

✈️ RECONNECTED GRASSFIELDS CULTURAL RECONNECTION JOURNEY

CAMEROON 2026

Cameroon | February 2–16, 2026

Hosted by: ReConnected Grassfields

Participants: 25 Afro-descendants from the USA,
UK, Caribbean & beyond

Duration: 15 Days / 14 Nights

Trip Leader: Brother Monkam Tientcheu



ABOUT THE RECONNECTED GRASSFIELDS

Reconnected Grassfields is a cultural heritage and reconnection initiative dedicated to helping people of African descent—especially those in the United States, the Caribbean, and across the Americas—reclaim their ancestral identity and reconnect with their roots in Cameroon.



OUR MISSION AND VISION

Reconnected Grassfields seeks to:

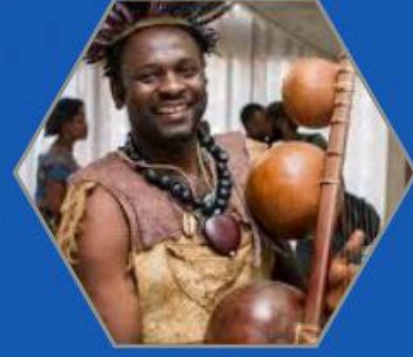
- Help our African brothers and sisters in America and the Americas rediscover their ancestral homelands, heritage, and cultural identity.
- Reconnect descendants of the transatlantic slave trade with the deep cultural traditions of the many ethnic groups of Cameroon, including but not limited to:
 - Bamileke
 - Tikar
 - Ewondo (Fang-Beti)
 - Mbezele
 - Baka
 - Bubi
 - Mafa
 - Masa
 - Fulani
 - Haousa
 - Kotoko
 - Bassa
 - And other indigenous tribes with rich ancestral lineages and histories
- Support cultural healing, spiritual reconnection, and reclaiming of lost lineages through immersive, community-led experiences.

THE RECONNECTED GRASSFIELDS TOUR CAMEROON 2026

FROM FEBRUARY 2ND TO 16TH, 2026

JOIN US FOR AN EXCLUSIVE RECONNECTION JOURNEY

THROUGH THE ANCESTRAL LANDS OF
THE TIKAR, BAMILEKE, AND EWONDO PEOPLES



BE AMONG THE FIRST TO VISIT THE FIRST-EVER RECONNECTED GRASSFIELDS VILLAGE!

REUNITE WITH YOUR TIKAR ROOTS AND RECLAIM YOUR ANCESTRAL NAME

CONNECT WITH YOUR BAMILEKE COMMUNITY AND RECEIVE YOUR BAMILEKE NAME

DISCOVER YOUR EWONDO (FANG-BETI) HERITAGE AND RECEIVE YOUR EWONDO NAME

ATTEND THE ZOOM MEETING TO LEARN MORE ABOUT THE TOUR DETAILS.

SUNDAY 08TH OF JUNE 2025



MEETING ID: 857 245 4138
PASSWORD: RECONNECT

15:00 PM EASTERN TIME

CONTACT DETAILS

reconnectedgrassfields@africamail.com



+1 (412) 853-8140
+447853534738



@RECONNECTED GRASSFIELDS



Cultural immersion in traditional music, dance, rituals, languages, and cuisine.



THE RECONNECTED GRASSFIELDS CONVERSATION

Join us for a powerful cultural exchange bridging Africa and the African diaspora.

JOIN OUR THE CONVERSATION WITH:

HRH. GAAMA GLORIA SIMMS (GAH-MAH GLAW-REE-YAH SEEMS)

MAJESTY TCHANGOU II JOHNSON
KING OF VILLAGE DOWTOUNG (CAMEROON)

PARAMOUNT QUEEN OF THE MAROONS
(JAMAICA AND SURINAM)

PROF. SEIKOU AHMADOU
Scholar / Expert in Transatlantic Slavery Trade

TOPIC:

"RESILIENCE AND ROOTS: A CROSS-CULTURAL DIALOGUE ON HERITAGE AND RESISTANCE"

Together, these voices will explore ancestral resilience, spiritual traditions, the legacy of resistance, and the rising movement of cultural reconnection through initiatives like ReConnected Grassfields.

DR. TARIK HANSEN OJEDA
Associate Professor of History, University of Toronto

DOCKO DICKOUTO
TRANSMIGRANT

BITTI WITTEAT LAYAL

HERICE G. MARKEE
MODERATOR

NPONDO DOUNBE
FILMMAKER (CAMEROON)

Zoom ID: 857 245 4138
Passcode: RECONNECT

SUNDAY 27TH APRIL

15:00 PM EASTERN TIME

Renaissance Doumitcho

Gloria Simms (Gaa Mang MaMa G)

ReConnected Grassfields

PURPOSE OF THE RECONNECTED GRASSFIELDS TOUR

Return to your roots.
Reconnect to your ancestors
Reclaim your identity

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WHO IT'S FOR

- People of African descent in the diaspora seeking to reconnect with their true heritage.
- Diaspora communities in North America, South America, and the Caribbean.
- Researchers, educators, artists, and spiritual seekers interested in African identity, heritage tourism, and historical justice.





