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**WILDERNESS
 Deep Self Discovery for the African Man - Lessons from the Movie 300**

By Emefa Yawa Ocloo (Founder, CoDe Counselling and ADR Services)

In the movie 300, about Spartans, before a young prince was said to be ready to be king, he was thrust into the Wilderness. He was sent into the Wilderness to survive. He learned how to hunt to feed himself, make clothes for himself, protect himself, find solutions to problems, and develop his creative sense. This was to prepare him for the throne.

In our world today, it is also important for a young African male teenager to go through this period of self-discovery and development. This is important because, during this period, he is able to learn about himself and not what others believe him to be or want him to become. He learns about his interests, gifts, talents, strengths, and weaknesses. He will also learn what it takes to achieve goals and hone his talents.

Through this self-discovery, great virtues such as mental strength, creativity, discipline, etc. will emerge in this young man. This can also be achieved with the help of good guidance, counseling, and mentoring from male role models. Joining of institutions or groups involving male role models also help shape his mind and also answer questions the young male teenager has.

This period should also help these African teenagers learn about their sexual desires and how to put that in check. This is because lack of discipline generally and sexual indiscipline particularly, has killed



a lot of the dreams of the African teenage boy.

This is a problem we must collectively address. When we look around, we see a lot of grown men with undesirable behaviors. They mostly think of themselves and their selfish desires. They lack discipline in many facets of life and often don't have long-term goals. They are not problem solvers but rather create problems. A lot of these indisciplined men are more likely to abandon children when things get difficult and challenging. They see manhood as being able to have power and control. These and many more become the challenges society will face and have been facing because we fail to focus on the male figure.

The Author Emefa Yawa Ocloo, is an advocate for the overall Mental Health of Men. She is the CEO of CoDe Counselling, a mental health organization dedicated towards Men's Mental Health. They also assist Men who are going through Divorces.

To get in touch with CoDe Counselling, send a message to the Editor of Global African Times on 0240740001 or send an email to ceo@globalafricantimes.com

Stay tuned for more on the Self Discovery Series for the African Man by Emefa Ocloo

Explore Africa's Travel Destinations – The amazing Hot Springs of Uganda

The Hot Springs In Uganda

Hot Springs in Uganda are natural attractions that travellers come to the country to visit and experience the boiling waters that come from the ground/earth. Uganda is sometimes known as the motherland of Africa that's why it is called the pearl of Africa and this is because it is gifted with a wide range of physical features that you should not miss whenever you are in Uganda. Above all, Uganda is blessed with a variety of unique wildlife and a rewardable scenic landscape. The natural wonder hot spring form to be one of the most stunning and amazing attractions in Uganda.

How Are Hot Springs Were Formed?

Hot springs are formed when water meets the headed rock and produce an emergence of geothermal-heated groundwater from the earth's crust. In this regard, the deep percolation of water into the crust causes it to be heated by the hot rocks. Then heat can be forced to back up under pressure to bubble like a hot spring.

However, Uganda is blessed with 7 rewardable hot springs and they are positioned in different regions of the country, more especially in western Uganda. Some of these unique hot



springs are traditionally believed by the local people to have divine power and perform miracles. Hence, in the communities around the hot springs, people visit some of these hot springs to worship their power to seek for wealth, children, healing, and also to be blessed. People continue to believe that gods reside in the hot springs.

Scientifically, it is known that water from the hot springs contain large amounts of minerals and chemicals that are known to have medicinal values in them and they can cure some of the human diseases like stomach, malaria, headache, and many more. It is known that there are people who usually visit some of these hot springs every week to bathe in order to be healed. When bathing in a hot spring, the steam just rises above the rippling water to bathe you in beads of moisture. This is quite similar to the one in the sauna, albeit fully clothed.



Some hot springs have a high water temperature which is capable of boiling eggs in 10 minutes. The water in the spring can warm up to 120 degrees Celsius.

Uganda boasts of 7 major hot springs that attract a lot of tourists to the Uganda safaris and these include; Kitagata Hot springs, Sempaya Hot Spring, Rwagimba Hot Spring, Amoropii Hot springs, Burring Hot Springs, Ihamba Hot Springs and Kibiro Hot Springs.

