



CAS Camp from January 30th to February 2nd, 2023

ENKO BONANJO AT FOUMBAN

Summary

CAS Camp
Enko bonanjo at
FOUMBAN



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Purpose of the CAS Camp



#Unlockyourpotential

1. Promote students' awareness and appreciation of life outside the classroom and discover new places
2. Develop independence, confidence, personal effectiveness, empathy and coping strategies.
3. Encourage students to be involved in diverse creative activities, community and service experiences.
4. Impact Cambridge and IB values and practices in students, helping them to identify their own strengths and develop areas for personal growth.
5. Impact positively the character of students and lead them to time of reflections, before, during and after their journey, which is a fundamental pillar of CAS.
6. Get students to effectively collaborate amongst themselves and the community.

Important information

- Arrival at school at **7.00 am** on **Monday, January 30, 2023**
- Return scheduled for **Thursday, February 02, 2023**; parents will come to school to pick up their children at the time that will be communicated on the day of return.
- The schedule of activities is presented below
- **Participation is compulsory for all classes.** Cost per student: 100.000 FCFA; Deadline for payment was December 20, 2022; This date has been extended to **Friday, January 20, 2023 at 4:00 p.m.** **No payment will be received after this date.**
- Parents should not allow a child who feels sick to travel. They need to be reassured of his/her health first by a medical personnel.
- There will not be school on Friday, February 03, 2023



Transport



- Students will be travelling by buses made available by a competent transportation service. Buses are equipped with seatbelts for travelers and air-conditioning; with qualified and experienced drivers of Douala-Foumban-Douala trajectory to transport the team till destination.
- Visiting sites are located in the environments of the hotels



Accomodation



Male and female Students will be lodged in 2 separate hotels “Hotel Pekassa de Karche” and “Hotel Francioli” with the entire staff allocated in both hotels for supervision. You could visit online if you need more pictures of the premises. *Kindly note that there will be no swimming activities. These hotels are accessible to the major visiting sites of the main town area; and they are secured.

Students will be paired per room depending on the size of rooms / apartments; Rooms are allocated by the staff per age groups / class. Siblings are allowed to sleep together.



Meals



- 03 Meals will be available per day (Breakfast, lunch, Diner).
- Mineral Water will be available to students on a permanent basis.
- Parents are free to insert snacks in the traveling bags of the students
- Students will not be allowed to buy meals during the travelling journey. Snacks will be provided
- Parents should notify in case of any allergy/medical restriction to a meal.





Cell Phones / Laptop

- Students travelling with electronics(mobile phones/laptop/Tablets/camera) **is strictly upon parents' authorization and the students should care and be responsible for them.** However, those authorized to travel with these tools should be aware that their usage will be timely(mainly for pictures of the sites) and under supervision, for safety and discipline reasons.
- Video games and cards' games are not allowed!
- Laptops could be allowed only for IG2, FY, DP1 and DP2 students. They should strictly care for them and be used as working tools.
- All supervisors will be equipped with mobile phones, and we encourage parents to contact a supervisor, if they want to reach out to the children. All the students will be allowed to call their parents every evening from 6:30 or 7 p.m. During the day, we want the students to remain focus on their activities.
- General pictures and information of daily activities will be shared with parents on the parents WhatsApp group everyday to keep parents posted.



Safety and Security

- Students will be traveling with the whole staff.
- Travelers are lodged in accessible and secured hotels located at the center of the town. Specific instructions has been given to the hotel security for entry and exit in hotel.
- A code of conduct will be communicated to students before the trip.
- A group of supervisors have been trained in basic first aid and we are traveling with first aid kits. Also the District hospital, and the royal palace hospital are at a very close distance to the hotels in case of any emergency.
- The urban council will supervise the cleaning outdoor activities.
- All travelers are insured for the 4 days.
- 02 supervisors will be assigned per group of 10 to 12 children for supervision.
- Visit of relatives will not be authorized.
- Supervisors will be assigned to night duties on a rotational basis. Parents can contact supervisors to reach out to their children.
- Outdoors activities will be supervised by the staff and guided tours of the region.
- **Parents should kindly notify to the school preferably before Friday 27 january,** if their child has any health issues or specific medical recommendation.