KEY CULTURAL LOCATIONS

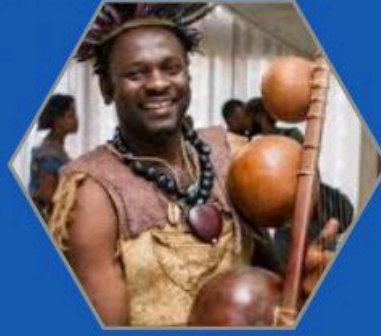
- Douala – Arrival, cultural welcome, city orientation. From the 2nd to the 4th of February 2026.
- Arrived to Baham where we will be staying from the 4th to the 10th of February 2026.
- From Baham we will visit the Bamileke and Tikar regions – Visits to royal palaces, traditional ceremonies in both regions.
- Doumtcho village – Home of the Bamileke ReConnection Village
- Yaoundé from the 10th to the 13th of February 2026 – we will visit the National Museum, Ewondo heritage, Beti-Fang storytelling
- Ewondo (Fang-Beti) Welcome Ceremony and Naming and more by Paramount King Elong
- Back to Douala from the 13th to the 16 February 2026. We will visit local places and Museums before going back home on the 16th of February 2026

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THE BAMILEKE RECONNECTION VILLAGE – DOUMTCHO

The Bamileke ReConnection Village –
Doumtcho

A spiritual and symbolic homecoming site
for Afro-descendants with Bamileke roots—
or anyone who wishes to reconnect with this
rich tradition.

The village includes:

- A Sacred Forest for rituals, ancestral
veneration, and healing
- A Family Tree Grove where each
participant plants a symbolic tree
- A Cultural Learning Center (history, art,
language, tradition)
- A Crafts & Skills Hub (beading, weaving,
cuisine, storytelling)
- A Diaspora-Local Dialogue Center
- Eco-lodges, ceremonial spaces, and
healing zones
- Mentorship, youth programs, and
sustainable agriculture
- And more—growing with every returnee
and supporter

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A space of return and cultural reconnection for those with Ewondo or Beti-Fang heritage.

Features Include:

- Sacred Forest for ancestral reverence and rites
- Family Tree Grove
- Learning Center for Ewondo language and history
- Traditional Crafts & Skills Hub
- Exchange Center for diaspora and local dialogue
- Healing and ceremonial spaces
- Youth engagement and mentorship programming
- On-site nurse for health support


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WE WILL ALSO HAVE:

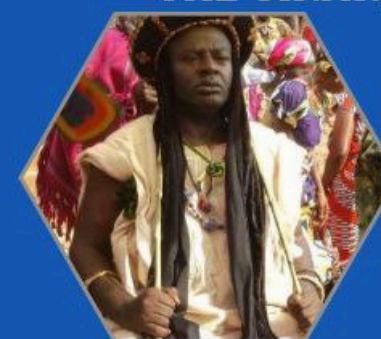
- **Spiritual Consultation and Cleansing:** Available to all participants who wish to engage with the Nkamsie or a traditional spiritual healer.
- **Official Engagement:** Includes a meeting with representatives of the Government of Cameroon.
- **Media Appearance:** Scheduled interview at Cameroon Radio Television (CRTV).

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✓ WHAT'S INCLUDED IN THE TRIP PACKAGE

🌍 Ground Transportation

Airport pickup and drop-off (Douala International Airport)

All transportation between cities and villages (private bus)

Domestic travel to cultural and ancestral sites

🏠 Accommodations

Comfortable hotel accommodations in Douala, Baham and Yaoundé.

Private rooms / No Sharing



MEALS

Daily traditional Cameroonian meals (Buffet) (Breakfast and Dinner)

Vetarian, Vegan and other personal preferences available

Bottles of water provided during travel and activities

Special cultural feasts and community meals included on events



PAYMENT SCHEDULE

 Payment Plan: 3 Instalments for \$1,800 USD

 Instalment 1 – \$600

- Due Date: 15th July 2025
- Purpose: Confirms commitment & helps you cover initial bookings (e.g. accommodation deposits, transport planning).

 Instalment 2 – \$600

- Due Date: 15th October 2025
- Purpose: Finalise key bookings, secure logistics, and make group payments (e.g. cultural hosts, local guides, ceremony fees).

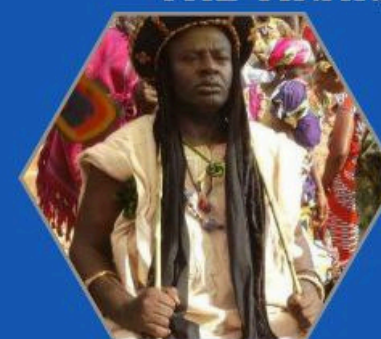
 Final Instalment – \$600

- Due Date: 15th December 2025
- Purpose: Covers last-minute expenses, emergency fund, and ensures everything is paid before departure.

