

Chapter 1 : Anglophone crisis looms over Cameroon's presidential election | Africa | Al Jazeera

For this journey, we head to Cameroon, which was named by the Portuguese explorers who arrived there in The Wouri River was so abundant with crayfish and prawns, they called it "Rio dos Camaroes" (River of Prawns).

Bilingual Cameroon, a union of two parts colonised separately by the British and the French, has long had a fragile harmony. In , the fissures grew larger as the Anglophone minority, protesting the imposition of French systems in the courts and schools were attacked, triggering a war between the government and separatists. Besides fighting by Boko Haram in the Far North and North regions and rebel incursions from the Central African Republic into the Eastern region, Cameroon is largely beset by the Anglophone crisis, a separatist uprising with roots in the pre-World War I era when it was a German colony. So the population is caught in the middle. Opting not to join Nigeria as it sought independence in , it instead joined the French Cameroons, which had already gained independence a year earlier. By , the federal republic of Cameroon had become a unitary state; while the south kept its English laws and academic system, the rest of the country stuck to the French legal system and the baccalaureate schooling alternative. The system is already rigged to give the president a structural advantage. At least people have died so far. A further 20, people have fled into neighbouring Nigeria as their villages were razed. Schools have been closed and a three-month internet shutdown was enforced in those provinces, forcing a few hundred untrained secessionist fighters to group and arm themselves against a military crackdown. In the Northwest region, a dusk-to-dawn curfew has been imposed. Others remain trapped in their hometowns or in informal camps for displaced people in host communities. Weeks ago, Bernard Bilai, the Southwest governor, went with a party of gendarmes to a popular motor park in Buea, capital of the region, to ask panicked people gathered there to remain. Despite violence inflicted on them by both the military and rebel troops, many in the Anglophone areas are sympathetic to the secessionist cause, although this support is not voiced, say experts. Early this year in Abuja, the Nigerian capital, the self-declared leader of the separatist agenda, Julius Ayuk Tabe, was arrested with nine others and has since being extradited to Cameroon for trial on charges of treason. Eight presidential candidates are angling to retire Biya, who is seeking a fresh seven-year mandate in what could be his seventh term. Both are from the English-speaking provinces. He was justice minister during the constitutional amendments that revised presidential term limits and led the legal team in negotiations with Nigeria over the disputed Bakassi peninsula in the early s. He has a strong following in the west of the country, where he hails from. Kamto and Libii have roots in the Francophone regions. Key issues In , Transparency International ranked Cameroon out of countries in a corruption index. Political reforms, such as issues relating to staying a federation and changing presidential term limits, are also on the table. It remains a tall order to dislodge the strongman of Cameroonian politics, experts and analysts say, warning that voter apathy and presidential gimmicks will be at play. The minister of Territorial Administration, whose ministry supervises the elections, is a diehard Biya fan. Its board members only quit their ruling party membership the day their appointments were announced. Members of the electorate have little faith in the biometric reader system put in place for the election and do not expect Biya to concede in the unlikely event of a loss. Local media is also suspect, recently reporting a story about Ennovate Solutions, a supposed American election-monitoring organisation, predicting a landslide victory of 81 percent for the incumbent. Biya still has a strong base especially among his Beti kinsfolk, one of the major ethnic groups. I trust Biya and he knows the best for us, he knows us more than the people who want to try and replace him. It is those working around him that mess up his efforts. A petition against controversial TV host Ernest Obama surfaced online last October over his frequent outbursts against the Anglophone community. In June, Prime Minister Philemon Yang blamed Cameroonian citizens in the diaspora for inciting their compatriots to violence on social media over the Anglophone issue. He pulled out of a debate on the network because, he wrote on Facebook, it "promotes division and hatred among Cameroonians, particularly against the innocent English-speaking Cameroonian population trapped between secessionist activities and security forces".

Chapter 2 : US Immigration from Cameroon

A Journey to Cameroon: The Truth About Africa is a true story based on the Cameroonians that live in the South West Province of Buea in Africa. Smith, a student at Fayetteville State University, is on her way to study at the University of Buea.

