



**APBJ**

**Association Planète Business Jeune**

**N° 65 / RDA/F.34/BAPP**

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**<http://www.planetbusjeune.org/>**

**1085 Douala Cameroon**

**Presentation of our missions and Projects**

## **ACTIVITIES**

- Entrepreneurship**
- The Volunteer**
- Tourism Fair**
- Fair Trade**
- Sustainable Development.**

APBJ is a non-profit association governed by Law No. 90/053 of 19/12/1990 concerning freedom of association in Cameroon, and the law 99/014 of 22/12/1999 governing non-governmental organizations Cameroon.

The APBJ aims to promote:

- **Entrepreneurship**
- **The Volunteer in Cameroon**
- **The Tourism Fair**
- **Fair Trade**
- **Sustainable development.**



# I-Volunteer in Cameroon

APBJ is an independent nongovernmental organization that works in civil promote international volunteering, for solidarity and global education for everyone, without a profitable purpose.

## Volunteer objectives:

under a peaceful and intercultural spirit..-To develop the service of volunteerism and promote international solidarity

-To promote and develop holistic education of young people.

-To promote programs for the development of sustainable lifestyles.

-To protect and support the marginalized groups and vulnerable minorities. -To promote respect for human rights and dignity

## Programs:

Information campaigns and national and international awareness of volunteering through projects organized jointly with civil organizations, municipalities, groups and international and local organizations, the APBJ encourages youth participation in the preservation of cultural heritage and natural, environmental protection, building houses for the poor, improving the socio-educational structures, the use of alternative techniques of construction and sustainable technologies in several communities in the region. Involvement in institutions (primary school, community hospital, orphanage, breeding center, training center for girls, youth and culture center of equitable and sustainable tourism). Involvement in the operation and the animation structures: educational activities (introduction to French culture) and sports, organization of various workshops (cultural activities, theater, painting, computer, dancing ....)

## Volunteering:

The APBJ sees volunteerism as an exchange between an individual or group who offers his time, effort and energy for the benefit of a project of common interest and a community that offers a voluntary learning, testing personnel and collective development opportunity. Volunteering is also seen as a social tool that works to promote intercultural dialogue and peace, and creates a relationship between local action and global thinking.

**Volunteering is a way of life, a way of acting!**

**In all the projects proposed by the APBJ, participation of citizens, especially young people is really important.**



## Voluntary discovery Bafou Cameroon



**Ages :** boys and girls between 18 and 94 years with the desire to discover the social professions in an original.

**Duration and dates :** from 2 weeks to 12 months

**Program Dates :** Possible involvement throughout the year. You can choose your dates of participation. Arrival and departure must take place Thursday / Friday. The minimum duration is 2 weeks.

**Discovery Volunteer Cameroon** has field experience in the area of West Cameroon, supplemented with basic language. The candidate will discover the Cameroonian culture in everyday life.



### Description of program:

- INTEGRATION weeks in a family Cameroon
  - Weeks of language training Yemba
  - Field training in one of seven institutions (schools and kindergartens, orphanages, community hospital, training center for girls; Forest nature reserve and sacred house of youth and culture, farming and Agricultural Project, Centre for equitable and sustainable tourism)
  - Involvement in the operation and running of structures: educational activities (introduction to French culture) and sports a variety of workshops (cultural activities, theater, painting, IT, dancing ...)
  - Logistical and administrative support
  - Supervision by the representatives of these institutions and local volunteers
  - Guided Tours
- APBJ support and evaluation meetings

### Volunteering Works!

**By becoming a volunteer, you reap the fruit of generosity:**

- You strengthened your social conscience
- You learn through service

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- You expanded the circle of your relationships
  - You develop skills If you want you can!
- The Volunteer APBJ needs; the APBJ needs you!

