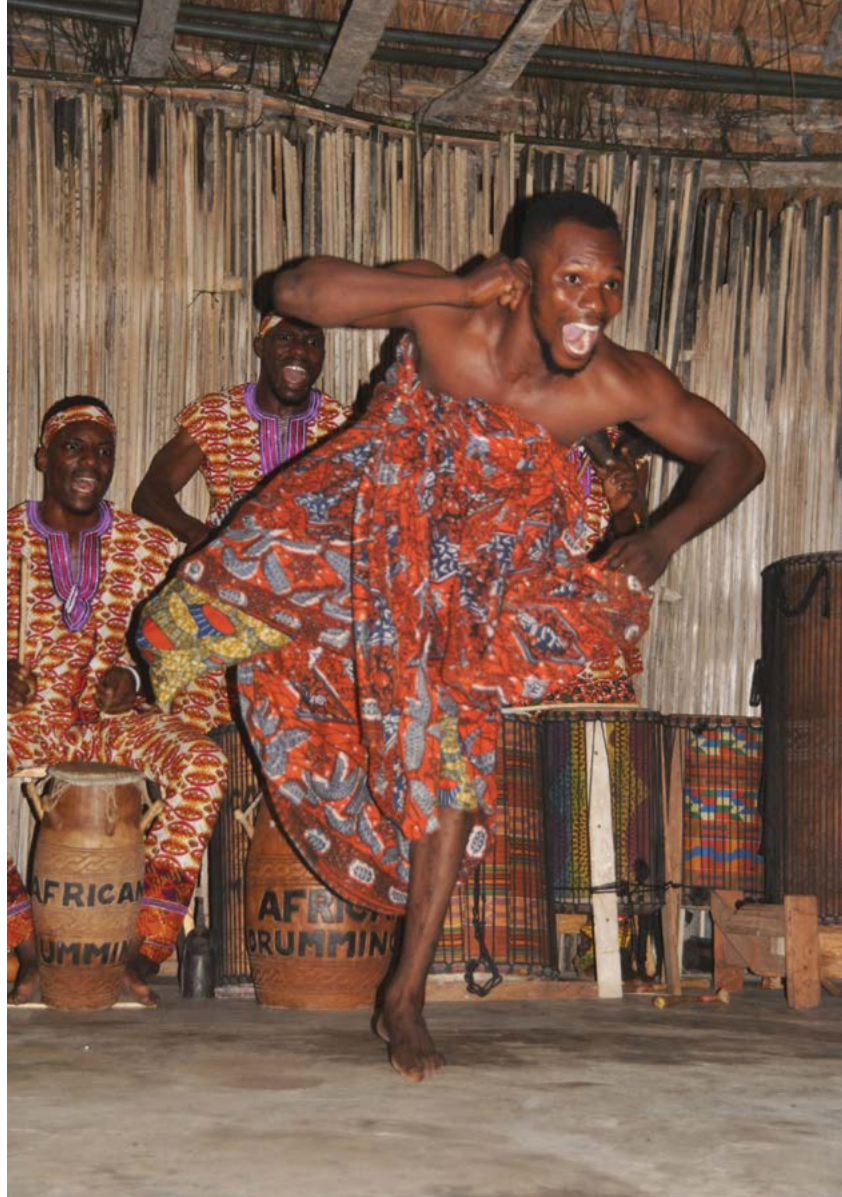
With two daily dance sessions you can expect to get VERY fit on this tour!

We will focus on learning the dances that accompany the rhythms taught to the drummers - A blend of ancient and contemporary grooves that are part of everyday ceremony and ritual across the musical landscape of West Africa.

You will work on improving form, endurance, and repertoire. Each arrangement will be broken down step by step, taking the time to master the postures and techniques for each rhythm.

You'll learn about the historical & cultural elements of the traditional dances as our teachers share how they continue to influence contemporary dance.

Dance classes are accompanied by live drumming of course!



