



Volume 01 | 2025 | Ndabuchiseh Quarterly Newsletter

*Announcement*

Welcome to the sixth edition of Ndabuchiseh newsletter! Every three months, we publish a newsletter. You can subscribe to our newsletter by filling the form on our website: [www.ndabuchiseh.org](http://www.ndabuchiseh.org) or write to us at [info@ndabuchiseh.org](mailto:info@ndabuchiseh.org).

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## *Painful Stories of War*



War is a terrible thing. It does not only destroy communities and families but also disrupts the development of the social and economic fabric of nations. The effects of war include long-term physical and psychological harm to children and adults, as well as a reduction in material and human capital. The most obvious consequences of war are widespread death, destruction, horrible abuses of human rights, and trauma.

Most of the youth in the English-speaking regions of Cameroon have experienced all these and have horrible stories of the effects of war on their lives. In this edition, we bring to you the painful stories of one of our beneficiaries. Bobo is 23 years old and presently one of the participants in our youth peacebuilding training.

Before being admitted for the training, Bobo met with the director of Ndabuchiseh and was asked by the director how this civil war has affected him personally. “So negative, you can see. I dropped out of school. Not only me but my siblings as well. Life has been a living hell. When armed men destroyed my father’s livestock and burnt down our home, I fled from the village to a French-speaking city. It was extremely difficult for me to survive there. I took up a job as a domestic servant to one man. I was seriously abused, and I had to flee. I came to Bamenda to live with my aunt, who is a widow. Both of us are barely surviving,” Bobo said.

Bobo is admitted into our training program on youth peacebuilding. Through the psychosocial care given to him in our center, Bobo has overcome his trauma and is extremely happy as he is receiving training in basic computer, organic farming, and peer education in our center. He believes that this training is the first step in the right direction for him to become emotionally, educationally, and economically empowered.

### **Six Months into our Residential Training!**

Six months have gone into our residential youth peacebuilding training! We have 15 participants (idle youth, 8 females and 7 males between the ages of 20 and 30) from the violent armed zone in the English-speaking part of Cameroon undergoing the training in youth peacebuilding.

Our participants all came to the training with trauma, fears, frustrations, and low self-esteem. So far, Ndabuchiseh has conducted a thorough psycho-social assessment of the fifteen participants. Ndabuchiseh identified multiple complex issues: depression, anxiety, or post-traumatic stress disorder, substance abuse, financial difficulties, hopelessness, and lack of social support.



I am happy to be part of this training. I have received training in basic computer, organic farming, peace practices and this is the right step for me to be empowered”

– Bobo (participant)

Ndabuchiseh charted a route for counseling and also identified people who could play a leadership role in their lives. Ndabuchiseh also initiated these participants into peace practices. These efforts are being sustained through both one-on-one sessions and group therapy. Our participants also underwent computer training for the first three months. After the first three months, Ndabuchiseh introduced the participants to self-employment and entrepreneurship skills. For now, Ndabuchiseh can only train in organic farming as a self employment skill due to limited resources.

Youth vulnerability and involvement in the armed violence in the English-speaking part of Cameroon are leading to deaths, trauma, displacements, destruction of property, and horrendous abuses of human rights. This is the primary challenge that Ndabuchiseh was founded in 2023 to tackle.

Ndabuchiseh came up with the youth peacebuilding residential training program as a solution to this problem.

With funds from the Kanthari Foundation and other donors, this project kicked off in September 2024.



## NEF Commits to Youth Empowerment!



As we move toward graduating the first batch of our participants in the next three months to come, this won't be possible without the support of the National Employment Fund (NEF) in Cameroon. The National Employment Fund (NEF) is a Cameroon government agency directly responsible for the intermediation between employers and job seekers, which aims to increase employment opportunities, the development, the financing, and the follow-up of programs related to:

- o Learn by doing training,
- o Formal training,
- o Self-employment,
- o The support for the creation of small enterprises.

And the spread of information concerning the job market, in order to better equip job seekers and to optimize their job search, specific tools are made available to them.

NEF has supported Ndabuchiseh in the training of her participants. NEF has expressed her desire to continue to work with Ndabuchiseh for the empowerment of youths in Cameroon.

Please contribute to our crowdfunding:  
<https://gogetfunding.com/contribute-to-the-rescue-of-dying-youth-in-camerouns-civil-war/>

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Thank you!