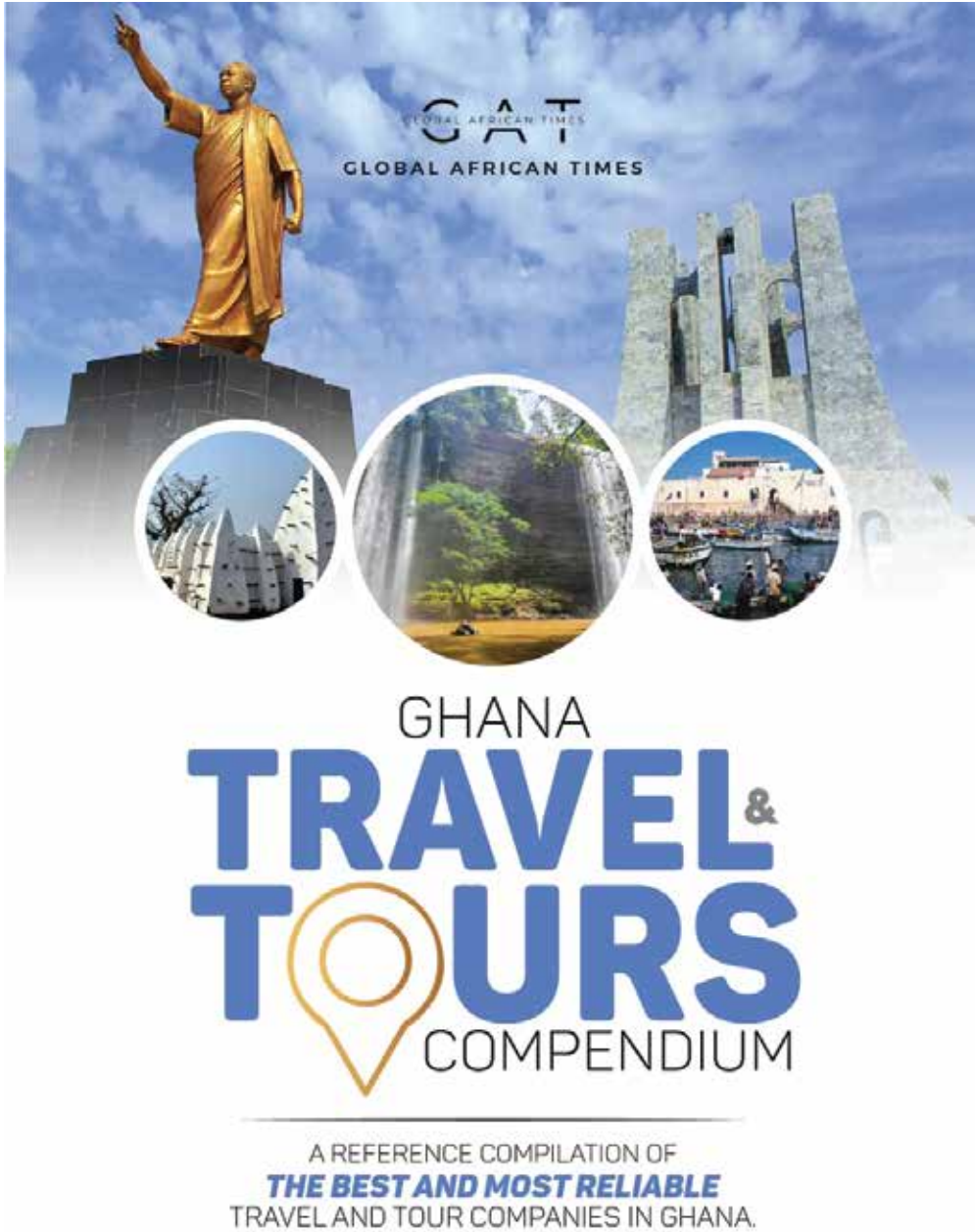
Stay tuned as we bring you the details of these African wonders of the world.