# TEACHERS

Study with the best artists and most experienced teachers in the region.

Simon's 20 years of touring through West Africa has cemented wonderful relationships with incredible artists and musicians who have dedicated their lives to their music.

Simon hand picks your teachers for the tour, ensuring you will get a great variety of education and inspiration.

## KILELE AFRICA

Super talented and bursting with raw energy, Kilele Africa are Ghana's hottest traditional ensemble right now. "Kilele" means "welcome", and these musicians are all about sharing their joyous rhythm and dance with you.

Each artist specialises in his trade. Weezy and Ray are two of Ghana's foremost Master Drummers with deep knowledge of their traditional music and explosive power on the djembe. Odai sings like an angel and PaaNi is the talented youngster of the group, pushing and supporting his elders.

Together they are a remarkable synergetic ensemble who have over 2 decades of playing music together – in itself a rare achievement.



# BURKINA AZZA

Burkina Azza (which means “Burkina Griot” in the Bobo language) is a talented ensemble based in Ouagadougou, Burkina Faso.

Led by djembefola and multi-instrumentalist Adama Koita, the troupe is an outstanding collection of world class artists from Djibasso in the north west of Burkina, born into the musical world of the griots of Bwaba ethnicity. They are passionate about sharing their traditions and musical insight on our tour again, this is an opportunity not to be missed! You’ll also get to enjoy relaxing balafon and Ngoni evening jams with the Burkina guys - a real highlight of the tour.







# EXTRA TUITION

There's plenty of time to really hone your technique, groove and stamina with our private lessons. With access to world class musicians and teachers, it's a great opportunity to focus on exactly what you need to maximise your learning. Private sessions are available on a variety of instruments including djembe, dun, balafon and ngoni, as well as dance.

Rates are given per person, per hour.

## DRUM / DANCE (One on One)

Single Sessions	\$40 pp
5 Session Pack	\$180 pp

Drum classes can include an additional dun or bell player for an extra \$10. Dance classes can be held with an extra drummer for a richer experience - keep in mind there is an inseparable relationship between drum and dance! Additional charge \$10.

## GROUP SESSIONS

2 or more people	\$35 pp
Additional Dun support	\$10 flat rate



# DRUMS & MORE

You'll need a djembe for the Tour and we are here to help! Drums are available for hire or purchase. We offer a range of awesome drums from across the West African region. Our drums are carved and mounted by our good friends who we've been supporting since 1997.



## DJEMBES

PRIMO SERIES	SIZE	TOUR RATE	RRP
Premium hardwood djembes from Burkina Faso & I.Coast	12"	\$350	\$650
	13"	\$365	\$700
	14"	\$390	\$700

GHANA SERIES	SIZE	TOUR RATE	RRP
Quality Twenaboa djembes featuring traditional carvings	12"	\$250	\$450
	13"	\$270	\$470

*Option of cow skin on your djembe - add \$30*

## HIRE

DRUM TYPE	TOUR RATE
Djembe (Ghana)	\$100
Djembe (Hardwood)	\$150
Duns	\$150

*Djembes come with goat skins. If you'd like a cow skin there is an additional \$30 fee*

## Please answer these questions so we can get the right drum ready for you.

1. Hire or Buy?
2. Djembe or Duns?
3. Hardwood (Burkina / I.Coast) or Ghana Shells\*?
4. Diameter
5. Height
6. Skin Type (goat or cow)
7. Skin thickness
8. Rubber / Metal Base (additional \$25)

*\*Our hardwood djembes are top of the range and made from traditional djembe timbers. The Ghana drums are made from twenaboa, a medium density timber. These shells tend to have great bass ranges and offer good portability.*

# DRUMS & MORE



## OTHER INSTRUMENTS



### KPANLOGO DRUM

SINGLE \$270



### TALKING DRUM

SINGLE \$100



### DUN SET

SHELLS & RINGS \$450  
SKINNED \$750



### AGOGO

SMALL \$10  
MEDIUM \$15  
LARGE \$20



### SHEKERE

SMALL \$10  
MEDIUM \$15  
LARGE \$20

## BAGS

DRUM TYPE	SIZE	TOUR RATE
Djembe	12-13"	\$35
Djembe	15"	\$40
Dun Set		\$150



# ACCOMMODATION

Ghana is an extremely safe country and our community is one of the most welcoming places you will ever visit.