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PayPal

HOW TO PAY

**The Payment Can be made to the
Reconnected Grassfields PayPal Account**

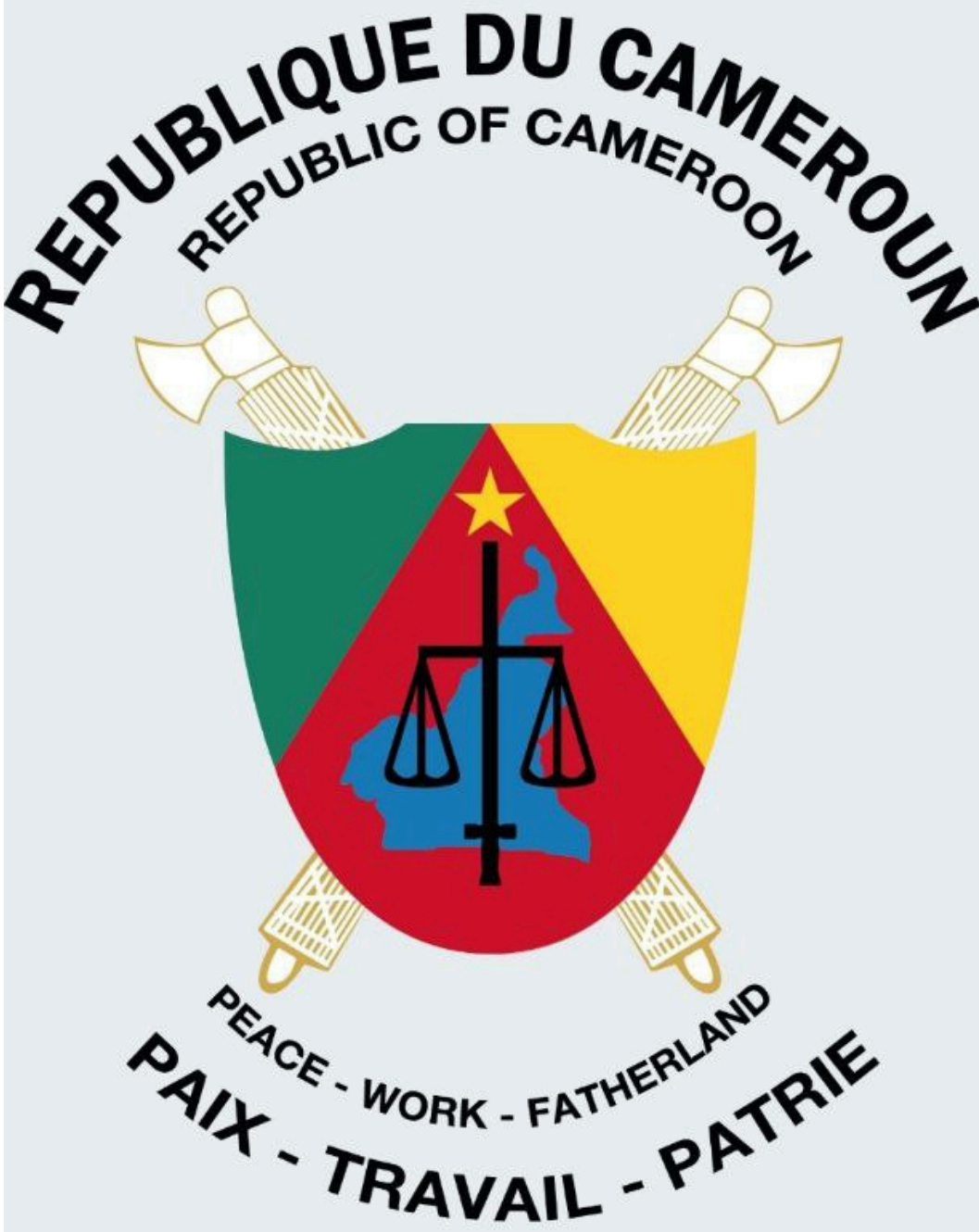
Please Add your name with RECONNECTED
GRASSFIELDS TOUR 2026

CAMEROON VISA APPLICATION

WHAT IS THE PROCEDURE FOR ISSUING CAMEROONIAN VISAS?

The Cameroon ordinary visa issuance process takes place in 04 stages:

1. Online pre-registration by the applicant, by opening an account on the consular services portal (www.evisacam.cm), filling in the online form.
2. Payment of fees online, via various methods (credit card and mobile payment). The applicant receives notification of proof of payment by e-mail. The proof of payment is also available in the applicant's space on the portal. The visa application becomes effective only after payment of the online fee.
3. Processing the application. The application is processed by the Diplomatic Mission or Consular Office that is legally competent or geographically close to the applicant. If the application is approved, an online visa authorization with a QR Code is sent to the applicant by e-mail. This document is also available in the applicant's space on the portal. With this document, applicants can travel to Cameroon, but will need to have their visa printed at the airport (or at one of the border posts) before entering the country. Under normal procedures, the visa is issued within 72 hours of payment of the online fee. This time is reduced to 24 hours for express procedures.
4. Biometric enrolment and visa printing. This takes place either at the entry border post for holders of the online visa authorization, or at the relevant diplomatic or consular post for applicants who have completed their biometric enrolment at the post. The visa sticker is then affixed to the applicant's passport.



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CAMEROON VISA APPLICATION

WHAT IS THE LIST OF DOCUMENTS REQUIRED FOR VISA APPLICATIONS BY VISA CATEGORY?

The following information will help visa applicants identify the documents required for each visa category.

