



# Cameroon

## Country Fact Sheet 2023

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## International Organization For Migration (IOM) Germany

Charlottenstraße 68  
10117 Berlin  
Germany  
T. +49 911 43 000  
F. +49 911 43 00 260

[iom-germany@iom.int](mailto:iom-germany@iom.int)  
<https://germany.iom.int/>

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For further information on voluntary return and reintegration, please visit the information portal [www.ReturningfromGermany.de](http://www.ReturningfromGermany.de), or contact your local return and reintegration office.

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# 1 Health Care

## General information on health care

The health sector is subdivided into 3 sub-sectors: a public sub-sector, a private sub-sector and a traditional medicine sub-sector. The public sub-sector, which is the largest, comprises 03 levels: central, intermediate and peripheral. In its social development strategy, Cameroon envisages universal health coverage through the implementation of broad-spectrum health insurance. For the moment, subscribing to health insurance is free and voluntary. The services covered by the insurance and the rate of reimbursement depend on the level of coverage and the option chosen by the insured. Depending on the type of coverage, annual insurance premiums range from XAF 10,000 to 400,000. It is estimated that less than 02% of Cameroonians have health insurance.

## Availability of medical facilities

According to data from the Ministry of Public Health, Cameroon's health facilities are sparsely and unevenly covered. A total of 2,454 public health facilities have been identified in the 189 health districts. These include general hospitals, central hospitals, regional hospitals, district hospitals, integrated health centers and district medical centers. Cameroon has a fairly extensive health map. There are - 05 1st category hospitals located in the major cities of Yaoundé and Douala (Yaoundé General Hospital, Douala General Hospital, Yaoundé Gynaeco-obstetrics Hospital, Douala Gynaeco-obstetrics Hospital, Yaoundé University Hospital); - 07 central or 2nd category hospitals

(Yaoundé Central Hospital, Douala Laquintinie Hospital, Yaoundé Jamot Hospital, Sangmélina Reference Hospital, Yaoundé Emergency Center, Yaoundé Military Hospital, Douala Military Hospital); - 11 regional hospitals in Ebolowa, Bafoussam, Bamenda, Bertoua, Buea, Garoua, Maroua, Ngaoundéré, Sangmélina and Edéa; - Company hospitals (CNPS, HEVECAM, SOSUCAM CAMRAIL);

## Admission to medical facilities

Health facilities, whether public, private, religious or military, are open to all, and admission is free. It is important for patients to have a consultation booklet and to pay the required fees (consultation, medical examinations, medical prescriptions, hospitalization...). Medical care for patients in hospitals generally includes :

- Emergency care: Emergency care includes the notion of a time limit for reception and care, which is immediate for extreme emergencies, 06 hours for the first emergency, and 24 hours for the second emergency. Compliance with these time limits implies the absence of any requirement for prior payment for emergency care.
- General care;
- Specialized care

The amounts payable by the patient depend on the type of care received and the hospital facilities. Costs are generally slightly higher in private clinics than in public hospitals.

# 1 Health Care

## Availability of medication

Cameroon has over 500 pharmacies in 50 towns and cities. In addition to approved pharmacies, each hospital or health center has a pro-pharmacy stocked with essential and generic medicines. Brand-name medicines, also known as specialties, are sold in approved pharmacies. There is also a proliferation of street pharmacies (operating illegally) selling medicines of sometimes dubious quality, but which attract the majority of the population because of their affordable prices. The purchase of medicines, like other healthcare services, may be covered by a health insurance policy taken out by a patient.

## Access for returnees

**Eligibility and requirements:** Without any particular discrimination, return migrants have access to health care in hospitals and health centers. They do not benefit from any special insurance or specific coverage linked to their status. They are treated like the rest of the population, and can only benefit from social protection measures for which they are eligible.

**Registration:** Registration with health insurance companies or mutuals is free. Returning migrants can apply to any existing insurance company and take out a policy that corresponds to the coverage they require and their income.

**Required documents:** To take out a health insurance policy, you need to undergo a medical check-up, take certain vaccinations, fill out forms and pay the required fees. Specific procedures may be in force at different insurance companies.