Clothing



Students will receive a T-shirt to wear while traveling. Please bring your facial masks, and disinfectant(hand sanitizer) for the stay. The weather in the area at this season is mostly sunny during the day and cool in the morning and evening. Easy dressing are recommended (Sports trousers, Jean trousers, t-shirts (short and long-sleeved), closed sandals, light trainers, hat, socks, and hooded pullovers. Shorts, dresses and skirts without leggings are not recommended.

Students are required to travel with their enke sports uniform for their respective football matches and the cleaning activity.

A cultural dress will be needed as well. Appropriate walking shoes should be provided for their comfort. A pyjama, towels and underwear should be put in the student's bag for the stay.

Small travel bags are highly recommended and easy manageable. A small hand bag for outdoors activities to contain stuffs like a notebook, water bottle, hand sanitizer.





Activities will be supervised by the staff, the urban council and tour guides for the visit of different sites.

The planned activities for this CAS Camp include:

- Clean up day with the urban council at the market place and surroundings
- Visit per department of the « Institut Universtaire des beaux-arts »
- Football matches : Female staff Vs Female students ; Male Staff Vs Male students
- Visit of the two Museums, the royal Palace and audience with the Sultan
- Visit of the arts and craft village
- CAS Camp fire night involving cultural activities, awards and sharing of experiences

Other activities will take place as well like sports, educational debates, cultural dances and games



Activities



- Day 01 – 30/01/2023

- ✓ Briefing and departure from Douala
- ✓ Arrival at Foumban and Welcoming by the Mayor of Foumban Council at “Hotel de ville”
- ✓ Room allocation
- ✓ Diner and briefing on activities

- Day 03 – 01/02/2023

- ✓ Wake up, morning Fitness, Breakfast
- ✓ Visit of the two museums
- ✓ Visit of the royal Palace and lunch
- ✓ Visit of the arts and crafts village
- ✓ Male Football Match
- ✓ CAS Camp fire Night : Cultural dances, awards, stories, sharing of experiences, diner

- Day 02 – 31/01/2023

- ✓ Wake up, morning Fitness, Breakfast
- ✓ Clean up with the urban council at Foumban Market environs
- ✓ Lunch at the hotels
- ✓ Visit to “Institut Universitaire des Beaux Arts and workshops”
- ✓ Female football match
- ✓ Return at the hotel: Educational debates quizz, games and diner

- Day 04 – 02/02/2022

- ✓ Wake up, briefing and departure from Foumban
- ✓ Arrival in Douala

Contact

Homeroom Teachers – Communication

Mr. Azanji Norbert: 678 67 90 27 (Form 1)

Mrs Tangyi Bih : 674 43 02 34 (Form 1)

Mrs Frida Nsoh : 676 35 51 67 (Form 2)

Mr. Egah Fabrice : 653 59 82 54 (Form 2)

Mrs Tawah Raissa : 671 33 20 33 (Form 3)

Mrs. Azifuet Christelle: 673 43 14 20 (IG1)

Mr. Amabo Louis: 675 83 56 93 (IG2)

Mr. Ngome Carlson: 674 60 65 05 (IG2)

Mrs. Fotsing Lucienne: 674 60 65 05 (FY)

Mr. Sandjong Theophile: 677 28 63 22 (DP1)

Mrs Cheuko Olga : 677 01 10 63 (DP2)

Mr. Asobo Claude: 676 37 60 43

(CAS Coordinator)

Other Staff member - Communication

Mrs. Georgina Chagou: 655 39 71 44

Mr. Akoh Nixon : 674 60 65 05

Mrs. Munoh Adeline : 679 48 79 76

Mr. Atabe Elvis : 676 03 50 13

Mr. Aji Ngu : 671 21 20 14

Mr. Nde Terence: 674 68 37 54

Mr. Ngwa Paul : 679 33 52 06

Mr. Nyingcho Emmanuel : 691 82 76 86

Mr. Lokedia : 653 71 73 72

Mr. Petiangma Oliver : 674 01 39 40

Mr. Ekuka Eric: 674 62 75 60 (DP2)



If you have any further questions, please do not hesitate to contact the school: Call or WhatsApp: 699 20 15 06 / 678 58 84 58, bonanjo@enkoeducation.com

Thank you for trusting us as always.



We look forward to being there with the children
for a great CAS Camp!



Note: Reflections will be prepared by students on their return from the Camp, to document their discoveries and experiences.





QUESTIONS

and

Answers

