

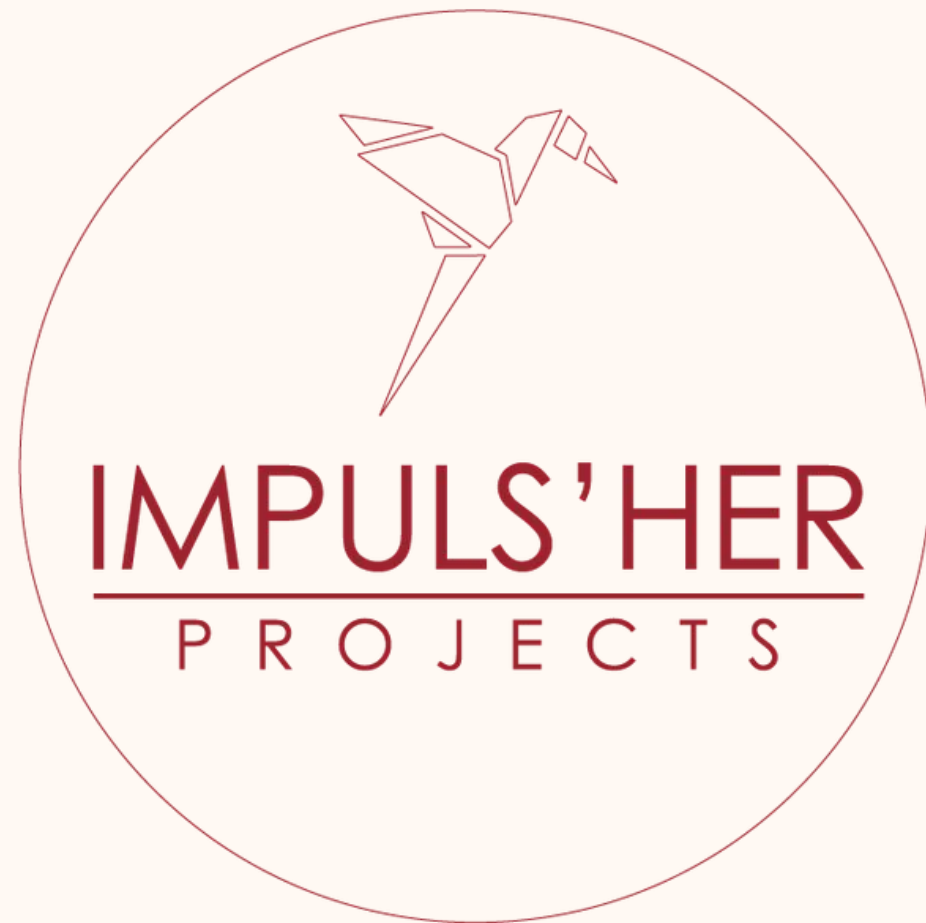


# Impuls'her: Projects-Girls' Entrepreneurship Programme

**Cameroon**



# Overview



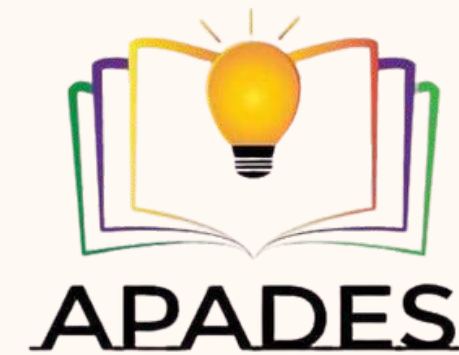
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# Who are we?



Created in 2016 as an extension of LifeTime Projects France, LifeTime Projects Cameroon is an organization that promotes and organizes international solidarity projects, training programs, and volunteer internships.

Our activities focus primarily on women's empowerment and emancipation. Moreover, we are involved in the field of childhood and education. Thus, we partner with several orphanages in Yaoundé, where it conducts art therapy projects.



As part of this project, we are now collaborating with APADES (Association for the Promotion of Literacy and Social Development). Created in 2017, this association specializes in social development, literacy, both traditional and functional, as well as in strengthening socio-economic actors.

Its main mission is to identify and implement solutions adapted to the needs in education, training, and support for the socio-professional integration of vulnerable populations.



