



IFM • SEI
international falcon movement
socialist educational international

International Committee 2018/20i

15-16 June 2018
Brussels, Belgium

**Candidate membership
application - Girls Excel**

Candidate membership application - Girls Excel

Organisational overview

Permanent headquarters: Limbe, Cameroon
Established: August 2015
Website: www.girlsexcel.com
Number of members: 434

Application documents submitted:

- A completed membership application form
- Statutes, aims and principles and other governing documents of the organisation in either English or Spanish
- A resolution passed by a statutory body of the organisation accepting the aims and principles and constitution of IFM-SEI
- A recent activity report and/or annual report
- A recommendation from an existing member organisation if possible

Criteria for IFM-SEI membership:

1. Accept the aims and principles and constitution of IFM-SEI
2. Be primarily by and for children and young people and hold regular activities with them
3. Undertake educational work using non-formal education methodology
4. Ensure participation of children and young people in your decision-making structures
5. Ensure gender equality in your structures and activities
6. Have a democratic structure with the governing documents sent to the IFM-SEI in Spanish, French or English
7. Not be a member of any other international organisation that goes against the aims and principles of IFM-SEI





IFM-SEI membership application form

Components of a completed application:

1. Statutes, aims and principles and other governing documents of the organisation in either English or Spanish
2. A resolution passed by a statutory body of the organisation accepting the aims and principles and constitution of IFM-SEI
3. A summary of recent activities
4. The membership application form
5. A recommendation from an existing member organisation if possible
6. Send all documents to contact@ifm-sei.org

All members and candidate organisations must:

- Accept the aims and principles and constitution of IFM-SEI
- Be primarily by and for children and young people and hold regular activities with them
- Ensure participation of children and young people in their decision-making structures
- Ensure gender equality in their structures and activities
- Have a democratic structure with the governing documents sent to the IFM-SEI in Spanish or English
- Not be a member of any other international organisation that goes against the aims and principles of IFM-SEI

Note: *The application must be completed in either English or Spanish or French, as these are the working languages of the IFM-SEI Secretariat.*

Part 1: Contact details

Name of the organisation and, if any, acronym of the organisation	GIRLS EXCEL (GE)
Permanent headquarters	Limbe
Postal address, if different from headquarters address	PO BOX 301 Buea South West Region Cameroon
Contact phone number(s)	+237 678560088
Name and position of contact person	KONDA Delphine / Managing Director SAKER STREET NEW TOWN LIMBE +237 670 298 030 delphinekonda@gmail.com



E-mail address	info@girlsexcel.org/ girlsexcelcameroon@gmail.com
Website	www.girlsexcel.org

Part 2: Aims and activities

a) Summarise the aims and purposes of your organisation.

ABOUT US

Girls Excel is a non-profit and social impact organisation that promotes access to reproductive health education and sanitary pads for adolescent girls and young women in rural communities in Cameroon. Girls Excel exists to create communities in which the absence of reproductive health education and sanitary pads no longer hinders adolescent girls from pursuing their education. At Girls Excel, we believe in designing programs that empower adolescent girls and young women and provide sustainable solutions to some of the challenges that limits their ability to maximize their full potential and excel.

OUR MISSION

Girls Excel exists to support adolescent girls in Cameroon, to maintain academic excellence by giving access to reproductive health education and feminine sanitary products.

OUR VISION

To create communities in which all girls in Cameroon experience safety and academically thrive in a system that upholds values for reproductive health education as part of human rights.

b) Give examples of your recent projects and/or activities



- January 2017 -The creation and running of Girls Excel Mentoring Clubs also known as GEM Clubs in two communities in Limbe sub-division. Within the clubs, educative talks, arts and games are carried out to educate girls about menstrual and reproductive health while building their confidence and skills to become peer educators to other young girls.
- August 2016 - Sensitisation campaign in Tole, Buea where 50 girls participated and were exposed to re-usable sanitary pads and empowered to know that menstruation is not a taboo but a natural phenomenon which they will have to handle with dignity and pride.
- May 27th 2016 – Commemoration of Menstrual Hygiene Day in Mabtea Fishing Station. 50 girls participated in an empowerment workshop on Menstrual and Reproductive Health and at the end of the workshop every single one of them went home with a package of 5 packets of sanitary pad (3 months' supply)
- May 27th 2017 – Commemoration of Menstrual Hygiene Day in Mbiplah- ndu in the North West region of Cameroon. 120 girls participated in this event where they received trainings and educative talks on Menstrual Hygiene Management and 5 months supply of sanitary pads from Girls excel.

c) Please describe in general your next year planning of activities and/ or projects

Girls Excel has been existing and active in different communities in the South West and North West regions in the last 2 years and because some of our members are out of the country, we organised a Virtual General Assembly in December 2016 where we adopted a plan of action for 2017.