## II- Tourism Fair in Cameroon

**Activities:** Guided tours of museums, chiefdoms, Fall, Project Development, Culture and Art:

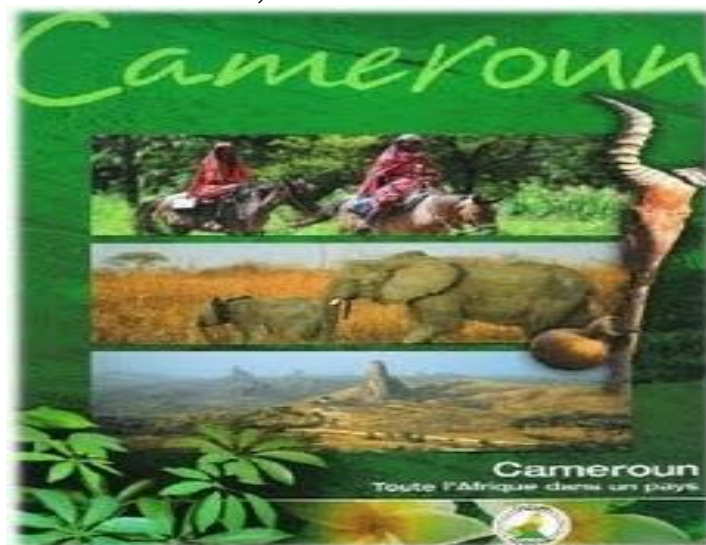


- Meetings with different ethnic and architectural traditions
- Walks in the bustling markets and colorful West
- The spectacular scenery
- The discovery of various chiefdoms in Bandjoun, Bamenda, Foubot, Foumban
- Falls of Mami Wata-

**Objectives:** promote employment, improve health and education, promoting Bamileke culture, promote cultural exchanges.

### CAMEROON, A PARADISE Ecotourism

With a population of more than two hundred and fifty ethnic groups with ancient traditions, a biodiversity-dominated forest, savannah and mountains, one of the richest wildlife and varied in Africa,



Cameroon has a great potential for eco-tourism. Four sites are particularly worthy of mention: Reserve Dja, the Korup National Park, the Limbe Botanic Garden and Ebodje.

### The Dja Reserve

Located in southern Cameroon since 1987 and declared world heritage by UNESCO, the Dja Reserve covers an area of 5260 km<sup>2</sup>. More than 1500 plant species have been counted. As for wildlife, it has more than 107 mammals and about 320 species of birds scattered inside and around the reserve. This fauna includes:



### Korup National Park



As for the Korup National Park, is located in the Southwest Province of Cameroon. It covers an area of 1259 km<sup>2</sup> and is considered one of the finest and oldest rainforests in the world. The richness of its fauna and flora is the result of a single fact: the site of Korup indeed survived the ice age!

Today, Korup resembles a living museum of more than 60 million years. The studies helped to identify more than 400 varieties of trees including many medicinal plants. The park is also its current speed to the fact that there discovered a vine, (*aucistraladus korupensis*) which would have positive effects on the healing of some cancers and HIV. As for wildlife, there are over 300 species of birds within the Park and 100 more in surrounding areas, 174 reptiles and amphibians and 140 species of fish that inhabit the many rivers that cross the park.



The Korup National Park is developed as a natural wildlife reserve where you can still find elephants, buffalos, antelopes, leopards, chimpanzees, drills and a variety of other small animals.

Visitors generally start to arrive in Douala Mundemba, headquarters of the Park,

passing through Kumba and Ekondo TITI a distance of 250 km of which 115 are unpaved (Kumba-Mundemba). But Korup can also be reached by boat from Limbe across the Rio del Rey to win the River Ndian.



It is advised hikers to bring equipment (appropriate clothing and shoes) to protect themselves including insect bites and ants. Entrance fees are paid from the Park authorities who rent also guides.

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Shelters are constructed within the park for those tourists who want to spend the night. But be sure to bring a mosquito net or insecticide.

