

## **Volunteer Travel Guide Cameroon - Volunteering Abroad Cameroon [www.abroaderview.org](http://www.abroaderview.org)**

*By A Broader View Volunteers Corp*

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The area was a German protectorate until after World War I when it was divided between the British and the French, with the French receiving the larger share and Britain controlling the northernmost strip along the Nigerian border. French Cameroon achieved independence in 1960 and the largely Christian southern third of British Cameroon voted to join the Republic of Cameroon the following year. The northern two-thirds of British Cameroon, mainly Muslim, eventually joined Nigeria.

<http://www.abroaderview.org/cameroon.php>

Tourism is limited, but those who venture to Cameroon will find a nation of remarkable diversity, from its varying landscapes of tropical rainforests and beaches, mountains and desert, to its assortment of people and cultures. National parks and reserves lay claim to some of the richest flora and fauna in Africa. Southwest Cameroon is a mountainous region dominated by the highest mountain in West Africa, and Africa's highest active volcano, Mt Cameroon, which sits on the edge of the Gulf of Guinea and is a popular mountaineering destination.

On the coast there are beautiful beaches around Limbé and at Kribi while the north of the country boasts Cameroon's most famous national park, Waza National Park, with its huge numbers of elephant, giraffe, lion, antelope and birdlife (open from mid-November to mid-June). Yaoundé, the capital city situated on seven hills, has modern hotels, shops and markets, but it is Douala that is the biggest city and Cameroon's economic capital, positioned on the Wouri River a few miles from the coast.

Whether going to the cities, the beaches or exploring its natural resources, visitors to this land they call 'Africa in One Country' can be sure that they will be pleasantly welcomed by a people whose custom is to receive strangers as if they were friends, a country where hospitality is the golden rule.

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### The Basics

#### Time:

Local time is GMT +1.

#### Electricity:

Electrical current is 220 volts, 50Hz. Round two-pin attachment plugs are in use.

#### Language:

French and English are the official languages, although French is more commonly spoken and is the language of business. There are also numerous other African dialects.

#### Health:

A yellow fever vaccination certificate is required for all travelers older than one year of age to Cameroon. There is a risk of malaria throughout the country and prophylaxis is recommended for all travelers. Cholera outbreaks do occur in Cameroon, particularly between the months of December and June. Travelers should drink only boiled or bottled water. Medical facilities are very limited with frequent shortages of medication and outdated equipment; visitors should ensure they have comprehensive medical insurance, which includes emergency air evacuation. Doctors and hospitals generally expect immediate cash payment.

#### Customs:

Law requires that everyone carry identification at all times. It is forbidden to take photographs of ports, airports, government buildings and military sites. Homosexuality is illegal.

#### Communications:

The international dialing code for Cameroon is +237. The outgoing code is 00 followed by the relevant country code (e.g. 0027 for South Africa). City codes are not required. International phone calls can be made from CAMTEL offices. A GSM 900 network provides cellphone coverage mainly in Yaoundé, Malabo and the southwest of the country. Internet cafes are available in the main towns.

<http://www.abroaderview.org/cameroon.php>

#### Contacts

##### Visa Agencies

Travel Visa Pro, San Francisco, USA. 1-888-470-8472 or [www.TravelVisaPro.com](http://www.TravelVisaPro.com)

##### Tourism

##### Cameroon Embassies

Cameroon Embassy, Washington DC, United States: +1 202 265 8790.

Cameroon High Commission, London, United Kingdom: +44 (0)20 7727 0771.

Cameroon High Commission, Ottawa, Canada: +1 613 236 1522.

Cameroon Consulate, Sydney, Australia: +61 (0)2 9989 8414.

Cameroon High Commission, Pretoria, South Africa: +27 (0)12 362 4731.

##### Foreign Embassies in Cameroon

United States Embassy, Yaoundé: +237 2220 1500.

British High Commission, Yaoundé: +237 2222 0545.

Canadian High Commission, Yaoundé (also responsible for Australia): +237 2223 2311.

South African High Commission, Yaoundé: +237 2220 0438.

#### Airports

##### Yaounde Nsimalen International Airport (NSI)

Location: The airport is situated 12 miles (20km) from Yaoundé.

Time: Local time is GMT +1.

Contacts: Tel: +237 223 3602.

Facilities: Facilities include a bank and currency exchange, restaurants, bars, post office, various shops and duty-free, a tourist help desk and a business centre.

Departure Tax: CFA 10,000 (international), CFA 500 (domestic).

## Douala International Airport (DLA)

Location: The airport is situated six miles (10km) from Douala.

Time: Local time is GMT +1.

Contacts: Tel: +237 342 3630.

Facilities: Facilities include a bank, post office, shops, a restaurant and bar, and duty-free shopping.

Warning: there is currently a scam with fraudsters claiming to operate from Douala airport selling puppies.

Departure Tax: CFA 10,000 (international), CFA 500 (domestic).

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## Climate

The climate varies according to the region. In the south, the dry season runs from November to February, the little rainy season from March to June and the big rains come between August and September. The average temperature is 79°F (26°C). The tropical coastal areas receive a lot of rain that can reach in excess of 30ft (9m). In the north the rainy season is spread out from May to the end of September, but receives very little over the year and drought is a way of life in the far north.

## Passport & Visa

Visa Agencies:

Avoid the stress and queues, get a visa agency to arrange your visa.

Travel Visa Pro, San Francisco, USA. 1-888-470-8472 or [www.TravelVisaPro.com](http://www.TravelVisaPro.com)

Global Visas, London, UK. 0207 190 3903 or [www.globalvisas.com](http://www.globalvisas.com)

Entry requirements for Americans: US nationals require a passport and a visa to enter Cameroon.

Entry requirements for UK nationals: UK nationals require a passport and a visa to enter Cameroon.

Entry requirements for Canadians: Canadians require a passport and a visa to enter Cameroon

Entry requirements for Australians: Australians require a passport and a visa to enter Cameroon.

Entry requirements for South Africans: South Africans require a passport and a visa to enter Cameroon.

Entry requirements for New Zealanders: New Zealand nationals require a passport and a visa to enter Cameroon.

Entry requirements for Irish nationals: Irish nationals require a passport and a visa to enter Cameroon.

Passport/Visa Note: All travelers require confirmed onward or return tickets and all necessary documents for next destination. Visas on arrival can only be issued to those holding a prior approval from Le Delegeue General de L'Immigration. All other visas must be acquired before travel to Cameroon.

Note: Passport and visa requirements are liable to change at short notice. Travelers are advised to check their entry requirements with their embassy or consulate.

1001 Dell Lane Suite B, Wyncote, PA 19095, USA Volunteer Abroad Project

Tel: 1-215-780-1845 / Toll Free: 1-866-423-3258 / Fax: 1-215-887-0915

[volunteers@abroaderview.org](mailto:volunteers@abroaderview.org) - [www.abroaderview.org](http://www.abroaderview.org) - [info@abroaderview.org](mailto:info@abroaderview.org)

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Email	<a href="#">Click to email author</a>
Phone	215-780-1845
Fax	215-887-0915
Address	PO Box 14 Wyncote, PA 19095, USA
City/Town	Philadelphia
State/Province	Pennsylvania
Zip	19095
Country	United States