



Ghana

Old castles on a palm-lined coast, the gold of the Asante kings, bright kente cloth and a pot of jollof, in the West African country where the Prime Meridian comes ashore.

AT A GLANCE

Facts to know

CAPITAL

Accra

POPULATION

About 30.8 million at the 2021 census; about 34.6 million in a 2024 United Nations estimate

OFFICIAL LANGUAGE

English. About 80% of Ghanaians speak Akan (Twi or Fante) as a first or second language, and 11 local languages are officially sponsored

CURRENCY

Ghanaian cedi (GHS), divided into 100 pesewas

AREA

About 238,500 km²

GOVERNMENT

Presidential republic, under the constitution of 1992, with 16 regions

HIGHEST MOUNTAIN

Mount Afadja (Afadjato), near the Togo border, is traditionally listed as the highest at 885 m, although newer measurements put it at under 600 m and may make a nearby peak the highest

LONGEST RIVER

The Volta, about 1,600 km as a river system (Britannica), much of it now Lake Volta

NEIGHBOURS

Ivory Coast (Côte d'Ivoire), Burkina Faso and Togo. The Atlantic Ocean (Gulf of Guinea) lies to the south

DRIVES ON THE

Right. Like the other former British colonies of West Africa, Ghana switched from driving on the left

CALLING CODE

+233

A 45-minute trip to Ghana

Everything you need is in this pack. No preparation beyond printing. Adapt the timing to your group.

- | | |
|---------------------|---|
| 0 to 5 min | Welcome. Show the map page and find Ghana together. Ask: who has been there, or knows someone from there? |
| 5 to 15 min | Read the facts at a glance, then three moments from the story: 1471: Portuguese sailors reach the Gold Coast; 1948: The Accra riots; 2019: The Year of Return. |
| 15 to 25 min | At the table: talk about Jollof rice and Fufu. Idea: bring a small taste (bread, cheese, fruit, tea) if your kitchen can help. |
| 25 to 30 min | Say it like a local: practise "Maakye." (Good morning.), "Maaha." (Good afternoon.), "Maadwo." (Good evening.). Everyone says them together. |
| 30 to 40 min | Quiz: read the questions aloud, or play the big-screen version at https://worldstroll.com/countries/ghana/group . No scores needed. |
| 40 to 45 min | Talk about it (questions page), then stamp or sign everyone's passport page. |

You will need

- This printed pack (one per table, or one each)
- Pens for the quiz
- Optional: a world map or globe, a small tasting, music from the country

Ghana and its cities



- Accra (Greater Accra Region, on the coast): Independence Square (Black Star Square) and its arch, The Kwame Nkrumah Memorial Park, Makola Market and the old fishing quarter of Jamestown, The Ga harvest festival of Homowo
- Kumasi (Ashanti Region, in the forest belt): Manhyia Palace, seat of the Asantehene, Kejetia Market, one of the largest markets in West Africa, Kente weaving villages nearby, such as Bonwire, Kumawood, a film industry making films in Twi
- Tamale (Northern Region, in the savanna): Dagomba culture and the kingdom of Dagbon, Gateway to the savanna of the north, The road north to Bolgatanga and west to Mole National Park
- Sekondi-Takoradi (Western Region, on the coast): Takoradi harbour, one of Ghana's two deep-water ports, The offshore oil industry, Beaches and fishing towns along the western coast

- Cape Coast (Central Region, on the coast): Cape Coast Castle, a UNESCO World Heritage Site, The University of Cape Coast, The PANAFEST festival and the Fetu Afahye festival, Kakum National Park, about 30 km to the north
- Elmina (Central Region, on the coast): Elmina Castle (St George's Castle), Fort St Jago on the hill above the town, The Bakatue festival of the sea and the lagoon each July
- Tema (Greater Accra Region, on the coast): The Prime Meridian (0° longitude) passing through the city, Tema Port, Ghana's biggest seaport, Factories and an oil refinery
- Ho (Volta Region, near the Togo border): The Volta Regional Museum, Ewe kente weaving in nearby Agotime-Kpetoe, Hills, waterfalls and forests of the Volta Region
- Bolgatanga (Upper East Region, near Burkina Faso): Bolga straw baskets and hats, Leather goods and woven smocks, A large central market
- Wa (Upper West Region): The palace of the Wa Naa, chief of the Wala people, Roads north to Burkina Faso, Farming and cattle in the savanna
- Damongo (Savannah Region): The gateway to Mole National Park, The old mosque of Larabanga nearby, Shea nuts gathered from wild trees
- Akosombo (Eastern Region, on the Volta River): The Akosombo Dam and Lake Volta, Boat trips on the lake, The Adomi Bridge over the Volta

