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## PROJECT PROPOSAL

<b>Organization:</b>	Sustainable Women Organization (SWO)
<b>Address</b>	Cameroon-North West Region. Bamenda, Hospital Roundabout, Last Floor Guzang Cooperative Credit Union
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<b>Project title</b>	Self Sufficiency Project (SSP) on Mentorship and Livelihood support
<b>Project Type</b>	Empowering the young girl and adolescent women in Bamenda through leadership skills, Mental Health and psychosocial support advocacy, GBV prevention and business skills
<b>Project Duration</b>	6 3 months
<b>Project Location</b>	Bamenda, Northwest Region, Cameroon
<b>Beneficiaries</b>	10 already existing girls and young women (aged 15–29) who are already economically empowered
<b>Funding partner</b>	Magic To the World
<b>Total Budget</b>	1,524.50 Euros

### I. PROJECT SUMMARY

The Self-Sufficiency Project (SSP), initiated by the Sustainable Women Organization (SWO) after empowering more than 30 vulnerable girls and young women aged 15–29 for the past years with skills acquisition. Intends to select the already existing adolescent girls and young women who have move from just surviving the crisis to leading successful, independent lives, SWO intends to select 10 girls from the already existing girls she has trained to have business mentorship and coaching sessions with them for a period of 3months, after which they will be supported with 40,000FCFA each, to expand their business, this project is scheduled to start in May, 2026.

The mentorship and coaching sessions will focus on educative talks on mental health and psychosocial support, by teaching the girls how to manage mental stress, depression or trauma, leadership skills, Gender Based Violence that is how to stay safe from violence (GBV) and lastly, sessions that will consist on mentoring the AGYW on business skills, that has to do with pricing, packaging and branding their products so that they too can compete in the competitive markets.

The Purpose of this mentorship and caching program aims to fill the gap where many programs give tools but forget to heal the minds or teach business skills and identity, By the end of the sessions, the 10 girls will be mentored by the SWO Team, so as to ensure lasting change in their lives and community.

## **II. BACKGROUND CONTEXT**

The situation of girls in Bamenda remains very difficult due to ongoing NOSO crisis, according to the UN OCHA (2023), girls in the North West Region of Cameroon are facing much higher rate of trauma and sexual violence than before because of the social political crises. Furthermore, UN Women (2022), noted that major reason women stay in dangerous situations is “economic poverty”, stating that a woman with her own income is a woman with a shield

Sustainable women Organization is sure of the continuation of the self-sufficiency project since they have work closely with the already existing AGYW. And have seen that they have great passion for their businesses, but they do not know how to manage their business nor how to attract better customers or sales. By bringing in this mentorship and coaching session on leadership, mental health/psychosocial support, Business skills and GBV alongside healing story telling sessions, the girls will build resilience and stamina to press on.

### **III. PROBLEM STATEMENT**

In the Northwest Region of Cameroon, particularly in Bamenda, these already existing adolescent girls and young women are currently facing a Dual Crisis that threatens both their safety and their future. First with the ongoing NOSO crisis, has created what international observers called “ A Protection Crisis” where young women are disproportionately exposed to trauma, displacement and GBV ( UN OCHA, 2023) Many of these Adolescent Girls and Young Women (AGYW) carry deep psychological scars that go untreated because mental health resources in remote areas are almost non-existence, as noted by doctors without Borders(MSF 2021), the psychological toll of this conflict includes anxiety, and post-traumatic stress is a major barrier that prevents AGYW from focusing on School or work. Without healing the mind, any attempt at business or education is likely to fail because the person is stalk in survival mode

Secondly there is a serious economic and leadership gap that keeps these girls vulnerable. Even when girls try to start small businesses to survive, they often lack the professional skills to make their work profitable and sustainable due to little knowledge on business Pricing. According to UN Women, (2022), economic dependency is one of the biggest reasons girls remain in abusive environment; because if a girl has little or no money or means she has no shield to protect her from exploitation thus leading to compromises that often lead to mental health issues and GBV in most cases.

