



The Maiden's Chronicles

Your Monthly
Insight into the
journey, growth
and successes
within UNIMAC



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Sustainable Snail Farming Training Workshop



UNIMAC and STRESORS Host Sustainable Snail Farming Workshop: Empowering Cameroon's Youth Through Agriculture on November 9, at the Bamenda II council Hall. What if a humble snail could unlock economic opportunities and sustainable growth for Cameroon's youth? That was the vision behind the Sustainable Snail Farming Workshop, jointly organized by the Universal Maidens Association Cameroon (UNIMAC) and Strategic Relief and Social Rehabilitation Services (STRESORS). While UNIMAC's primary mission is to uplift young women, this event welcomed men as well, emphasizing the importance of inclusivity. The mixed crowd brought vibrant energy, with everyone eager to master this unique path to financial independence.

The workshop started with a session on hatchling—an essential step in preparing and maintaining snail breeding spaces. Participants learned about choosing the right conditions for snails to thrive, sparking excitement as they imagined launching their own farming ventures. With hands-on guidance, attendees discovered that snail farming isn't just about agriculture—it's about stewardship of resources and reimagining local economies.

Next came sessions on growing and harvesting. Who would have thought that snails, typically ignored in gardens could be transformed into profitable products? With practical lessons in feeding, breeding cycles and health maintenance, the participants quickly saw how accessible snail farming could be, even with limited resources.

The heart of the workshop: Marketing skills for the modern farmer.

What good is a bumper harvest if no one knows about it?

The marketing portion of the day helped participants tackle this question head-on. From selling in local markets to exploring online platforms, the session laid out pathways to reach potential buyers and grow a loyal customer base. Both young men and women took notes, brainstormed strategies and shared ideas, proving that entrepreneurial spirit transcends gender.

While UNIMAC's mission is focused on empowering young women, this workshop showed that their vision of community transformation includes everyone. The inclusive atmosphere encouraged collaboration and mutual learning, with attendees of all backgrounds working side by side to prepare for a future of economic self-sufficiency.





UNIMAC's Communications Officer capturing every moment



The Sustainable Snail Farming Workshop was a buzzing success, and the Communications Officer of UNIMAC, Neba Marie-Claire Ngum, was right there capturing every inspiring moment! From documenting insightful sessions to sharing the enthusiasm of participants, she was dedicated to ensuring the event's impact reaches our broader community.

Sustainable Agriculture Through Home Gardening



At UNIMAC, we believe that sustainable agriculture begins at home. Through our home gardening initiative in Bamenda II, we empower maidens to cultivate nutritious vegetables like leeks, cabbages, carrots, onions and more.

This practice not only only promotes food security but also equips young women with valuable skills in agriculture.

Home Gardening is more than planting seeds, it's about nurturing self-reliance and sustainability.

CEO of UNIMAC at the workshop organized by NRC



On the 14th and 15th of November 2024, our CEO, Mr. Ameh Maurice Ngwa, proudly represented UNIMAC at a groundbreaking two-day workshop on Advocacy, Humanitarian Principles, and Actors Mapping in Bamenda. This insightful event, organized by the Norwegian Refugee Council (NRC), brought together key players in the humanitarian field to strengthen collaborative efforts and refine strategies for addressing pressing community needs.

For UNIMAC, this workshop was more than just training—it was a step towards amplifying our advocacy for maidens and domestic workers. By engaging with experts and stakeholders, we are better equipped to align with global humanitarian principles and make a lasting impact in our communities.

We remain committed to empowering vulnerable groups, creating opportunities, and fostering partnerships to advance our mission. Together, we can ensure that every voice is heard and every life is valued.



Celebrating World Toilet Day



World Toilet Day: Empowering the Next Generation for Better Hygiene

On November 19th 2024, UNIMAC and STRESORS joined forces to celebrate World Toilet Day in a meaningful way, under the theme: Toilet, a place of peace. We visited Blessed Bilingual Nursery and Primary School Mankon, Bamenda, where we not only cleaned the school toilets but also made it an opportunity to educate and inspire.

