

TRAVEL GUIDE TO CAMEROON

Internet Safety

Everyone should be educated on the hazards of the internet. Touching up on your internet safety wouldn't hurt, and obtaining new information that could keep you safe while surfing the web should be a necessity. The National Center for Missing and Exploited Children provides the essential information on internet safety.

Check it out at:

<http://snipurl.com/10I046>

Americans have reported a number of scams originating from Cameroon. Read about the latest at...

<http://snipurl.com/t34f5>

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THE ANNUAL 4TH OF JULY PICNIC



On July 4, the U.S. Embassy invited U.S. citizens from across Yaoundé to join in the celebration of the 234th anniversary of our Nation's independence. We were happy so many citizens joined us poolside for an authentic American cookout, with hamburgers and hot dogs cooked to perfection on a grill. This was a reminder of the variety of reasons that we come to and live in Yaoundé: volunteering for the Peace Corps, working on exciting projects to help Cameroon advance, visiting relatives, or growing up here as a child between two cultures. Whatever the reason, on our Nation's birthday we can all celebrate, because we are all Americans!

HEALTH

Health Overseas

- Know the Health risks
- Carry medical history
- Don't drink tap water

For more information:

<http://snipurl.com/10kzji>

Avoid Sickness

- Stay hydrated
- Relax your stomach
- Fight jet lag

For more information:

<http://snipurl.com/10I003>

Death Abroad

- Be careful in the water
- Take caution in traffic
- Avoid unsafe individuals

For more information:

<http://snipurl.com/10I010>



<http://snipurl.com/10h1y4>



<http://snipurl.com/10h20j>

SAFETY

Identity Theft

- Make copies of important documents.
- Avoid revealing where you are publicly .
- Use software that's secure.

For more information:

<http://snipurl.com/10I01e>

Look Less like a Tourist

- Camouflage yourself
- Hide valuable belongings to avoid being pick pocketed.
- Do not carry important documents while touring

For more information:

<http://snipurl.com/10I01x>

Stay Safe Overseas

- Carry money in different forms
- Don't travel alone at night
- Keep a low profile

For more information:

<http://snipurl.com/10I02f>



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Douala

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We're on the Web!

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

Warden Message - Cholera Outbreak

To get more information on the Cholera outbreak issued for the Far-North Region of Cameroon, Africa visit the U.S. Embassy of Yaoundé, Cameroon website.

http://yaounde.usembassy.gov/information_for_travelers.html

Embassy Branch Office - Douala

Rick Denniston ends his tour as the head of the Embassy Branch Office in Douala on August 20. Until his replacement, Michael Margolies, arrives in October, please refer to the consular section in the U.S. Embassy in Yaoundé for consular services. During this 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.

Vote 2010!

Less than 90 days until fall elections! Make sure you're registered by going to fvap.gov and requesting your electronic ballot application.

Contact us through the Web!

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

Twitter: Follow us at @USEmbCameroon