1. The creation and establishment of 4 Girls Excel Mentoring Clubs also known as GEM Clubs. Through this project, Girls Excel works with communities creating girls-led clubs which uses arts and games to educate girls about menstrual and reproductive health while building their confidence and skills as peer educators so that they can pay forward the knowledge gained from these clubs. It is worth mentioning that this idea came out of our 2015 community sensitization campaign on Menstrual and reproductive health with 150 students in Kedjom Ketinguh (North West Region) and our 2016 Menstrual Hygiene Day activity with 50 girls in Mabeta Fishing Station (Limbe, South West Region). After acquiring official permission from the Divisional Delegate of Secondary Education to run these clubs in 4 schools within the Limbe Municipality, the English Regions of Cameroon went on an



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ongoing strike which has prevented the opening of schools until now. Our team restructured and we are currently running the clubs in Batoke and Mukundange communities within the Limbe Municipality.

2. Menstrual Hygiene Day 2017 Awareness Campaign. Every year since our creation, we commemorate the 28th of May which is the Menstrual Hygiene Day as an opportunity to raise awareness on the taboos and social exclusion that menstruating girls and young women face in their communities. According to UNESCO, 1 in 10 girls skip school during menstruation making it a total of about 20% of school time missed due to lack of access to reproductive health education and sanitary products. In May 2017, we shall be working in the Ndu Sub-Division in the North-West Region of Cameroon mobilising 200 girls and their families to have an open discussion about access to reproductive health.
3. Launch of the Girls Talk Magazine: By the end of 2017, we plan to launch a Girls Talk Magazine which will be an online publication from a group of adolescent girls and young women from different communities in the two regions where we work.

d) Which educational aspects do you work on in your organisation?

Human and children's rights	X
Social inclusion	
Gender equality	X
Sexual diversity	
Sustainable development	X
Peace	
Youth policy	
Political participation	
Anti-racism	
Other (please specify)	
Other (please specify)	

Part 3: Structure of the organisation

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Date of registration or date of establishment	Date of Creation: 13 August 2015 Date of Registration: 23 rd September 2015
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Number of members	Core Team: 06 (Volunteers) Board Members: 06 (Volunteers) Members Advisory Council: 07 (Volunteers) Kedjom Ketinguh: 150 Mabeta Njangha: 50 Tole Tea Estate: 50 Newtown Limbe: 35 Batoke/Mukundange: 10 Mbiplah- Ndu: 120
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Number of regions the organisation is active in	TWO - SOUTH WEST AND NORTH-WEST REGIONS
-------------------------------------------------	-----------------------------------------

Is the organisation affiliated with another international organisation or institution? If yes, which?	YES! Menstrual Hygiene Day (ADVOCACY ORGANIZATION IN GERMANY) WOMEN'S WORLD WIDE WEB (A crowd sourcing platform empowering women across the globe) The Pollination Grant (Donor)
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Describe the structure and the decision-making process in your organisation (governing bodies, elections, etc.). Mention also the number of women in statutory bodies of the organisation:

The Advisory Council is the law and enforcement body of Girls Excel. This body has representatives from different schools/communities that we work with. Members of the advisory Council are elected by the General Assembly and 50% of the Advisory council must be made up of women and young people. The Advisory Council manages the affairs of the association in accordance with the president and adopt the general policy of the organization. Currently, there are 03 men and 07 women in our advisory council with A 50/50 proportion of under and over 30 representations.



Because we are a small organization, the decision-making process is easy. Any member can table an issue directly to the Advisory council which votes on the matter. The most interesting part of our decision-making process is that it is a bottom-top approach where priority is giving to matters that comes directly from the girls in the community.

We also have a WhatsApp chat group known as the Girls Excel General Assembly where all members (who have phones) are a part of. This forum has also helped us to have transparent and democratic discussions on different issues that affect the organisation.

Describe how children and young people are involved in the decision-making process of the organisation:

Although girls and young people make up part of our Advisory Council, we felt that being amid adults can be intimidating for some of the children as ageism is a major challenge in open dialogue in Cameroon because of our socialisation and culture. That is why our Team was happy when the girls pushed for a girls-led club which equips them on different leadership skills and just a few months since the clubs, these girls are more vocal on how they feel about our work.

We also encourage the clubs to talk with their group leader (young person) or the coordinator of the clubs (Girls Excel volunteer) so that the entire organisation can work towards ensuring that the needs of the girls in the communities we work with is respected.

Part 4: Declaration

We declare that we have answered the questions contained in this form to the best of our knowledge and that if granted candidate status, our organisation will act in accordance with the aims, principles and constitution of the IFM-SEI.

The undersigned is duly authorised to sign this declaration on behalf of the organisation.

