

## **DISCOVER CAMEROON**

Cameroon is a country in Central and West Africa region. It is bordered by Nigeria to the west, Chad to the Northeast, the Central African Republic to the East; the Republic of Congo, Equatorial Guinea and Gabon to the South. Cameroon coastline lies on the Bight of Bonny, part of the Gulf of Guinea and the Atlantic Ocean.

For a quarter of a century following independence, **Cameroon** was one of the most prosperous countries in [Africa](#). The drop in commodity prices for its principal [exports](#) — [petroleum](#), [cocoa](#), [coffee](#), and [cotton](#) — in the mid-1980s, combined with an overvalued [currency](#) and economic mismanagement, led to a decade-long [recession](#). Real per capita [GDP](#) fell by more than 60% from 1986 to 1994. The current account and fiscal [deficits](#) widened, and [foreign debt](#) grew. Yet because of its [oil reserves](#) and favorable agricultural conditions, Cameroon still has one of the best-endowed primary commodity economies in [sub-Saharan Africa](#).

[French](#) and [English](#) are the official languages. **The country is often referred to as “Africa in Miniature”** for its geological and cultural diversity. Cameroon is member of both [la Francophonie](#) and the [Commonwealth of Nations](#). German and Spanish are also spoken, and taught at school.

## **A - EXISTING COOPERATION WITH LATVIA**

So far, there are only very few Latvian companies that have a Representative office in Cameroon or that have some contacts with Cameroonian firms.

**NPK Expert Latvia for chemical fertilizers supply(since 2009):** Representative Office in Cameroon. Minimum 20,000 MT delivered via Cameroon to Tchad Republic. Figure: approx 15 million euros. Some other contracts are currently pending for approx 15 million euros. From his Cameroon Representative Office, the company got contract in Senegal in 2010 ( 2 million euros), in Burundi in 2011, Rwanda(2012), Burkina Faso in 2016(2.5 million euros; Senegal in 2016 ( 3 millions euros). Etc...

**Saf Tehnika for the development of telecommunication , ITT equipments supply(since 2015):** two offices are now opened(from January 2016) in Douala and Yaounde. We hope to get important contracts with Cameroon Government with the backing of Latvia Government.

**RIGAS DZIRNAVNIKS (since 2015):** we continue to promote their products( wheat flour). We hope to get the first purchasing contract very soon.

**GMT BEAUTY ltd (since 2015):** We have just opened a beauty shop and will start to purchase their products by end of January 2016.

**SIA BANGA ltd Company Canned fish (since 2015):** We continue to promote the canned fish produced by Banga company. From the 15<sup>th</sup> of February 2016, will open a shop of canned fish in Douala. The first order will go soon.

**Latvian Earthworm Growers Association: Organic fertilizers “COMPOST”(since 2015):** looking for new markets In Cameroon and other countries in Africa .

**LIVANI ECO GROUP LTD (since 2015):** organic fertilizers , Peat substrate, Peat moss. The company is discussing with several companies in Cameroon.

**ECO ZEME LTD (since 2015):** (Organic Fertilizers). In discussion with several companies in Cameroon.

**Larifans Ltd: pharmaceutical products (since 2015):** Looking for cooperation, Larifansis in contact with few companies in Cameroon operating in the same fields.

Companies and Industries in Latvia are looking for new cooperation, new markets. I sell the image of Latvia in Cameroon and in other sub Saharan African countries. But what am doing is not enough. To promote Latvia export efficiently, Latvian officials support is necessary . For illustration, after giving control of the terminal of the newly constructed Kribi deep sea port to the French consortium, Groupe Bolloré, President Biya has awarded a contract to one of the consortium's communication agency, Havas Worldwide, to sell the image of Cameroon internationally and attract foreign investors. Biya received the Executive President of the Agency, Stéphane Fouks at the Unity Palace for a tete a tete wich lasted about 1h30 minutes. Fouks told reporters shortly after the audience that he and President Biya discussed communication strategies that would bolster Cameroon's economic development and its financial market. He also revealed that his communication Agency has been hired to boost the profitability of Cameroon economic potentials through international promotion machanisms.

