



Announcement

Welcome to the eighth 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 or write to us at 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.

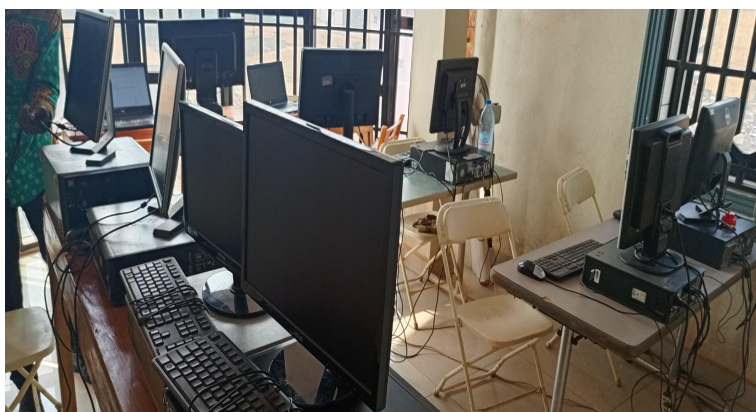
Most of the youth in the English-speaking regions of Cameroon have experienced all these and have horrible stories of the effects of war on their lives. In this edition, we bring to you the painful stories of one of our beneficiaries. John is 22 years old and presently one of those in our new youth peacebuilding training cohort.

John's father and mother were arrested and they were taken to a rebel camp where they have been detained incommunicado. John's and siblings became stranded. John and his siblings went to live with their aunt. The burden was very heavy for their aunt and their living condition deteriorated. John and his siblings are barely surviving. When John applied for the youth peacebuilders training, he stated that this is his last resort. John is very excited to be part of the training. "Just few weeks in this training, I have found a new family and friends. Trusted people that I can share my grief with them without fear and reservation. I am feeling so much relief of the burden, the trauma, and suffering I have experienced. I am happy that I will be able to learn a skill and also be trained as a youth peacebuilder". John said.

Our Next Batch of Youth Peacebuilders

On September 20, 2025, we started another youth peace-builders training with 15 participants (idle youth, 9 females and 6 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 have all come to the training with trauma, fears, frustrations, and low self-esteem. So far, Ndabuchiseh has started conducting a thorough psycho-social assessment of the fifteen participants. Ndabuchiseh aims at identifying multiple complex issues like depression, anxiety, or post-traumatic stress disorder, substance abuse, financial difficulties, hopelessness, and lack of social support. Ndabuchiseh



“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)

Then after, Ndabuchiseh will chart a route for counseling and also identified people who can play a leadership role in their lives. Ndabuchiseh will also initiate these participants into peace practices. These efforts are going to be sustained through both one-on-one sessions and group therapy. Our participants will also undergo computer training for the first three months. After the first three months, Ndabuchiseh will introduce the participants to self-employment and entrepreneurship skills. Ndabuchiseh will train in organic farming and computer maintenance as self-employment skills. After nine months these participants will leave the center, with a solid business plan and every tool necessary to effect lasting peace in their own lives and surroundings.

Ndabuchiseh Peacefarm Plays a Dual Role. 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.



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

Join us on LinkedIn:
<https://www.linkedin.com/company/ndabuchiseh>

Visit our website: www.ndabuchiseh.org

Thank you!

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!