

Cameroon 2009 Women's Workshop

Dates: Flexible – teams can discuss potential dates with LHM but best months to travel to Cameroon are November - February. Optimal timeframe is 10 days in country, excluding travel days.

Individual Budget: Approx \$650 – This includes food, lodging, in-country transportation, and travel/health insurance. This is an estimated cost and does not include international flights and is based on a team of 10 people.

Materials for Project: \$6,000. This includes materials for all projects and required tools. The whole volunteer team should provide these costs.



Women's Workshop Project

Cameroon is often described as Africa in miniature. Everything you would expect from the African continent seems to be consolidated in Cameroon from tropical rainforests, beaches, and wildlife. The major spoken languages are still French and English but a multitude of more than 200 ethnic languages are also in circulation, with various tribes populating the country. Therefore a network of local Christian volunteers is needed to reach many parts of the country.

LHM-Cameroon is involved in visiting people in prisons and hospitals, facilitating Bible studies and prayer meeting sessions, visiting people in their homes, conducting training, and encouraging church members to be Christ's witnesses in their places of work across the country. These hands-on outreach programs are the forms of ministry that work well in Cameroon today.



LHM-Cameroon has recently trained a group of women from the Djoungolo Lutheran congregation in Yaounde, the capital of Cameroon, in dress making and material dye techniques. A team is needed to help build a new workshop so the women can use these newly acquired skills to make clothes, bags and other art that can be sold. Profits from the clothes made in this new workshop will be used for further evangelism in Cameroon.

IT WOULD BE HELPFUL IF ONE OR TWO OF THE TEAM HAS SKILLS IN DRESSMAKING THAT COULD BE SHARED WITH THE LOCAL CAMEROONIAN WOMEN.

Project Location

The team will be based in Yaoundé the capital city of Cameroon and will travel to the orphanage each day, which is on the outskirts of the capital city. Yaoundé was founded in 1888 by German traders as a base for the ivory trade and an agricultural research station. After Germany's defeat in WWI, France became the colonial power in eastern Cameroon, and Yaoundé became the capital of French Cameroon. It has continued as the capital of the Republic of Cameroon until the present day and it boasts some unusual and modern architecture and has a considerably cooler climate than other hotter places in the area.

Sample Itinerary

- Day 1. Arrival and Rest
- Day 2. Orientation, visit project site and planning
- Day 3. Worship and sightseeing
- Day 4. Workday
- Day 5. Workday
- Day 6. Workday
- Day 7. Workday
- Day 8. Workday
- Day 9. Wrap up of project and visiting ministry sites
- Day 10. Worship and free time
- Day 11. Sightseeing
- Day 12. Departure

A detailed itinerary will be customized and provided to you by LHM according your travel days and team size.



Entry/Exit Requirements

A tourist visa is required and your team is responsible for applying for the visa.

Documents required

- U.S. Passport must be valid 6 months beyond intended stay
- Tickets and Documents for return or onward travel
- International Certificate of Vaccination for Yellow Fever required
- 2 Visa Application Forms, fully completed and signed
- 2 Passport-type photographs required
- Copy of recent bank statement or letter from bank verifying applicant has sufficient funds.
- Embassy fee for tourist visa - \$100

Visit the Embassy of Cameroon's web site at <http://www.ambacam-usa.org/> for the most current visa information.

**Embassy of the Republic of Cameroon,
2349 Massachusetts Avenue, NW,
Washington D.C. 20008
Tel: (202) 265-8790
Fax: (202) 387-3826**

You may use a visa agency or Travel Documents who, for a reasonable fee, will obtain the visa on your behalf.

- Travel Document Systems – www.traveldocs.com or (800) 874-5100
- Travisa – www.travisa.com or (800) 222-2589
- Visa HQ – www.visahq.com or (800) 345-6541

You may also contact LCMS World Missions who can obtain visas for some countries

- LCMS World Missions – Contact Susan Collins (314) 996-1745

Airport departure – check with your flight agency whether departure tax is included in your ticket as there is a departure tax of approximately \$23 levied in local currency.

REGISTRATION/EMBASSY LOCATION: Americans traveling in Cameroon are encouraged to register with the U.S. Embassy through the State Department’s travel registration website so that they can obtain updated information on travel and security within Cameroon.

Vaccinations

Vaccination or Disease

Recommendations or Requirements for Vaccine-Preventable Diseases

Routine

Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.

Yellow Fever

Yellow fever vaccination requirement for travelers to Cameroon: Required upon arrival from all countries if traveler is >1 year of age **CDC recommendation:** For all travelers >9 months of age Vaccination should be given 10 days before travel and at 10 year intervals if there is on-going risk.

Hepatitis A or immune globulin (IG)

Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.

Hepatitis B

Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission, especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).

Typhoid

Sometimes recommended for all unvaccinated people traveling to or working in Central Africa, especially if visiting smaller cities, villages, or rural areas and staying with friends or relatives where exposure might occur through food or water.

Polio

Recommended for adult travelers who have received a primary series with either inactivated poliovirus vaccine (IPV) or oral polio vaccine (OPV). They should receive another dose of IPV before departure. For adults, available data do not indicate the need for more than a single lifetime booster dose with IPV.

Drugs to Prevent Malaria (Antimalarial drugs)

If you will be visiting a malaria risk area in Cameroon, you will need to take one of the following antimalarial drugs: [atovaquone/proguanil](#), [doxycycline](#), or [mefloquine \(primaquine\)](#) in special circumstances and only after G6PD testing).