Photo: Unsplash/ online marketing



## 2 Labour market

### General information on labour market

According to the latest Note de conjoncture from the Observatoire National de l'Emploi et de la Formation Professionnelle (ONEFOP), presented on June 15, 2023, the number of decent jobs in Cameroon has risen by 8%, from 330,903 in 2020 to 358,247 at the start of 2022. This statistic obviously only concerns the modern sector of the economy, also known as the formal sector. This report shows that the sectors that have recruited the most, in order of importance, are firstly the primary sector (48.40%), which includes activities that produce unprocessed raw materials, such as agriculture, fishing, mining, etc. Then there is the tertiary sector, which accounts for the largest share of the workforce. Then there's the tertiary sector (37%), represented by commercial activities, transport, financial services, accommodation-restaurant services, real estate, the information and communication sector, teaching, public administration and so on. Finally, the secondary sector (13.80%), made up of processing industries. Data from the Institut National de la Statistique (INS) reveal that the unemployment rate in Cameroon has risen by 6.1% in 2021 compared with 2020. This is largely due to the effects of the Covid-19 pandemic on economies worldwide. However, to successfully curb this situation, the government is relying on self-employment as a short-term and long-term solution to reduce youth unemployment. On June 30, 2022, at the presentation of the statistical yearbook of the Ministry of Small and Medium-sized Enterprises, Social Economy and Handicrafts (MINPMEESA), it emerged that 1,591 businesses were registered

with the Centres de Formalités de Création d'Entreprises (CFCE) in 2021.

### Finding employment

Demand is certainly high and growing, but there are also job opportunities in the private sector, with intermediation agencies or companies opening positions and publishing them in the media. The same approach applies to the government. Government employment policy is implemented by the Ministry of Employment and Vocational Training (MINEFOP) ([www.minefop.gov.cm](http://www.minefop.gov.cm)), which has set up the Fonds National de l'Emploi (National Employment Fund), whose website is [www.fnecm.org](http://www.fnecm.org). Its mission includes intermediation between employers and job seekers, development and financing of training programs, self-creation of employment, creation of micro-enterprises, and dissemination of information on the job market. Other instruments, such as the National Employment Observatory (ONEFOP), are used for forward-looking employment management. Its specific missions are to collect, process and disseminate data on employment and vocational training. It is also responsible for monitoring, guiding and integrating jobseekers. It is also responsible for diagnosing bottlenecks and potential in terms of employment and vocational training. In the same vein, the Ministry of Youth and Civic Education (MINJEC) has set up the National Youth Observatory (ONJ), whose mission is to match the demands of young people for civic training, social integration and economic advancement with what is on offer through

## 2 Labour market

governmental and non-governmental programs. Information on the ONJ is available at <https://onjcameroun.cm/>. The services offered to job seekers by these agencies include: information, guidance, training or capacity building in technical, entrepreneurial and managerial skills, job placement, material support for setting up self-employment, etc. We should also mention the existence of a multitude of job search platforms that provide the public with information on the latest employment opportunities. These include:

- AKWAJOBS : (<http://www.akwajobs.com/>) ;
- Cameroon desk: (<https://www.cameroondesks.com/>)
- Louma Jobs: (<https://louma-jobs.com/cameroun/>)
- Minajobs : Minajobs.Net
- Jobinfo Cameroun : (<https://www.jobinfocamer.com/>)
- Emploi.cm: (<https://www.emploi.cm/>)

It should be noted that many private structures also provide job placement services (Cible RH Cameroun, Emploi service Cameroun , APAVE Cameroun...). In the field of socio-professional integration through self-employment, the missions of several ministerial departments have been geared towards developing programs and projects for economic integration through the creation of micro-enterprises or income-generating activities.

These include :

- 1) Ministère des Petites et Moyennes Entreprises de l'Economie Sociale et de l'Artisanat (MINPMEESA) :
- Agence de Promotion des Petites et

Moyennes Entreprises (APME), [contact@apme.cm](mailto:contact@apme.cm)

- Banque Camerounaise des Petites et Moyennes Entreprises (BC-PME), [www.bc-pme.cm](http://www.bc-pme.cm)
  - Bureau de mise à niveau (BMN) des entreprises camerounaises, [contact@bmncameroun.org](mailto:contact@bmncameroun.org)
- 2) Ministère des Mines de l'Industrie et du Développement Technologique (MINMIDT)
    - Cadre d'Appui et de Promotion à l'Artisanat Minier (CAPAM) [renseignements@minmidt.cm](mailto:renseignements@minmidt.cm)
    - Agence de Promotion des Investissements (API)
    - Office National des Zones Franches Industrielles (ONZFI), [www.onzfi.org](http://www.onzfi.org)
  - 3) Ministère de la Jeunesse et de l'Éducation Civique (MINJEC)
    - Programme d'Appui à la Jeunesse Rurale et Urbaine (PAJER-U)
    - Plan Triennal Spécial Jeune (PTS-Jeunes), [ptsjeunescameroun@gmail.com](mailto:ptsjeunescameroun@gmail.com)
    - Projet d'Aide au Retour et à l'Insertion des Jeunes de la Diaspora (PARI-JEDI), [www.parijedi.org](http://www.parijedi.org)
  - 4) Ministère de l'Agriculture et du Développement Rural (MINADER). Il met en œuvre une cinquantaine de projets et programme dans différentes filières du secteur, [www.minader.cm](http://www.minader.cm)