Such an action requires a lot of means. The Agency is not doing that for free. My worry is that people in Latvia are expecting results without any effort, and for free. The only thing am asking is the backing of Latvia authorities. Cooperation between both the Government of Latvia and the Government of Cameroon can facilitate and boost cooperation between Latvian industries and companies with Cameroon Government, and Cameroon private sector.

As a consequence, We cannot focus on the current existing cooperation issue. Nothing was really done so far to expect a better results. There is a lot that still has to be done . Huge contracts are awarded by the Cameroon Government to foreign industries or companies, thank to the backing of the officials of their countries. Even with the presence of their embassies in Cameroon, so called big countries send every weeks special envoys to meet the Head of State or the Prime Minister of Cameroon for seeking contracts on the behalf of their companies and industries.

Therefore, a cooperation between Cameroon and Latvia Governments can enable Latvian companies to get some important contracts in Cameroon.

Cameroon is rare stability in the region, a diversified economy wich stands tall in the face of dropping prices of raw materials and petrol, a youthful and educated population, a dynamic and good internal consumption. Cameroon is a stable country with strong government institutions, it is an investment risk worth taking as its economy demonstrates: a low debt rate, quality labour and social and political stability, not to mention the wealth of raw materials it possesses in Agriculture mining and Energy.

The potential of Cameroon is huge. There are so many official delegations from France, Germany, China, Korea, Turkish, USA, United Kingdom that are sent to Cameroon every weeks to negotiate contracts.

## B- EXISTING POTENTIALS

### Cameroon Economic Outlook

Cameroon is rare stability in the region, a diversified economy which stands tall in the face of dropping prices of raw materials and petrol, a youthful and educated population, a dynamic and good internal consumption. Cameroon is a stable country with strong government institutions, it is an investment risk worth taking as its economy demonstrates: a low debt rate, quality labour and social and political stability, not to mention the wealth of raw materials it possesses in Agriculture mining and Energy.

Growth remained strong in 2014 at 5.3%, but remained below the 6% average growth target set in the 2010-20 Growth and Employment Strategy Paper (2010-2020 GESP), which aims to incorporate Cameroon into the group of emerging countries by 2035. Cameroon's economy has been resilient in the face of security and humanitarian crises at the northern borders with Nigeria and the eastern borders with the Central African Republic (CAR) and despite stagnant economies in the OECD countries and a slowdown in growth among the emerging economies. Cameroon growth was driven by the secondary sector and the larger supply aimed at developing value chains in agriculture and developing the construction sector and the supply of energy.



[Douala](#), the economic capital of Cameroon

**Currency**     [CFA Franc \(XAF\)](#)

**Fiscal year**     Calendar year

**Trade organisations**     [AU](#), [WTO](#)

#### Statistics

**[GDP](#)**     \$ 72 Billion (PPP)  
(2015 est.)

	\$32.162 Billion (Nominal) (2015 est.) Rank: 90th (2011)
<b>GDP growth</b>	5.9% (2015 est.)
<b>GDP per capita</b>	\$2,994 (PPP) (2015 est.) \$1,489 (Nominal) (2015 est.)
<b>GDP by sector</b>	<a href="#">agriculture</a> (20.6%), <a href="#">industry</a> (27.3%), <a href="#">services</a> (52.1%) (2013)
<b><u>Inflation (CPI)</u></b>	2.6% (2015)
<b>Population</b>	
below <b><u>poverty</u></b>	37.5% (2000)
<b><u>line</u></b>	
<b>Labour force</b>	8.094 million (2011)
<b>Labour force by</b>	<a href="#">agriculture</a> (70%),
<b>occupation</b>	<a href="#">industry</a> and <a href="#">commerce</a> (13%), other (17%)
<b>Unemployment</b>	22% (2001)
<b>Main industries</b>	<a href="#">petroleum</a> production and <a href="#">refining</a> , <a href="#">aluminium</a> production, <a href="#">food</a> processing, light consumer goods, <a href="#">textiles</a> , <a href="#">lumber</a> , <a href="#">ship</a> repair
<b><u>Ease-of-doing-</u></b>	
<b><u>business rank</u></b>	168th (2014)

