

The BNJ Foundation is looking for volunteers and especially healthcare providers to join us for a 3-day health tour in West Cameroon, Africa from December 6 - 12, 2012 to "Promote, Educate and Support" people in need. Our goal in West Cameroon, which is mostly in rural settings, is to provide healthcare to every villager. Food and lodging will be provided. In December, the average flight cost of a 15 day trip is \$1600 per person. Actual cost will vary depending on the season and the cost of airfare at the time of airline ticket purchase. During the 3-day tour we will treat minor injuries and illnesses, provide prevention classes, HIV testing, counseling and referral to the hospital, and dental hygiene and exams. Other activities include interacting with the villagers and mentoring teens and children.

At the end of the tour, we will have the opportunity to visit other areas of the country. Each volunteer would be responsible for round trip airfare, passports, visas, and any required immunizations. The BNJ Foundation accommodations include meals, room and board, a 24 hour emergency number, and transportation while in country. This trip will be special because if you've never had an opportunity to visit, you will get a real experience, immersing yourself in the culture of the country. Your global perspective will change, you will learn a lot about cultural differences and you may return home with a new outlook. You can also take advantage of the royal festival sponsored by the King also called Nguon Festival which takes place in December 2012 and offers possibilities for visitors to have a total insight about the rich cultural heritage of the Cameroon people.

The Nguon Festival is organized once every two years in Foumban by the Bamoun people. This festival brings together all Bamoun people and many visitors and dignitaries from all over the world who attend this very important opening ceremony. It is characterized by the rare public appearance of the highly respected Sultan, accompanied by other traditional rulers from other parts of Cameroon and includes lots of gun fire, traditional music, and dance in traditional uniforms. All would have the opportunity to visit the rich museum in Foumban and experience the exciting night life. This is one of the most important cultural festivals in Cameroon and the entire Central African sub-region.