In Bamenda, the problem is not that girls aren't working, they are very industrious but their products lack adequate business strategies needed to reach better markets. Currently, Most Aid Programs in Bamenda only provide basic vocational tools but neglect the “leadership skills that allows a business to grow and be known

This project will be addressing these problems for the 10 AGYW. Due to the fact these girls are resilient but are hindered by unaddressed trauma, depression, lack of business and leadership skills. Thus, if we do not intervene with an integrated approach that combines mental health healing with professional business and leadership, these girls will remain trapped in the cycle of poverty, uncertainty and risk. But by solving the mental health crises first, and the business skills second, while advocating against GBV will serve as a sustainable exit from vulnerability and a path way to true leadership and economic independence.

### **IV. PROJECT JUSTIFICATION**

This project goes beyond the usual NGO help, most groups give out food, equipment amongst other material but we are investing in Mindset and business identity. We are empowering the selected vulnerable girls on leadership, business skills, and mental health. Equally, we are not just having a program to leave the girls after some time but a mentorship and coaching session every

month that will inspire the girls to actually work hard to excel in their various domain of businesses in the society.

## **V. PROJECT OBJECTIVES**

### **Main Objective**

To create a sustainable pathway to economic independence and psychological wellbeing for the vulnerable through self-sufficiency project for AGYW in Bamenda, enabling them to lead professionalized business and safer lives.

### **Specific Objectives**

- i. To provide 10 girls with practical tools to handle trauma and stay safe from Gender Based Violence (GBV) by the end of the workshop.
- ii. To empower 10 girls on leadership skills, business skills and expand their businesses.
- iii. To monitor, trained and coach the girls to ensure they grow their businesses while staying on track.

## **VI. PROJECT OUTCOMES**

- i. At least 85% of the trained girls will be able identify GBV risks and know exactly where to go for help.
- ii. Participants will successfully acquire leadership and business skills needed to grow their already existing businesses.
- iii. Participants exhibit improved understanding of GBV types, causes, and preventive measures, contributing to peer education and community-level awareness.
- iv. Participants knowledge on mental health and psychosocial support coping mechanisms to reduce stress, depression or trauma will be enhanced.
- v. 10 girls will be awarded financial support in the form of kits to expand their businesses.

## **VII. PROJECT IMPLEMENTATION PLAN (MAY 2026)**

The self sufficiency project with the selected adolescent girls and young women will run for a period of 3months, taking into consideration the following plan of implementation.

<b>Day</b>	<b>Activity</b>	<b>What will be done</b>	<b>Person's responsible</b>
<b>May</b>	<b>Preparation &amp; Planning</b>	<ul style="list-style-type: none"> <li>• Community mobilization on the workshop</li> <li>• Recruitment and selection of 10 existing vulnerable girls and young women</li> </ul>	SWO Team
	Healing Hearts	<ul style="list-style-type: none"> <li>• Educative talks on Mental Health, trauma, depression, stress</li> <li>• Story telling</li> <li>• Menstrual Hygiene management</li> </ul>	SWO team
	Safety First	<ul style="list-style-type: none"> <li>• Educative talks on GBV, causes, forms, effects prevention, and Girls Right</li> </ul>	SWO team
	Leadership and business skills	<ul style="list-style-type: none"> <li>• Skills training on product pricing, selection and marketing</li> </ul>	SWO Team
<b>Follow up</b>	Mentorship and coaching	<ul style="list-style-type: none"> <li>• Twice monthly</li> </ul>	SWO Team

## VIII. PROJECT BUDGET

<b>COST CATEGORY</b>	<b>DESCRIPTION</b>	<b>QUANTITY</b>	<b>UNIT PRICE</b>	<b>AMOUNT</b>
Human resource	SWO team			200000
Food and Refreshment	10 selected AGYW	10	3000	30000
Hall rental	For mentorship programs	9	15000	135000
Visibility Materials	T Shirts	10	3500	35000
	Roll up	1	32500	32500
Training kits	Pens	10	200	2000
	Block notes	10	1500	15000
	Flip charts and sticky notes	10	5000	50000
Financial support	10 AGYW after 3 months mentorship session	10	40000	400000
Administration	Communication, Printing, Office stationaries			175500
<b>TOTAL</b>				<b>1075000</b>