Our team taught the pupils, especially the young girls, how to clean and maintain their toilets. We also held an engaging talk on sanitation and hygiene, emphasizing the importance of cleanliness for health, dignity, and safety.

It was heartwarming to see the enthusiasm of the children as they learned practical steps to improve their hygiene. These little actions can have a big impact on their lives and their communities.

Sanitation is not just about clean spaces—it's about creating healthier futures. Let's continue working together to ensure that no one is left behind in the fight for proper hygiene and sanitation.

CEO of UNIMAC giving an opening speech at the A.C.S.U conference



UNIMAC's CEO who doubles as the president of the Africa Civil Society Union (A.C.S.U) Mr. Ameh Maurice Ngwa gave an opening speech at the conference, held at the Regional House of Assembly Bamenda, on the 23rd of November 2024.

"Distinguished guests, esteemed colleagues, and friends,

It is both an honor and a privilege to stand before you today as the President of the Africa Civil Society Union. We gather here at this important conference, aptly themed "CSOs Success in Synergy," to celebrate the immense contributions of Civil Society Organizations (CSOs) across our continent and to discuss how we can strengthen our collective efforts for a better, more inclusive Africa.

Before I delve into the crux of my address, I would like to express my sincere gratitude to our hosts today, the Regional House of Assembly, for providing us with this platform to engage, share, and collaborate. I am also grateful to each one of you—from grassroots activists to seasoned advocates—for your unwavering commitment to championing the causes that matter most to our communities. Your hard work, resilience, and passion are the lifeblood of civil society.



Today's theme underscores an essential truth: no one organization can achieve lasting change in isolation. Our strength lies in our ability to work in synergy, harnessing our diverse expertise, experiences, and resources. Together, we can amplify our voices, maximize our impact, and create comprehensive solutions to the complex challenges facing our African societies.

As we reflect on our past achievements, let us remember the power of collaboration. Initiatives such as peace and development, have demonstrated that when we join forces, we unlock a wealth of knowledge and innovation that drives progress. This example serves as a testament to what we can accomplish when we embrace the spirit of collaboration.

However, as we celebrate our successes, we must also acknowledge the challenges that persist. In many regions, civil society continues to struggle against shrinking civic space, funding constraints, and political resistance. The voices of activists, particularly women and youth, are often marginalized. We must work together to counter these threats, advocating for a conducive environment where every voice can be heard and valued.

My call to each of you today is simple: let us commit to fostering deeper collaborations among civil society organizations, government agencies, and the private sector. Let us prioritize knowledge-sharing, capacity-building, and joint advocacy efforts. Together, we can create a unified front that addresses immediate issues and paves the way for sustainable development and social justice across Africa.

Imagine an Africa where every citizen has access to quality education, healthcare, and economic opportunities; where the voices of marginalized populations lead to policies that reflect their needs; and where partnerships between CSOs catalyze transformative change in governance. This vision is within our reach. It is through synergistic efforts that we will transform this vision into reality.

In conclusion, I want to remind us that our greatest asset is solidarity. Let us embrace our shared mission with renewed vigor and determination. As civil society leaders, let us stand united, uplift one another, and work collaboratively towards a more just, equitable, and prosperous Africa.

Thank you for your commitment, your courage, and your tireless efforts. I look forward to the fruitful discussions and partnerships that will emerge from this conference."

Editor-in-chief

Neba Marie-Claire Ngum

**Communications Officer
(UNIMAC)**



UNIMAC Joins the Caravan Against GBV

On November 27th, UNIMAC proudly joined MINPROFF Bamenda and other organizations for a powerful caravan sensitization at Upstation , Bamenda on Gender-Based Violence (GBV). Together, we took to the streets, raising awareness about the devastating impact of GBV and sharing ways to fight against it.

As we moved through the communities, our message was clear: GBV is unacceptable, and everyone has a role to play in ending it. At UNIMAC, we remain committed to empowering women and girls, amplifying their voices, and ensuring they know their rights.

This 16 Days of Activism is not just a campaign—it's a movement. Let's keep standing, speaking, and acting for change.