

TRAVEL GUIDE TO CAMEROON

What is Tabaski?

In Western Africa, Eid al-Adha is referred to as Tabaski. Other names for the holiday are “Festival of Sacrifice” or “Greater Eid.” This holiday is celebrated by Muslims worldwide who take this time to remember Abraham’s willingness to sacrifice his own son in obedience to God, before God provided him with a ram to sacrifice instead. To celebrate an animal is slaughtered where 1/3 of the meat is for the family, 1/3 of the meat is given to the poor or needy, and 1/3 of the meat is shared with relatives, friends and neighbors. Tabaski occurs approximately 70 days after the end of Ramadan and also marks the end of the annual pilgrimage, or Hajj, to Mecca.

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INTRODUCING AMBASSADOR ROBERT P. JACKSON

Robert P. Jackson arrived in Cameroon on October 12, 2010 after being sworn in as Ambassador to the Republic of Cameroon on September 17. He was previously Deputy Chief of Mission and Chargé d’Affaires, a.i., at the U.S. Embassy in Rabat, Morocco. Prior to his posting in Rabat, Ambassador Jackson was Deputy Chief of Mission and Chargé d’Affaires, a.i., in Dakar, Senegal; Director of the Office for the Promotion of Human Rights and Democracy at the Department of State in Washington, D.C.; Political/Economic Counselor at the U.S. Embassy in Abidjan, Cote d’Ivoire; Political-Military Officer in Lisbon, Portugal; Coordinator of the Junior Officer Training Program (A-100) and Deputy Director of the Orientation Division at the Foreign Service Institute in Washington, D.C.; Country Officer for Zimbabwe and Botswana; Chief of the Political Section in Harare, Zimbabwe; Country Officer for Nigeria; Political/Economic Officer in Bujumbura, Burundi; and Consular/Economic Officer in Montreal, Canada. Mr. Jackson has been a Member of the Senior Foreign Service since December 2003. In 2006, he received the James A. Baker III – C. Howard Wilkins, Jr., Award for Outstanding Deputy Chief of Mission. He has also received



Ambassador Robert P. Jackson

three individual superior honor awards and two individual meritorious honor awards.

Prior to joining the Foreign Service in 1982, Mr. Jackson taught French and English as a foreign language at the Institut Montana in Zugerberg, Switzerland. He had previously taught English and American Civilization at the University of Clermont in Clermont-Ferrand, France. Mr. Jackson earned his M.S. in National Resource Strategy from National Defense University, his M.A. in International Affairs from the George Washington University in Washington, D.C., and his B.A. in Government and Legal Studies

from Bowdoin College in Brunswick, Maine. His foreign languages include French and Portuguese.

A native of Tennessee, Mr. Jackson is married to Babette Pollard Jackson.



HEALTH & SAFETY OVERSEAS

NEW TIPS SHARED AFTER RECENT TRAVEL WARNING TO EUROPE

For more Information:

<http://bit.ly/bJKsgG>

INTRODUCING STEP

SMART TRAVELER ENROLLMENT PROGRAM

- Free program provided by Department of State.
- Get updates/notifications from the Embassy.
- In case of an emergency in the U.S., enrollment will help family members send messages via Offices of Overseas Citizen Services to registered travelers abroad.
- Your information is protected by the Privacy Act and can only be released with your express written permission.

Enroll today at:

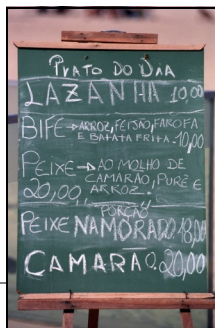
<https://travelregistration.state.gov/ibrs/ui/>

6 TIPS FOR DINING OVERSEAS

1. Take stock of your surroundings.
2. Get by without an English– language menu.
3. Get by without any menu.
4. Stick to what’s familiar.
5. Use simple language.
6. Relax.

For more information:

<http://on.msnbc.com/9StmF2>



LIFE OVERSEAS

NOVEMBER IS NATIONAL ADOPTION MONTH

In honor of November as National Adoption Month, here is a message from Secretary Clinton: “Over the last ten years, American families have opened their hearts and homes to more than 200,000 children from other countries. They have given vulnerable

children the opportunity to thrive. And families who adopt are enriched by the love of their new children, and the heritage they bring from their birth countries. This November, we celebrate National Adoption Month and join with groups across the nation to recognize these special families.”

To see the full message and video from Secretary Clinton, please visit the following link:

<http://go.usa.gov/Cdi>



HELPFUL WEBSITES FOR SENDING MAIL OVERSEAS:

Want to send mail during the holiday season? Check out the following websites to for helpful tips.



United States Postal Service: <http://bit.ly/b6dnNp>

DHL: <http://bit.ly/aJYkMv>

FEDEX: <http://at.fedex.com/dtwzxX>

UPS: <http://bit.ly/aFV6QR>

TIPS FOR CELEBRATING THE HOLIDAYS:

Can't make it “home” for the holidays? Here's are some tips:

- Traditions—learn more about the holiday and share it with family and new friends.
- Food—find local food to substitute for your holiday staples.
- Decorations—use locally available items to make your home more festive.
- Gifts—discover online shopping!
- Shipping—links to companies who can help you get those package here or there.

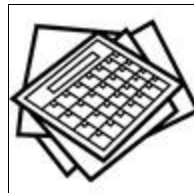
To read the full article:

<http://www.talesmag.com/mailings/updates/200712.shtml>



American Embassy Yaoundé, Cameroon

MARK YOUR CALENDAR!



Primary Address

Avenue Rosa Parks
P.O. Box 817
Yaoundé, Cameroon

DECEMBER 1ST—WORLD AIDS DAY

**WORLD
AIDS
DAY**

Visit: <http://www.worldaidsday.org/>

Contact Information

Yaoundé

consularyaounde@state.gov
Phone: (237) 2220-1500
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Douala

Phone
(237) 3342-5331
(237) 3342-0303
Fax
(237) 3342-7790

DEC 3RD—INTERNATIONAL DAY OF PERSONS WITH
DISABILITIES

DEC 10TH—INTERNATIONAL HUMAN RIGHTS DAY

CAMEROONIAN NEWSPAPERS ONLINE:

Cameroon Tribune (Bilingual):
<http://www.cameroon-tribune.net/>



La Nouvelle Expression (French):
<http://www.lanouvelleexpression.info/>

Interesting Link:

E-journal from
America.gov site

<http://go.usa.gov/CoZ>

We're on the Web!

<http://yaounde.usembassy.gov/>

CONTACT US THROUGH THE WEB!

Facebook: <http://www.facebook.com/yaounde.usembassy>

Twitter: Follow us at
@USEmbCameroon

EMBASSY BRANCH OFFICE – DOUALA

During this transition period, our Douala Office will be able to provide only basic services and information, and will not be able to accept first-time passport applications or passport applications for minors. Thank you for your understanding.