Mundemba seat Korup Project. The start of all trips to the mangroves, the park, the River Ndian and neighboring Nigeria. The city offers some small accommodation facilities.

## The Limbe Botanical Garden



Founded in 1892 by a German horticulturist to acclimate plants such as quinine, coffee, rubber, cocoa and banana, the botanic garden in Limbe also served as a training center for Cameroonians in the field of agriculture, horticulture and forestry. Today, it has become after Mount Cameroon, the biggest tourist attraction in the

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Southwest. It is also an international center for biodiversity research:

A center of attraction called "Jungle Village" was constructed and provides a framework for organizing cultural events for the enjoyment of tourists.

Several tracks have been upgraded to allow tourists to visit the Garden. These are:

- The coastal trail which allows visitors to have a beautiful view of the western part of the garden;
- The biodiversity trail, as its name indicates allows visitors to have a view of all the biodiversity available in the Garden;
- Track Bota discover large trees and wildlife;
- The track that runs along the river and where we find trees and plants over 100 years.



## Ebodje

The village is located Ebodje along the Atlantic Ocean, about fifty kilometers from the town of Kribi, in the direction of Campo.



In this fishing village, the beaches are beautiful and grow out walking and swimming. Canoe tours are offered at sea and the river Likodo. You can also walk or drive to the rock of the Wolf and take a guide to tell you its mythical history.

Ebodje has recently been chosen as the site for protection of marine turtles by a regional project, Protomac. From November to January, they regularly come to lay eggs on beaches.





It is recommended to tourists to bring any Ebodje:  
- A pair of extra sheets  
- A mosquito net and mosquito repellents  
- A few bottles of mineral water.



### **Travel offers a multifaceted**

**answer, Cameroon, by far, the desires and expectations of visitors. The Cameroon favors the wilderness with unique phenomena in the world.**

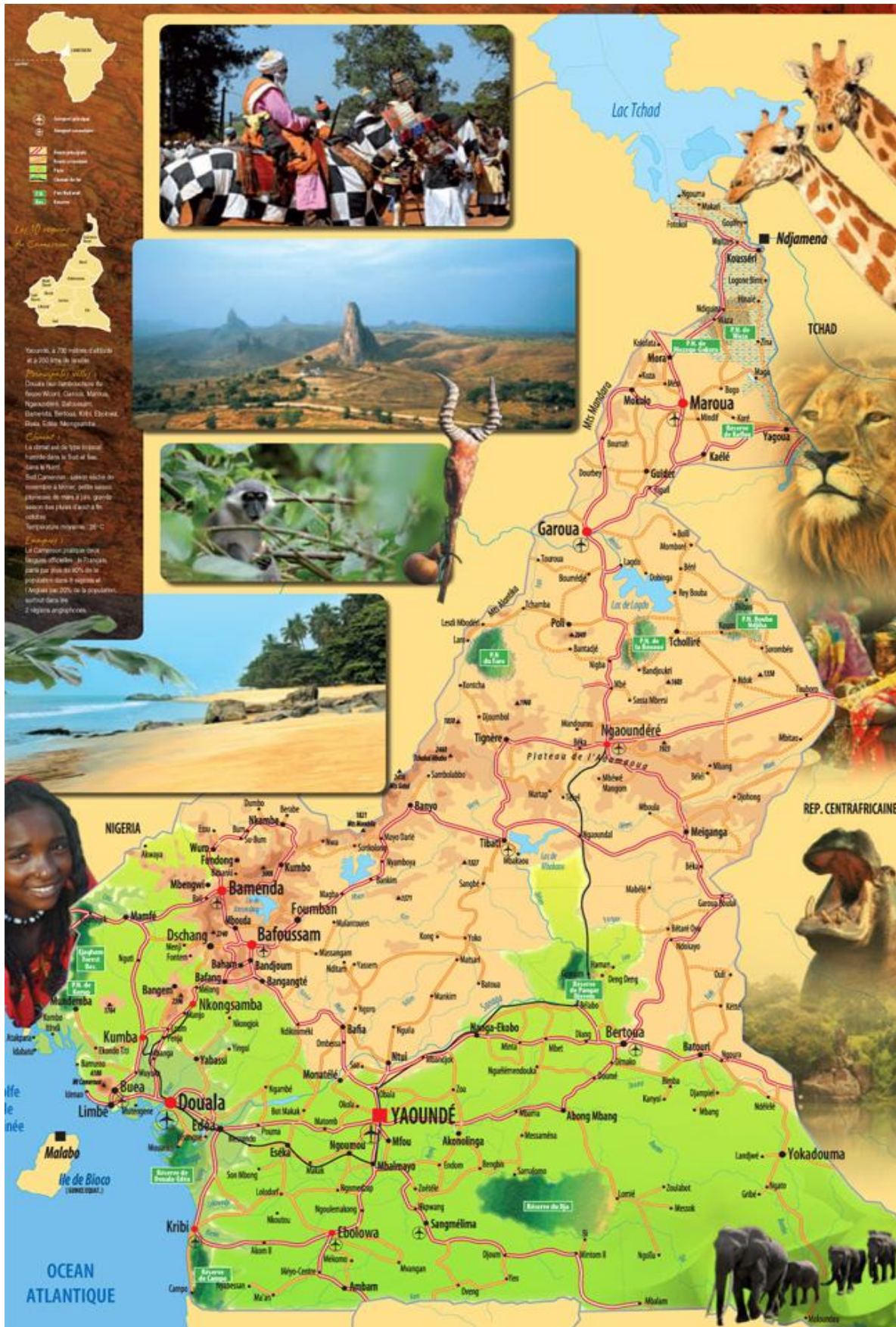
**Giving the opportunity to combine leisure, tourism and beach tourism.**

