



# CAMEROON

## Women's Workshop

### Dates:

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

### Individual Budget:

Approximately \$565 – This includes food, lodging, in-country transportation, and travel/health insurance. This is an estimated cost and does not include visa or international flights and is based on a team of 10 people.

### Materials for Project:

Project cost-\$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 trainings, 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 that is needed to help build the women's workshop will be based in Yaoundé the capital city of Cameroon where our local Ministry Center in Cameroon is also located. 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.

LHM International Volunteer Trips provide the opportunity to learn through authentic cross-cultural experiences and have the opportunity to share the love of Jesus. If you are interested in touching lives, please call Chris Myers at 314-317-4268 or 1-800-944-3450, ext. 4268; or by email [christine.myers@lhm.org](mailto:christine.myers@lhm.org).

## 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. Visiting ministry & sightseeing
- 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 to your travel days and team size.*

## Travel Documentation

- 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
- Current immunization records
- Two visa application forms to be completed and signed by the applicant
- 2 Passport-type photographs required
- *Airport Visa's are not available: Obtain your visa before traveling to Cameroon*
- Visa fee-\$141.00-includes \$5.00 processing fee

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.

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,  
1700 Wisconsin Ave. NW  
Washington D.C. 20007  
Tel: (202) 265-8790  
Fax: (202) 387-3826**

## Airport departure Tax

A departure tax should be included with your flight costs. Please be sure to check this when booking your flights.

## Insurance Coverage

Medical evacuation insurance for all team members is mandatory and LHM provide insurance from AIG at the cost of \$3.30 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.

## Lodging and Meals

The team will be staying at a mid range hotel in Yaoundé and will also eat most of their 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

Sample budget of **Individual Costs** based on 10 people traveling 12 days, 10 days in country.

	<b>Based on team of 10 people</b>	
Insurance	12 days @ \$3.30	\$39.60
Lodging	9 nights @ \$25 (double occupancy)	\$225.00
Meals	10 days @ \$15	\$150.00
Bottled Water	10 days @ \$5	\$50.00
Transportation	Incl. Gas and driver	\$100.00
<b>Total</b>		<b>\$564.60</b>

You must also budget for your international flights, entry visas, required vaccines (yellow fever and cholera), sightseeing, souvenirs and departure taxes.

The budget is an estimate and your team may choose to eat more or less expensive, which would affect your budget. We tend to try and over budget as much as possible so you do not run short of funds, 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

Project costs are \$6,000. This covers materials, dye machinery, dress making equipment, construction materials and tools. The timeline for payment of both Project Costs and Individual Costs will be provided once specific travel dates are determined. Project Costs must be paid 4 weeks prior to departure and Individual Costs must be paid 2 weeks prior to departure. In some cases, if LHM needs to make hotel or transport reservations, we may ask for partial payments to be made on a different timeline.

### Vaccinations

Vaccine recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable diseases can change at any time.

<b>Vaccination or Disease</b>	<b>Recommendations or Requirements for Vaccine-Preventable Diseases</b>
<b><u>Routine</u></b>	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.
<b><u>Hepatitis A</u> or immune globulin (IG)</b>	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection ( <a href="#">see map</a> ) 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.
<b><u>Hepatitis B</u></b>	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission ( <a href="#">see map</a> ), 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).
<b><u>Typhoid</u></b>	Recommended for all unvaccinated people traveling to or working in Central Africa, especially if staying with friends or relatives or visiting smaller cities, villages, or rural areas where exposure might occur through food or water.

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
<b><u>Polio</u></b>	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.
<b><u>Yellow Fever</u></b>	<b>Yellow fever vaccination requirement</b> for travelers to Cameroon: Required upon arrival from all countries if traveler is ≥1 year of age. <b>CDC recommendation:</b> 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. <a href="#">Find an authorized U.S. yellow fever vaccination clinic.</a>
<b><u>Meningococcal (meningitis)</u></b>	Recommended if you plan to visit countries that experience epidemics of meningococcal disease during December through June ( <a href="#">see map</a> ).
<b><u>Rabies</u></b>	Recommended for travelers spending a lot of time outdoors, especially in rural areas, involved in activities such as bicycling, camping, or hiking. Also recommended for travelers with significant occupational risks (such as veterinarians), for long-term travelers and expatriates living in areas with a significant risk of exposure, and for travelers involved in any activities that might bring them into direct contact with bats, carnivores, and other mammals. Children are considered at higher risk because they tend to play with animals, may receive more severe bites, or may not report bites.

## Malaria

**Areas of Cameroon with Malaria:** All. If you will be visiting an area of Cameroon with malaria, you will need to discuss with your doctor the best ways for you to avoid getting sick with malaria. Ways to prevent malaria include the following:

- Taking a prescription antimalarial drug
- Using insect repellent and wearing long pants and sleeves to prevent mosquito bites
- Sleeping in air-conditioned or well-screened rooms or using bednets

All of the following antimalarial drugs are equal options for preventing malaria in Cameroon: Atovaquone-proguanil, doxycycline, or mefloquine. For detailed information about each of these drugs, see [Table 3-11: Drugs used in the prophylaxis of malaria](#). For information that can help you and your doctor decide which of these drugs would be best for you, please see [Choosing a Drug to Prevent Malaria](#). **Note: Chloroquine is NOT an effective antimalarial drug in Cameroon and should not be taken to prevent malaria in this region.** To find out more information on malaria throughout the world, you can use the [interactive CDC malaria map](#). You can search or browse countries, cities, and place names for more specific malaria risk information and the recommended prevention medicines for that area.

*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.*

[www.cdc.gov/travel](http://www.cdc.gov/travel)

### **Forms**

*Please return all required forms to LHM St. Louis if you have not already done so.*

### **LHM Ministry Center-Cameroon**

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.

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.

### **Contact Information**

Lutheran Hour Ministries-Cameroon  
P.O. Box 14457  
Immeuble Editions CLE  
Avenue Foch (Cinema Capital)  
Yaoundé, CAMEROON

**Rev. Samuel Frouisou, Coordinator**

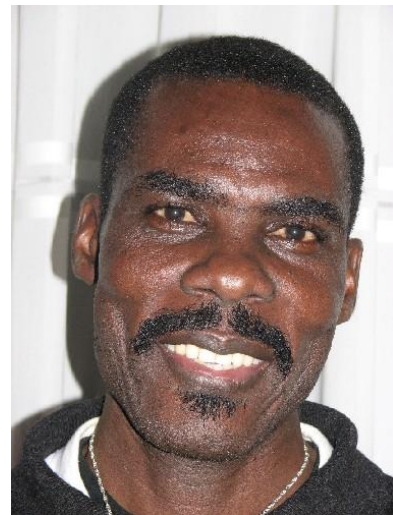
**Phone:** (237) 22 23 01 31 or (237) 22 01 58 72

**E-mail:** [lhm\\_c@yahoo.com](mailto:lhm_c@yahoo.com)

**Website:** [www.lutheranmedia.net/cameroon](http://www.lutheranmedia.net/cameroon)

**Skype:** Revsamuelfrouisou

**Ministry Established:** 2001



Through authentic cross-cultural experiences, you will have the opportunity to share the message of Christ's love.

If you are interested in touching lives in Cameroon please call

**Chris Myers @ 314-317-4268 or email [christine.myers@lhm.org](mailto:christine.myers@lhm.org)**