### Unemployment assistance

Cameroon's social security legislation makes no provision for unemployment cover. There is therefore no unemployment insurance in Cameroon.

### Further education and training

There are a number of public and private vocational training structures offering

## 2 Labour Market

a variety of certification, qualification and diploma courses. These structures exist in every region of the country. They belong to either the formal school system or the out-of-school system, and are most often under the supervision of the technical ministerial departments responsible for government policy in the specialties offered by these training structures. Public structures include:

- MINJEC's Multifunctional Youth Promotion Centers (CMPJ);
- Centers de promotion de la femme et de la famille (CPFF), run by the Ministère de la promotion de la femme et de la famille (MINPROFF);
- The Ministry of Employment and Vocational Training's (MINEFOP) Vocational Training Center of Excellence;
- The Ecoles Techniques d'Agriculture (ETA) of the Ministry of Agriculture and Rural Development (MINADER).
- Centers d'Insertion des Jeunes (CIJ), run by the Ministry of Housing and Urban Development (MINHDU)

There are also a number of private training centers in regional, departmental and district capitals, offering training in a variety of fields, including agriculture, livestock breeding, small-scale industry, construction and public works, agricultural and food processing, catering, hairdressing, car mechanics, carpentry, boilermaking, sewing and more. All these centers have different eligibility criteria and access costs, depending on the type of training, duration, qualification obtained at the end of the course.

### Access for returnees

**Eligibility and requirements:** There are no restrictions or special conditions applicable to returnees. Access to these structures depends on the specific eligibility conditions of each one. They are open to all who meet the conditions for access, without discrimination. Migrant status is therefore not specifically taken into account.

### Registration:

Unemployment assistance is not covered in Cameroon, except for compensation for short-time working in private companies.



Photo: IOM 2022/ Beyond Borders Media

## 3 Housing

### General information on housing

Rental demand and costs are high in the major cities, especially Yaoundé and Douala. The housing market in Cameroon is quite complex, due to phenomena such as urbanization, growing demographics and the socio-political situation the country has been experiencing for the past five years. Cameroon has an urbanization rate of around 50% in medium-sized towns and 75% in large cities such as Douala and Yaoundé. Demographic pressure in the cities has driven up rental costs, making it difficult for middle-income earners to access decent housing. In addition, the socio-political crisis in the North-West and South-West regions has led to significant internal movements of the populations of these regions to other localities, and mainly to the cities of Bafoussam, Yaoundé and Douala, resulting in heavy pressure on housing. In general, property owners set rents in urban areas according to factors such as the nature of the neighborhood (residential, poor or working-class neighborhoods, middle-class neighborhoods, older neighborhoods, suburbs, etc.), the distance between the residence and the urban center and other key points in the city, accessibility (road conditions and access to basic services, infrastructure and utilities in the area), the type of house (architecture, size, number of rooms, building materials used, installations such as running water and electricity), whether or not there is a fence... and the level of security in the area.

For a single person, we recommend choosing a studio or apartment in an easily accessible neighborhood with an acceptable level of security (middle-class

neighborhoods). Prices charged by landlords are estimated below: Simple studio 35,000 to 50,000 XAF Modern studio 55,000 to 70,000 XAF Single apt. 60,000 to 75,000 XAF Apt. modern 70,000 to 100,000 XAF

In rural areas, costs are three to four times lower, but the quality of housing is not always satisfactory. According to the INS, the rate of access to electricity in Cameroon was 62.2% in 2018 and estimated at 70% in 2021. However, this is an average that masks certain disparities between Regions, between Networks and between urban and rural areas. Cameroon has 103 urban drinking water stations and over 3,000 rural stations and water points. In rural areas, only 43.5% of the population have access to drinking water, while the majority of the remainder have to make long and perilous journeys. For some inhabitants, water from rivers and marigots is the only accessible source of water. Access to water points remains a real ordeal for these inhabitants, as the roads used are poorly maintained and very uneven. The rate of access to drinking water and sanitation services is estimated at 3.9% and 34% respectively. Utility costs are shown in the table below:

