

Documentation of activities

Sensitization program on plastics, taking place on the 7th of May 2014.

Sponsored by Regina Wißmann-Hähnle and Andreas Hähnle, the parents of Jonathan, volunteer of ProClimate and Basketball for Development.

Supported and executed by Basketball-for-Development Technical Advisor Efon Elad Constantine, Linda Mafor, Mirjam Büttel, Patricia Stemper, Jonathan Hähnle and 50 children from GS Buea Town Group One (class 5) and Two (class 6).

Reacting to the ban of plastics in Cameroon by the Government, we tried to give people alternative ideas of doing shopping with reusable buckets and bags.

The Cleanup Campaign was a full success and the Basketball-for-Development Team is looking forward to further sensitization programs concerning environmental consciousness.



Basketball training schedule

Monday	Wednesday	Friday	Saturday
			11-12:30 GS I & II I Mountain Kids Orphanage
			12:30-14:00 PCSS
14-15:30 GS I & II	14-15:30 GS I & II	14-15:30 GS I & II	
	15:30-17:30 PCSS		

Basketball Training, taking place in week 20 of 2014

This week the basketball training fall out due to the preparation the children have to do for their exams.

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Basketball Training, taking place on the 10th of May 2014, from 11am to 1pm

Basketball for Development is coaching some children from the School GS Buea Town (Group I & II, Class 5) in basketball and try to sensitize them for HIV/ AIDS. The children have been selected by their continuous participation. Because of the large number of children in a class, it is not possible to coach them all. On Saturday there are also the Mountain Kids Orphanage participating. This day the orphans were present. The objectives of this training were dribbling and protecting the ball, having a view of the court, keep control over the ball, dribble heat position shooting and catch your rebound. At the warming up the contents of HIV/ AIDS have been repeated for the questionnaire which will take place the following week.

Coached by Basketball-for-Development Technical Advisor Efon Elad Constantine, Jonathan Hähnle and Patricia Stemper.

List of participants:

- | | |
|-------------------------------|-------------------------------|
| 1. Vechas Blessing (GHS) | 11. Tayo Brian (GS) |
| 2. Tih Fabel (GHS) | 12. Ngaosong Jurie (GS) |
| 3. Sixtus Okonkwo (GHS) | 13. Rozian Duden (GS) |
| 4. Emmanuel Klvin (GHS) | 14. Promise Lvonga (GS) |
| 5. Nafisatou Musa Tambl (GHS) | 15. Nono Wilfred (GS) |
| 6. Valerie Esole (GS) | 16. Anyene Boris (GS) |
| 7. Frida Namondo (GS) | 17. Fritz Mofor (GS) |
| 8. Zita Kimeng (GS) | 18. Juscard Alalgwing (pipis) |
| 9. Ndi Bambo (GS) | 19. Boris Motombe (pipis) |
| 10. Tita Davis (GS) | |



Questionnaire above Dunking AIDS Out, taking place on the 12th of May 2014

The children from School GS Buea Town Group Two (class 5, 64 children) took part on the questionnaire above Dunking AIDS Out. Some of the children in class 5 are participating this school year 2013/2014 on the basketball training. The information on the questionnaires will be kept confidential. The use of the questionnaires is to check how many knowledge towards HIV/ AIDS the children saved (over long term) in their mind. The contents of HIV/ AIDS were given to the children during the basketball trainings.

Conducted by Basketball-for-Development Technical Advisor Efon Elad Constantine and Patricia Stemper.

Reflection the questionnaire with Class 5 of GS Buea Town Group II, taking place on the 12th of May 2014

After checked the questionnaires and seeing the bad results, we decided to go into the same class again and discuss the questions together. The children took notes about the right answers. We gave them the homework to think about questions or incomprehension they have about AIDS. The following day we will come again into the class for some teaching and to answer their questions. Conducted by Basketball-for-Development Technical Advisor Efon Elad Constantine, Henrike Breitsprecher and Patricia Stemper.