#### External

<b>Exports</b>	\$5.361 billion (2011) <a href="#">crude oil</a> and <a href="#">petroleum products</a> ,
<b>Export goods</b>	<a href="#">lumber</a> , <a href="#">cocoa</a> , beans, <a href="#">aluminium</a> , <a href="#">coffee</a> , <a href="#">cotton</a> , iron ore
<b>Main export</b>	 <a href="#">China</a> 14.8%
<b>partners</b>	 <a href="#">Netherlands</a> 9.5%
	 <a href="#">Spain</a> 8.8%
	 <a href="#">India</a> 8.4%
	 <a href="#">Portugal</a> 7.9%
	 <a href="#">Italy</a> 5.9%
	 <a href="#">United States</a>
<b>Imports</b>	5.3% (2012 est.) \$5.901 billion (2011)
<b>Import goods</b>	<a href="#">machinery</a> , <a href="#">electrical</a> equipment, <a href="#">transport</a>

	equipment, <a href="#">fuel</a> , <a href="#">food</a>
	 <a href="#">China</a> 18.9%
	 <a href="#">France</a> 15.0%
	 <a href="#">Nigeria</a> 12.1%
<b>Main import partners</b>	 <a href="#">Belgium</a> 5.2%
	 <a href="#">United States</a>
	4.4%
	 <a href="#">India</a> 4.2% (2012 est.)

#### Public finances

<b>Public debt</b>	16.2% of <a href="#">GDP</a> (2011)
<b>Revenues</b>	2.493bn 2004)
<b>Expenses</b>	\$2.248bn (2004)
<b>Economic aid</b>	The Paris Club agreed to reduce Cameroon's debt of \$1.3 billion by \$900 million, debt relief now totals \$1.26 billion (2001)
	B (Domestic)
	B (Foreign)
<b>Credit rating</b>	BBB- (T&C Assessment) ( <a href="#">Standard &amp; Poor's</a> )

## CURRENT PROJECTS

- **Kribi deep sea port projet (649,432,000 EUROS)**
- **Railway Project (200,678,526 euros)**
- **Road to Congo project ( 120,434,000 euros)**
- **Mungo Bridge project ( 40 million euros)**
- **Road linking Tchad & Nigeria project ( 110 million euros)**
- **Mballam Iron Ore Project (8,7 Billion USD)**
- **Government Emergency Plan project (1,5 billion euros): - Agriculture sector** (Agricultural and regional development component: agropoles, hygro-agricultural areas, agro Industries); - **Healthcare sector**; - **Urban Infrastrure** (roads); - **Urban sub-component** (housing unit); - **Animal Industries**; - **Energy Sector project**; - **road Network** (20 roads); - **Security Component** (construction of Security Stations in border area.)
- **Telecommunication:** Cameroon Telecommunication company to extend fibre optic network. The cost of the project is 63 million euros. The Cameroon fibre optic network is to be extend to Congo Republic, Central African Republic and Nigeria.

Like some many other big firms from other countries, Latvian companies and also government of Latvia can cooperate with Cameroon Government for the implementation of the above mentioned projects.

The Latvian government's industrial economic policy is to strengthen the economy, further improving the country's performance internationally. Cameroon can benefit from Latvia high technology sector, high level resource pool experienced in both technology and customer management. And key sector where Latvia has unique selling propositions for both the investors and the customers based on the following competitive advantages:

- **Metalworking, machinery, and electronics:** very competitive
- **Woodworking:** advanced woodworking
- **IT, including Global Business Services:** the most competitive labour force in Europe
- **Transportation and Logistics:** among leaders in Europe
- **Green Technology:** 2<sup>nd</sup> across Europe for the consumption of renewable energy sources
- **Life Sciences:** skilled, competitive workforce
- **Healthcare**
- **Food Processing:**

## FURTHER INFORMATIONS

### **Macro-economic trend**

#### **FDI Inflows:**

**2011:** US\$ 652 million; **2012:** US\$ 526 million; **2013:** US\$ 572 million

#### **FDI outflows**

**2011:** US\$ 187 million; **2012:** US\$ 284 million; **2013:** UD\$ 135 million



**Republic of Cameroon**  
*République du Cameroun*



[Flag](#)



[Coat of arms](#)

"Paix – Travail – Patrie" ([French](#))

"Peace – Work – Fatherland"

**Anthem:**

[Ô Cameroun, Berceau de nos Ancêtres](#) (French)



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**Religion**

[Christianity](#)

**[Demonym](#)**

[Cameroonian](#)