Signature

Name and position

Place and date

KONDA Delphine/Managing Director Limbe, 23rd November 2017

P.O BOX 1407, LIMBE| FAKO DIVISION|SOUTH WEST REGION OF CAMEROON|
INFO.GIRLSEXCEL@GMAIL.COM| WWW.GIRLSEXCEL.ORG|

CONSTITUTION AND BYLAWS OF GIRLS EXCEL

Inspiring Excellence!

13/08/2015





Inspiring Excellence!

GIRLS EXCEL CONSTITUTION AND BYLAWS

Girls Excel is a social enterprise association founded by young Social Entrepreneurs from Cameroon. It is a non-profit association that seeks to support rural girls and women in Cameroon to access quality sexual and reproductive health services, education, economic empowerment and advocacy programs.

This association seeks to inspire, educate and promote the excellence of girls and young women from different parts of Cameroon so that they can foster positive change in their communities. This initiative is non-governmental, non-religious and non-political. It is an association of young Cameroonians seeking to promote positive change in their communities.

CONSTITUTION

ARTICLE I: NAME

The name of the association shall be **GIRLS EXCEL**

The acronym of this association shall be **GE**

The motto of this association shall be '**INSPIRING EXCELLENCE**'

SCOPE OF JURISDICTION: Based in Limbe but implementing activities in the South West Region of Cameroon

ARTICLE II: OBJECTIVES & FUNCTIONS OF THE ASSOCIATION

Excel is formed with a social enterprise vision to promote the education and empowerment of rural girls and young women in Cameroon on different issues affecting their lives. We seek to be an association that inspires positive change as a tool to further our commitment to community service and development. We strive to assist women and girls to have access to poverty reduction tools like education, advocacy and entrepreneurship.

3.1 To achieve this objective the Association shall:



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- a) Establish mentoring clubs in secondary schools in the South West and North West regions of Cameroon to encourage and promote the education of the girl child, offer scholarships and other academic materials to support girls to excel in school
- b) Bring the members of the Association together periodically in a multidisciplinary environment to exchange ideas on how to promote the objectives of the association.
- c) Bring members in contact with women's right advocates in Cameroon to act as mentors and exchange information that will encourage girls to remain and excel in school.
- d) Hold workshops, trainings and meetings to promote the goals and objectives of the association and further its agenda;
- e) Develop and train young women by arranging funds for scholarships and by identifying courses/trainings in women's right and development;
- f) Collaborate with other national and international organizations pursuing similar goals in the areas of the education of the girl child.

ARTICLE III: MEMBERSHIP

Membership is opened to the public. Interested individuals from Cameroon and beyond who are passionate about Girls and women empowerment can apply to become members.

The only requirements for membership are;

- Be passionate about the human rights and the empowerment of women and girls.
- Committing time and energy to the development of the association.
- Be interested in rural and community service projects and activities.
- Pay the yearly membership dues of 10.000 FCFA francs.



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ARTICLE IV: MEETINGS

Program and/or general meetings shall be held every three months. These meetings shall be chaired by the President, Advisory Council, staff and members of the association.

ARTICLE V: AMENDING THE CONSTITUTION

- A) If deemed necessary, the Advisory Council will appoint a committee to review and revise the Constitution and By-laws of this association.
- B) The committee, upon completion of its work, will report to the president and Advisory Council who will in turn submit the proposed changes to the General Membership for approval.

ARTICLE VI: SOURCE OF INCOME

Girls Excel has three sources of income to promote the work of the association;

- 1. Membership contributions
- 2. Project funding from funding organizations
- 3. Donations

ARTICLE VII: DISPOSITION OF FUNDS IN CASE OF DISSOLUTION

If for any reason GIRLS EXCEL ceases to exist, any remaining funds/property held in its name, will be donated to a Beneficial Institution or Organization designated by the members of the association.

ARTICLE VIII: INTERNAL STRUCTURE

BYLAWS

I. MEETINGS

A) Program and or general membership meetings shall be held on the last Saturday of every three months.

B) Time and location or changes in meeting dates shall be communicated to members at least two weeks in advance by the Secretary General.



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II. OFFICERS

1. President
2. Vice president
3. Secretary General
4. Financial Secretary
5. Treasurer
6. Public Affairs Officer
7. Legal Advisor
8. Advisory Council

1. III. OFFICERS' DUTIES

A) President

The president shall be the Chief Executive Officer (CEO) of the association and take charge of the day to day administration of the association.

- The president shall preside over all meetings; general and executive meetings
- The President shall present the state of the affairs of the organization at the end of every year during its annual gathering and meeting.
- The president shall be responsible for coordinating and superintending the duties of other executives of the organization.