SHORT-STAY VISA

Required documents for the short-stay visa:

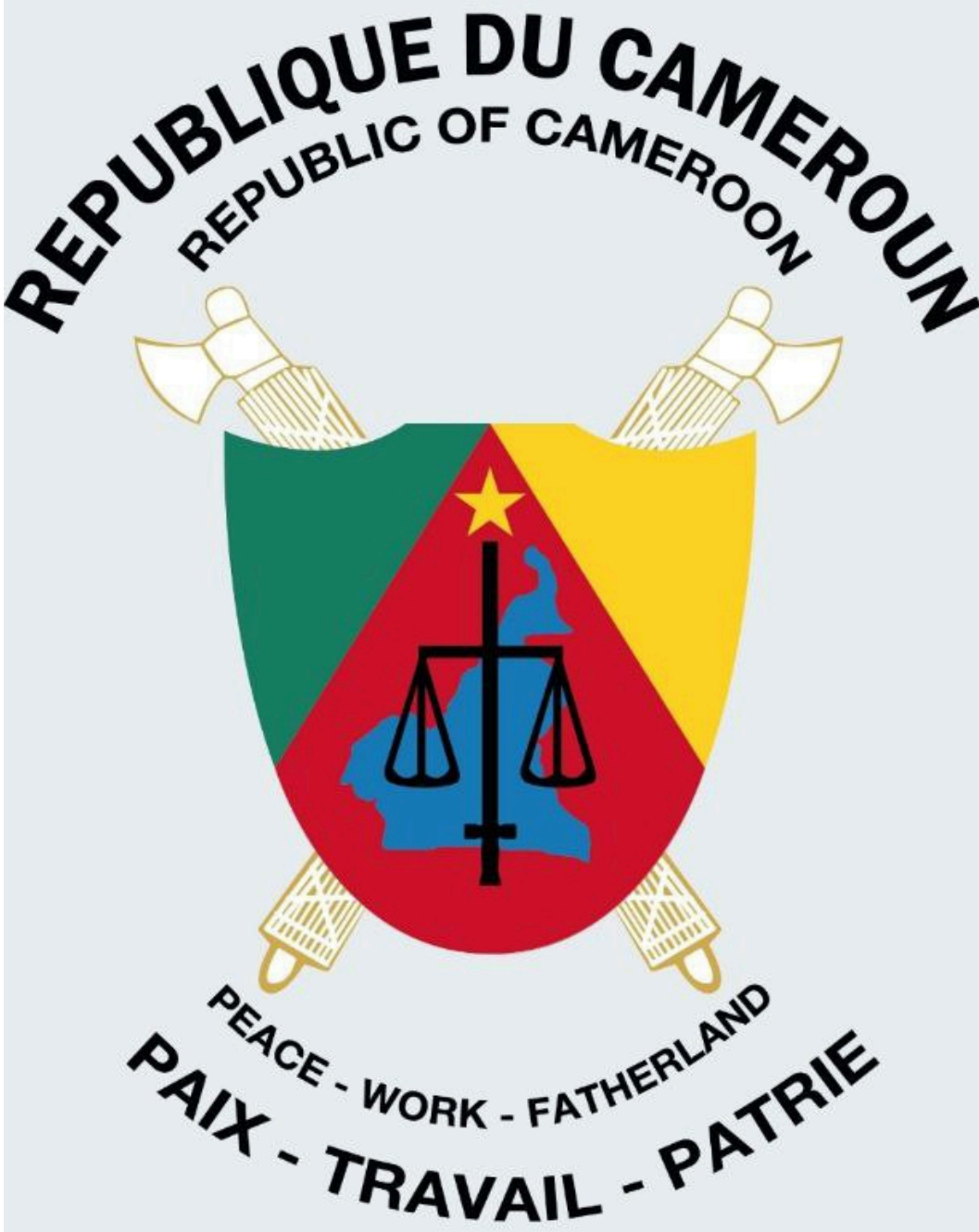
- A passport or other travel document valid for at least six (06) months.
- A return plane ticket or circular transport ticket.
- International vaccination certificates.
- Proof of the purpose of the visit, as well as sufficient means of subsistence.
- A certificate of accommodation issued by the person who will be hosting the visitor, endorsed by the local mayor, or a firm hotel reservation for the planned duration of the stay.
- A mission order, if applicable.
- A certificate of the applicant's address.
- Proof of the applicant's profession.

How long is a visa valid for? Can I leave Cameroon and return with the same visa?

The visa sticker indicates how long the visa is valid and how long you can stay:

- 30 days maximum for transit visas
- 180 days maximum for a short-stay visa, and
- 360 days maximum for long-stay visas.

Visas can be issued for single or multiple entries. Important points to remember You must have left Cameroon no later than the day on which the visa expires; You must not exceed the authorized length of stay during the visa validity period; Compliance with the length of stay and validity of the visa are checked on embarkation or entry into Cameroon.



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CAMEROON VISA APPLICATION

How long does it take to obtain a visa?

We recommend that you apply for a visa at least 10 days before the date of entry into Cameroon. However, it cannot be submitted more than 6 months before the start of the planned visit. However, it is the applicant's responsibility to take the necessary precautions to meet deadlines when an appointment system is in place. Certain types of visa require special verifications (civil status, professional status, etc.) or consultation with different Cameroonian authorities, which can lengthen processing times.