A short history of Ghana

The kingdoms of Bonoman and Dagbon grew up in the forest and the savanna centuries ago, and in 1701 the Asante formed a union that became one of the strongest states in West Africa. From 1471 Portuguese, then Dutch, English, Danish, Swedish and German traders built forts along the coast, first for gold and then for the Atlantic slave trade. Britain took control in the 19th century after long wars with the Asante. In 1957 the Gold Coast became independent Ghana, and after years of coups it has been a stable multiparty democracy since 1992.

1471 Portuguese sailors reach the Gold Coast

Portuguese ships reached this coast in 1471 and found people trading gold, which the Akan states inland had long sold northwards across the Sahara. Europeans soon called the land the Gold Coast.

1482 The Portuguese build Elmina Castle

Sent by King John II of Portugal, Diogo de Azambuja began the castle of São Jorge da Mina at Elmina in 1482. It was the first European trading post on the Gulf of Guinea and is the oldest European building still standing in sub-Saharan Africa.

1637 The Dutch capture Elmina Castle

The Dutch West India Company seized Elmina Castle from the Portuguese in 1637 and took the rest of the Portuguese Gold Coast in 1642. English, Danish, Swedish and German traders followed, and more than 30 forts and castles rose along the shore, trading first in gold and then in enslaved people.

1701 The Asante win at Feyiase

Osei Tutu and his priest Okomfo Anokye led a union of Asante states against their overlord, Denkyira, and defeated it at the Battle of Feyiase in 1701. Kumasi became the capital and Osei Tutu the first Asantehene. Legend says the Golden Stool came down from the sky to seal the union.

1844 The Bond of 1844

Worried by Asante attacks, Fante chiefs on the coast signed the Bond of 1844, which let British officials try serious crimes such as murder and robbery. More than a century later, Ghana's independence day was set

on its 113th anniversary.

1874 The Gold Coast becomes a British colony

The Dutch sold their forts to Britain in 1872. After a British army took and burned Kumasi in the war of 1873 to 1874, Britain proclaimed the Gold Coast Colony on 24 July 1874. Accra became the capital in 1877.

1900 The War of the Golden Stool

In 1900 the British governor demanded to sit on the Golden Stool, the sacred symbol of the Asante nation. Yaa Asantewaa, the Queen Mother of Ejisu, led an uprising. The British won and made Asante part of the colony in 1902, but the stool itself was never handed over.

1948 The Accra riots

On 28 February 1948 police fired on a peaceful march of former soldiers who had fought for Britain in the Second World War and were asking for their promised pensions. Three were killed, and days of riots followed. The shooting became a turning point on the road to independence.

1957 Ghana becomes independent

At midnight on 6 March 1957 the Gold Coast, Ashanti, the Northern Territories and British Togoland became one independent country named Ghana, with Kwame Nkrumah as prime minister. The new red, gold and green flag carried a black star.

1960 Ghana becomes a republic

On 1 July 1960 Ghana became a republic with Kwame Nkrumah as its first president. The day is still marked as Republic Day.

1965 The Akosombo Dam is completed

The dam across the Volta River at Akosombo was completed in 1965 to power an aluminium smelter and the country. Its reservoir, Lake Volta, flooded 740 villages, and about 78,000 people had to move to new towns.

1966 A coup removes Nkrumah

On 24 February 1966, while Nkrumah was abroad on a visit to China, the army took power. Military and civilian governments then alternated for more than 25 years.

1992

A new constitution

On 28 April 1992 voters approved a new constitution in a referendum, bringing back multiparty elections. The Fourth Republic began on 7 January 1993, and since then presidents have been elected for four-year terms, with a limit of two terms.