B) Vice President

The Vice President (VP) shall assist the president during the president's absence. He/she shall coordinate meetings and projects as well as logistics when the president is not on seat. He/ She shall take up office as interim President in the absence of the president and shall take resolution and directives in accordance with the Advisory Council.

C) Secretary General



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The Secretary General (SG) shall coordinate the day to day activities of the organization under the supervision of the Founder and President. She/he shall coordinate all community service projects; present proposed beneficiaries to the general membership for discussion. He/she shall be in charge of the day to day administration of the association, in charge of filling official documents. He/she makes room arrangements for General Meetings; takes minutes at General, Board, and Community Service meetings and keeps a typed record of each; answers all correspondence; is responsible for social and business correspondence.

E) Financial Secretary

The Financial Secretary keeps a complete record of financial transactions, pays out disbursements and provides monthly account of balance and disbursements and attends Community Service meetings. He/she drafts annual budget to be reviewed by the President and the Advisory Council. The Financial Secretary and Treasurer are in charge of drafting all financial reports and submitting to the president and the Advisory council.

F) Treasurer

The Treasurer is in charge of all aspects of financial management. The treasurer works closely with the financial secretary and other members to safeguard the association's finances. The treasurer shall oversee and present budgets, accounts and financial statements, ensure that appropriate financial systems and controls are in place, ensure that record-keeping and accounts are in accordance with the constitution of the association.

G) Public Affairs Officer

The Public Affairs Officer maintains the historical archives of Girls Excel and organizes publicity for the association, its events and community service projects. He or she solicits for news items to be published on the Girls Excel Newsletter. This newsletter is made available to members during the General Assembly, by email and on the Girls Excel website.

H) Legal Advisor

He is consulted on any project or initiative that Girls Excel undertakes. He is in charge of advising the Advisory Council on the implications and legal consequences of different



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activities that the association gets involved into. He shall represent the association in case of any legal matter and the place of joint litigation shall be Limbe or Buea.

D) Advisory Council

Girls Excel shall have a governing board which shall be known as the 'Advisory Council' and its members shall be called 'members of the advisory council'. The members of the advisory council shall be elected by the general members for a period of 3 years. The Advisory Council shall control and manage the affairs of the association in accordance with the President and adopt the general policy of the organization and, for this purpose it may exercise in particular, the following functions.

1. Approves the association's strategies in light of the specified objectives and missions of Girls Excel.
2. Approves the long term and the annual plans reflecting the association's activities and program.
3. Follow up the association's activities and achievements and issue appropriate resolutions and directives.
4. Adopts the annual budget and approves the utilization of its allocated funds in accordance with the different projects.
5. Approves and audits the financial statement of the association.

THE BANKING ACCOUNT

The association shall operate a banking account with either EcoBank, AFRILAND BANK or BICEC. All checks, drafts and other instruments for the payment of money earned or accepted by this Association for payment from such account or such office of the institution shall be signed on behalf of this Association by the President and one of the officers of the Association. Any checks, drafts, or other instruments for the payment of money, endorsed on behalf of this Association must be endorsed in the name of the Association by written or stamped endorsement.

The Secretary General of the Association is hereby authorized and directed to certify to the banking institution that these resolutions have been duly adopted and are in conformity of the articles of Association and the Bylaws of the Association, and to further certify to the institution the names and specimen signatures of the president and



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other person (s) authorized to sign on such account, and if and when any change is made in the identity or authority of such officer (s) or other person (s), the fact of such change and the name and specimen signature of each new officer (s) shall be communicated to the banking institution within 48 hours. The banking institution is required and authorized to honor, receive, certify or pay any instrument signed or endorsed in accordance with these resolutions. The following are signatories to the account;

1. The **President**
2. The **Secretary General**.
3. Any other officer (s) can be mandated by the Advisory Council. Any two of them are eligible to transact business with the bank BUT and as always one of them being the president.
4. The bank shall be notified within 48 hours of any change in signatories.

IV. ELECTIONS AND VOTING

A) Elections shall be held every 3 years and elected officers are eligible to re-election once after which they shall not be re-elected in the same position again. However, they are eligible to be voted into other offices.

B) Officers who cannot complete their term of office shall be replaced by the Advisory Council appointment to serve until the next general election in December of every year. All votes require a simple majority. Members who are unable to attend the Annual Meeting may vote by written proxy.

C) All officers including the Advisory Council shall be elected by the General body except the office of the president who shall be appointed by the Advisory Council.

VII. THE ADVISORY COUNCIL

VIII. DUES

A) Dues are paid every Year to the sum of 25,000 FCFA Francs by members of the advisory council and 10,000 FCFA for ordinary members. These funds are collected by the Accounts Officer and deposited into the account of the association. The receipts of deposition will be filed by the Secretary General.



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B) Assessments may be made as needed for specific projects as agreed upon by the General Assembly.