- Water, Approx. 300 XAF per m<sup>3</sup>, 3000 XAF
- Electricity, Between, 75 and 100 XAF per kWh 7000 XAF
- Gas, Between 6500 and 7500 for a 12.5 kg capsule
- Urban transport, 300 XAF during the day and 350 XAF at night (for relatively short distances)
- Telephone / internet, 5000-1000 XAF
- Health care, 2000/3000 XAF for

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general practitioners and 5000 to 15000 XAF for specialists

### Finding accommodation

To gain access to housing, applicants must apply to private individuals who have homes of their own. Rent costs vary depending on whether the property is rented in an urban or rural area, in upmarket or working-class neighborhoods or in the suburbs. The State, through the Ministry of Housing and Urban Development (<https://www.minhdu.gov.cm>) and the Société Immobilière (<https://www.sic.cm>) du Cameroun, has built social housing, but access is not easy for non-salaried citizens due to conditions such as 03 pay slips for both spouses, remaining retirement age, client income (this must be greater than or equal to 03 times the monthly draft, etc.). There are also a number of licensed and unlicensed real estate agencies that act as intermediaries between supply (lessors) and demand. Information on available housing rents can be obtained in several ways: Acquaintances (friends, colleagues, relatives, etc.); Posters put up by landlords or real estate agencies in public places (however, these posters must be studied with great care and suspicion to avoid the scams that are very common in this business sector); Real estate agencies (the commission payable to them can increase the cost of the rent).

### Social housing assistance

In Cameroon, social housing assistance can take the form of a set of facilities set up by the Société immobilière du Cameroun (SIC) for access to social

housing. The procedure for acquiring housing from SIC consists of submitting an application including:

- An application on the SIC form;
- A photocopy of the National Identity Card;
- A photocopy of the Marriage Certificate (if applicable)
- Three pay slips: both spouses;
- A receipt for payment of the application fee (to be deposited with the registrar).
- The complete file is sent to the Technical Secretariat, which analyses it, taking into account:
- The remaining age for retirement ;
- The customer's income (this must be greater than or equal to 3 times the monthly draft);
- The type of property requested;

### Access for returnees

**Eligibility and requirements:** In 2021, on behalf of the Ministry of Social Affairs (<http://www.minas.cm>), IOM financed the rehabilitation and fitting out of a temporary transit center designed to house migrants returning to Cameroon for a few days. The dormitories have a capacity of 80 places for men and 40 for women. As Cameroon does not have the status of a transit country, accommodation in this center is short term (01 to 03 days, and exceptionally several weeks for certain returnees with quite specific housing needs).

## 4 Social Welfare

### Social welfare system

Cameroon does not have a social security mechanism to support the social costs of the unemployed, disadvantaged social strata or vulnerable populations. A few levers have been put in place for certain PBS (disabled people, the elderly, orphans, etc.).

### Pension system

The pension system is reserved for people who have paid contributions during the required period of employment. They are entitled to a pension when they retire or become disabled. The amount of the pension depends on the number of months of contributions (minimum 15 years).

### Vulnerable groups

The Ministry of Social Affairs (MINAS) is responsible for drawing up and implementing policy on prevention, assistance

and protection for socially vulnerable people. IOM works with MINAS staff and social assistants to assess the vulnerability of returnees, and facilitate their access to health, identification, prison, judicial and civil status services. They also facilitate retracement and family reintegration. MINAS ensures the social integration of vulnerable groups through awareness-raising and support initiatives. The social integration of vulnerable groups in general, and of people living with disabilities in particular, is rather difficult when they are not accompanied, as most of these people are victims of stigmatization and marginalization in their communities and living environments. MINAS offers these people multi-faceted support through its central, decentralized and attached services. To benefit from these services, those concerned, or their parents or guardians, can go to any MINAS department for further information.

### Access for returnees

**Eligibility and requirements:** As with health services, there is no discrimination in social services. Access conditions are the same for everyone. To benefit from the services offered or proposed by MINAS, those concerned are required to present themselves to MINAS structures in order to obtain information and guidance linked to the specific nature of their disability or vulnerability.



