



### *Announcement*

Welcome to the seventh 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. Maka is 23 years old and presently one of those who will participate in our next youth peacebuilding training.

Maka's father and mother were shot, and they died in cold blood the same day. Maka witnessed this horrible incident and was completely devastated. Maka and her siblings were taken by the uncle to live with him. Life became very difficult, and Maka was consumed by grief. Maka never forgot that night in 2018 when unidentified gunmen stormed their compound and accused her parents of being "blacklegs," that is, the informants of the military. Her parents pleaded on their knees that they were innocent. But the gunmen shouted at them that they have betrayed the cause and are guilty of death. Maka and the siblings joined their parents and pleaded to no avail. Maka is the first child of a family of six who joined the uncle with his own family of 5. The burden, the trauma, and the suffering are heavy. Maka has not been able to go back to school. She hopes being trained as a peacebuilder will help her with skills to generate income to support herself and siblings.

### *Our First Batch of Youth Peacebuilders!*

In September 2024, we started a youth peace-builders training with 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 in Bertoua, Cameroon.



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. Ndabuchiseh charted a route for counseling and also



“At Ndabuchiseh, we envision youth from the English-speaking areas becoming confident and resilient ambassadors of peace, standing up against any form of violence at schools, in their homes, and in any outbreaks of war!”

— Emmanuel (Director)

So far, 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. Ndabuchiseh could only train in organic farming as a self-employment skill due to limited resources. We successfully graduated on June 12, 2025, 14 participants, 8 females and 6. These participants left the center, with a solid business plan and every tool necessary to effect lasting peace in their own lives and surroundings.

### Ndabuchiseh Peacefarm Taking Roots. Please contribute!

Ndabuchiseh PeaceFarm is a model farm used primarily to demonstrate various agricultural techniques to participants in our youth peacebuilding training but also to target the production and transformation of organic plantains into The armed conflict that erupted in late 2016 in the English-speaking regions of Cameroon has increased food insecurity in the country. This food insecurity continues to exacerbate violence and crimes. Our philosophy is to let our participants learn while doing and earning.



So through this farm production process, our participants will learn organic farming skills as well as entrepreneurial skills. This will include management practices used by organic agriculture (e.g., minimum tillage, returning crop residues to the soil, the use of cover crops and rotations, and the greater integration of nitrogen-fixing legumes). This will lead to a mindset shift in their agricultural practices that can lead to an increase in the return of carbon to the soil, raising productivity and favoring carbon storage. Second, the participants will work as laborers on the farm and will be paid wages, which will be accumulated and given to them at the end of the training as seed capital for them to start their farms and other activities as they reintegrate into the community. This will make them more financially independent, thus reducing their susceptibility to violence. Third, this plantain cookie will reduce food insecurity in Cameroon and the CEMAC region. Finally, it will also increase a healthy diet for the population.

With the support of the Kanthari Foundation in Switzerland, Ndabuchiseh has already acquired a three-hectare piece of farmland for this project. Our next step is to mobilize funds to start the production of the plantains, which will cost about \$10,000. Please contribute. Thank you!

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

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Thank you!