C) The Advisory Council shall review the required dues annually at the close of the fiscal year. If an increase is deemed necessary, the advisory council shall recommend the same to the General Membership when the budget is approved.

VIII. COMMITTEE HEADS

A) Committee heads shall be appointed by the Advisory Council to serve specific short or long term functions.

B) Committee heads shall be responsible for forming their respective committees and reporting their activities at Advisory and/or General Meetings. They may be re-appointed by the Advisory Council or president as the need arises.

Drafted on the 13th of August 2015



Limbe - Fako Division | South West Region, Cameroon
Email: info@girlsexcel.org | girlsexcelcameroon@gmail.com |
Website: www.girlsexcel.org

Empowering girls, changing lives!

To: IFM-SEI Presidium

Brussels, Belgium

Dear Madam/Sir,

A Letter of Endorsement of IFM-SEI Values and Principles

It is with pleasure that we the members of GIRLS EXCEL, a social impact organisation based in Limbe and working to empower girls and young women in rural communities in the South West and North West Regions of Cameroon.

We hereby write to express our interest in becoming a member of the International Falcon Movement- Socialist Educational International (IFM-SEI) because we endorse the values and principles of equality, transformative education and solidarity which IFM-SEI promotes. We will be grateful if our membership application would be considered.

Please kindly get in touch with me if you require more information from us regarding Girls Excel's membership application.

Mamuwa Ruth Meoto

Vice President, Girls Excel

A handwritten signature in blue ink, appearing to be "Mamuwa Ruth Meoto".

GIRLS EXCEL ANNUAL REPORT

2015-2016 IN RETROSPECT



Editorial: It's been One year of life changing Experiences!



Ladies and gentlemen,

It is with great pleasure that I write to welcome you to the maiden edition of the Girls Excel annual report for the 2015-2016 year. Girls Excel is a social impact organisation that creates access to reproductive health education and sanitary pads for girls and young women in Cameroon so that they can stay and excel in school.

This report is a document that was drawn with the objective of recounting the activities of the organisation on a yearly basis. While it enables our partners and members to have an overview of what activities the organisation has engaged in, it also helps the management of the organisation to evaluate the year and set new objectives. Above all, this report helps to put into perspective the successes, failures and challenges of the organisation within this year. This first edition is a story of how a group of young women with nothing but a huge passion capital embarked on a journey to address issues that affects girls and young women in rural communities in Cameroon, limiting their ability to exploit their full potentials and excel in school.

In this edition, we talk about our values, our legal registration status, activities, fundraising strategies, financial report and challenges that we faced throughout the year. The report equally talks about the strides that we made in terms of partnerships and how these partnerships have been used to expand the scope of our activities and empower more girls in the communities that we work with. On behalf of our team, I will like to thank each and everyone of you for the support and collaboration. Without our partners and friends of this organisation, we would not have achieved half of the objectives that we set at the start of the year.

Thank you all,

Delphine Konda, Managing Director



Who We Are

Girls excel is a social impact organisation that creates access to reproductive health education and sanitary pads for girls and young women in Cameroon. We exist to create communities in which the absence of reproductive health education and sanitary pads no longer hinder schoolgirls from pursuing their education. At Girls Excel, we believe in designing programs that empower schoolgirls and young women and provide sustainable solutions to challenges facing our communities.

Our Vision

Girls Excel exists to support adolescent girls in Cameroon, to maintain academic excellence by giving access to reproductive health education and hygiene products.

Our Vision

To create communities in which all girls in Cameroon experience safety and academically thrive in a system that upholds values for reproductive health education as part of human rights.

The Milestones in 2015

2015 was a year of bold steps for us as we were able to accomplish some of the objectives that we had set out for our organisation Girls Excel. Following a meeting in July 2015 by members of the board, we agreed to legally register the organisation, create a bank account in the name of the organisation and organise a launching activity on the 11th of October 2015 to launch Girls Excel in the Kedjom Kentiguh, North West Region of Cameroon. So far, we were able to accomplish the following;

- Applied and received a legal registration from the government of Cameroon recognising Girls Excel as a legal association which is apolitical, non-religious and non-profit making organisation supporting girls and young women in rural communities in Cameroon on the 23rd of September 2015.
- We successfully organised a one day educational activity with students at Government School Kedjom Ketinguh in the North West region of Cameroon to commemorate the Day of the Girl child which on the 11th of October 2015. The event which was organised in partnership with two other organisations called Educate A Child in Africa (ECA) and Leaders of Tomorrow International (LOTI) brought together over 150 young people in this community to discuss some of the pressing issues affecting the lives of



girls and limiting their potential to excel. Using the approach of an essay competition, various issues were raised such as poverty, early marriage, teenage pregnancy and lack of access to sexual and reproductive health education. At the end of the event, three winners were selected amongst which two girls and a boy who received different prizes for their critical thinking and ability to accurately capture some of the issues affecting girls in their community. Together with the support of the other partner organisations, Girls Excel donated books to start a library in the school accessible to all girls and boys in the school.