Credit: Uganda Budget Safaris

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The Ghana Travel and Tours Compendium

Travel and Tour companies play a vital role in contributing to the advancement of tourism all over the world and Ghana is no exception. Their Importance in how persons move and transit from country to country cannot be over-emphasized.

Whether travelling for pleasure, a vacation, or relocating to another country or continent for work, or business, Travel and Tour companies play a very pivotal role in contributing to the economy of Nations and continents...

Travellers have often expressed their concern about how to get reliable travel and tour companies to help handle their travel plans, and usually have to search them out via the Internet. The probing question however, is how do you know that the travel and tour company that you are contacting is reliable, trustworthy, and has a proven track

record of handling travels effectively and beyond satisfaction?

They are responsible for planning and coordinating travel plans, tour packages, activities, and itineraries to ensure their clients have a great tourism experience.

A tour operator crafts tour packages by creating a combination of various travel components to make the final product. From selecting hotels to providing recommendations on where to visit, a tour operator makes exploring new destinations easier than ever.

In addition to their planning expertise, tour operators work as excellent customer service providers, offering helpful advice and assistance as needed.

For all tourism needs, tourism operators are there to lend a helping hand and make traveling a more enjoyable adventure for everyone involved.

Travel And Tour Operators Help To Promote Tourism Destinations

Tour operators go beyond merely arranging visits to fascinating trips. Instead, they open up a world of possibilities for travelers who

are looking for an unforgettable experience.

Imagine wanting to explore a particular city or country but not knowing where to start. A tour operator can provide detailed information on the best sights, activities, and accommodations in the area, allowing travelers to make the most of their time in the region.

By collating recommendations from trusted sources and offering travel services ranging from tickets and providing logistic support to organizing tours to interesting attractions, Travel and Tour operators become reliable travel agent guides in the exploration of new lands and cultures.

What's more, Travel and Tour operators help to promote travel destinations with firsthand knowledge of popular hotspots, tour packages, hotel rooms, and lesser-known gems, allowing travelers to approach their trip with a sense of assurance and assurance.

Truly, Travel and Tour companies offer more than just a ticket - they provide travelers with priceless memories and services that last anywhere!

The Importance Of Travel And Tour Companies

Travel and Tour operators organize and coordinate travel plans for you. They are an integral part of the tourism industry.

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Are you a frequent traveler within Africa and around the world?

Are you from Ghana wishing to travel outside the country to study, work, or for pleasure (vacation)?

Or are you from outside Ghana but wish to visit Ghana and other parts of the African Continent for business, work, or pleasure?

Then the Ghana Travel and Tours Compendium is what you need.

Stay tuned for the Ghana Travel and Tours Compendium by Global African Times.

NTHC LIMITED

WEEKLY MARKETS SUMMARY
EDITION: 38/24



EST. 1976

TREASURY BILL MARKET ACTIVITY

AUCTION RESULTS | TENDER 1920 | 16TH – 20TH SEPTEMBER, 2024

Government at the just ended treasury bill auction announced a set target of GH¢5,400.00 million across the 91, 182 and 364-day bills. However, total bids amounting to GH¢5,529.67 million was received and accepted representing a 2.40% oversubscription of GH¢129.67 million.

Securities	Bid Tendered GH¢ (M)	Bid Accepted GH¢ (M)	Weighted Average Rate (%)
91 Day Bill	4,689.56	4,689.56	24.9164
182 Day Bill	594.37	594.37	26.8012
364 Day Bill	245.74	245.74	28.0736

Following the total bid oversubscription, the week-on-week yields equally witnessed an upward reaction with a 1.51bps, 1.13bps and 14.78bps increases across the 91-, 182- and 364-day bills respectively.