Simply trying to keep family and friends updated on this incredible adventure to Africa. Read, enjoy, cry, sigh, laugh, and join me along this journey of more like eight thousand miles! Translate Tuesday, September 19, Cameroon! My good friend Anne was smart and took some notes in one of our previous briefings so here are some things that we have learned about Cameroon. There are over ethnic groups and languages in the country as well as at least seven unique climate zones ranging from rain forest to savanna. The rainy season lasts pretty much all year, with areas of the country receiving up to 12 feet of rain per year. There are several active volcanoes here, the largest being Mt. Cameroon, which last erupted in Due to the variation in climate zones, Cameroon also has great biodiversity. There are over 20 reserves in the country to protect animals and about half of all the species in Africa can be found somewhere in the country. Cameroon has only showed herself a few times but she is right outside our doorstep: The city of Douala, where the ship is docked, is the largest city in Cameroon. We are on the Wari River, which means that our muddy brown water view is quite different than the ocean views of Benin and Madagascar. There are over three million people living in Douala, which was named the most expensive city in Africa in There is a high ex-pat population here related to business, politics, etc, which leads to a higher standard of living than many African cities. However, there is still a lot of disparity between the wealthy and poor, which also contributes to an increased crime rate in the city. Wari River Cameroon also has one of the best economies in Sub-Saharan Africa with oil being the number one export. Despite the good economy and connections, though, Cameroon is a struggling nation. There is corruption in the local government and when there is corruption, people suffer. The UN Human Development Index measures average achievement in factors needed for human development such as living a long and healthy life, being knowledgeable, and having a decent standard of living. Why do we not see those things in America? When I here this question I often sigh because it feels impossible to answer that question succinctly and efficiently. Sorry, I know that sounds terrible and completely out of line. Before you unsubscribe from my blog let me give you some statistics that might make this a little more clear. The number of trained surgical specialists, anesthesiologists and obstetric providers per , people are as follows: This means that for every , people in Cameroon there is only 1. Talk about being understaffed and overworked!! And more specific statistics for Cameroon. For a population of This is for Now you are probably sitting back thinking of a host of questions and comments. One being what am I supposed to do with these statistics? My main reason for sharing these statistics is just to give you a clear picture of the disparity between the worlds that clash before my eyes everyday. One being my home, the way I was raised, the opportunities I received, the abundance and healthcare that is so easily accessible. The other being the worlds of Zambia, Madagascar, Benin and now Cameroon that I have been invited into to learn from and grow in so many ways. Which leads me to my next point. I hope that along the way I have conveyed how much I have learned from this culture. How much each patient has taught me and how big my heart has grown over these months. How many times I have thought to myself how can these people be so courageous, bold, beautiful and content? They never cease to amaze me with their perseverance, and love for family and friends around them. I have learned to slow down, make connections and that the people in front of me are more important than my to-do list, and schedule. I hope that in some way I have helped you do the same. Meet the Mercy Ships nurses! See a familiar face in the front ; One final statistic. The Lancet Commission on Global Health found that 5 billion people lack access to timely, safe and affordable surgical care. This I believe can be the shortest and most efficient answer to the question why are the diseases, tumors and deformities seen in Africa so extreme. Severe burns would be treated immediately. This is also an answer to the questions why Cameroon? Why serve with Mercy Ships? Because 5 billion people lack surgical care and Mercy Ships is playing its part in those areas most affected. Performing surgery but also training local surgeons, doctors and nurses so that when the Africa Mercy departs that country

can go on to sustain and continue to increase the capacity of its healthcare system. For such a time as now, we eradicate divisions and incarnate passion. For such a time as now, we show up even when it seems small because this is how we love large. Like we would love to be loved. For such a time as now, we live shaped like a cross, reaching right out, because this is how He begins to reshape the world. Opinions, conclusions and other information expressed here do not necessarily reflect the views of Mercy Ships Posted by.