### **The "most visited"**

Located at the crossroads of West Africa and Eastern and stretching from the Gulf of Guinea to Lake Chad, Cameroon provides specific tourist groups that we do anywhere else in Africa in the same country: Relief , climate, wildlife, people and traditions.

This feature allows Cameroon to develop throughout the years many different types of tourism:

**Seaside tourism, mountain tourism, conference tourism and business, tourism and safari hunting, ecotourism and cultural tourism**





**The Cameroun is Africa in miniature**

## **III-Entrepreneurship**

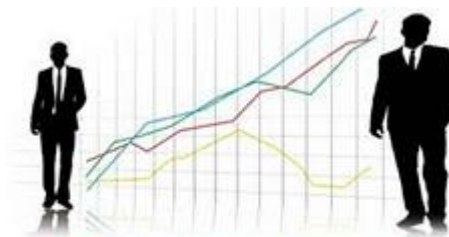
### **Support in starting a business**

**The support, the key to a successful business creation**



The APBJ is an association that offers support in the creation or recovery of SMEs. Candidates receive individual counseling on all necessary steps to a good start to their business. Mounting aid project, business plan, monitoring and advice ...

**Training in Montage Project, Business Plan, Creating Support for SMEs in**



*Découvrez nos solutions pour améliorer vos performances*

We help you get your projects, business plan and support in development of SMEs

**Online free training offered in partnership with US-based PEOI**

[www.planetbusjeune.org](http://www.planetbusjeune.org)

## **Training**



## **1 - Business training especially for small and medium enterprises**

### **The training modules**

- Entrepreneurship**
- Planning**
- The feasibility study**
- Budget**
- Accounting**
- The Inventory**
- Marketing**
- Leadership**
- Management of time**
- Business plan**

## **2 - Training in Entrepreneurship**

### **Topics of Training**

- 1 - Starting a Business**
- 2 - The key to success in Entrepreneurship**
- 3 - Business Plan**
- 4-Formalities**
- 5-Buying a Business**
- 6 - Franchises**

**Duration: 1 month**

What is a business? It is created to satisfy a need. Entrepreneurship is thus the art of finding profitable solutions to problems ...

