

Garoua Cameroon

Positive changes are happening in Garoua. Learn more about how we're supporting children and girls' rights through our collaborative, equality-driven work.

In Garoua, limited access to gender-sensitive education and healthcare facilities particularly affects vulnerable communities, including children, young girls, and women. A lack of awareness about sexual and reproductive health and rights (SRHR) has increased the risk of unplanned early pregnancies, which can have long-term effects on young girls' health and economic development.

In collaboration with the community, Plan supported the creation of an École de Maris (School for Husbands), where 15 men were trained in gender-sensitive practices to support women and promote positive masculinity.

Additionally, 210 girls and young women from farming groups received agricultural supplies, including seeds, fertilizers, and tools, to help them engage in income-generating agricultural activities.

"The notebook distribution in schools and the soap-making training were very useful to me, as I can sell the soap I produce."

- Hadjara, 17-year-old Sponsored Child



Young children participating in an activity at school.

Impact in Numbers

8,000

girls received school kits for quality education

217

girls trained as youth government leaders

56

young people trained in sexual health

Girls Become Entrepreneurs



NAME:

Fadimatou

AGE:

22 years old

DREAMS TO BE:

An entrepreneur

“I’ve been able to set up my business and sell cosmetics online. I also don’t hesitate to help my younger peers with advice whenever they need.”



Meet Fadimatou

Like many girls in Cameroon, Fadimatou is optimistic about achieving her goals and building a strong future.

Fadimatou, a 22-year-old aspiring entrepreneur living with her parents in Yaoundé, Cameroon, has a passion for reading in her spare time. She dreams of starting a professional training centre focused on manufacturing cosmetic and household products.

Her goal is to empower young girls by providing them with training and helping them become entrepreneurs.

Lack of Economic Opportunities

High poverty rates and early marriages have led to many young people, especially girls, dropping out of school, severely limiting their economic and social opportunities. Fadimatou is one such girl who had to leave school because her family could no longer afford the fees.

Apart from these challenges, there are also no training centres for Fadimatou to further develop her entrepreneurship initiatives and help other girls.

Working Together to Succeed

Through Plan’s training sessions, young girls and women who dropped out of school, like Fadimatou, gain vocational skills to support them in earning an income and becoming financially independent.

As a result, the young girls who participated in these training sessions have started their own businesses, including in making and selling soap. Additionally, girls who had dropped out of school received financial support, enabling them to successfully complete their education.



Fadimatou participating in a soap-making training programme.

We Currently Work With 11,327 Sponsored Children in Garoua

Projects That Support Lasting Change

Starting a Healthy Life

In Garoua, the lack of healthcare facilities, staff, and essential medicines restricts young girls' and women's access to critical sexual and reproductive health information.

In collaboration with the community, Plan has trained four health clubs in schools, involving 16 girls and 12 boys, on the prevention of STIs and early pregnancy. Additionally, one École de Maris (School for Husbands) has been established to raise men's awareness of gender issues, including the negative effects of patriarchal norms and practices, and to promote positive, gender-sensitive masculinity.

To further support women during pregnancy, Plan partnered with the government to introduce a health voucher scheme, providing medically assisted pregnancy monitoring and information on contraceptive methods through health centres.



Girls participating in an SRHR awareness session.

100

**young women benefitted
from the health vouchers**



Champions of Change members during an agro-pastoral festival.



Asabe, 19, received an agricultural kit.

Skills to Succeed

A lack of gender-sensitive economic initiatives, combined with discriminatory gender norms that limit women's land ownership rights, restricts their ability to financially support themselves and their families, increasing their vulnerability to violence.

Plan collaborated with the community to support 401 girls and young women participating in vocational training initiatives with school supplies and finances to attend the initiatives.

Additionally, 60 girls and young women from the vocational training centres received post-training start-up kits to assist them in setting up their micro-businesses.

Plan also organised a training workshop for 120 women and young women on artisanal soap-making and dyeing.

"I have created a small startup, where I process and sell neem seed oil. With the money, we can get cereals to preserve and sell to increase our income."

- Asabe, 19, from Garoua

You're Supporting a More Equal Future



A young girl in school.

Together, we're working to create a more just world.

In Garoua, young girls and women are often unable to access quality, gender-sensitive primary education. Next year, Plan will advocate for quality education to reduce school dropout rates and improve hygiene and sanitation facilities in schools.

Extreme poverty and limited educational opportunities restrict youth's access to job opportunities. Next year, Plan will support young people in developing their skills in craft trades for more employment opportunities.

In Garoua, many schools do not have access to water and sanitation facilities. Next year, Plan will improve water and sanitation facilities through the construction of water points and latrines in schools.

Message from Plan Staff

"Last year, many more boys and girls benefitted from Plan's collaboration with communities for economic empowerment, protection, education, and health. This has significantly advanced the promotion of their rights and well-being."



Edith Tambe,
Programme Unit
Manager, Garoua

The Plan Effect

Sponsored children are at the centre of everything we do, and they help plan our programmes based on what's important to them. Sponsors' donations are a gateway into a community. This helps build trust and credibility to attract even more funds from new sources. This makes more sustainable programmes possible in sponsorship communities. This powerful synergy is something we call The Plan Effect.

Progress in Numbers

5 organisations got motorcycles for emergencies

20 women trained in disaster risk management

937 young women provided toolkits for startups

158 girls trained as Champions of Change