We are situated in the Volta region on the coast of Ghana, 3 hours east of the capital Accra. We are based in between two fishing villages Called Dzita and Agbledomi. The local Ewe people are known to be one of the friendliest and welcoming tribes in Ghana. You will gain a rich insight into traditional African life and culture during your visit.

[Meet Me There African Home Eco Lodge](#), is a not-for-profit lodge, which aims to support the work of the NGO 'Dream Big Ghana'. African Drumming has been a long time supporter of DBG and their local sanitation and education projects, and we love returning here every year to see how things are progressing.

MMT offers a fantastic seaside location with a huge salt water lagoon in the front yard - simply amazing! You will not find a more peaceful and picturesque location to drum the days away. The warm Ghanaian hospitality combined with an experienced kitchen team make it the perfect spot to stay for a month.



# ACCOMMODATION

You have the choice of double or twin share, delux double (or twin), & delux triple rooms. Our delux rooms are newer and larger in size, all with internal ensuites. Our delux triple rooms open up directly onto the lagoon.

Accommodation is allocated on a first in, best dressed basis with your deposit. Let us know your first and second preferences and we will do our best to allocate to you. Please note - Private single rooms are not available on this tour unless they become available closer to the tour kick off.

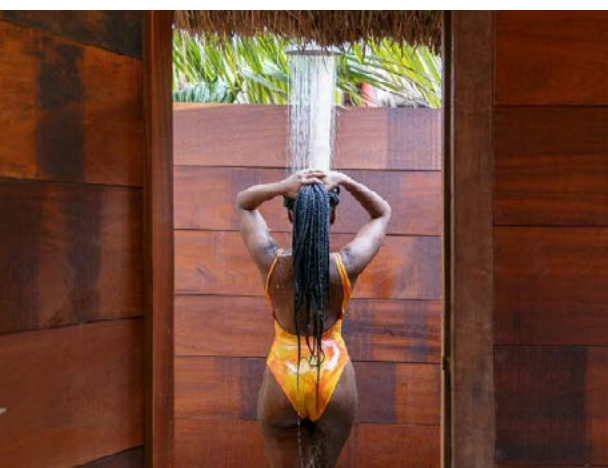
The first night of the tour is spent in Accra before we move to MMT. We also come back to Accra for an excursion weekend. Please note for these 3 nights, all rooms are shared accommodation. There may be an opportunity to obtain a private room for an extra fee closer to the arrival time (subject to availability).

Read our [FAQ's](#) section for more information on accommodation.



## FOOD ON TOUR

In-house caterers prepare three delicious fresh meals every day, focusing on traditional local dishes and your favourite European meals too. Our chefs hit the local markets to source fresh produce 3 times a week - expect lots of delicious sauces and fresh fruits, plus chicken and locally sourced fish. Vegetarians are catered for on request. See our FAQ section for more info on special dietary requirements.



## SPA & MASSAGE

MMT has recently added a relaxing Spa & Massage facility where you can unwind with a deep tissue massage at the end of a hard drumming day!

## MEET ME THERE'S ECO COMMITMENT

One of our main aims is to become as eco friendly as possible. We do this in a number of different ways but always look to get even better. We have lovely smelling compost toilets and the compost is used on our garden. We also have a number of solar products, however, our ultimate goal, when financially possible, is to become completely reliant on solar.

Our lodge is built using locally sourced materials and we love to use the incredibly beautiful Ghanaian products and artwork for decoration, providing a truly local feel.

Finally, what makes us really eco friendly is the sanitation programme we run in our local communities! Please see the [Community Development](#) page for more on this.