**Take a Leave for Change**



During your vacation, you can go 15 days or more months on a mission with funding from your employer or individually. To do this, APBJ offers volunteer assignments, managed and supervised by our team.





## **VI-Fair Trade**

### **About Fair Trade**

Fair Trade is a trading system based on dialogue, transparency and respect. It contributes to sustainable development by offering better trading conditions for producers and workers in developing countries. The principles and objectives of Fair Trade is a rigorous international system of monitoring, auditing and certification. The international system of fair trade is structured to produce the following results for the benefit of small farmers and workers in developing countries:

- a fair price for their products and their work;
- environmental practices that promote sustainable development;
- improved social services;
- investments in local economic infrastructure.



### What principles is Fair Trade?

The international trade rules pose to small and marginalized producers pressure becoming stronger against which they can not afford to fight. Fair Trade offers a new model based on a more balanced relationship between business partners. Supported by consumers, trade guarantees producers in developing the purchase of their goods at a price "fair", immune to market fluctuations.

Fair trade is based on five fundamental principles:

- Ensure fair remuneration of producers and artisans the most disadvantaged.
- Ensure respect for fundamental rights (denial of child exploitation, forced labor, slavery ...)
- Establish direct relations, sustainable and transparent between economic partners.
- Promote environmental conservation.
- Provide consumers with quality products.

The Small Farmers, peasants, farmers and artisans in developing countries should meet to promote their product as part of fair trade for two main objectives of fair trade:

-Create and promote conditions for farmers in poor countries to develop themselves a profitable business and sustainable by providing fair access, direct and without intermediate circuits speculative markets consumers in rich countries. Fair trade is intended as a lever for economic development and an alternative to aid operations and humanitarian charity for the poor but able to work.

-Raising consumers about the power of their economic power as buyers so they can in their current consumption to be actors in a global economic alternative for

sustainable development, ethics, respect for employees, respect for Environment and North-South dialogue.



( Art of decoration: Decorate the house, hotel, villa, bungalow with bamboo Raphia)

**The social economy: For strong communities and sustainable**

**A social enterprise is recognized by these two concepts:**

*Economic*

The social enterprise is part of the market sector by developing an economic activity through the production and sale of goods or services. It generates revenue and creates jobs stable, sustainable and quality.

*Social*

The social enterprise is the social return, including improving the quality of life and well-being of the people, by contributing to the development of democracy and promoting values and initiatives support individuals and communities.





## Presentation of the Concept **promo-sale-fair**

You are a **group of producers, peasants, farmers, ranchers, entrepreneurs, corporate social economy**: you want to promote, get customers to sell and distribute your products at the right price in the context of fair trade through the Concept **promo-sale-fair**: this concerns you.

APBJ is available to help you find, find customers to sell and distribute your products at a fair price under the Fair Trade.

Contact us at Email: [planetebusjeune@yahoo.fr](mailto:planetebusjeune@yahoo.fr), to tell us about your products and we will help you find customers.



"Everyone who works has the right to equitable remuneration ensuring for himself and his family an existence worthy of human dignity" Declaration of Human Rights. Art 23



## ➤ Cultural Diversity

### Cultural diversity is a driving force for development



Cultural diversity is a driving force of development, in terms of economic growth and as a means to live intellectual, emotional, moral and spiritual good. It's key to alleviating poverty and achieving sustainable development, including through the normative system, now complete, developed in the cultural field.

## International Internship Program (Work Experience) in Cameroon

**Project Title:** International Internship (Work Experience) in Cameroon

**Age:** Men or women between 18 and 94 years.

**Duration and dates:** from 4 weeks to 12 months

**Program Dates:** Possible involvement throughout the year. You can choose your dates of participation. The minimum duration is 4 weeks.