How much does a visa cost?

Visa applicants must pay an administrative processing fee of:

- 153€ for a normal short-stay visa (1 to 180 days)
- 305€ for a normal long-stay visa (181 to 360 days)
- 229€ for a short-stay express visa (1 to 180 days)
- 153€ for a transit visa (4 to 30 days).

In certain cases, and for certain categories of applicants, these fees may be waived. Visa fees are not refunded, even if the application is refused or withdrawn.

WE WILL BE ABLE TO ASSIST YOU ON THIS PROCEDURE.

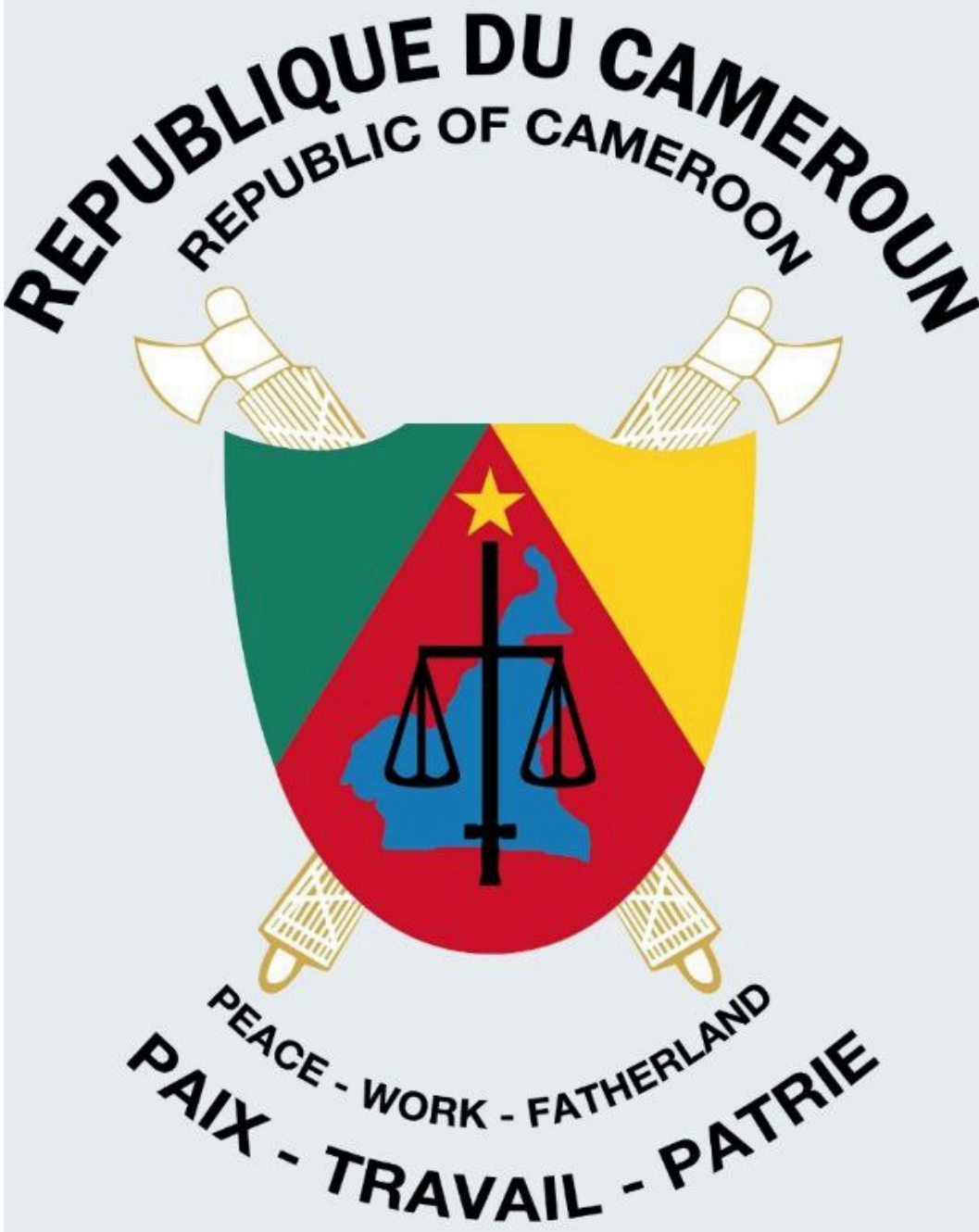
Website to start and Submit your application:

www.evisacam.cm

Contact:

Tél. : (+237) 222 20 79 08

E-mail : contact@evisacam.cm



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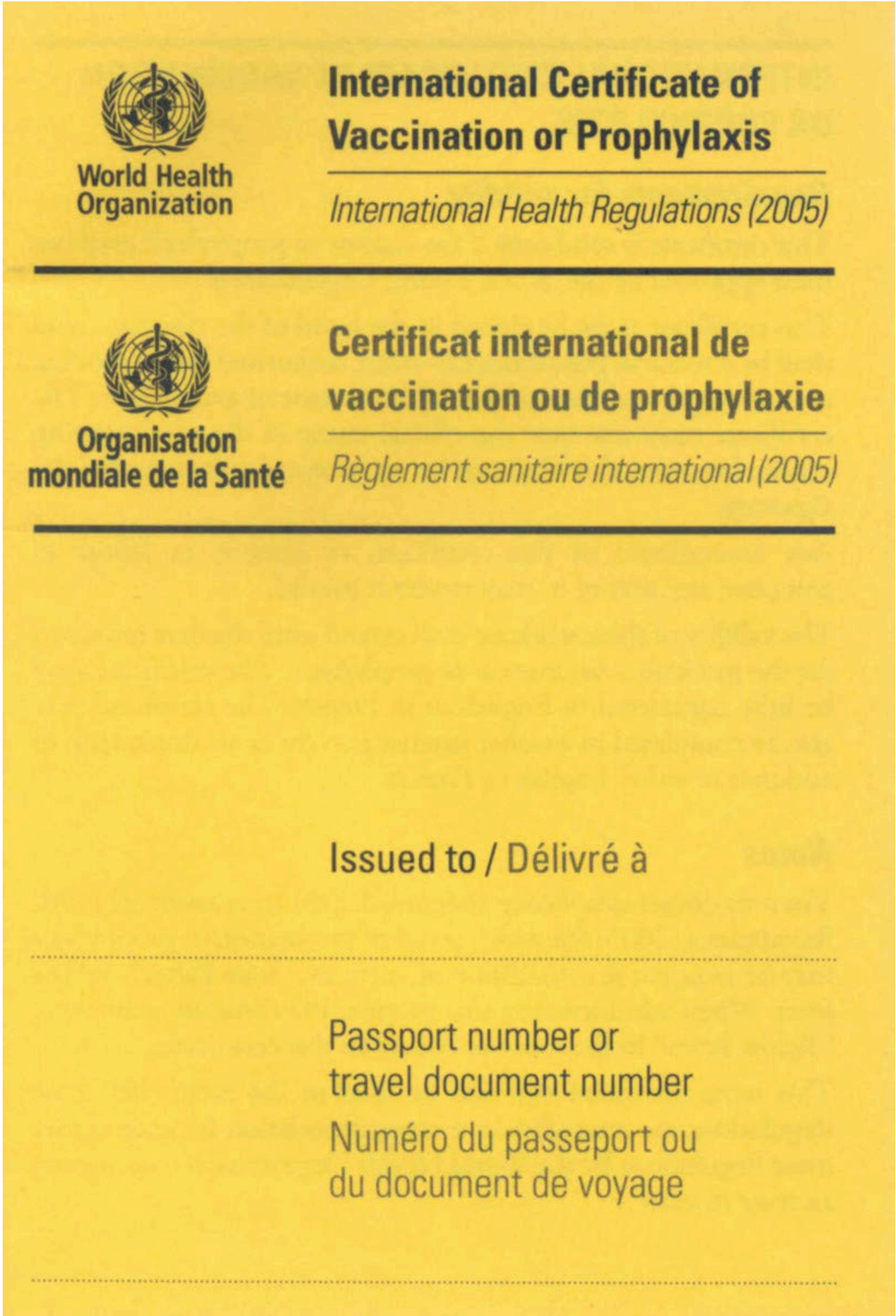
✔ REQUIRED VACCINATION

Before traveling to Cameroon, there are several required and recommended vaccinations. Here's a breakdown:

A proof of yellow fever vaccination is mandatory for all travelers aged 9 months and over.

✈ Required for Entry

- Yellow Fever – Mandatory
 - Proof of Yellow Fever vaccination is required for entry into Cameroon.
 - You must present an International Certificate of Vaccination (the "Yellow Card") upon arrival.
 - The vaccine should be administered at least 10 days before travel.





RECOMMENDED VACCINATIONS

- **Hepatitis A & B:**
- **Consider vaccination, especially if planning to eat street food or drink tap water.**
- **Polio:**
- **Ensure your polio vaccinations are up to date, with a booster dose potentially needed for stays longer than 4 weeks.**
- **Typhoid:**
- **Recommended for travelers who may be exposed to contaminated food or water.**
- **Rabies:**
- **Consider if you plan to be in contact with animals or in areas with increased risk of rabies.**
- **Meningitis:**
- **Discuss with your doctor if you are at increased risk.**
- **Other Considerations:**
- **Tdap, MMR, influenza, and other vaccines may be recommended based on your specific health history and travel plans.**
- **Malaria Prophylaxis:**
- **Malaria is present in some areas of Cameroon, and your doctor can advise on appropriate preventive measures.**

- **Other Health Considerations:**
- **NaTHNaC (National Travel Health Network and Centre) advises travelers to be cautious with food and water hygiene. They also recommend seeking medical attention for injuries such as bites or wounds contaminated with soil.**



International Certificate of Vaccination or Prophylaxis

International Health Regulations (2005)



Certificat international de vaccination ou de prophylaxie

Règlement sanitaire international (2005)

Issued to / Délivré à

Passport number or
travel document number
Numéro du passeport ou
du document de voyage



HOW DO I FIND A YELLOW FEVER VACCINATION CENTER?