# ENTERTAINMENT & CHILL

## CEREMONIES & MUSIC

We take pride in offering a diverse entertainment package.

Showcasing a variety of original and eclectic acts, your stay will be interspersed with unique cultural experiences.

Ceremonies with music are woven into the fabric of everyday life in The Volta, and we will be there to take part in all kinds of special events. Weddings and funerals, spirit & voodoo ceremonies, live bands and more!

## CULTURAL EXCURSIONS

Enjoy a cultural adventure with unique opportunities to experience ceremonies and events as they take place in the community.

Here are some of our tour excursions and events:

- ☀ Batik/Tie die Workshop (optional)
- ☀ Mamashie Rasta Voodoo Ceremony
- ☀ Volta River Boat Trip
- ☀ Keta Slave Fort (optional)
- ☀ Jam & Movie Nights
- ☀ Local Market Trips
- ☀ Turtle Watching
- ☀ Local Medicine & Farm Walk
- ☀ Community involvement
- ☀ Weekend excursion to Accra where we hit the live music spots and take in the local craft markets and galleries.



## GIVING BACK

The main source of income for locals is fishing and farming - most of the local people live on less than \$1.40 per day.

By staying at MMT you'll have an opportunity to volunteer and join in some of the wonderful ongoing projects of African Drumming and sister NGO "Dream Big Ghana". E.g. Reforestation & Sanitation toilet block building

Just let us know if you would like to get involved - you will come away feeling like you have left an incredibly positive mark on our wonderful community.

[www.dreambigghana.org.uk](http://www.dreambigghana.org.uk)

## CHILL TIME

You'll be staying at one of the most relaxed and beautiful getaways you could wish for. Once your drumming has finished you can simply choose to lie under the palms by the water, swim, or read a book.

## SHOPPING

There will be plenty of time to explore the local vibrant markets. Clothes, jewellery, art and craft – you can shop till you drop!

The streets of Ghana are safe and full of friendly people eager to walk and talk with you; it's easy to fall in love with the warmth and friendliness of the Ghanaian people. Taxi services are abundant and for just a few cents you can get a real African experience by jumping in a Tro Tro (small transit van) and skipping from place to place.



# TOUR RATE

## TOUR RATE (per person)

<b>Queen / Twin with ensuite:</b>	\$4700
<b>Double / Twin with communal compost toilet and outside shower:</b>	\$4500
<b>Deluxe Queen / Twin with ensuite:</b>	\$5200
<b>Deluxe Triple Share with ensuite:</b>	\$4300

*Note: As there are limited numbers for each room type - first in best dressed*

### The Tour rate includes:

- ☀ Group Airport transfers
- ☀ Accommodation for 27 nights
- ☀ 3 freshly cooked meals a day\*
- ☀ Group tuition
- ☀ Entertainment and excursions\*\*

*\*Except for excursion weekend - see FAQ's*

*\*\*Additional excursions may be offered and may incur additional fees*

### The Tour rate does not include:

Airfares, Visas, Insurance or Drums

*If you would like to attend for less than the full tour please contact us to discuss a special rate*

*For those requiring private/small group transfers an additional charge will apply.*

*Private shuttle service can be arranged for early departures at your expense.*

## CANCELLATION POLICY

The following cancellation fees apply to terminated bookings:

### Prior to 31 Aug 2023

\$450 Admin Fee

### 1 Sep - 1 Dec 2023

\$1,000 Admin Fee

### After 1 Dec 2023

\$2,000 Admin Fee

## COVID POLICY

Ghana is presently fully open for fully vaccinated tourists. Please follow the guidelines for travelling to Ghana from your country. For Australian visitors, you can follow the requirements [here](#). As government policy can change, we advise to check periodically for updates. Due to current conditions of international travel, we recommend booking directly with the airlines, and choosing airlines who offer flexible changes.