1997

Kofi Annan leads the United Nations

Kofi Annan, born in Kumasi in 1938, became Secretary-General of the United Nations in 1997, the first to be chosen from the UN's own staff. He served until 2006 and shared the Nobel Peace Prize with the UN in 2001.

2019

The Year of Return

Ghana invited people of African descent around the world to visit in 2019, 400 years after the first enslaved Africans landed in the English colony of Virginia in 1619. Many visitors came to the castles of Cape Coast and Elmina.

What people eat in Ghana

A Ghanaian meal is built around a filling starch, such as fufu, banku, kenkey, rice or boiled yam, served with a soup or stew and some fish or meat. Soups are the main course, not a starter. Tomatoes, hot peppers and onions are the base of most sauces, so jollof, soups and stews are often red or orange. The south eats more cassava and plantain, while the drier north grows millet, sorghum and maize. Breakfast is often porridge with bean fritters or bread, and street food, from kelewele to waakye, is sold everywhere.

Jollof rice

All of Ghana, and across West Africa

Rice cooked in a rich sauce of tomatoes, peppers, onions, ginger and garlic until every grain turns orange-red. Ghanaian cooks often use fragrant jasmine rice. It is served at parties and family gatherings with chicken, goat or beef, fried plantain, salad and a spoonful of shito.

Fufu (Fufuo)

Southern Ghana, especially the Akan peoples

Boiled cassava pounded with green plantain, or sometimes cocoyam or yam, into a soft, smooth, stretchy dough. It is pounded in a wooden mortar with a long pestle, and between blows the dough is turned by hand. Fufu is served in a bowl of soup, such as light soup, palm nut soup or groundnut soup, and eaten with the fingers.

Light soup (Nkrakra nkwan)

All of southern Ghana, first made on the coast around Accra

A thin, spicy soup of tomatoes, onions, hot pepper, ginger and garden eggs (small African aubergines), cooked with goat, chicken or fish. It is called 'light' because the broth is thin. It is most often eaten with fufu, banku or rice balls.

Groundnut soup (Nkatenkwan)

All of Ghana

A creamy, spicy soup made with ground peanuts, tomatoes and pepper, usually with chicken or goat. It is eaten with fufu, rice balls (omo tuo) or banku.

Palm nut soup (Abenkwan)

All of southern Ghana

A rich orange-red soup made from the pulp of boiled palm fruits, cooked with meat, smoked fish, crab or snails, tomatoes, onions and pepper. It is served with fufu or rice

balls.

Banku

The Ga-Dangme people of the Greater Accra coast, now all of Ghana

A mixture of fermented corn dough and cassava dough, cooked and stirred hard in a pot until it becomes a smooth, slightly sour ball. Banku with grilled tilapia and a fresh hot pepper sauce is a classic pairing served in many restaurants. It is also eaten with okra soup or light soup.

Kenkey (Komi (Ga), dokono (Akan))

The Ga and Fante peoples of the coast

Maize soaked, ground and left to ferment for several days, then partly cooked, wrapped and boiled into firm, tangy dumplings. Ga kenkey is wrapped in maize husks, while Fante kenkey is wrapped in plantain leaves. It is eaten with fried fish, a raw pepper sauce and shito.

Waakye

Northern Ghana, now eaten all over the country

Rice and beans, usually black-eyed peas, cooked together with dried sorghum leaves, which give the dish its reddish-brown colour and are taken out before serving. It is a favourite breakfast or lunch, sold at roadside stalls wrapped in a leaf, with gari, shito, boiled eggs, fried plantain and even spaghetti, which Ghanaians call talia.

Red red

All of Ghana

A stew of black-eyed beans cooked in red palm oil with onions, tomatoes and pepper, often with tinned mackerel or sardines, and served with fried ripe plantain. The name comes from the red of the palm oil and the orange of the plantain. It can easily be made without fish.

Kelewele

Accra and all of southern Ghana

Cubes of ripe plantain tossed with ginger, hot pepper and salt, then fried until the edges caramelize. In Accra it is sold in the evening by street vendors, often with a handful of roasted peanuts, and it is also eaten as a side dish with red red.