## 5 Education

### Education system

Cameroon's education system is structured in two parts. The Anglophone subsystem and the Francophone subsystem. Cameroon's education system is overseen by 04 ministries:

- The Ministry of Basic Education;
- Ministry of Secondary Education
- Ministry of Higher Education;
- Ministry of Employment and Vocational Training;

It is organized around 03 domains:

1. Primary and nursery education  
This order is structured around a nursery cycle and a primary cycle, theoretically free of charge in public schools (this gratuity is qualified as theoretical in view of the various fees payable, in connection with extracurricular activities (parents' association):  
- The nursery cycle comprises 3 classes (pre-nursery, nursery 1, nursery 2/little section to large section);  
- The primary cycle has 6 classes (class one to class six / de la Sil au CM2). At the end of this section, pupils sit for the First School Leaving Certificate (FSLC) / Certificat d'études primaires (CEP) and the Common Entrance Examination (concours d'entrée en 6e);  
- Public or private day-care centers, often associated with nursery or elementary
2. The primary cycle has 6 classes (class one to class six / de la Sil au CM2). At the end of this section, pupils sit for the First School Leaving Certificate (FSLC) / Certificat d'études primaires (CEP) and the

Common Entrance Examination (concours d'entrée en 6e);  
- Public or private day-care centers, often associated with nursery or elementary school, are available in certain districts of major cities. 2.) Secondary education comprises 02 cycles for general education and 02 cycles for technical education.

3. General secondary education  
1st cycle: comprising four classes for French-speakers (from 6e to 3e), leading to the Brevet d'étude du premier cycle (BEPC), and five classes for English-speakers (form 1 to form 5), leading to the General Certificate of Education - Ordinary level (GCE Ordinary Level);  
The second cycle consists of three classes for French-speakers (seconde première), with the Probatoire as diploma, and the terminale sanctioned by the Baccalauréat. Both examinations are prepared and organized by the Office du Baccalauréat du Cameroun. The Anglophone second cycle comprises two classes for Anglophones (lower sixth and upper sixth), leading to the General Certificate of Education ;  
- Advanced Level (GCE Advanced Level). The GCE Ordinary Level and the GCE Advanced Level are organized and managed by the Cameroon GCE Board.
4. Technical secondary education  
This is divided into two cycles: Cycle 1 (grades 1 to 4), leading to the Certificat d'Apprentissage Professionnelle (CAP). The 2nd cycle (2nd-terminal with 02 diplomas: the Probatoire is obtained

## 5 Education

in 1ère and the Terminale sanctioned by obtaining the Brevet de Technicien (BT), the Brevet Professionnel (BP) or the Baccalauréat (F).

5. Higher education in Cameroon comprises 10 state universities (Yaoundé I (Nkoa Ekelle), Yaoundé II (Soa), Douala, Buea, Dschang, Ngaoundéré, Bamenda, Maroua, Garoua, Bertoua, Ebolowa) with faculties in various fields (legal and political sciences, human and social sciences, medicine, economic and management sciences...), private or denominational universities, and numerous grandes écoles. The literacy rate is 83% for men and 72% for women. While literacy is almost universal in Douala and Yaoundé, and in some major cities, the country's northern regions - Adamaoua, Nord and Extrême-Nord - are the least literate. But overall, illiteracy is declining throughout the country.

### Costs, loans and allowances

Only public elementary school are free of charge, but parents must cover the costs of parent-teacher associations, school uniforms, sports equipment, school supplies, etc. Approval and verification of foreign diplomas  
An inter-ministerial commission responsible for validating foreign diplomas is based at the Ministry of Higher Education. The equivalence of diplomas is possible in Cameroon if the person holds a diploma, degree or level of study obtained abroad.

1. Composition of the diploma equivalence file  
Stamped application addressed

to the Minister of Higher Education, giving precise details of personal address, telephone number, e-mail address and student number abroad;  
Certified copy of birth certificate;  
Certified copy of diploma(s) to be evaluated;  
Certified copy of transcripts;  
Course syllabus leading to diploma(s);  
Certified photocopies of all diplomas prior to the diploma(s) to be evaluated;  
Three photocopies of each diploma;  
Detailed, signed CV;  
Complete and exact address of the training establishment(s) that issued the diploma(s) to be assessed;  
Precise indication of the center described for foreign examinations held in Cameroon;

2. Main stages of diploma equivalence in Cameroon: Submission of the file to the central mail of MINESUP, 9th floor of the ministerial building n°2 (door 929); Study and processing of the file by the Equivalences Sub-Directorate, Secretariat of the National Equivalences Commission (CNE);

### Access for returnees

**Registration:** Like any other Cameroonian, returnees who meet the conditions and requirements of the requested school join without any restriction or particular distinction.