## PAYMENTS

A \$1,000 deposit is required upon booking and secures your accommodation. The remaining balance should be settled by 30th Nov 2023.

### Payment can be made via EFT to

African Drumming Pty Ltd

**BSB** 033082

**ACC** 315567

**Please note: a tour discount of 10% will apply to cash or money order payments.**

### Money Order from your local Post Office

Please make the money order out to

Simon Fraser and post to:

African Drumming

252 St Kilda Road St Kilda,

VIC 3182





# GETTING TO AFRICA

## FROM AUSTRALIA

Tour goers are responsible for booking and paying for their own airfare. Fares range from \$2500 - \$4000, depending on where you depart and who you book with. Keep in mind that prices tend to rise after the 30th of June.

### **Airline options include**

Emirates, Qatar, Qantas, Turkish, KLM, Kenyan, Ethiopian

## TRAVEL INSURANCE

Tour goers are responsible for their own travel and medical insurance. We recommend for everyone to take up a policy for peace of mind.

## HEALTH CARE

Yellow Fever vaccination is mandatory for entering Ghana so please arrange this at least a month before you travel. Other medicines and vaccines are personal choices and should be considered in consultation with your travel doctor

You will need to present your Covid vaccination proof on arrival.

### **Covid**

If you're unvaccinated you must present a negative COVID-19 (PCR) test certificate issued in the 48 hours before travel to Ghana.

For updated information please go to the [Smart Traveller Website](#).



# VISAS

All Tour goers will need a Ghanaian visa, which must be arranged personally before the commencement of the Tour.

## APPLYING FROM AUSTRALIA

Visa applications usually take a maximum of two weeks to arrive, but given the Christmas/ New Year break, we recommend applying before December to be safe.

Ghana High Commission  
52 Culgoa Circuit  
O' Malley, Canberra ACT 2606

(02) 6290 2110

[ghanahighcom.org.au](http://ghanahighcom.org.au)

## APPLYING FROM OUTSIDE AUSTRALIA

Many Consulates around the world will require a "letter of invitation" which you should enclose in your application for a Ghanaian Tourist Visa. Please ask the consulate and let us know - we will email one through as soon as possible. (not required for Australian Applicants)

You will be required to submit your passport plus a yellow fever certificate and a Covid certificate when applying for your Visa. Exemptions can be made for unvaccinated travelers providing they include a doctor's certificate. Since covid requirements change, please check the updated information closer to the time.

## REFERENCES

List us as your reference when applying for your visa.

Moses Zan  
Freedom Arts  
ShopArts Centre,  
High St  
Accra, Ghana  
Ph: +233 246860518

Ila Suleyman  
Nyanyano Road  
PO Box 2847  
Kaneshie/Accra. H/N 481  
Kasoa, Kakraba  
Ph + 233 243481531



# FAQ

## IN TRANSIT

### *What happens when I arrive at the airport in Ghana?*

We will be there to pick you up. Once you've cleared customs, make your way to the outside area at Arrivals. A member of our team will have a board with your name, and references to Rhythm Power. It can be a little chaotic at the airport - just take your time and you'll be fine.

### *Where do your students typically come from?*

Mainly Australia, but we have had people from Italy, Ireland, UK, Honduras, Canada and New Zealand. Everyone and anyone is welcome!

## ACCOMMODATION & FOOD

### *What's the accommodation like? Are there single rooms?*

At MMT we have a mix of twin and double rooms, plus three delux double / twin rooms and two Delux three person rooms.

Private single rooms will only become available at Meet Me There if rooms at MMT are not full, and will be allocated on a first in best dressed basis.

### *How secure will my valuables be at the lodge? Is there some way to keep things secure?*

MMT is a safe lodge with security on site. All rooms have locks for added security and there is an office safe which can be used for personal effects.