Teaching about AIDS in Class 5 of GS Buea Town Group II, taking place on the 13th of May 2014

We taught them in a child-friendly way about AIDS. The teaching was a full success. The children started to understand the problem and asked a lot of questions. We are looking forward to further teachings in other classes.

Taught by Basketball-for-Development Technical Advisor Efon Elad Constantine, Henrike Breitsprecher and Patricia Stemper.



Teaching about AIDS in Class 5 of GS Buea Town Group I, taking place on the 14th of May 2014

We taught the children in a child-friendly way about AIDS.

What is the virus? How the virus can get into your body? Which body fluids contain the virus? How can you infect somebody else? How can you protect yourself? What behavior you have to show when your infected?

In asking them questions, we checked if they start to understand how they can get the virus and how they can protect themselves and others.

Taught by Basketball-for-Development Technical Advisor Efon Elad Constantine, Henrike Breitsprecher, Jonathan Hähnle and Patricia Stemper.

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Cooperation-Games, taking place on the 14th of May 2014

Due to the heavy rain we couldn't play basketball this day, because the basketball field is too slippery. Instead we played some small games with the children. The objectives of the activities were that the children will learn how to work in a team and have some fun. They needed to develop strategies, communicate among each other, pay attention to what somebody is saying and be attentive. When the group is successful this strengthens the cooperative feeling.

Instructed by Basketball-for-Development Technical Advisor Efon Elad Constantine and Patricia Stemper.



Questionnaire about AIDS, taking place on the 15th of May 2014

Executed in GS Buea Town Group I Class 5.

The use of the questionnaires is to check how many knowledge towards HIV/ AIDS the children saved (over long term) in their mind. The contents of HIV/ AIDS were given to some of the children during the basketball trainings and to the whole class during the teaching yesterday morning. The corrected questionnaires we gave back to the children, so that they can reflect their mistakes.

Conducted by Basketball-for-Development Technical Advisor Efon Elad Constantine and Patricia Stemper.

Basketball Training, taking place on the 17th of May 2014

34 children, from primary school and secondary school, came this Saturday to practice basketball. We did ball handle and shooting. After the exercises we played a basketball match, where everybody took part in the game.

15 Students from PCSS and GHS took part on the Questionnaire about AIDS.

Coached by Basketball-for-Development Technical Advisor Efon Elad Constantine.

List of participants:

- | | |
|-------------------------------------|---------------------------------------|
| 1. Nafisatou Asabel (GHS Buea Town) | 8. Kingley (GS Buea Town) |
| 2. Gemuh Solange (GHS Buea Town) | 9. Etongo Katherine (GS Buea Town) |
| 3. Sixtus Okonkwo (GHS Buea Town) | 10. Motomby Boris (Pips Buea Town) |
| 4. Bokuba Elvis (ICHS Buea Town) | 11. Frida Namondo (GS Buea Town) |
| 5. Till Fubell (GS Buea Town) | 12. Namondo Aette (GS Buea Town) |
| 6. Valerie Esole (GS Buea Town) | 13. Emmanuel (GS Buea Town) |
| 7. Jean Mokoko (GS Buea Town) | 14. Asaguing Juscutd (Pips Buea Town) |

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| 15. Ndam Roziam (GS Buea Town) | 25. Vectias Blessing (GHS Buea Town) |
| 16. Tita Davis (GS Buea Town) | 26. Ndi Bambot (GS Buea Town) |
| 17. Alad Kety (GS Buea Town) | 27. Emmanuel Lyonga (LB Buea Town) |
| 18. Cynhvess (GS Buea Town) | 28. Ndi Gebert (GS Buea Town) |
| 19. Keja Kelvin (GTHS Buea Town) | 29. Longso Kona (PCSS Buea Town) |
| 20. Cynenia (GS Buea Town) | 30. Tancho Richmond (PCSS Buea Town) |
| 21. Nora (GS Buea Town) | 31. Atoh Destiny (PCSS Buea Town) |
| 22. Emmanuel Kelvin (GHS Buea Town) | 32. Amaboh Fred (GHS Buea Town) |
| 23. Rose Namondo (GHS Buea Town) | 33. NnohAkame. M. (PCSS Buea Town) |
| 24. Taya Brian (GS Buea Town) | 34. Agsongke Joeseeph (PCSS Buea Town) |



Basketball Training, taking place on the 23th of May 2014

14 children, from primary school GS Buea Town, came to practice basketball. We did ball handle, shooting and catch the rebound. We explained to them the violation concerning ball handling (travelling, carrying and double dribbling).