**[Government](#)**

[Dominant-party presidential](#)

- [republic](#)
- [President](#) [Paul Biya](#)
- [Prime Minister](#) [Philémon Yang](#)
- [Legislature](#) [National Assembly](#)

**Independence** from France

- Declared 1 January 1960
- Annexation of former [British Cameroons](#) 1 October 1961

**Area**

- Total 475,442 km<sup>2</sup> ([54th](#))  
183,569 sq mi
- Water (%) 0.57

**Population**

- July 2013 estimate 22,534,532 ([56th](#))
- 2005 census 17,463,836
- Density 39.7/km<sup>2</sup> ([167th](#))  
102,8/sq mi  
2014 estimate

- **Time zone** [WAT \(UTC+1\)](#)
- Summer ([DST](#)) not observed ([UTC+1](#))
- **Drives on the** Right
- **Calling code** [+237](#)
- **ISO 3166 code** [CM](#)
- **Internet TLD** [.cm](#)



Paul Biya : President of the Republic.

# Education and health

[Education in Cameroon](#) and [Health in Cameroon](#)

School children in Cameroon.

In 2010, the [literacy](#) rate of Cameroon was estimated to be 71.3% (male 78.3% and female 64.8%) Most children have access to state-run schools that are cheaper than private and religious facilities. The educational system is a mixture of British and French precedents with most instruction in English or French.

Cameroon has one of the highest school attendance rates in Africa. Girls attend school less regularly than boys do because of cultural attitudes, domestic duties, .

# Geography

[Geography of Cameroon](#)



[Volcanic plugs](#) dot the landscape near [Rhumsiki](#), Far North Region.

At 475,442 square kilometres (183,569 sq mi), Cameroon is the world's 53rd-largest country. It is slightly larger than the nation of [Sweden](#) and comparable in size to [Papua New Guinea](#). The country is located in [Central](#) and West Africa on the [Bight of Bonny](#), part of the [Gulf of Guinea](#) and the Atlantic Ocean. Cameroon lies between latitudes [1°](#) and [13°N](#), and longitudes [8°](#) and [17°E](#).

Tourist literature describes Cameroon as "Africa in miniature" because it exhibits all major climates and vegetation of the continent: coast, desert, mountains, rainforest, and savanna. The country's neighbours are Nigeria to the west; [Chad](#) to the northeast; the [Central African Republic](#) to the east; and [Equatorial Guinea](#), Gabon and the [Republic of the Congo](#) to the south.<sup>[1]</sup>



Elephants in [Waza National Park](#).

Cameroon is divided into five major geographic zones distinguished by dominant physical, climatic, and vegetative features. The coastal plain extends 15 to 150 kilometres (9 to 93 mi) inland from the Gulf of Guinea and has an average elevation of 90 metres (295 ft).

Exceedingly hot and humid with a short [dry season](#), this belt is densely forested and includes some of the [wettest places](#) on earth, part of the [Cross-Sanaga-Bioko coastal forests](#).

The [South Cameroon Plateau](#) rises from the coastal plain to an average elevation of 650 metres (2,133 ft). Equatorial rainforest dominates this region, although its alternation between [wet](#) and dry seasons makes it less humid than the coast. This area is part of the [Atlantic Equatorial coastal forests ecoregion](#).



Countryside near [Ngaoundal](#) in Cameroon's [Adamawa Region](#).

An irregular chain of mountains, hills, and plateaus known as the [Cameroon range](#) extends from [Mount Cameroon](#) on the coast—Cameroon's highest point at 4,095 metres (13,435 ft)—almost to [Lake Chad](#) at Cameroon's northern border at 13°05'N. This region has a mild climate, particularly on the [Western High Plateau](#), although rainfall is high. Its soils are among Cameroon's most fertile, especially around volcanic Mount Cameroon. Volcanism here has created [crater lakes](#). On 21 August 1986, one of these, [Lake Nyos](#), belched carbon dioxide and killed between 1,700 and 2,000 people. This area has been delineated by the [World Wildlife Fund](#) as the [Cameroonian Highlands forests](#) ecoregion.