In the USA:

How do I find a Yellow Fever Vaccination Center? The Centers for Disease Control and Prevention (CDC) has developed a web-based registry of yellow fever vaccination clinics located in the US. This list of authorized clinics is accessible from CDC's Travelers' Health website at [National Yellow Fever Provider List](#).

In the UK,

Yellow fever vaccination is available at designated Yellow Fever Vaccination Centres (YFVCs). These centres can be found using an online search tool, [YELLOW FEVER ZONE NaTHNaC](#), or by contacting [Superdrug Health Clinic](#) or other participating pharmacies.

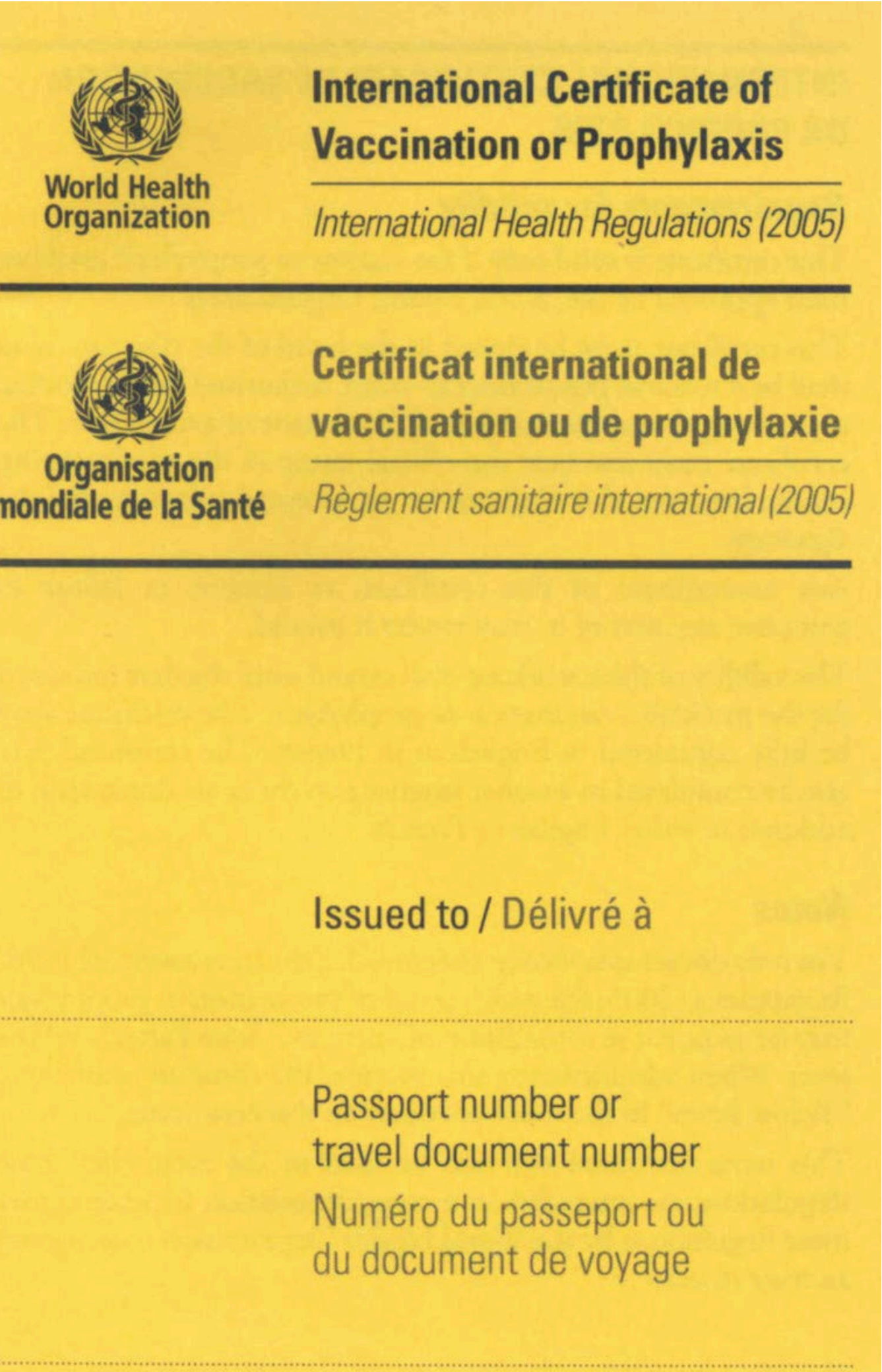
 World Health Organization	International Certificate of Vaccination or Prophylaxis <i>International Health Regulations (2005)</i>
 Organisation mondiale de la Santé	Certificat international de vaccination ou de prophylaxie <i>Règlement sanitaire international (2005)</i>
Issued to / Délivré à	
Passport number or travel document number Numéro du passeport ou du document de voyage	

COST OF THE YELLOW FEVER VACCINATION IN THE UK AND USA

In the UK, a single dose of the yellow fever vaccine typically costs around £74, according to Superdrug Health Clinic and London Travel Clinic. This price often includes the International Certificate of Vaccination, which is frequently required for travel to affected countries. You can typically find these vaccines at registered yellow fever vaccination centers.