### *What is the accommodation like in Accra before we arrive at our final tour location and during the excursion weekend?*

We will spend a night in Accra before we move to The Volta. We also come back to Accra for a 2 night excursion weekend in the middle of the tour. Please note for these 3 nights, all rooms

are shared accommodation. Private rooms may be available (depending on availability) at an extra cost on the day/weekend. Private rooms can be arranged but may be at a nearby hotel at extra cost (depending on availability). Breakfast is covered for all of these days.

### *What access is there to power?*

Every room has UK power outlets - bring a power board to charge all your devices at once!

### *Is there Internet?*

There is no Wifi at MMT, so you will need to organise your own data package for your phone. If you want to use a laptop/tablet, then buy a Large Data bundle for your phone and use your phone to tether. You could also buy a dongle and plug this into your laptop.

### *Can I bring a non drumming friend or family member along with me?*

Yes, but as we are generally booked out we have to charge the same rate for the tour.

### *If I have special dietary requirements can the kitchen look after me?*

Gluten free, Vegan & FODMAP diets can be catered for but take our kitchen extra time to source ingredients and prepare meals. As such, an additional charge of \$250 applies.



# FAQ

## ON TOUR

### *Is the tour mainly drumming or can I focus on dance?*

We build and evolve your study program based on what you would like to learn and how you'd like to balance it. Two 2-hour classes are available for either drum or dance on every weekday. We also add 3 all-in drum and dance jams each week to unite everyone at the end of the day.

### *How do I get the instruments, art and craft I buy back home to Australia?*

It's easy to get excited by things like art, craft and beads, and spend up big on tour. Travel light to Ghana and you'll have more room to take home lots of goodies. Drums are typically 6-9kg and by removing the hair you'll have a great chance to get your drum into Australia past customs. Check baggage allowances with your airline before you travel.

### *Tell us more about the Excursion Weekend in Accra*

Always a tour highlight full of organised events and spontaneity! We will set off from Meet Me There after lunch on Friday and check into somewhere nice on arrival in Accra. We'll hit up a local live music venue on Friday night (dinner is covered), where you'll see some of Accra's best musicians in action. Saturday is a flexible day with a guided walk through Mokola market and onto the Arts Centre that everyone is welcome to join. We will keep you up to date with local entertainment event options for Saturday night too. Sunday will be a group trip to the best Gallery in Accra before a stop (and lunch) at the shopping mall for all your western needs! Please note, lunch and dinner on Saturday and lunch on Sunday are not covered. Breakfast is covered for every day on tour. Uber and Taxis are really cheap for shared rides at approx \$3 - 5 each.

### *Will I need a drum on the tour?*

Yes - all drummers will need a djembe (or duns) which we have available for purchase or hire.

### *How much extra cash should I bring? What other expenses are there on the tour?*

Pure water, soft drinks, beer, fruit and nuts are all around \$2-3 a serving. A standard taxi fare into the local village (20 min) is \$6. However, you may choose to take a Tro Tro (old van that stops every 200m) for \$1-2. Our in-house laundry service is approx \$7 for a bag.

### *Is there anything I can bring for donations that would be useful or valuable?*

Stationary for the kids! Educational items like books. Flash drives. Soccer balls and footballs are always popular.

### *Do Australian phones work in Ghana?*

Some Australian carriers may have reasonable bundles but rates are expensive for other carriers (like Telstra). You're much better off getting a local SIM card (easy to find including at airport on arrival) which allows very cheap local and international calls plus very cheap Data packages. We recommend MTN as the best carrier. Make sure you UNLOCK your phone before you come to Ghana.

### *What is the best way to manage my money whilst on tour?*

You can take your Visa card and withdraw local currency (cash). Remember to get enough to last you through to the excursion weekend (as it's a one hour drive to the closest ATM from MMT).



# BOOKINGS & ENQUIRIES

## READY TO BOOK?

Please return the [Sign Up form](#)

## CONTACT SAUL TO CHAT MORE

0425 283 382

[facebook.com/RhythmPowerGhana](https://www.facebook.com/RhythmPowerGhana)

[www.souldrummer.com.au](http://www.souldrummer.com.au)