The southern plateau rises northward to the grassy, rugged [Adamawa Plateau](#). This feature stretches from the western mountain area and forms a barrier between the country's north and south. Its average elevation is 1,100 metres (3,609 ft) and its average temperature ranges from 22 °C (71.6 °F) to 25 °C (77 °F) with high rainfall between April and October peaking in July and August. The [northern lowland region](#) extends from the edge of the Adamawa to Lake Chad with an average elevation of 300 to 350 metres (984 to 1,148 ft). Its characteristic

vegetation is savanna scrub and grass. This is an arid region with sparse rainfall and high median temperatures.

Cameroon has four patterns of drainage. In the south, the principal rivers are the [Ntem](#), [Nyong](#), [Sanaga](#), and Wouri. These flow southwestward or westward directly into the Gulf of Guinea. The [Dja](#) and [Kadéï](#) drain southeastward into the [Congo River](#). In northern Cameroon, the [Bénoué River](#) runs north and west and empties into the [Niger](#). The [Logone](#) flows northward into Lake Chad, which Cameroon shares with three neighbouring countries.



[Douala](#), the economic capital of Cameroon



A touristic area in [Limbe](#)



[Yaoundé](#) Sport palace

### Largest cities or towns in Cameroon

[GeoNames](#)

Rank	<a href="#">Name</a>	<a href="#">Region</a>	Pop.
1	<a href="#">Douala</a>	<a href="#">Littoral</a>	1 338 082
2	<a href="#">Yaoundé</a>	<a href="#">Centre</a>	1 299 369
3	<a href="#">Garoua</a>	<a href="#">North</a>	436 899
4	<a href="#">Kousséri</a>	<a href="#">Far North</a>	435 547
5	<a href="#">Bamenda</a>	<a href="#">Northwest</a>	393 835
6	<a href="#">Maroua</a>	<a href="#">Far North</a>	319 941
7	<a href="#">Bafoussam</a>	<a href="#">West</a>	290 768
8	<a href="#">Mokolo</a>	<a href="#">Far North</a>	275 239



[Douala](#)



[Yaoundé](#)

9	<a href="#">Ngaoundéré</a>	<a href="#">Adamawa</a>	231 357
10	<a href="#">Bertoua</a>	<a href="#">East</a>	218 111

## Languages

The European languages introduced during colonialism have created a linguistic divide between the population who live in the Northwest and Southwest regions and the French-speaking remainder of the country. Both English and French are official languages, although French is by far the most understood language.

German, the language of the original colonisers, has long since been displaced by French and English. [Cameroonian Pidgin English](#) is the lingua franca in the formerly British-administered territories. A mixture of English, French, and Pidgin called [FrancAnglais](#) has been gaining popularity in urban centres since the mid-1970s.

## Religion

Main article: [Religion in Cameroon](#)

<a href="#">Religion in Cameroon</a> ( <a href="#">Pew Research</a> )		
Religion		percent
<a href="#">Catholic</a>		40%
<a href="#">Protestant</a>		30%
<a href="#">Muslim</a>		18%
<a href="#">None</a>		6%
<a href="#">Folk</a>		3%
<a href="#">Other</a>		3%

# Culture

## Music and dance

: [Culture of Cameroon](#)

Further information: [Music of Cameroon](#) and [Public holidays in Cameroon](#)



Dancers greet visitors to the East Region.

[Music](#) and [dance](#) are an integral part of Cameroonian ceremonies, festivals, social gatherings, and storytelling. Traditional dances are highly choreographed and separate men and women or forbid participation by one sex altogether. The goals of dances range from pure entertainment to religious devotion. Traditionally, music is transmitted orally. In a typical performance, a chorus of singers echoes a soloist.

Musical accompaniment may be as simple as clapping hands and stomping feet, but traditional instruments include bells worn by dancers, clappers, drums and [talking drums](#), flutes, horns, rattles, scrapers, stringed instruments, whistles, and xylophones; the exact combination varies with ethnic group and region. Some performers sing complete songs by themselves, accompanied by a harplike instrument.

Popular music styles include [ambasse bey](#) of the coast, [assiko](#) of the Bassa, [mangambeu](#) of the [Bangangte](#), and [tsamassi](#) of the Bamileke. [Nigerian music](#) has influenced Anglophone Cameroonian performers, and [Prince Nico Mbarga's](#) [highlife](#) hit "[Sweet Mother](#)" is the top-selling African record in history.