- Still within this year, Girls Excel entered into a partnership with W4- a Paris based women's right crowdfunding organisation to fundraise and start a social enterprise which will teach women and girls in rural communities to make eco-friendly reusable sanitary pads both for personal and commercial purposes.

The year 2016 in Retrospect

The year 2016 began with the continuation of our crowd funding campaign to produce affordable, reusable, eco-friendly sanitary pads #ExcelPads in partnership with Women's Worldwide Web (W4). The ongoing [fundraising campaign](#) which has raised \$1,100 is going to be used to train rural women in the production of #ExcelPads as a source of income generating activity.

In celebration of the 31st edition of the International women's day



commemorated under the theme 'Pledge for Parity', Girls Excel organized a one day educational activity with 45 girls from two schools in Limbe, South West region of Cameroon. Thanks to the support of the principals and

teachers of the Cameroon Baptist Main and Classical schools, New Town Limbe, we had fruitful discussions with the girls (8-11 years old) on the importance of education for girls, how to develop self-esteem and menstrual and body hygiene management and early marriage.

We also participated at the Women's Day event organised on the 10th of March 2016 by the US Embassy in Yaoundé, Cameroon.

In view of the World Menstruation Day on the 28th of May 2016, Girls Excel launched a new project called 'Donate a Pad and Keep a Girl in School' to create access to sanitary towels for girls in rural communities in Cameroon. The first phase of the project was implemented in Mabeta Fishing Station-Limbe, and the second phase took place on the 19th of August 2016 in Tole village, South West Region of Cameroon. So far, 100 girls have been supported through project and in 2017, we hope to support more girls access sanitary kits. This project will not have been possible without the support of organizations like W4, FEMPods, Reach Out Cameroon, and individuals both in Cameroon and beyond. For more information about the wonderful people who supported us, please visit our [Facebook page](#) .



Throughout the year, we made use of different opportunities to empower our members through seminars, conferences and training courses. In July 2016, Ms Taku Ronaldine, one of our volunteers represented Girls Excel at the Digital Participation Camp (DPC) in Munster, Germany. The Digital Participation camp is a global conference that connects young digital change makers from Africa, Europe, Middle East and Asia in order to identify the trends, strategies, and challenges involved in youth participation via social media.

In August 2016, our Managing Director Konda Delphine was invited to speak on #MenstrualHygieneManagement during the 2016 #D'Girls Initiative empowerment program organised by RUWDEC in Buea. Two of our members Magha Diana and Taku Ronadine represented Girls Excel at the Women in Leadership Summit which took place at Pullman hotel, Douala on the 8th of December 2016. The event was organized by Adeline Sede K, CEO of FABAFrique Magazine. All of these events created opportunities for us to network while also empowering our members.

Our work equally received some media attention and different articles were published online about us which you can read via the following links:

- <https://www.yourcommonwealth.org/social-development/health-safety-wellbeing/discussing-menstruation-remains-a-taboo/>
- <http://girlrising.com/blog/delphine-cameroon/>
- <https://girlsexcel.org/2016/09/22/without-sanitary-towels-girls-cannot-go-to-school/>

In view of the World Menstruation Day on the 28th of May 2016, Girls Excel launched a new project called 'Donate a Pad and Keep a Girl in School' to create access to sanitary towels for girls in rural communities in Cameroon. The first phase of the project was implemented in Mabeta Fishing Station-Limbe, and the second phase took place on the 19th of August 2016 in Tole village, South West Region of Cameroon. So far, 100 girls have been supported through project and in 2017, we hope to support more girls access sanitary kits. This project will not have been possible without the support of organizations like W4, FEMPads, Reach Out Cameroon, and individuals both



in Cameroon and beyond. For more information about the wonderful people who supported us, please visit our [Facebook page](#) .

We also had wonderful partnership opportunities with **ORGANIZATIONS** and **INDIVIDUALS** whose incredible support made it possible for us to do our work in 2016. While thanking you all again, we continue to reassure you of our commitment to this cause. Thanks for supporting us and we look forward to more collaboration in 2017.

[MENSTRUAL HYGIENE DAY 2016 IN CAMEROON](#)

PROJECT INTRODUCTION

The 28th of May is commemorated every year as Menstrual Hygiene Day. This is a global initiative of WASH United that serves as a neutral platform for bringing together individuals, organizations, social businesses and the media to create a

united and strong voice for women and girls around the world helping to break the silence around menstruation.