Kontomire stew with ampesi (Kontomire)

Southern Ghana, especially Akan homes

A green stew of chopped cocoyam leaves cooked in palm oil with onions, pepper and smoked fish, often thickened with ground egusi (agushi) seeds. It is eaten with ampesi: boiled yam, plantain or cocoyam.

Tuo zaafi

Northern Ghana

A smooth, firm porridge of maize flour, or millet or sorghum flour, cooked in water and served in soft mounds. It is the everyday staple of the north, eaten with a green leaf soup called ayoyo or with okra soup and meat or fish.

Shito

The Ga people of Accra, now all of Ghana

A dark, hot pepper sauce of dried fish, dried shrimp, ginger, garlic and chilli, slowly fried in oil for about an hour. Recipes differ from village to village, and it is found everywhere. It goes with kenkey, waakye, rice, jollof and even bread.

Koose

Northern Ghana and the Zongo communities of the cities

Small, crisp fritters of ground black-eyed peas with onion and hot pepper, fried in oil. They are a favourite breakfast with a bowl of Hausa koko, a spiced millet porridge, or tucked into a piece of bread.

Sobolo

All of Ghana, and across West Africa

A deep red drink made by boiling dried hibiscus flowers with ginger and cloves, then sweetening and chilling it. It tastes a little like cranberry juice and is usually served cold.

GOOD MANNERS

At the table

- Wash your hands before the meal. Fufu, banku and kenkey are eaten with the fingers of the right hand.
- Use only your right hand to eat, and to give or receive food, money or gifts. Using the left hand is seen as disrespectful.
- Greet everyone before you sit down to eat. In Ghana greetings come first, before any other business.
- Soup is the main course, not a starter, and many Ghanaians do not count a rice dish as a 'real' meal the way they count fufu or banku.
- If you buy a bottled drink at a small bar or roadside stand, drink it there or tell the seller: the empty bottle is returned and reused.

Jollof rice

Rice cooked in a rich sauce of tomatoes, peppers, onions, ginger and garlic until every grain turns orange-red. Ghanaian cooks often use fragrant jasmine rice. It is served at parties and family gatherings with chicken, goat or beef, fried plantain, salad and a spoonful of shito.

Ingredients

- 600 g chicken pieces
- 400 g long-grain or jasmine rice
- 2 onions
- 3 cloves garlic and a thumb-sized piece of fresh ginger
- 4 ripe tomatoes, or a 400 g tin of chopped tomatoes
- 3 tablespoons tomato paste
- 1 red bell pepper and half a scotch bonnet chilli (or less, to taste)
- 4 tablespoons vegetable oil
- 1 teaspoon dried thyme, 1 teaspoon curry powder and 2 bay leaves
- About 600 ml chicken stock, salt and black pepper

Method

1. Blend one onion with the garlic and ginger. Rub half of it over the chicken with salt, and simmer the chicken with a cup of water for 20 minutes. Keep the liquid as part of the stock.
2. Blend the tomatoes, bell pepper and chilli until smooth.
3. Heat the oil in a heavy pot, brown the chicken on all sides and set it aside.
4. Fry the second onion, sliced, until soft. Stir in the tomato paste and fry for 3 minutes, then add the blended tomatoes and the rest of the onion mixture. Cook for about 15 minutes, stirring, until the sauce is thick and the oil rises to the top.
5. Add the thyme, curry powder, bay leaves and stock, and season well. Rinse the rice, stir it in, lay a sheet of foil over the pot and put the lid on tightly.
6. Cook on a very low heat for 25 to 30 minutes, turning the rice gently once, until it is tender. Add a splash of water if it looks dry. Lay the chicken on top

of the rice for the last 15 minutes so it heats through, and make sure there is no pink meat near the bone. Serve with fried plantain and salad.

Groundnut soup

A creamy, spicy soup made with ground peanuts, tomatoes and pepper, usually with chicken or goat. It is eaten with fufu, rice balls (omo tuo) or banku.