The two most popular styles of music are [makossa](#) and [bikutsi](#). Makossa developed in Douala and mixes folk music, highlife, [soul](#), and [Congo music](#). Performers such as [Manu Dibango](#), [Francis Bebey](#), [Moni Bilé](#), and [Petit-Pays](#) popularised the style worldwide in the 1970s and 1980s. Bikutsi originated as war music among the Ewondo. Artists such as [Anne-Marie Nzié](#) developed it into a popular dance music beginning in the 1940s, and performers such as [Mama Ohandja](#) and [Les Têtes Brulées](#) popularised it internationally during the 1960s, 1970s, and 1980s.

## Cuisine

### [Cuisine of Cameroon](#)



A woman weaves a basket near [Lake Ossa](#), Littoral Region. Cameroonians practice such handicrafts throughout the country.

[Cuisine](#) varies by region, but a large, one-course, evening meal is common throughout the country. A typical dish is based on cocoyams, [maize](#), [cassava](#) (manioc), [millet](#), [plantains](#), [potatoes](#), [rice](#), or [yams](#), often pounded into dough-like [fufu](#) (*cous-cous*). This is served with a sauce, soup, or stew made from greens, [groundnuts](#), [palm oil](#), or other ingredients. Meat and fish are popular but expensive additions. Dishes are often quite hot, spiced with salt, red pepper, and [Maggi](#).

Water, [palm wine](#), and [millet beer](#) are the traditional mealtime drinks, although beer, soda, and wine have gained popularity. Silverware is common, but food is traditionally manipulated with the right hand. Breakfast consists of leftovers of bread and fruit with [coffee](#) or [tea](#), generally breakfast is made from wheat flour various different foods such as puff-puff (doughnuts), accra banana made from [bananas](#) and flour, bean cakes and many more. Snacks are popular, especially in larger towns where they may be bought from [street vendors](#).

### Local arts and crafts

Traditional arts and crafts are practiced throughout the country for commercial, decorative, and religious purposes. Woodcarvings and sculptures are especially common. The high-quality clay of the western highlands is suitable for pottery and ceramics. Other crafts include [basket weaving](#), beadworking, brass and bronze working, calabash carving and painting, embroidery, and leather working. Traditional housing styles make use of locally available materials and vary from temporary wood-and-leaf shelters of nomadic [Mbororo](#) to the rectangular mud-and-thatch homes of southern peoples. Dwellings made from materials such as cement and tin are increasingly common. [Contemporary art](#) is mainly promoted by independent cultural organizations ([Doual'art](#), [Africréa](#)) and [artist-run initiatives](#) ([Art Wash](#), [Atelier Viking](#), [ArtBakery](#))

## Literature

### [Cameroonian Literature](#)



Cameroonian literature has concentrated on both European and African themes. Colonial-era writers such as [Louis-Marie Pouka](#) and [Sankie Maimo](#) were educated by European missionary societies and advocated [assimilation](#) into European culture as the means to bring Cameroon into the modern world. After [World War II](#), writers such as [Mongo Beti](#) and [Ferdinand Oyono](#) analysed and criticised colonialism and rejected assimilation.

## Film

Shortly after independence, filmmakers such as [Jean-Paul Ngassa](#) and [Thérèse Sita-Bella](#) explored similar themes. In the 1960s, Mongo Beti and other writers explored post-colonialism, problems of African development, and the recovery of African identity. Meanwhile, in the mid-1970s, filmmakers such as [Jean-Pierre Dikongué Pipa](#) and [Daniel Kamwa](#) dealt with the conflicts between traditional and post-colonial society. Literature and films during the next two decades concentrated more on wholly Cameroonian themes.

## Sports

National policy strongly advocates sport in all forms. Traditional sports include canoe racing and wrestling, and several hundred runners participate in the 40 km (25 mi) [Mount Cameroon Race of Hope](#) each year. Cameroon is one of the few tropical countries to have [competed](#) in the [Winter Olympics](#). [Sport in Cameroon](#) is dominated by association football (soccer). Amateur football clubs abound, organised along ethnic lines or under corporate sponsors. The [Cameroon national football team](#) has been one of the most successful in Africa since its strong showing in the [1990 FIFA World Cup](#). Cameroon has won four [African Cup of Nations](#) titles and the gold medal at the [2000 Olympics](#).