**Location:** Douala-Cameroon

**Who can participate?** The Foreign Citizens who want to travel to Cameroon for internship (Work Experience) in Company

**Description of program:**

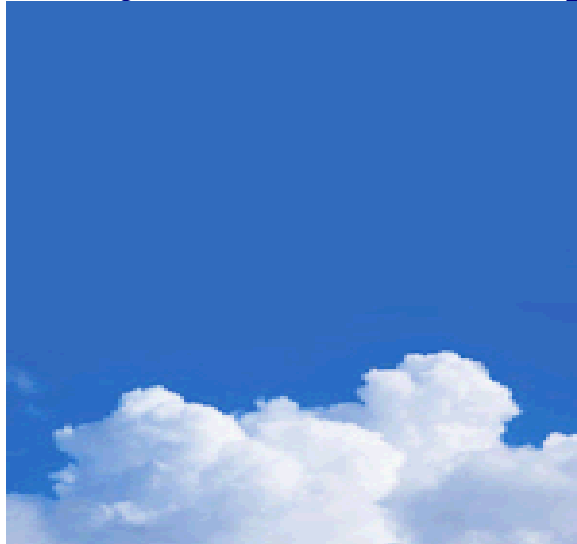
What better place to hone your skills in Douala, a truly international city, with a major economic force? We offer internships in the field of Marketing & Sales, engineering, travel and tourism, hotel and catering, finance and accounting, insurance, advertising, law, international trade, human resources, administration and secretariat, journalism and media, computer, website development, agriculture and horticulture, massage and other therapies, sports administration, construction and other trades.

Internships will be located in Douala. Internships can last from 4 weeks to 3 months.

Students arrive on Thursday or Friday of each month. Registration deadline is 04-08 weeks before the desired starting date.  
**Accommodation:** apartment or homestay

## V-Sustainable development

### *Climate act for Sustainable Development*



Reducing emissions is essential to the daily ... Composer one can not remove it go further!

### **Program to promote sustainable development**

- Awareness of businesses and residents on environmental protection, the fight against global warming and the call voluntary reduction of GHG (Greenhouse Gas), pollution.
- Promotion, Design, consultancy, coaching and setting-up projects of environmental protection.
- Training on the system of environmental management (EMS).

### **Training on Environmental Responsibility and Management System of Environment (SGE)**

**Chapter 1:** Introduction

**Chapter 2:** success stories - companies benefiting from a system of Environmental Management

**Chapter 3:** Creating a System of Environmental Management (presentation)

**Chapter 4:** Planning a System of Environmental Management

**Chapter 5:** Implementation of action plan

**Chapter 6:** Monitoring the progress

**Chapter 7:** improved results

**Chapter 8:** Questionnaire for the definition of priorities objectives and

## targets

**Chapter 9: Case Studies**

**Chapter 10: Sample Forms**

**Chapter 11: Resources**

**Duration: 1 month**

## Concept **Recyplast**

(Collections, Recycling of plastic waste in the context of environmental protection for sustainable development)

### Project Description

Collection and packaging at least 4000 tons of plastic waste per month. Recycle those plastic waste in a local processing plant for the production of sandals, plastic dishes, cobblestone, tile and even buckets.

### Objectives

- Establish a recycling plant and local processing of plastic waste for production of sandals, plastic dishes and even buckets.
- Educate local residents on techniques for managing household waste;
- Create sustainable jobs
- while reducing pollution invading the city and its surroundings;
- Make the reinforcement of capacities of stakeholders in the techniques of collecting, sorting and packaging plastic waste;
- Establish a center for storing, sorting and packaging plastic waste.
- Become a partner for the setting-up of this revolutionary concept in the context of environmental protection for sustainable development.