Coached by Basketball-for-Development Technical Advisor Efon Elad Constantine, Jonathan Hähnle and Patricia Stemper.



List of participants:

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|-------------------|----------------------|
| 1. Namodo Anette | 8. Emmanuel Nchoe |
| 2. Emmanuel Kevin | 9. Ndi Bambot |
| 3. Joyce Okalabum | 10. Anyere Boris |
| 4. Makolo Flis | 11. Awah Jude |
| 5. Devid Ngomba | 12. Emmanuel Nko |
| 6. Tita Davis | 13. Zita Kineng |
| 7. Muh Ranswek | 14. Joseph Ikechvknh |

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Basketball Training, taking place on the 24th of May 2014

22 Children from primary school and secondary school came this Saturday to practice basketball. To warm up we played a game where the children needed to develop a strategy. This game should help them to develop a good teamwork for the future. We did ball handle and explained to them the violations concerning ball handling (travelling, carrying and double dribbling). After the exercises we played a fair play basketball match, where everybody took part in the game. In the match we paid special attention to the compliance of the rules and blow the whistle by (ball handling) violation.



Coached by Basketball-for-Development Technical Advisor Efon Elad Constantine, Jonathan Hähnle, Mirjam Büttel and Patricia Stemper.

List of participants:

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|--|--------------------------------------|
| 1. Cynthia Keju (Mountain Kids) | 15. Wiee |
| 2. Alfred Ketu (Mountain Kids) | 16. Samanta Fifen (GS Buea Town) |
| 3. Bokuha Elvis (Mountain Kids) | 17. Makolo Flis (GS Buea Town) |
| 4. CyntressKeju (Mountain Kids) | 18. Ndadem Rozian (GS Buea Town) |
| 5. Nora Nama (Mountain Kids) | 19. Titt Fabel Noeal (GHS Buea Town) |
| 6. Etongo Kathrine (Mountain Kids) | 20. Nafisatou Musa (GHS Buea Town) |
| 7. Motomby Boris (PIPS Buea Town) | 21. Rose Namondo (GHS Buea Town) |
| 8. Vechad Blessing (GHS Buea Town) | 22. Jean Mokoko (GS Buea Town) |
| 9. Bambot Boyvin (GS Buea Town) | |
| 10. Protus Kiney (PIPS Buea Town) | |
| 11. Lyonga Emmanuela (Lady Birs Buea Town) | |
| 12. Asangwing Justard (PIPS Buea Town) | |
| 13. Tita Davis (GS Buea Town) | |
| 14. Mofor Fritz (GS Buea Town) | |



Letter of support - ask for response, taking place on the 26th of May 2014

On the 14th of May we personally committed letters of support to the following organisations: SOWEDA, Credit Foncier, Buea Council, GIZ, The Regional Delegate of Environment, Nijeiforbi Bakery, HYSACAM, The Conservator National Park, BISEC, Nigerian Consulate, SYNOD Office, Dr. Emos Namanga.

Today we visited the organisation to ask for their response.

Credit Foncier and SOWEDA gave us an appointment on Monday 2th of June to visit their manager.

The first possible contact with GIZ and SYNOD Office is at the end of July.

Conducted by Basketball-for-Development Technical Advisor Efon Elad Constantine, Jonathan Hähnle and Patricia Stemper.

Teaching about AIDS in Class 6 of GS Buea Town Group I, taking place on the 27th of May 2014

We taught the children in a child-friendly way about AIDS.

