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Students to Spend Winter Break in Ghana

Summary: Kristina Grundmanis '13, Minneapolis, and Rachel Harder '12, Redwing, will visit Ghana in December to volunteer at an orphanage and to spread awareness of international travel.

(December 4, 2012)-This December, Kristina Grundmanis '13, Minneapolis, and Rachel Harder '12, Redwing, are traveling to Ghana. During the trip, organized by the International Volunteer HQ (IVHQ), the two will spend two weeks providing child care at an orphanage. Upon returning, Grundmanis and Harder will present on their travels in order to spread awareness of international volunteerism and travel.

Looking for an opportunity to travel abroad, but without the need for class credit, Grundmanis and Harder sought a program outside of the University system. They decided to work with IVHQ, an organization that aims to provide volunteer travellers with quality, flexible, safe, and highly affordable volunteering placements in developing countries. Both were impressed by the IVHQ's diverse programs and support network.

Once in Ghana the two will be assigned to a program in the capital city of Accra. Their work there will be focused on child care and teaching English. After two weeks abroad, they will return to Minnesota.

To facilitate their work after travelling, Grundmanis and Harder have created a blog—[Going to Ghana](#). It serves as a journal of their preparations for the trip and will later become a log of their travels.

Grundmanis majors in psychology and liberal arts for the human services, with minors in philosophy and sociology. After graduating from Morris she hopes to become a school counselor. Harder is finishing a psychology major and sociology minor. After her trip to Ghana, she hopes to work as a counselor or to pursue graduate work in clinical mental health.

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