### ➤ **Our Projects**

APBJ seeking your support to achieve the following projects for sustainable development:

**1 - Opening of the African Centre for Research in Entrepreneurship (CAREN). Develop training in entrepreneurship development: business training especially for**

small and medium enterprises: "Operation 100,000 young men and women trained 2035 (Short-term training provided by sessions in 5 weeks)." This training will allow us to fight against poverty and unemployment and promoting self-employment. This will allow us to create about 200,000 jobs by 2035 if there is support.

2-Launch Center Farmers promotion and agro-pastoral (raising of chickens, pigs, rabbits and Agriculture). This project will: - Fight against poverty. - Provide an alternative to disadvantaged young offenders. - Create more than 500 jobs. - Improve the overall standard of living of more than 5000 people. - Create additional activities to generate funds to beneficiaries.

3 - Construction of a fair and solidarity tourism respecting environmental standards for sustainable tourism in a natural setting. To sell this destination of Cameroon is Africa in miniature.

4 - Construction of a nursery and primary school and a private college of technical education (school of international reference for teaching advanced techniques) this will promote the development, literacy, the fight against poverty and unemployment.

5 - Construction of an orphanage to supervise children orphaned and abandoned

6 - Launch of Young Business Development Fund (FDBJ) The objectives are therefore twofold: **Economic:** increase the income of citizens to support growth in the fight against poverty and unemployment. Promote the development of Entrepreneurship. **Sociocultural:** encouraging entrepreneurship and solidarity. FDBJ wants to contribute to more human dignity in Cameroon, through the promotion of activities, economic, individual and collective local initiatives that contribute to a Sustainable Development.

7 - Launch of Young Business Festival to promote the development of entrepreneurship, small and medium enterprises and Culture.

8 - Publication and distribution of the Young Business Magazine for the promotion of entrepreneurship development, small and medium enterprises, business opportunities and jobs currently available online at [www.businessjeunemagazine.com](http://www.businessjeunemagazine.com)

9 - Construction a house Volunteer in Cameroon: House designed to accommodate all volunteers will be on a mission to Cameroon for humanitarian projects and community development.

10 - Construction of a nursery or child's day-for better supervision of children. Project that will create some jobs.

11 - Opening of intercultural and development center for the promotion of culture and development.

12-supporting community development projects such as construction programs of schools, orphanages, homes for the elderly, access to clean water, food programs,



development projects for women and youth and programs for poverty reduction. Implement the means to safeguard the well being and development of young people and children in difficulty. Through the Concept All Solidarity.

13-Organisation of seminars and conference, "Youth and Entrepreneurship: a solution to reduce unemployment and poverty"

14-Creation of Multimedia Computer Centre for all. Center that will train young people and disadvantaged women in the tools (Word, Excel, Publisher-Internet-Printing-Office) and promoting research and exchange intercultural disadvantaged youth

15-Bio-Market Launch of Fair Trade for the promotion of organic products from farmers and peasants such as coffee, spices, fruits and vegetables fresh and dried traditional Cameroon namely Ndola, okra, white pepper, the pineapple, banana, papaya etc ... As part of Fair Trade.

The realization of these projects involves significant costs. We ask for this purpose a moral, material and financial to their implementation. In return for this support, the association APBJ committed to promoting the activities of its partners in Cameroon, their support in helping them achieve their goal. APBJ also committed to invite our partners in the various events it organizes and to associate their name with each of its projects. We are looking for partners that we can cooperate with them and represent them in Cameroon within the promotion of development, the fight against poverty and unemployment.

**If you want to partner the Cameroon APBJ Contact us at:**

**Tel: (00237) 99376852**

**E-mail : [planetebusjeune@yahoo.fr](mailto:planetebusjeune@yahoo.fr)**

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**PARTAGEZ VOS COMPÉTENCES**  
Congé Solidaire Au Cameroun Pour Volontariat

**Entrepreneuriat - Volontariat**  
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**Commerce équitable**  
**Développement Durable**  
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**Together for a sustainable development and prosperous**