Ingredients

- 1 kg chicken pieces (or goat meat, which needs about an hour longer to become tender)
- 1 onion
- 2 cloves garlic and a thumb-sized piece of fresh ginger
- Half a scotch bonnet chilli (or less, to taste)
- 3 ripe tomatoes, or 2 tablespoons tomato paste
- 200 g smooth unsweetened peanut butter (groundnut paste)
- About 1.5 litres water
- Salt

Method

1. This soup contains peanuts, so check with your guests about allergies first.
2. Blend half the onion with the garlic and ginger. Rub it over the meat with salt and steam the meat in a covered pot for 10 minutes, without water.
3. Blend the tomatoes, the rest of the onion and the chilli, add them to the pot with the water and simmer for 15 minutes.
4. In a bowl, mix the peanut butter with a ladle of hot broth until it is smooth, then stir it into the pot.
5. Simmer gently for 30 to 40 minutes, stirring now and then so it does not stick, until a little oil rises to the top and the soup thickens slightly.
6. Taste for salt and serve hot with fufu, rice balls or banku.

Red red

A stew of black-eyed beans cooked in red palm oil with onions, tomatoes and pepper, often with tinned mackerel or sardines, and served with fried ripe plantain. The name comes from the red of the palm oil and the orange of the plantain. It can easily be made without fish.

Ingredients

- 250 g dried black-eyed beans, soaked overnight (or two 400 g tins, drained)
- 100 ml red palm oil (or vegetable oil)
- 2 onions, chopped
- 2 cloves garlic and a thumb-sized piece of fresh ginger, grated
- Half a scotch bonnet chilli (optional)
- 2 tablespoons tomato paste and 3 ripe tomatoes, chopped
- 1 tin mackerel or sardines (optional)
- 3 ripe plantains, yellow with black spots, and oil for frying
- Salt, and gari to serve (optional)

Method

1. Drain the soaked beans, cover with fresh water and boil for 45 to 60 minutes until soft. Keep a cup of the cooking water.
2. Warm the palm oil gently in a pan (do not let it smoke) and fry the onions until soft. Add the garlic, ginger and chilli and cook for 2 minutes.
3. Stir in the tomato paste, cook for 3 minutes, then add the tomatoes and simmer for 10 minutes into a thick sauce.
4. Add the beans, a little of their cooking water and the fish if using. Simmer for 10 minutes, stirring gently, and season with salt.
5. Peel the plantains, cut them into diagonal slices and fry them in hot oil until golden on both sides. Drain on paper.
6. Serve the beans with the fried plantain, and gari on the side.

Kelewele

Cubes of ripe plantain tossed with ginger, hot pepper and salt, then fried until the edges caramelize. In Accra it is sold in the evening by street vendors, often with a handful of roasted peanuts, and it is also eaten as a side dish with red red.

Ingredients

- 3 ripe plantains, yellow with black spots
- A thumb-sized piece of fresh ginger, finely grated
- Half a small onion, finely grated
- Half a teaspoon cayenne pepper or chilli powder
- A pinch of ground cloves or nutmeg (optional)
- Half a teaspoon salt
- Vegetable oil for frying
- Roasted peanuts, to serve (optional; leave them out if anyone has a peanut allergy)

Method

1. Peel the plantains and cut them into cubes of about 2 cm.
2. Mix the ginger, onion, cayenne, cloves and salt in a bowl, add the plantain and toss well. Leave for 10 minutes.
3. Heat about 3 cm of oil in a deep pan. Fry the plantain in small batches, turning, for 3 to 4 minutes until dark golden with crisp edges. Take care with the hot oil.
4. Drain on paper and serve warm, with roasted peanuts on the side for those who can eat them.

Sobolo

A deep red drink made by boiling dried hibiscus flowers with ginger and cloves, then sweetening and chilling it. It tastes a little like cranberry juice and is usually served cold.

Ingredients

- 50 g dried hibiscus flowers (roselle, sold as sorrel or bissap)
- 2 litres water
- A 5 cm piece of fresh ginger, sliced
- 6 cloves
- The washed peel of 1 pineapple (optional)
- 100 to 150 g sugar, to taste

Method

1. Rinse the hibiscus flowers in a sieve under cold water.
2. Put the flowers, water, ginger, cloves and pineapple peel in a large pot, bring to the boil and simmer for 15 minutes.
3. Turn off the heat and let it stand for 30 minutes so the colour and flavour deepen.
4. Strain through a fine sieve, stir in sugar while it is still warm, and taste.
5. Chill well in the fridge and serve cold, with ice if you like.

