

# TRAVEL GUIDE TO CAMEROON

## BUSINESS TRAVELERS:



Learn more about the

*Overseas Security  
Advisory Council  
(OSAC)*

[HTTPS://  
WWW.OSAC.GOV/  
PAGES/  
HOME.ASPX](https://www.osac.gov/pages/home.aspx)

Enroll today!

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## ARE YOU PREPARED FOR AN EMERGENCY?

Taking a few simple steps now can better prepare yourself in times of an emergency. Check out this website to get you started:

<http://www.ready.gov/america/index.html>



For example:

- Designate a “safehaven” in your home. A place all family members know to go to when an emergency strikes.
- Have a two week supply of non-perishable food and drinking water in your safehaven.
- Scan to a thumb drive of all your important family documents (passports/visas, marriage and birth certificates, insurance documents, etc.). Keep originals in a fire-safe box.

To see what assistance the State Department can provide in an emergency, please visit:

Emergency Abroad Getting Help:

[http://travel.state.gov/travel/tips/emergencies/emergencies\\_1205.html](http://travel.state.gov/travel/tips/emergencies/emergencies_1205.html)

Emergency Financial Assistance for U.S. Citizens Abroad:

[http://travel.state.gov/travel/tips/emergencies/emergencies\\_1198.html](http://travel.state.gov/travel/tips/emergencies/emergencies_1198.html)

## WANT TO STAY IN TOUCH?

Send a Healthy Message to Friends & Family in 2011:

Try an E-Card from the CDC website

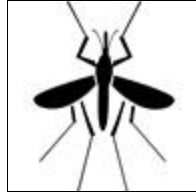


For more Information:

<http://www.cdc.gov/Features/Health-e-Cards/>

## HEALTH & SAFETY OVERSEAS

### MALARIA FACTS FROM THE CDC—



*Covers such topics as:*

- *What is malaria?*
- *How do People get Malaria (Transmission)?*
- *Who is at Risk?*
- *Symptoms & Diagnosis*
- *Preventing Malaria During Travel*

*And much more, to see the full article go to:*

<http://www.cdc.gov/malaria/about/faqs.html>

### YOUTH DAY

**FEBRUARY 11th**

Learn more at:

<http://bit.ly/fbbuVM>



### DRY SEASON = WATER CONSERVATION

*Dry season is a tough time of year on the local environment and we should all do our part to conserve water.*

*Here are some useful tips:*

- **REDUCE**— *Don't leave the water running while brushing your teeth and challenge yourself to take a shorter shower, even flush less often!*
- **REUSE**— *After washing dishes use that same water on outdoor plants. For house plants, use water collected from your dehumidifier or condensation from your air conditioner.*
- *Let your grass grow a little longer than normal between cutting and use less water on landscaping in general.*
- *Wash clothes on full load for maximum efficiency.*

*For more tips, visit: [http://www.fema.gov/areyouready/appendix\\_a.shtm](http://www.fema.gov/areyouready/appendix_a.shtm)*



# LIFE OVERSEAS

## CAMEROONIAN VISA EXPIRING SOON? HERE'S WHAT YOU NEED TO DO TO GET IT RENEWED.

### If Tourist Visa Expires While in Cameroon

- When your visa expires, you'll need to contact the Frontier Police to ask for an extension. It's important to provide a letter stating your case and deliver it to:  
The Delegate General for National Security  
c/o The Frontier Police  
Yaoundé, Cameroon
- The letter or petition will require a duty stamp. This can be purchased at the Sous-Prefecture (opposite the Governor's office). A stamp costs CFA 1,000. Be prepared for further fees in case a visa extension is granted.
- If the extension is granted, it will be issued for 7 days up to the maximum of 30 days ONLY; this extension requires an additional duty stamp costing 50,000 CFAF.
- A tourist may get 1 extension only.
- ***Only the Frontier Police can decide whether to extend the visa or to issue a "Carte de Séjour" (Resident Permit).***
- ***It is very difficult for a tourist to get visa extension of more than 30 days or a "Carte de Séjour" (Resident Permit).***



For further information on this or temporary visas, please contact the Frontier Police at 2222-2413.

### Money Matters - - Travel Tips for Africa

*Money Tips for Travelers to Africa*  
By *Anouk Zijlma, About.com Guide*

Check out: <http://goafrica.about.com/od/africatraveltips/a/money.htm> for tips on how to use your money while traveling in Africa.



The article includes:

- Best currencies to bring
- Best way to bring money
- ATM/Debit Cards/Credit Cards/Traveler's Cheques/Cash
- Carrying you cash
- Exchanging money
- Getting local currency before you go

And follow this great travel blog by the same author:

**Anouk's Africa Travel Blog**

<http://goafrica.about.com/b/>



### Primary Address

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

### Contact Information

#### Yaoundé

consularyaounde@state.gov  
Phone: (237) 2220-1500  
Fax: (237) 2220-1500 x4531

#### Douala

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

**We're on the Web!**

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

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THE WEB!**

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yaounde.usembassy](http://www.facebook.com/yaounde.usembassy)

Twitter: Follow us at  
[http://twitter.com/  
USEmbCameroon](http://twitter.com/USEmbCameroon)

## American Embassy Yaoundé, Cameroon

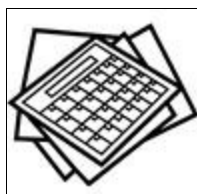
### INTRODUCING STEP

### 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:

[travel.state.gov/STEP](http://travel.state.gov/STEP)



## MARK YOUR CALENDAR!

### 2011 HOLIDAY SCHEDULE USA & CAMEROON

01 JANUARY	NEW YEAR'S DAY	USA/CAM
17 JANUARY	MARTIN LUTHER KING JR'S BIRTHDAY	USA
11 FEBRUARY	YOUTH DAY	CAM
21 FEBRUARY	PRESIDENT'S DAY	USA
22 APRIL	GOOD FRIDAY	CAM
1 MAY	LABOR DAY	CAM
20 MAY	NATIONAL DAY	CAM
30 MAY	MEMORIAL DAY	USA
02 JUNE*	ASCENSION DAY	CAM
04 JULY	INDEPENDENCE DAY	USA
15 AUGUST*	ASSUMPTION	CAM
29 AUGUST*	END OF RAMADAN	CAM
05 SEPTEMBER	LABOR DAY	USA
10 OCTOBER	COLUMBUS DAY	USA
07 NOVEMBER*	FEAST OF LAMB/TABASKI	CAM
11 NOVEMBER	VETERAN'S DAY	USA
24 NOVEMBER	THANKSGIVING DAY	USA
26 DECEMBER	CHRISTMAS DAY (OBSERVED)	USA
02 JANUARY	NEW YEARS DAY (OBSERVED)	USA

\*DENOTES ESTIMATED HOLIDAY— SUBJECT TO CHANGE.

\*\*PLEASE NOTE, US EMBASSY YAOUNDE AND BRANCH OFFICE DOUALA ARE CLOSED FOR BUSINESS FOR THE ABOVE DATES.