Note: Chloroquine is NOT an effective antimalarial drug in Cameroon and should not be taken to prevent malaria in this region.

Malaria risk area in Cameroon: All

This is based on current information from CDC. Always consult with your doctor regarding vaccinations, as Lutheran Hour Ministries cannot be held liable for any recommendations made.

<http://wwwn.cdc.gov/travel/destinationCameroon.aspx>
(Information from CDC website – August 2008)

Lodging & Meals

The team will be staying at a mid range hotel in Yaoundé and will also eat most of your meals at the hotel. There will be an opportunity to visit local restaurants.

Sightseeing

The team will be offered a choice of sightseeing during orientation in Yaoundé. If the team would like to visit Waza National Park please let us know and we can make arrangements for this (cost is extra).

Budget

Costs for Global Work & Witness teams are split into 'Individual Costs', which is your food, lodging, transportation, etc., and your 'Project Costs', which is the cost of the materials for the actual project you participate on. Whether it is a VBS or a construction project we ask that your team cover these costs as a group.

Sample budget of **Individual Costs** based on 10 people traveling 11/12 days:

	Based on team of 10 people	
Insurance	14 days @ \$2.75	\$38.50
Lodging	11 nights @ \$25 (double occupancy)	\$275.00
Meals	11 days @ \$15	\$165.00
Bottled Water	Approx \$5 per day	\$60.00
Transportation	Incl. Gas and driver	\$100.00
Total		\$638.50

You must also budget for your international flights, entry visas, sightseeing, souvenirs and departure taxes.

The budget is estimated and your team may choose to eat a little more expensive or a little cheaper meals, which would obviously affect your budget. We tend to try and over budget as much as possible so you do not run short of funds but it never hurts to have some extra funds available. It would also be wise to carry a small amount of additional contingency funds for any medical emergencies that may occur or unexpected costs.

Project Costs for this project is \$6,000 – this covers materials dye machinery, dress making equipment, construction materials and tools.

Insurance Coverage

Medical evacuation for all team members is mandatory and LHM provide insurance from AIG at the cost of \$2.75 a day. We will provide you with an insurance card with a policy number on it and a contact number in cases of extreme emergency – i.e. something that requires evacuation. The person you talk with will advise you on what to do in those circumstances. For all other claims please pay any bills that you incur and make a claim directly to the insurance company when you return.

LHM Ministry Center

There is freedom of religion in Cameroon, but radio broadcasts and television airings are limited. Therefore, the most effective method of ministry in Cameroon is a personalized one-on-one approach, which brings staff and volunteers to the front doors of those to whom they are reaching out. Though this method is hampered by an infrastructure with often-impassable roads, it is effective, especially in the northern portion of the country where the influence of Islam is spreading. Many times, Christians in local areas are presenting the Gospel to their neighbors. This has helped the volunteering Christians gain confidence in their abilities and faith. It also adds to a large base of volunteers. Diversity in language is another reason why the door-to-door approach is most effective.

Often called "Africa in miniature," there are 24 major African language groups in Cameroon, including more than 300 individual languages and the two official languages of English and French. A network of Christian volunteers is needed to reach many parts of the country. Visiting people in prisons, and hospitals conducting Bible studies and prayer meeting sessions, visiting people in their homes, conducting training, and encouraging church members to be Christ's witnesses in their places of work are the types of ministry that work well in Cameroon today. This interaction encourages the distribution of booklets and other printed materials. The current multicultural and linguistic makeup of the country is an asset for evangelism throughout Cameroon. LHM's staff members and volunteers can use their knowledge of other people's languages and cultures to present them with the Good News of our Lord and Savior, Jesus Christ in a culturally appropriate way.

Ministry Center Contact Information

Lutheran Hour Ministries-Cameroon
P.O. Box 14457
Elig – Essono
Opposite Hotel Le Tango
Yaoundé, CAMEROON

Rev. Samuel Frouisou, Coordinator

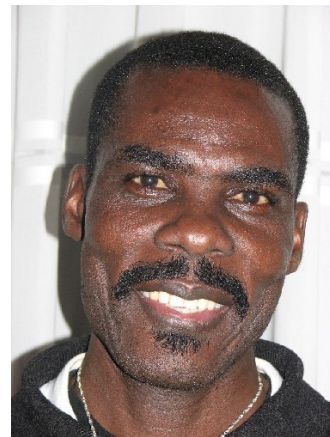
Phone: (237) 22 23 01 31 or (237) 22 01 58 72

E-mail: fsfrouisou@yahoo.fr

Website: www.lutheranmedia.net/cameroon

Skype: Revsamuelfrouisou

Ministry Established: 2001



ON THIS GLOBAL WORK & WITNESS TRIP YOU WILL LEARN ABOUT CAMEROON THROUGH AUTHENTIC CROSS-CULTURAL EXPERIENCES AND HAVING FELLOWSHIP WITH LOCAL LUTHERANS, AND WILL HAVE THE OPPORTUNITY TO SHARE THE LOVE OF JESUS. IF YOU ARE INTERESTED IN TOUCHING LIVES IN CAMEROON PLEASE CALL JEANNE LAWRENCE @ 314-317-4168 OR EMAIL JEANNE.LAWRENCE@LHM.ORG.