Chapter 3 : Cameroon | U.S. Agency for International Development

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It is a unique country with about ethnic groups with an endless array of cultures. Cameroon is richly endowed by nature with natural features of beaches, deserts, mountains, rain forests, and savannas. Geographically, the country is divided into 10 Regions wherein 57 percent of Cameroonians live in urban areas. At the CDC, an estate manager demonstrated how rubber was made, beginning with the growing of plants in a nursery, draining sap from a tree, and processing the product for usage and export. The CDC, not only produces and exports rubber, but also bananas, palm oil, coffee, and other products. After touring Limbe, the group headed to the Western region of Cameroon to visit the historical town of Foumban which is part of the Bamoun Kingdom as well as the seat of the Sultan of Bamoun. After an extensive tour of the palace museum, the group met with Sultan Ibrahim Mbombo Njoya, the 19th Sultan of Bamoun. The sultan is a noble title; Sultan Mbombo Njoya is the highest ranking cultural leader in Cameroon. Sultan Ibrahim Mbombo Njoya and his wife, Queen Jennifer James Mbombo Njoya, warmly greeted the group at the Palace, took pictures with us, honored the group with a formal buffet dinner, and an after dinner show of exemplary musicians and dancers. A previous traveler with the group, Dr. The Tikar people are the major ethnic group in Bamoun. At the LVB, group members lodged in beautiful, deluxe Bungalows. The latest census numbered Bamilekes at 3. When the group arrived at the Bana Palace, they noticed at the top of the entrance angular figures representative of the Pyramids of Egypt. Migrating from Egypt to Cameroon, the Bamileke people are essentially Hebrew people who originated from Egypt. The Bamilekes believed that one day they would return to Egypt and wanted to retain their culture. At the end, King Sikam Happi V told the students that he was honored to have them as part of the audience, and others to tell their families and children about the Bana culture upon returning home. After the welcome celebration, King Sikam Happi graciously honored the group with a buffet luncheon, inviting Merideth Williams and Maggie Taylor to sit at the head table with him. After the meal, both Merideth and Maggie were given Bamileke family names, and adorned with Bamileke attire: The names given to Maggie and Merideth by the King honored former kings of Bana. Before departing, the King presented gifts to each group member. In return, the group presented gifts to the King. Lastly, the King took pictures with groups and individuals as well. Excited, the group traveled to Bamenda, the economic and political capital of the Northwest Province of Cameroon, commonly named the Grassfields highland. Bamenda is dominated by mountains and rolling, grass-covered hills and high plateaus. Bamenda is also the 4th largest city in Cameroon, and the centers of commerce, transportation, tourism, and learning. In Bamenda, the group lodged at the modern Mawa Hotel. The Bafut Palace conical shaped with a thatch roof, is one of the largest traditional palaces in Cameroon. First the group saw a tribal dance where dancers wore animal head masks with feathery costumes symbolism of strength. Then Fon Abumbi II welcomed the group to the Palace; Ada spoke; and in the end, the King entertained questions from the group and answered each of them. The Tikar people are members of the Bafut tribe. In Bamenda, the group also visited the Santa Catholic Primary School, a small school with 12 teachers. The head of the school was the Rev Father Dieudonne Ngenso, who was Bamileke and the children families as well. In return, the group left a monetary gift for the school. The tour will undoubtedly be an unforgettable one. On this historic journey were four previous travelers: The first time travelers with the group were: Maggie Taylor of Atlanta, GA, had longed to know the origin her ancestors. The opportunity came in when Dr. Rick Kittles of African Ancestry, Inc. Maggie is proud of her heritage. Join mailing list for updates and monthly newsletters.

Chapter 4 : \$ Flights to Cameroon - TripAdvisor

When death is chasing you and your family, you got to run to stay alive. Dzam-Dzam escaped Boko Haram but new dangers were waiting around the corner.