What is the virus? How the virus can get into your body? Which body fluids contain the virus? How can you infect somebody else? How can you protect yourself? What behavior you have to show when your infected?

In asking them questions, we checked if they start to understand how they can get the virus and how they can protect themselves and others.



Taught by Basketball-for-Development Technical Advisor Efon Elad Constantine, Henrike Breitsprecher, Jonathan Hähnle and Patricia Stemper.

Questionnaire about AIDS, taking place on the 28th of May 2014

Executed in GS Buea Town Group I Class 6.

The use of the questionnaires is to check how many knowledge towards HIV/ AIDS the children saved (over long term) in their mind. The contents of HIV/ AIDS were given to some of the children during the basketball trainings last school year and to the whole class during the teaching yesterday morning. The corrected questionnaires we gave back to the children, so that they can reflect their mistakes.

Conducted by Basketball-for-Development Technical Advisor Efon Elad Constantine Henrike Breitsprecher and Linda Mafor.

Basketball Training, taking place on the 30th of May 2014

19 children, from primary school GS Buea Town, came to practice basketball. We did exercises to train ball handling and shooting.

Coached by Basketball-for-Development Technical Advisor Efon Elad Constantine and Jonathan Hähnle.

List of participants:

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|------------------------------------|--|
| 1. Gemuh Solange (GHS Buea Town) | 11. Awa Jude (GS Buea Town) |
| 2. Tita Davis (GS Buea Town) | 12. Hannah Musanja (GS Buea Town) |
| 3. Ndi Bambut (GS Buea Town) | 13. Dillan Ngomba (GS Buea Town) |
| 4. Jean Mokoko (GS Buea Town) | 14. Baiye Josepho (GS Buea Town) |
| 5. Hans Likoko (GS Buea Town) | 15. Regina Enynowe (GS Buea Town) |
| 6. Joseph Ikechukmh (GS Buea Town) | 16. Motomby Boris (PIPS Buea Town) |
| 7. Kingley Asinbong (GS Buea Town) | 17. Vechas Blessing (GHS Buea Town) |
| 8. Benjamin Monono (GS Buea Town) | 18. Lyonga Emmenuela (Lady Bird Buea Town) |
| 9. Eposi Joan (GS Buea Town) | 19. Taba Brion (GS Buea Town) |
| 10. Darlyn Musenja (GS Buea Town) | |

Basketball Training, taking place on the 31th of May 2014

23 Children from primary and secondary school came this Saturday to practice basketball. To warm up we played a game where the children needed to develop a strategy. This game should help them to develop a good teamwork for the future. We did exercises to train layup shoots. At the end of the training we played a fair play basketball match with four teams. We played two matches where the teams could show their team spirit and had a factor to stay motivated until the final whistle. The winners of the two matches could play a final. In the matches we paid special attention to the compliance of the rules we explained to them in the last training. (Violation: travelling, carrying and double dribbling).

Coached by Basketball-for-Development Technical Advisor Efon Elad Constantine and Patricia Stemper.

List of participants:

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|--|-------------------------------------|
| 1. Cynthia Keju (Mountain Kids) | 12. Milfred Jan (GHS Buea Town) |
| 2. Cynthress Keju (Mountain Kids) | 13. Mofor Fritz (GS Buea Town) |
| 3. Alfred Ketu (Mountain Kids) | 14. Nafisatou Musa (GHS Buea Town) |
| 4. Elvis Bokuba (Mountain Kids) | 15. Sixtus Okonkwo (GHS Buea Town) |
| 5. Nora Step (Mountain Kids) | 16. Tih Fabel Noel (GHS Buea Town) |
| 6. Kathrine Etonho (Mountain Kids) | 17. Vecha Blessing (GHS Buea Town) |
| 7. Kelvin Keju (Mountain Kids) | 18. Bambot (GS Buea Town) |
| 8. Favour Peter (Mountain Kids) | 19. Protus Ndi (PIPS Buea Town) |
| 9. Motomby Boris (PIPS Buea Town) | 20. Taya Brianes |
| 10. Rose Namondo (GHS Buea Town) | 21. Tita Daxis |
| 11. Emmanuela Lyonga (Lady Bird Buea Town) | 22. Emmanuel Nrogono (GS Buea Town) |
| | 23. Ndaden Rozian (GS Buea Town) |