## 6 Children

### General situation of children and infants

Cameroon signed the Convention on the Rights of the Child on October 27, 1990 and ratified it on January 11, 1993. This ratification marks the will and commitment of the authorities to create an environment conducive and favorable to the full development of each child. Cameroon, despite this stated desire, faces security, economic and cultural challenges which hinder the implementation of children's rights. Despite these efforts<sup>5</sup>, the health sector still faces many problems. Infant mortality remains relatively high, showing a rate of 75‰ for children aged under 5 and 50‰ in general (UNICEF, 2019). The right to education is common to all children in Cameroon, however, The insecurity observed in the Far North, North West and South West regions has created the displacement of populations, the closure of certain schools and limited schooling in these regions. According to the "Humanium" website, the humanitarian situation in Cameroon is worrying to the extent that the country is affected by three complex and simultaneous humanitarian situations: the violence of Boko Haram in the Far North region; the influx of refugees from the Central African Republic into the eastern regions (Adamawa, North and East); violence in the North-West and South-West regions with repercussions in the West and Littoral regions. Furthermore, Cameroon faces some key challenges, including birth registration, violence against children, child marriage, economic exploitation of children and access to education. These challenges represent a major issue in guaranteeing the rights of children and creating an environment favorable to their development and full

development. The living conditions of children in Cameroon depend on those of Cameroonian households which can be described as precarious, given that more than half of households have average incomes lower than the Guaranteed Interprofessional Minimum Salary (SMIG) which is 45,000 XAF for stakeholders in the agricultural and related sectors. This household poverty does not allow for better care of the basic needs of the child and constitutes an obstacle to the respect of their rights. The socio-economic and cultural situation of parents has an impact on the care and education of children to the extent that it determines access to solutions and opportunities. For example, children from under-educated parents will tend to have more precarious schooling, and children from poor parents will have more difficulty accessing nutrition and quality health care. Cameroon has developed for the period 2017-2026, a national child protection policy which aims to guarantee harmonious development and participation of children in the life of the nation, as well as a protective environment against any form violation or risk of violation of their rights. This policy is implemented by the various child protection actors in Cameroon. There are several health programs that specifically take into account children, including the national strategic plan to combat malaria (2019-2023), the Expanded Vaccination Program, the Program to Combat Malnutrition

### Non-governmental actors concerned with the well-being and rights of children

UNICEF is the leading organization involved in promoting children's rights.

## 6 Children

It works alongside Plan International and numerous NGOs and local associations, under the aegis of the Ministry of Social Affairs.

### Access for returnees

**Eligibility and requirements:** There are no special conditions for returnees, but for the purposes of compiling the official examination file, the person concerned must provide a birth certificate.

**Documents:** Registration for a level or class of primary school is free, the student must produce/ cover:

- A report card serving as an initial evaluation and allowing it to be classified
- A birth certificate
- Tuition fees/APEE (Parents and Teachers Association) fees
- School outfit



Photo: Unsplash 2021, kreative-kwame



## 7 Contacts

### International Organization for Migration (IOM)

IOM Douala  
+237 6 75 43 58 11

UNHCR Cameroun  
St 1.778, Yaoundé  
+237 2 22 21 40 77

General Hospital, Douala, Cameroon  
+237 2 33 50 01 01

Central Hospital of Yaoundé  
+237 2 43 68 03 24

Biyem-Assi District Hospital  
Yaoundé, Cameroon  
+237 2 22 31 30 77

Baptist Hospital Mutengene  
+237 6 77 60 54 30

United Nations International Children's Educational Fund  
Yaoundé, Cameroon  
+237 6 96 09 57 31

Our children - our future  
Beedi, Douala Cameroun  
(+237)671890938  
info@ocof-cmr.org

## 8 At a glance

### Measures to be taken before return

- **General information:** Absorb some basic information provided in this document;
- **Planning:** Already have a more or less precise idea of your reintegration plan
- **Advice:** Have one or more preliminary interviews with IOM Cameroon staff to discuss the situation in Cameroon and its reintegration project during a virtual pre-counseling interview;

### Measures to be taken upon arrival

- **IOM:** Contact the IOM Office in Yaoundé or Douala depending on your place of residence upon return;
- **Re-integration:** Have one or more interviews with IOM Cameroon staff on their reintegration;
- **Contacts:** Contact local reintegration support structures identified in your plan or during counseling interviews with IOM staff.