

ACTION FOR NATURAL MEDICINE CAMEROON

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A CORDIAL INVITATION to attend a Training seminar in Natural Medicine 2023

anamed (Action for Natural Medicine, see www.anamed.net) invites development workers, missionaries, doctors, nurses, scientists etc to attend our training seminar in Natural Medicine, as long as places are available.

Date: Sunday evening **July 16th**, to Saturday evening **July 22nd**, 2023

Language: Only English with summaries in French.

Venue: Garden for Education and Healing situated below “HotSpot” or after End of Tar GRA Bamenda Station in the Orphanage at Achichem Quarter with a possibility of visiting **the Cistercian Abbey Mbengwi Monastery** By car: Taxi can leave Bamenda to the Monastery on special arrangement. By Airplane: Do not arrive in the night, on less you want to have a night in a hotel in Douala ! Change some money in Douala Airport. Take a taxi from there to Bonaberi Bus station (from Douala Airport to the Monastery it may cost you around 25 to 30 Euro), Take a bus driving the direction to Bamenda.

Tutors: Rev. Samuel Ngnitedem, Rev. Sr. Ann Emmanuel Dinla, Rev. Fr. Joseph Tangka and others.

This is just to say that we from anamed are very happy to meet you soon! We are very busy in preparing, and there are some important matters that we want to communicate with you:

- Your arrival should be on Sunday afternoon so that we really can start on Monday morning after breakfast. Participants arriving later than Monday morning will not get any certificate.
- The certificates will be given on Saturday night after supper. So if you leave earlier, you will not get any certificate. This is to ensure that you got all the important knowledge! If you live nearby, you may leave afterwards; otherwise enjoy with us the Sunday breakfast.
- These fees cover the teaching, books, posters, materials needed, food and accommodation. If you want to buy additional copies for your NGO, you are welcome to do so on a good price, as long as they are available.
- Bed sheets are available, if you need a mosquito net please bring your own.
- Any translations during the course will be done by the participants themselves! For expatriates there may be a possibility of a little sightseeing afterwards, at an additional cost.

Registration: Please write or phone to Rev. Samuel

Fee for the seminar: The fee for African people or expatriates living in Africa is 250 Euro, or equivalent in USD, or in CFA 165.000. The exchange rate is the one used in the Guesthouse or people in charge of (see Rev. Samuel)!

For people travelling from Europe the price is 500 Euro. This is an all-inclusive price, and includes food, accommodation, books, some seeds, posters and all seminar materials. Transport costs and any insurance required remains the responsibility of the participant. If participants require more books and posters for their project, they are available for sale at a reduced price during the seminar.

Payment of the fee: The fee must be paid one month before arrival. No cheques can be accepted. If you sponsor a participant, please pay the fee in advance onto our account, please write us. The following are important aspects of our seminars:

1. Our emphasis on working at the grass-roots, encouraging and supporting local people in developing and extending the skills they already have.
2. We encourage traditional healers and formal health workers such as doctors and nurses to work together. We help them to recognise the positive contribution that each makes, and encourage them to work out practical ways in which they can cooperate.
3. By introducing *Artemisia annua*, enabling healers, pastors, missionaries and health workers to become much more independent and successful in their treatment of malaria.
4. After the seminar, participants will be able to treat Malaria effectively with medicinal plants, in particular with *Artemisia annua*. Each participant will be given seeds and be taught how to grow this delicate but extremely valuable plant. Furthermore, participants will be able to recognise at least 20 other medicinal plants, to produce different soaps, different medicinal oils and ointments, black stones for snake-bites and to use and construct a solar oven, etc
5. It is important that all participants have a commitment both to practising what they learn and to teaching others, for example by conducting a similar seminar in Natural Medicine themselves, at least for a weekend.
6. It must be made clear to all prospective participants that they receive no fees for their attendance.
7. Transport costs must be met by the participants, their employer or sponsor.
8. All participants will work together in practical work and in establishing a garden. They must bring suitable clothes with them for such activities.
9. Participants must attend for the entire programme; to come only on some days is not acceptable.
10. Those participants who are Christians should bring with them a Bible. (Every day starts with an ecumenical devotion, participation in that is voluntary.)
11. All participants should bring plant material of five medicinal plants from their region. For more information, please visit our web-site www.anamed.net

We look forward to hearing from you! With best wishes, Yours sincerely, Rev. Samuel Ngnitedem and Rev. Sr. Ann Emmanuel Dinla.