Recent research by Dr. Lisa Aubrey and her team uncovered slave ships from Cameroon. More info about that discovery can be read [here](#). This history of the Tikar people was shared by Dr. Williams, who received this information from members of the Tikar people of Cameroon about their history. According to the oral and documented history of the Tikar people, they originated in present-day Sudan. It is believed that when they inhabited Sudan, they lived adjacent to two groups. The second group - ancestors of the Fulani - arrived in the Sudan from Egypt and Ethiopia. These cattle and goat herders moved west to Lake Chad near present-day Cameroon, Niger, and Nigeria before traveling across West Africa. It is believed that when the ancestors of the Tikar were in the Sudan, they lived along the Nile River. There, they developed their cattle grazing, iron-making, horse riding, and fighting skills. At some point in time, the ancestors of the Tikar moved from the Sudan to the Adamawa Northern Region of present-day Cameroon. They settled in a village they named Ngambe present-day Bankim District where they intermarried with selected grassland farmers and animal herders. During the mixing with selected grassland residents, a powerful chief and eventually king came to power. With the skills brought from the Sudan, the Tikar king was able to rule most of northern and central Cameroon. After the death of the king, his oldest son inherited the throne. Soon afterwards, his second son, Share-Yen, and his followers moved to present-day Mfounbam district and started the Mbamound Clan. Ngouo-Nso, a sister, and her followers moved to present-day Koumbo District and created the Koumbo Clan in the present-day state of Mbanso near Mbamenda. The youngest brother moved further south and created the Mbafia Clan in the present-day Mbam state. The Tikar Empire had strong political traditions. At the height of the Tikar Empire, fifteen kingdoms or clans existed; the Ngambe was the largest. Future kings and the ruling class always came from this clan and all clan were headed by a Fon who supervised nobles, large farm producers, military leaders, merchants, and town leaders. With superior weapons and fighting on horseback, Tikar soldiers protected the empire, maintained domestic peace, and collected taxes. A caste system existed, but the standard of living for the Tikar was above those from other ethnic groups. The Tikar people was known for their sophistication in government, war, and the arts - including a bronze casting process for making masks. While the Tikar lived in Cameroon, most of the people with Tikar ancestry lived the "good life". Vocational training was the norm for Tikar boys, and teachers taught various forms of craft-making, woodcarving, mask carving, and making bronze sculptures. The Tikar people also developed a process for using hot wax to make masks and bronze sculptures. During the height of the Tikar Empire, many Tikar people were also gifted in music, dancing, acting, and writing. The Tikar people had control over the trade routes between the Fulani and Hausa merchants to the north of the Tikar Empire and coastal ports. For three centuries, the Tikar ruled present-day Cameroon and Central Africa with sophistication, but with a iron fist and heavy tax burdens on people from other ethnic groups. It was also reported that because of their high standard of living, there were more than one million people with Tikar ancestry by Research revealed that by , several African ethnic groups had joined the Europeans to fight the Tikar people, who were known for their quick ability to learn and their sophistication and for being hated by surrounding Africans. The Tikar were unable to obtain modern weapons; they were never able to take control over the coast. So, they were caught in the middle between the coast and the north. As the Tikar people attempted to abandon their traditional grassy savannahs and the plains where they were easy slave trade targets with no natural protection, they were forced to leave their villages with slave traders on one side and four hostile tribes on the other side seeking revenge. One of the strategies they applied to fight off the enemy was to dig moats around villages; these still exist in at least five kingdoms. However, this strategy failed and the survivors found refuge in the forest. The transatlantic slave trade drained their brightest and most physically fit young people. Having been greatly weakened by war and the slave trade, they became vulnerable to neighboring groups who had been subjected by the Tikar for several centuries. When slavery ended, there were between 60, - 75, Tikars in Cameroon, and

most of them were hiding in forests from slave traders. Today, less than , Tikars live in Cameroon. They live as small and scattered related groups in the northwestern highlands near the Nigerian border. The Tikar are among the most industrious people in Cameroon. Urban Tikar boys score the highest marks on math examinations. Most Tikar children earn the highest grades in school. Urban Tikar students are reported to be the most gifted in arts and crafts, music, writing, and math. Popular evening Tikar meals include: Thick soups served on yams are often eaten in the morning. This is a picture of the late chief of Ngambe. Ngambe is one of the Tikar villages. Around his neck is an ivory collar made of elephant tusks. He carries it only once per year, during the time of the festival called "Sweety". It is a traditional Tikar festival during which one calls upon the spirits of the ancestors and asks them to bless the community.

Chapter 5 : A Journey Of A Thousand Miles: Cameroon!

The journey began in Cameroon's largest city, Douala, a regional and economic capital of Cameroon. A bustling city, Douala is the site of one of Cameroon's International Airports and its main port of entry that handles about 95 percent of Cameroon's shipping volumes.