To commemorate the 2016 edition, Girls Excel launched a new project entitled **'Donate a pad & keep a girl in school'** to create access to sanitary towels for girls in rural communities/refugee camps, promote reproductive health education and engage policy makers by advocating for better menstrual health policy in Cameroon. The first phase of the project was implemented in Mabeta Fishing Station-Limbe, South West Region of Cameroon on the 27th of May 2016 under the theme ***'Menstruation Matters to everyone, everywhere!'***

PROJECT OBJECTIVES

The main objective of this event was to raise awareness on the issue of menstrual hygiene management as a taboo topic and a barrier to girl's education in rural communities in Cameroon. Specifically, the event addressed the followings;

- It created a platform for girls to share their experiences, challenges and perspectives on menstrual hygiene management in rural communities.
- It provided information through presentations from reproductive health and women's right experts in Cameroon on related topics such as menstrual health, importance of girl's education, teenage pregnancy, HIV/AIDS etc.
- The delivery of 250 packets of sanitary pads to 50 girls in Mabeta Fishing Station.

FIELD VISITS AND MOBILISATION PRIOR TO EVENT

Prior to the event on May 27th, 2016, Girls Excel team has carried out different field activities to ensure the successful implementation of the project.

- 3 field visits were conducted to Mabeta community to discuss with the traditional, administrative and school authorities. It was resolved that the project will be implemented at Government Secondary School and Government Primary School Mabeta. Aside from the general lack of menstrual hygiene information amongst adolescent girls in this community, teenage pregnancy is very common amongst the girls. According to reports from the Principal of the school, just within the 2015/2016 academic year, 11 girls in form 1 alone dropped out of school due to teenage pregnancy.
- Our team also obtained a formal letter of authorization from the Mayor of Limbe III council under whose jurisdiction, this project was being implemented.

- Girls Excel also launched a social media campaign which fundraised 480 packets of sanitary pads out of the 500 packets requested. 250 packets of pads (5 packets per girl) were distributed to girls in Mabeta.

EVENT PARTICIPANTS

Present at the event were five volunteers from Girls Excel, representatives of Build our Women Yaoundé (BOW), representatives from Educate a Child in Africa (ECA), the Principal and 05 teachers of Government Secondary School Mabeta, the head teacher of Government Primary School Mabeta, 35 girls from GSS Mabeta, the head teacher and 15 girls from GS Mabeta as well as male students in the school.

FACILITATION AND PRESENTATION

Ms. Arrah Blessing of Educate a Child in Africa (ECA) welcomed all the participants and guests to the event. This was followed by a prayer session by Mrs. Limunga Florence, the head teacher of GS Mabeta. She equally coordinated the singing of the National Anthem by the participants.

Ms. Konda Delphine introduced the “Donate a pad and keep a girl in school” project which aims to promote the education of girls by creating access to sanitary pads and reproductive health education. She encouraged the girls to remain attentive and participate in the activities.

She also highlighted the significance of the menstrual hygiene day celebrated on the 28th of May every year. She took the opportunity to talk about some of the challenges affecting girls in Mabeta rural communities causing girls to increasingly drop out of school such as teenage pregnancy, lack of access to sanitary pads, lack of reproductive health education, early forced marriages etc. According to her this event is a first step towards addressing these challenges in Mabeta and other rural communities in Cameroon.

Ronaldine Taku, a volunteer with Girls Excel did the first presentation entitled 'The Importance of girls' education'. Her presentation centered on the benefits of education as a tool for economic, social and cultural empowerment for girls and communities. She engaged the girls in opening up about some of the challenges keeping them out of the classroom. She emphasized the importance of education for girls in building self-esteem, fight violence, avoid early marriages, unwanted pregnancies and transform them into change agents within and beyond their communities.

The project Coordinator Ms Ruth Meoto was very practical in her presentation on 'Body Hygiene'. She illustrated to the girls with samples how to take care of their under wears and keep their bodies clean and healthy at all times.

Ms. Konda Delphine came back on stage to present on the most important topic of the day: 'Menstruation and early pregnancy'. Using local examples, she explained to

the girls how to manage their bodies during their menses and how to dispose different types of sanitary pads after use. Her presentation focused on challenges and consequences of poor menstrual hygiene management.

The fourth presentation came from Marlene and Michele from Build our Women, Girls Excel partner in Yaoundé. Their presentation focused on the menstrual cycle and how young girls can be taught to understand their bodies using the #Mebracelet. This is a bracelet which shows the average menstrual cycle of a girl which is 28 days and how to count the different stages of their periods using this bracelet such as: menstruation, pre ovulation, post ovulation etc. Through their guidance, every participant made their own #Mebracelet including the male teachers and guests

Another session entitled 'Words from a big sister' was facilitated by Ms Magha Diana from Girls Excel who motivated the girls using her own experiences and encouraged them to stay focused in school. Emphasis was made on the current situation in the community where older fisher men prey on these teenage girls luring them with gifts of money (as little as 500 CFA). This situation has become rampant in the community resulting in high rates of teenage pregnancy, risky abortions, early and forced marriages. Consequently, the school attendance rate of girls has dropped tremendously. Ms Magha reminded the participants of the objectives of Girls Excel in starting a vibrant community-led back to school campaign in the months ahead.