In the USA:

The yellow fever vaccine in the United States generally costs between \$220 and \$280, although prices can vary by clinic and location. The cost may also include additional fees such as a consultation fee or an assessment fee,



TIPS TO SAVE THE MOST ON YELLOW VACCINATION COST

🔧 Tips to Save the Most

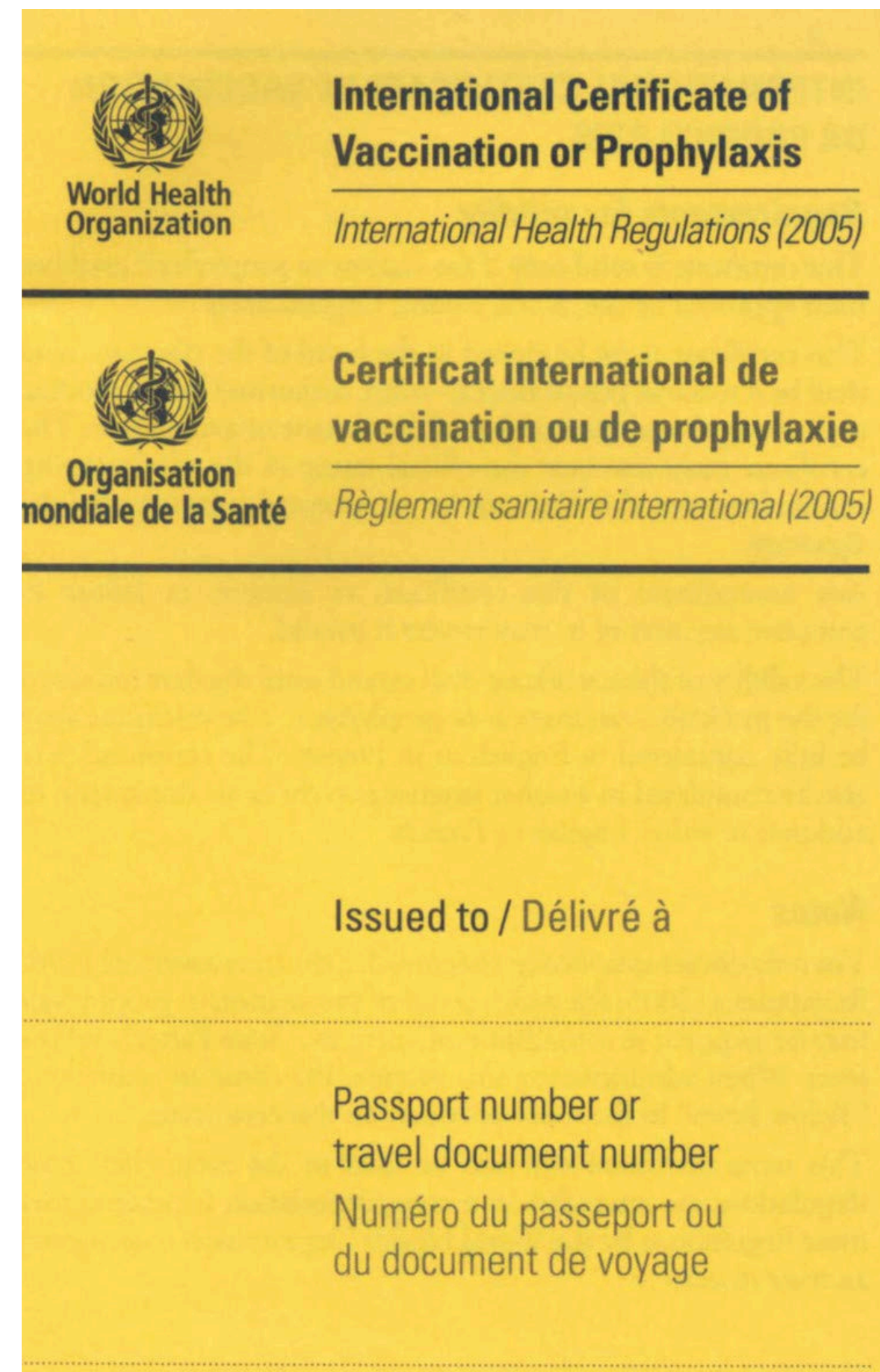
1. **Start with your local county or city health department**—these often offer the best prices for travelers.
2. **Call in advance to confirm both vaccine availability and clinic eligibility** (some require residency in the county).
3. **Consider Costco if you're already a member**—it's frequently much cheaper than private clinics.
4. **Insurance may help: At a public or university-affiliated setting, you might submit the bill for reimbursement.**
5. **Bring your passport (especially for pharmacies like Walgreens/CVS).**
6. **Ask about coupons or discounts**—many clinics run travel vaccine promos.

✅ Takeaway

For the cheapest yellow fever vaccination in the U.S., your best bet is:

- **County or city public health clinics** — often \$100–\$200 total, certificate included
- **Costco pharmacies** — around \$170–\$200 self-pay
- **University-affiliated/public health clinics** — around \$230–\$264

Tap these local government clinics first—they usually offer the lowest out-of-pocket costs. Curious about specific clinics in your state or region? I can help find local health department contacts!



Your Suggestions and feedbacks are welcome

THANK YOU



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