Without questioning the prolific, imaginative, and creative skills of the writer, the article which was an excellent prose though, failed to paint a real picture of Lebialem and at best, it could be said it was misleading. This is supported by the fact that the article was not accompanied by any picture. The picture used online in a different website to promote the article was not taken by the writer or a photographer of his media housed despite the fact that he had been there for a couple of days. Lebialem Division was created in from Manyu Division. It has 17 Fondoms with a general population of over according to the last population census. It is made up of two principal ethnic groups with close ties notably Nweh and Mundani. The place is not only admired for its very good climate but also its rich tradition and a very hospitable people but also the production of lots of food stuff though faced with lot of marketing problems because of the bad roads. The writer of the article in The Post certainly visited less than one percent of Lebialem and judging from his article, he did not talk to people who could give him some reliable information on Lebialem. He might have been in haste. However, to some extent, his article is also a challenge to Lebialem elites do more for the development of the division. At the end of the day I wonder what took the writer to Lebialem, an area described by the founder of the Focolare Movement, Chiara Lubich as a city in the Forest. Who will believe that there are naked children in Lebialem everywhere as categorically stated by the writer? It makes me think of people in the Amazon Forest who have never had contacts with the rest of the world. Though such a blanket statement must not be taken seriously, it would have been better had the writer told us where he saw the naked children everywhere. Is it scanty in terms of population or in terms of housing? He says in conditional tense that Lisbon is the only rest house in the capital city. Writing it in the conditional implies that he did not bother to find out if there are many more, and yes there are. This does not cancel the fact that there is the dire need to reinforced CRTV signals in the division. The writer was in Wabane, but fails to find out that food production in the area is abundant and the people just as in other parts of Lebialem need to be assisted in road construction. I do not know what he saw in Alou. May be Menji Cooperative credit Union should take the challenge and seek to begin paying salaries of civil servants so that people do not go to the west province for such services again. It is really funny when the writer says one should buy everything even bottles of mineral water before embarking on a journey to Lebialem. This is really condescending statement. May be the writer should say he did not see people drinking and getting drunk. The writer says Lebialem people virtually live in Nigeria. This claim is really funny because Lebialem is not only far from Nigeria geographically but the people there do not in any way live as if they are in Nigeria. Receiving one station broadcast from Nigeria just like the reporter received signals from BBC does not make him feel as if he is in Nigeria or the UK. As most African writers with the obsession for the western products, the writer takes the liberty to advertise the BBC shortwave frequency but failed to do so for Lebialem Community radio which can also be received in several parts of Cameroon at You are welcome to visit Lebialem, enjoy its rich culture, commune with its hospital people, seek treatment in one of Cameroon best medical establishment, enjoy the numerous tourist attractions, get a taste of the cuisine of people and also buy food for exportation, enjoy abundant wild life and discover medicinal herbs. Come to Lebialem enjoy the place, the people, their culture, their story. However, Lebialem is in dire need of roads.

Chapter 6 : Gardline Vessel George D Starts Its Journey to Cameroon Onboard MV Pangini | World Marit

Cameroon also has one of the best economies in Sub-Saharan Africa with oil being the number one export. Despite the good economy and connections, though, Cameroon is a struggling nation. There is corruption in the local government and when there is corruption, people suffer.

Chapter 7 : Roots Revealed: The Tikar People of Cameroon

*An Unexpected Journey to Cameroon [Warren Perry] on blog.quintoapp.com *FREE* shipping on qualifying offers. This is a story of love and family that involved a three month visit to Cameroon, a country that most Americans have a hard time finding on a map.*

Chapter 8 : Journey To Cameroon on Vimeo

Journey to Cameroon - International Cuisine Cameroon Suya is a spicy beef on a stick considered to be a street food originating from the Hausa people of West Africa. It is absolutely delicious.

Chapter 9 : From Cameroon to Villanova, an entrepreneur's journey to develop a healthful tea - Philly

*By Aloysius AGENDIA. In a bid to tell the world about Lebialem, The Post on its website published an article titled *The Curious Journey to Lebialem* laced with generalised utterances, hasty observations and loose statements.*