A vote of thanks came from the Principle of GSS Mabeta who applauded Girls Excel for being the first organization that has ventured into this community to work with the girls in this school. Ms. Arrah encouraged participants to “Say No and Act Right” when it comes to sexual advances from boys and men in the community. This was followed by the delivery of sanitary pads coordinated by Mr Asaah Gideon of Educate a Child in Africa (ECA). The program ended with group pictures and the departure of the Girls Excel team back to Limbe.

APPENDIX

TABLE I: LIST OF DONORS

NO	NAME OF DONOR	DONATIONS	
		IN PADS	IN CASH
1	Ms Najat Rochdi		50,000 CFA
2	Ms Monique Kwancho	3 packets (28 per pack)	
3	Ms Mallah Tabot		20,000 CFA
4	Ms Sandra Atem		36
5	Ms Arrey Echi		12
6	Mr Eugene Nforngwa		10.000 CFA

7	Mr Arrey Elvis	56	
9	Ms Nsoshavi Beri		5.000 CFA
10	Ms Yaje Ngala		25.000 CFA
11	Mr Emmanuel Ngeh		2.000 CFA
12	Ms Taku Ronaldine		10.000 CFA
13	Anonymous		5.000 CFA
14	Anonymous		2.000 CFA
15	Mr Esuma Mathias		15.000 CFA
16	Mr Malcom Patten		15.000 CFA
17	Ms Adeline Sede K		20,000 CFA
18	Ovamba		17,665 CFA
	Total		181, 665

TABLE II: PROJECT BUDGET AND EXPENDITURE

NO	ITEM	QUANTITY NEEDED	UNIT COST	TOTAL COST
BRANDING AND VISIBILITY				
1	Sanitary Pads	250 packets	600	Donated
2	Banner	1	20.000	20.000
3	Package bags	50	100	5.000
4	Ribbons (Pink and Purple)	2	2.000	4.000
5	T-shirts	10	2000	20.000
	Phone Calls	-	-	10000
LIGHT REFRESHMENT				
	Fish Pie	50	100	5.000
	Drinks	24	7.000	7.000
	Disposable plates	1 pack	3.500	3.500



	F r i e d Groundnuts	1	3.000	3.000
	Doughnuts	1	3.000	3.000
	Hand Napkins	1	1	1.000
EDUCATION AL MATERIALS				
	Flip Charts	10	250	2.500
	Ball Markers	3	250	750
	Cello tape	1	5.00	5.00
	Printing and photocopies		-	5.800
	Transportation (Hire)	15 people	50.000	50.000
	Office stamp	1	4.000	4.000
	GRAND TOTAL	145,050 CFA		



INVESTING IN FUTURE GENERATIONS, EMPOWERING THE YOUTH TODAY

28/09/2017

Dear Madam/Sir,

LETTER OF ENDORSEMENT FOR GIRLS EXCEL MEMBERSHIP APPLICATION

I am writing on behalf of Youth Advocate Ghana to recommend Girls Excel lead by Ms Delphine Konda from Cameroon to become a member of the International Falcon Movement-Socialist Educational International (IFM-SEI).

I have known Ms Delphine Konda since 2012 and I followed her work online especially with the different projects that she implements to empower girls and women in Cameroon and young people at the African Region. In 2014, she visited our organization in Ghana and we discussed at length about the values and principles of IFM-SEI and she greatly encouraged our members to become and remain active within our movement IFM-SEI.

In 2015, when I learned that she and other young Cameroonians had founded Girls Excel to support adolescent girls and young women to access education and tools that will enable them to remain and excel in school, I started following the work of the organization online and I have been impressed with the work that they do so far.

I believe that the admission of this organization Girls Excel into the IFM-SEI is going to add value to the movement as well as the African Falcon Network. The organization works with girls and young women through the creation of girls-led clubs that promote access to sexual and reproductive health education in different communities in Cameroon using non-formal education tools.

I remain available to you and the IFM-SEI Control Commission for more information about my support of this organization's application into IFM-SEI.

For further enquiries, please do not hesitate to contact us on youthadvocatesghana@gmail.com or info@youthadvocatesghana.org or by phone: +233 206077870.

Thank you.



INVESTING IN FUTURE GENERATIONS, EMPOWERING THE YOUTH TODAY

Yours Faithfully,

Emmanuel Ametepey
Executive Director
Youth Advocates Ghana (YAG).