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# GRNMA NEWSLETTER

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### PART III: EXPLORING THE NORTHERN EXPERIENCE – BEYOND THE CONFERENCE HALLS

The 19th Biennial National Delegates Conference (BNDC) in Tamale was not only a landmark professional gathering but also an unforgettable cultural and experiential journey for many delegates. While the conference sessions were rich, inspiring, and transformative, this year's host environment added a unique layer of excitement that participants will remember for years to come.

Tamale and the broader Northern Territories welcomed delegates with warm hospitality, vibrant cultural expressions, and landscapes that beautifully narrate Ghana's heritage from a distinctly northern perspective. Many attendees expressed how the region's serene atmosphere, rich traditions, and rhythmic way of life offered the perfect backdrop for reflection, bonding, and renewed dedication to the nursing and midwifery profession.

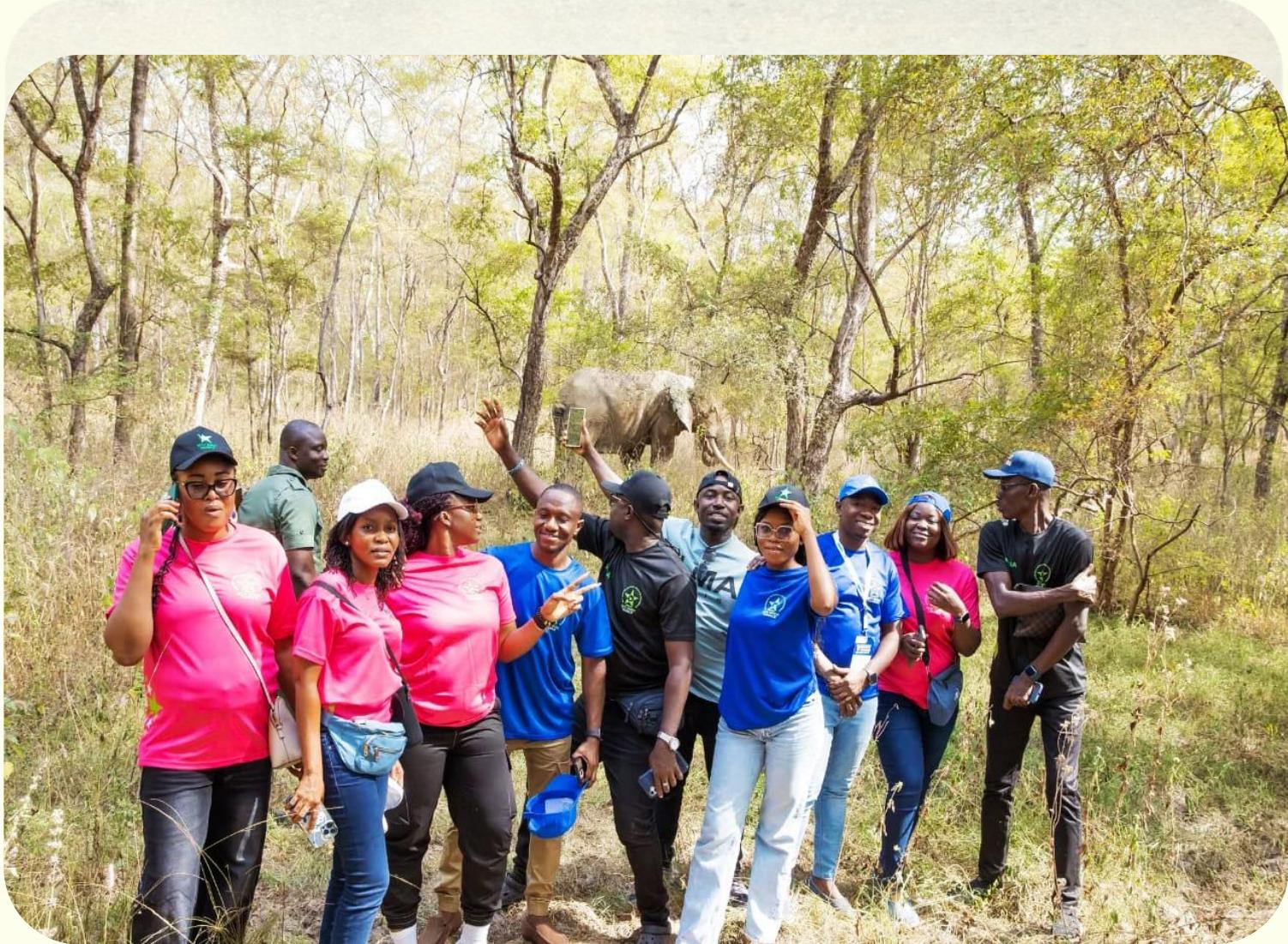
Despite the tight conference schedule, participants embraced the opportunity to explore some of the region's most iconic attractions experiences that left many eager to return and discover more.



### A TASTE OF ADVENTURE: MOLE NATIONAL PARK

One of the highlights of the trip was the excursion to Mole National Park, Ghana's premier wildlife sanctuary. Against sweeping savannah backdrops, delegates enjoyed close encounters with elephants, antelopes, monkeys, baboons, and a variety of bird species.

The early morning safari offered a refreshing departure from routine, a tranquil moment to reconnect with nature after the intensity of conference activities. The beauty and biodiversity of Mole captured the hearts of many, sparking a desire to revisit the park with family, friends, and colleagues to explore its nature trails and wildlife more extensively.





## A GLIMPSE INTO HERITAGE: THE LARIBANGA MOSQUE

The journey continued to Laribanga, home to Ghana's oldest mosque and a treasured icon of West African Sudanese-Sahelian architecture. Delegates were intrigued by the mosque's deep spiritual significance and the community's commitment to preserving this historical landmark.

Listening to local guides recount centuries-old stories, delegates gained a profound appreciation for the region's cultural wealth. For many, this short visit provided an inspiring reminder of the diversity that enriches Ghana's national identity.



## AN ENCOUNTER WITH LEGEND: THE MYSTIC STONE



Although not part of the original plan for all delegates, some groups extended their tour to include the famous Mystic Stone, a legendary boulder believed to possess miraculous powers and known for its unmovable nature despite repeated historic attempts. The encounter sparked curiosity and awe, adding a mystical dimension to the northern experience. Delegates immersed themselves in the folklore and cultural significance surrounding this unique site, deepening their appreciation for the region's rich stories and traditions.

# A DESIRE TO RETURN

If time had permitted, many expressed a wish to explore even more of the north, such as the Daboya smock-weaving enclave, the Naa Gbewaa Palace, the Sagnarigu historical sites, and the many craft villages that showcase the artistry and heritage of the region.

The Northern Territories left a lasting impression: a place of beauty, peace, history, and cultural pride. As one delegate eloquently put it:  
**“We came for the conference, but we left with an experience.”**

The excursion not only strengthened bonds among GRNMA members but also celebrated the vibrant and diverse heritage of Northern Ghana, an experience that enriched the BNDC and will continue to inspire many to return.