Securities	Current Yield (%)	Previous Yield (%)	Change (%)
91 Day Bill	24.9164	24.9013	↑ 0.0151
182 Day Bill	26.8012	26.7899	↑ 0.0113
364 Day Bill	28.0736	27.9258	↑ 0.1478

EQUITY MARKET ACTIVITY | 9TH – 13TH SEPTEMBER, 2024

Days	Date	Volume	Value GH¢	GSE Composite Index (GSE-CI)
Monday	09/09/24	1,103,377	2,521,141.63	4,337.17
Tuesday	10/09/24	1,203,424	2,583,864.29	4,337.17
Wednesday	11/09/24	583,179	1,399,957.94	4,361.44
Thursday	12/09/24	112,551	258,829.81	4,362.07
Friday	13/09/24	179,677	331,569.22	4,373.03

NEWS HIGHLIGHTS

Market

T-bills: Government to borrow GH¢5.881 billion this week across the 91, 182 and 364 day bills to cater for maturities totaling GH¢4.35 billion.

Shares: MTN Ghana Shares continue to dominate GSE equity market trades with a 0.02p price gain to close the week at GHS2.20 per share.

Mutual Fund: NTHC Horizon Fund reports a Year-To-Date (YTD) performance of 24.22% and a Net Asset Value (NAV) growth of 31.15% for the week ending September 13, 2024.

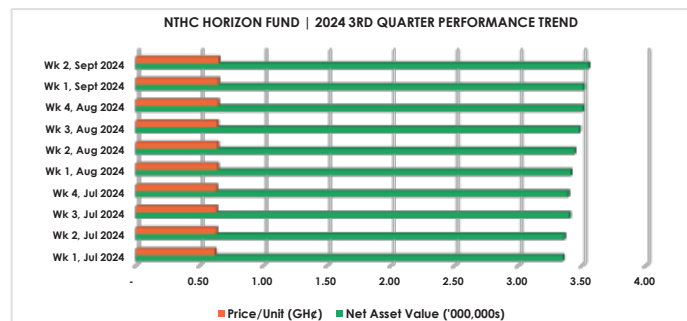
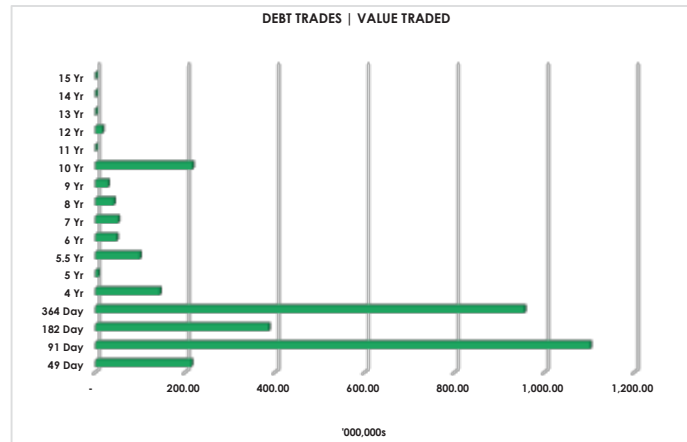
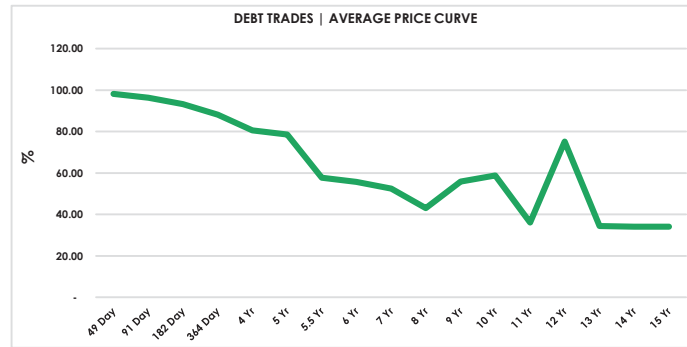
Economy

Ghana's headline inflation for August 2024 slowed by 50bps to 20.4% from 20.9% in the previous month.

The SEC open to regulating crypto, but warns investors of current risks.

Fuel prices likely to drop by 4% from September 16 – COPEC.

SECONDARY MARKET TRADE ACTIVITIES | 9TH – 13TH SEPT, 2024



OUR SOURCE: GSE/GFIM/BOG/CSD

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