Letter of support - ask for response, taking place on the 2th of June 2014

We, Efon and Rike, went out for follow up letter of supports in 7 organisations of Buea. We started with the Regional Delegation of Environment in Buea Station. Madame Mary Pembe Ekane was not available and we should wait for a call. Secondly we visited Dr. Amos Namanga, who was impressed with our project and advised us to extend our project, our sensitizations program to communities and any social groups. He will support us privately and will call us. In SOWEDA the accountant is working with our letter and will call us. After that we went to Credit Foncier. The Chef of this bank will support us from his own pocket. At Wednesday at 2 p.m. we should come again and have an appointment with him. The boss of HYSACAM will call us if there are any possibilities of supporting. At the last we went to Nigeria Consulate. They will also call us.

Conducted by Basketball-for-Development Technical Advisor Efon Elad Constantine and Henrike Breitsprecher.

Basketball Training, taking place on the 2th of June 2014

15 children, from primary school GS Buea Town, came to practice basketball. To warm up we played a game where the children needed to develop a strategy. We did exercises to train layup shoots and played a basketball match.

Coached by Basketball-for-Development Patricia Stemper and Henrike Breitsprecher.

List of participants:

- | | |
|---|------------------------------------|
| 1. Ranskel (GS Buea Town) | 7. Ndi Bamat (GS Buea Town) |
| 2. Emmanuel Nkegono (GS Buea Town) | 8. Joseph Ikechukuh (GS Buea Town) |
| 3. Joseph (GS Buea Town) | 9. Tita Davis (GS Buea Town) |
| 4. Protus Ivdi (PIPS Buea Town) | 10. Ekone Jean Keng (GS Buea Town) |
| 5. Max Mosio (GS Buea Town) | 11. Joseph Bayet (GS Buea Town) |
| 6. Joyce Okalabum Nneoma (GS Buea Town) | 12. Rose Namondo (GS Buea Town) |

Basketball Training, taking place on the 7th of June 2014

23 children, from primary and secondary school came to practice basketball. We did exercises to train layup shoots. At the end of the training we played a triangular tournament. Each team had the possibility to show their skills and teamwork in two matches.

Coached by Basketball-for-Development Technical Advisor Efon Elad Constantine.

List of participants:

- | | |
|------------------------------------|--|
| 1. Alfred Ketu (Mountain Kids) | 13. Rose Namondo (GHS Buea Town) |
| 2. Cythia Keju (Mountain Kids) | 14. Bambut Ndi (GS Buea Town) |
| 3. Cyntress Keju (Mountain Kids) | 15. Macnissi Uduke (Sasse) |
| 4. Cathrin Etongo (Mountain Kids) | 16. Eammen Nono (GS Buea Town) |
| 5. Keju Kelvin (Mountain Kids) | 17. Valerie Esole (GS Buea Town) |
| 6. Elvis Bokuba (Mountain Kids) | 18. Frida Namondo (GS Buea Town) |
| 7. Nora Nama (Mountain Kids) | 19. Promise Lyonga (GS Buea Town) |
| 8. Filen Samata (GS Buea Town) | 20. Niotomby Boris (PIPS Buea Town) |
| 9. Vechas Blessing (GHS Buea Town) | 21. Asangwing Juseard (PIPS Buea Town) |
| 10. Taya Brian (GS Buea Town) | 22. Nzetem Leonel (GHS Buea Town) |
| 11. Tih Fabel (GHS Buea Town) | 23. Musa Mohammed (Anglo Arabic Buea Town) |
| 12. Tita Davis (GS Buea Town) | |

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