

# Activities

## **Sports**

In February 2018 at the Sub Zone Inter Schools Sports competition in Keta AVTI placed 6<sup>th</sup> overall out of 12 zonal high schools and technical colleges.

### **RESULTS**

Handball boys	- 2 <sup>nd</sup> position
Volleyball boys	- 2 <sup>nd</sup> position
Football girls	- 4 <sup>th</sup> position

15 of our athletes were selected to further compete in the Zonal Sports Competition in March 2018.

## **Trades Competition**

AVTI placed 2<sup>nd</sup> in Zonal Welding Competition and 4<sup>th</sup> overall in the National Competition in 2017

## **2016 Cultural Festival (bi-annual)**

Exhibition	- 1 <sup>st</sup> position
Drum Language	- 2 <sup>nd</sup> position
Choral	- 4 <sup>th</sup> position
Traditional dressing	- 6 <sup>th</sup> position
Dance	- 8 <sup>th</sup> position
Poetry	- 11 <sup>th</sup> position

AVTI represented the Zone and the Volta Region at Sunyani in 2017.

## **GUEST SPEAKERS SERIES**

**We invite Guest speakers** to give lectures on various topics of interest. The following are some recent lectures.

### **WHAT DO YOU KNOW ABOUT SEX EDUCATION by ZANETA ARTHUR**

Zaneta Arthur , trained in both the Medical and Dental field gave a power point presentation to the female AVTI students followed by the male students.

The topics covered the following areas:

- What do you know and understand about – Sex Education
- Hormones and Feelings
- Contraception and reproduction
- Hygiene and healthy lifestyles
- Seeking professional advice
- Morals and ethics

Each point was thoroughly discussed in an interactive way to encourage questions and student participation. They were lively sessions.

### **PERSONAL HYGIENE by GLORIA AGBODA – Community Health Nurse**

Community Health Nurse, Gloria Agbofa gave a detailed informative talk to the AVTI students on many aspects of personal hygiene. Her talk covered hygiene and cleanliness aspects of all parts of the body.

- How to wash the body and care for it
- How to care of the skin, the hair, the eyes, ears and mouth as well as the hands and feet

The talk continued with how to keep washrooms clean and why. There followed a very animated question period covering many aspects of person hygiene, including the practise of bleaching, and use of chemicals to clean the body.

The talk was very well received by both students and members of staff.

2018

## **HIV/AIDS AND ITS PREVENTION**

By **GLORIA AGBODA – Community Health Nurse**

Community Health Nurse, Gloria Agbofa gave a detailed informative talk to the AVTI students HIV/AIDS and its prevention. The talk cover the following points:

- The definition of HIV/AIDS
- The rising prevalence in Ghana
- 3 Stages of infection and how to recognise them
- How the virus survives, multiplies and destroys.
- Modes of transmission
- Preventative methods; safe sex, single partners, no needle sharing
- Free tests and medications are available
- Other infections that come as a result of HIV/AIDS; TB, shingles, thrush.

The talk discussed each aspect at length and the students were interested. There followed a question period covering certain areas, in particular the use of condoms and other preventative methods. The talk was well received by both students and members of staff.

## **TURTLE CONSERVATION**

By **REX BRIGHT MAWUNYO - Conservationist**

Rex Bright Mawunyo gave an animated and informative power point presentation to the AVTI students on sea turtles (leatherbacks in particular) and the importance of their conservation. His talk was delivered in Ewe. The presentation described the various turtles found in Ghana and covered;

- Why sea turtles are important to fisherman

- Describing the food chain
- How turtles improve the fishing economy
- The threats to turtles survival
- How it is against the law to kill turtles
- How turtle tourism enhances a communities livelihood
- How to treat turtles on land and what NOT to do

The question and answer period was full of various aspects of the talk and the presentation was very well received.

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**QUEEN AKOSUA NYAMEKYE - Executive Director,  
NEWIG  
SELF - EMPOWERMENT**

Queen Akosua Nyamekye the Executive Director of NEWIG (Network of Women in Growth, Ghana) gave a dynamic and strong message about self-empowerment to the students. They were attentive and totally engaged by the presentation. Although primarily directed to the female student body Queen Akosua gave direct advice to all the students about how to succeed in life.

The topics of her presentation covered the following areas:

- **NEWIG , How it was founded. What it is, what it does and why.**
- **How to become independent and not rely upon others**
- **Its your choice to move your life ahead**
- **How to have a dream**
- **Have a work plan**
- **Be persistent in following your dream**
- **Accept the challenges in life along the way**
- **How to empower yourself**
- **How to be successful**
- **Be careful of the company you keep**

- **Be your own best friend and love yourself.**
- **Stay positive and be polite**
- **No retreat and no surrender!**

Each point was thoroughly discussed in an interactive way . The students took notes, and were very attentive to her message. The staff felt this presentation was a powerful and much needed message to be given to the student body.

## **A NEW PAGE PLEASE**

### **Some AVTI Services We Render To The General Public**

All AVTI departments have commercial activities. This generates income to the school whilst giving the students valuable commercial experience.

#### **Catering Department**

A plate of rice, chicken and salad	GH¢ 15 - 20.
A plate of rice, fish and salad	GH¢ 15 - 20
Banku with grilled tilapia	GH¢ 20 - 25
Birthday cake	GH¢ 100- 150
Wedding cake	GH¢ 400 - 500
Pastries	GH¢ 5 – 8
Function Catering and decorating	

**All these prices are subject to change depending on the current economic conditions, Please call (+233) 050 393 6801) *for prices***

### **Dressmaking Department**

Wedding gown	Ghc 200 - 300
Slit and Kaba	Ghc 40 - 60
Office wear	Ghc 30 - 45
Long dress	Ghc 30 - 40
Skirt and top	Ghc 40 - 50
Hat	Ghc 40 - 100

**All these prices are subject to change depending on the current economic conditions, Please call (+233) 050 393 6801) *for prices***

### **Electrical Department**

House Wiring - Domestic and Industrial  
Single and 3 phase wiring  
Installation of commercial 3 phase machinery  
Repairs of fans, irons, micro waves, all electrical appliances  
Local manufacture of extension boards both plastic and wood  
Fluorescent and local street lighting.  
Interior lighting  
Decorative lighting for special occasions

**Please call (+233) 050 393 6801) *for prices***

### **ICT**

Graphic design of complementary cards, birthday cards, banners, flyers, T-shirts, etc  
Funeral notices  
Event posters  
Web design

ICT training  
Computer repairs

**Please call (+233) 050 393 6801) *for prices***

### **Masonry Department**

Drafting of building plans  
Molding of blocks  
Building of structures  
Rental of cement mixer

**Please call (+233) 050 393 6801) *for prices***

### **Textile Decorating**

Uniform Printing	Ghc 19 per yard
Batik Printing	Ghc 20 per yard
Company Uniform	Ghc 20 per yard
Banner design	Ghc 20 per yard
Macrame slippers	Ghc 35
Macrame bags	Ghc 70
Beach bags	Ghc150
Screen preparation	Ghc 20

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### **Welding Department**

Farming tools	
Rake , Fork, Hoe	Ghc 8. - 25
Cassava grating machine	Ghc 1,600

Pepper Grinding Machine, no engine	Ghc1,200
Gas Oven	Ghc 550 - 800
Metal Shelving 3' x 4'	Ghc 450
Metal Cabinet 3' x 5'	Ghc 600
Metal <i>container</i> 8' x 10'	Ghc 2,600

**All**

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