Useful phrases

Maakye.

MAH-cheh · Good morning.

Maaha.

MAH-hah · Good afternoon.

Maadwo.

MAH-joh · Good evening.

Wo ho te sn?

woh-hoh teh SEHN · How are you?

Me ho y, medaase.

meh-hoh YEH, meh-DAH-seh · I'm fine, thank you.

Wo din de sn?

woh DEEN deh SEHN · What is your name?

Me din de ...

meh DEEN deh · My name is ...

Mepa wo kyw.

meh-PAH woh CHOW · Please; also 'excuse me'.

Meda wo ase.

meh-DAH woh AH-seh · Thank you (the full, more formal form of medaase).

ny hwee.

EHN-yeh HWEH · You're welcome (literally 'it is nothing').

Mente ase.

MEHN-teh ah-SEH · I don't understand.

Wote Borfo?

woh-TEH baw-RAW-foh · Do you understand English?

Wei y sn?

WAY yeh SEHN · How much is this?

Ne bo y den dodo.

neh BAW yeh DEHN doh-DOH · That's too expensive.

y d.

eh-yeh DEH · It's delicious.

Agyananbea no w he?

ah-jah-NAHN-bee-ah noh waw HEH · Where is the toilet?

Nante yie.

NAHN-teh YEH · Goodbye (literally 'walk well').

Ybhyia bio.

yeh-beh-SHEE-ah BEE-oh · We will meet again.

Things you might not know

1. Ghana took its name at independence from the ancient Ghana Empire, a trading empire of West Africa from about the 3rd to the 12th century. Its rulers' title is thought to mean 'ruler of gold'.
2. The Prime Meridian, the line of 0° longitude that runs through Greenwich in London, passes through the port city of Tema. Ghana is the country nearest to the point in the Atlantic where the Prime Meridian crosses the equator.
3. As of 2026, Lake Volta is the largest artificial lake in the world by surface area. It covers 8,502 km², about 3.6% of Ghana.
4. Lake Bosomtwe, Ghana's only natural lake, sits in a crater made by a meteorite about 1.07 million years ago. Glassy stones thrown out by the impact have been found as far away as Ivory Coast.
5. As of 2026, Ghana is one of the world's leading exporters of cocoa beans, and its neighbour Ivory Coast is the largest. Tradition credits a Ghanaian blacksmith, Tetteh Quarshie, with bringing cocoa beans home from the island of Fernando Po (now Bioko) in the 1870s, though missionaries had also grown cocoa earlier.
6. Akan children are named after the day of the week they were born. Kwame is a boy born on Saturday and Kofi a boy born on Friday, as with Kwame Nkrumah and Kofi Annan. The Golden Stool itself is called Sika Dwa Kofi, 'the Golden Stool born on a Friday'.
7. The Golden Stool, the sacred throne of the Asante, must never touch the ground. It is set on a blanket, and at an enthronement the new king is lowered and raised over it without touching it.
8. Ghana's flag was designed in 1957 by the artist and teacher Theodosia Okoh. The black star in its centre gave the national football team its nickname, the Black Stars, who won the Africa Cup of Nations in 1963, 1965, 1978 and 1982.
9. The word kente comes from the Twi word knɛn, 'basket', because early cloths looked like woven baskets. Kente is woven in narrow strips on a treadle loom, and the strips are sewn together into a large cloth.
10. Adinkra symbols are Akan designs that each stand for a saying or idea,

and they appear on cloth, pottery, walls and stools. One of the best known, Gye Nyame, stands for the supremacy of God.

11. The cedi takes its name from the Akan word for the cowry shell. Cowries were used as money on the Gold Coast, alongside coins and gold, until 1901.
12. In 2019 Ghana produced about 140 tonnes of gold and overtook South Africa as Africa's largest gold producer.
13. Kofi Annan, born in Kumasi in 1938, led the United Nations as Secretary-General from 1997 to 2006 and shared the 2001 Nobel Peace Prize with the UN.

TALK ABOUT IT

Questions for the group

- Have you ever been to Ghana, or has someone in your family? What do you remember?
- Have you ever tasted Jollof rice or Fufu? What is a dish you remember from a trip?
- A new constitution (1992). Do you remember hearing about it? Where were you then?
- Kofi Annan leads the United Nations (1997). Do you remember hearing about it? Where were you then?
- Have you seen Cape Coast Castle, in person or in pictures? Which famous place would you most like to see?
- If you could spend one day in any city of Ghana, which would it be and why?

QUIZ

How well do you know Ghana?

Circle the right answer. The answers are on the last page.

1. By tradition, the Golden Stool of the Asante is not allowed to touch the ground.

- A) True
- B) False

2. Fante kenkey is wrapped in plantain leaves, while Ga kenkey is wrapped in maize husks.

- A) True
- B) False

3. How do you say 'thank you' in Twi?

- A) Medaase
- B) Dabi
- C) Nkwan
- D) Akwaaba

4. In Twi, dabi means 'yes'.

- A) True
- B) False

5. You are in a market and want to know the price of something. What do you say?

- A) Agyananbea no w he?
- B) Mente ase.
- C) Wei y sn?
- D) Wo din de sn?

6. Lake Bosomtwe fills a crater made by a meteorite.

- A) True
- B) False

7. Which two countries are best known for their friendly 'Jollof wars' over who makes the best jollof rice?

- A) Egypt and Morocco
- B) Ghana and Nigeria
- C) Ghana and Kenya
- D) Ethiopia and Nigeria

8. Ghana became independent from France in 1957.

- A) True
- B) False

9. Manhyia Palace in Kumasi is the seat of whom?

- A) The Wa Naa, chief of the Wala
- B) The Governor of the Gold Coast
- C) The Asantehene, king of the Asante
- D) The President of Ghana

10. Sobolo, a cold red drink, is made from the dried flowers of which plant?

- A) Baobab
- B) Oil palm
- C) Cocoa
- D) Hibiscus

11. Nante yie, a Twi way of saying goodbye, literally means 'walk well'.

- A) True
- B) False

12. Which European country began building Elmina Castle in 1482?

- A) Sweden
- B) Britain
- C) The Netherlands
- D) Portugal

Quiz answers

1. True

True. The Golden Stool is set on a blanket, and at an enthronement the new king is lowered and raised over it without touching it.

2. True

True. The two kinds of kenkey differ in their wrapping, which also gives them a slightly different flavour and texture.

3. A) Medaase

Medaase means thank you. Akwaaba is welcome, dabi is no, and nkwan is soup.

4. False

False. Dabi means 'no'. 'Yes' is aane.

5. C) Wei y sn?

Wei y sn? means 'How much is this?'. Wo din de sn? asks someone's name, the third asks for the toilet, and Mente ase means 'I don't understand'.

6. True

True. The meteorite struck about 1.07 million years ago, and the crater is about 10.5 km wide. It is Ghana's only natural lake.

7. B) Ghana and Nigeria

Ghana and Nigeria have the best-known rivalry over jollof, though cooks across West Africa make their own versions.

8. False

False. Ghana became independent from Britain. Its neighbours Ivory Coast, Burkina Faso and Togo were once French territories.

9. C) The Asantehene, king of the Asante

Manhyia is the seat of the Asantehene, king of the Asante. The old palace is now a museum, and the present king lives in a newer palace nearby.

10. D) Hibiscus

Sobolo is made from hibiscus (roselle) flowers boiled with ginger and cloves. The same drink is called bissap in Senegal and zobo in Nigeria.

11. True

True. Nante yie means 'walk well', a kind wish for someone who is leaving.

12. D) Portugal

Portugal began the castle of São Jorge da Mina in 1482. The Dutch captured it in 1637 and held it until it passed to Britain in 1872.

Ghana visa page

Name: _____ Date: _____



Next stops

Country: _____	Country: _____	Country: _____
Country: _____	Country: _____	Country: _____

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<https://worldstroll.com/countries/ghana>