# The Project

In Cameroon, many young girls from precarious families or conflict zones end up in youth welfare centres. At the age of 18, the law forces them to leave these facilities, often without any support or professional project, exposing them to increased risks of marginalisation or a return to vulnerable situations. Our project, in partnership with APADES, aims to support 15 young women towards socio-professional independence. Thanks to training in micro-entrepreneurship, practical workshops and personalised psychosocial support, these women will be able to build a sustainable and fulfilling life project.

# Why support us ?

By supporting this initiative, your organisation is making a direct contribution to several Sustainable Development Goals (SDGs), including the fight against poverty, gender equality, good health and well-being and the reduction of inequalities. Companies can align their CSR (Corporate Social Responsibility) policy with a concrete impact by supporting the empowerment of young women and community development in Cameroon.



# Corporate Sustainability Standards - *Why* ?



## Stakeholder Relationships

Fostering transparency and collaboration.



## Competitive Advantage

Being socially responsible helps differentiate your brand in the market.



## Risk Management

Reduce your exposure to legal, operational, and reputational risks



## Reputation

Enhances your company's image as a responsible and ethical organization.

# Corporate Sustainability Standards - *How* ?



## Human Rights

Our action upholds the principles of non-discrimination and women's rights.



## Community development

The program facilitates job creation, contributing to long-term community prosperity.



## Operating Practices

Collaboration with local NGOs ensures responsible stakeholder engagement.



## Labour Practices

Through vocational training, participants gain the tools for sustainable, freely chosen employment.

# The Challenges

1

## **Empower economically vulnerable young women**

Women living in welfare centres often face major barriers to employment. The challenge is to equip them with concrete, relevant micro-entrepreneurship skills that can truly support their journey toward financial independence.

2

## **Address social and psychological barriers to integration**

Beyond training, many participants struggle with trauma, low self-confidence, and emotional instability. The programme must provide tailored psychosocial support to help them rebuild their lives holistically.

3

## **Tackle structural inequalities and promote gender equity**

Reducing inequalities—whether economic, social, or gender-based—requires an integrated, multi-dimensional approach. The challenge is to create long-term impact that improves health, well-being, equality, and inclusion for all.

# Our Solution



'Impuls'Her' is a social and professional integration programme.

Designed for young women currently living in welfare centres, it includes theoretical and practical courses on micro-entrepreneurship.

In addition, individualised social and psychological support is provided for each participant. These actions improve participants' incomes (SDGs 1 and 8), promote gender equality (SDG 5), strengthen health and well-being (SDG 3) and reduce inequalities (SDG 10).

# SDGs in our Solution



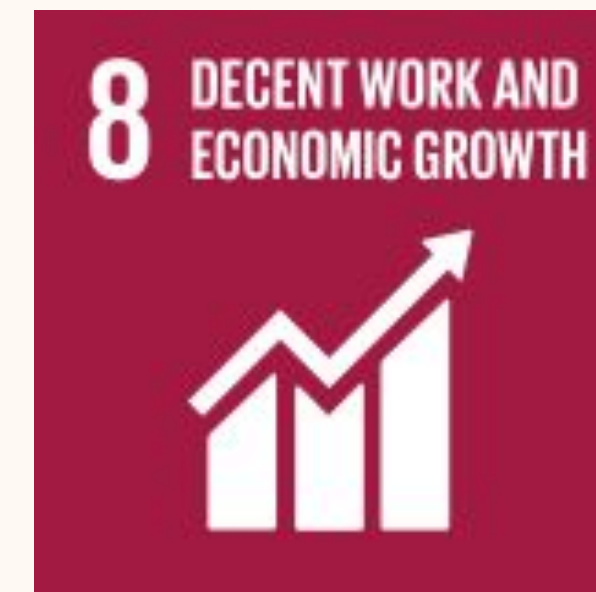
By increasing women's incomes through entrepreneurship training.



Through psychosocial support and health awareness.



Empowering young women and challenging structural inequality.



By preparing participants for employment or self-employment.



Supporting the inclusion of marginalized young women in society.

# Our Impact

In the long term, Impuls'Her will enable women to set up **micro-enterprises** or access **better-paid jobs**, acquire and pass on **skills**, boost their confidence and change gender norms, and foster **local development**. In short, over and above the immediate improvement in the living conditions of the **15 participants**, this project will help to build a fairer, more resilient and more prosperous Cameroonian society, in which **women play an active and recognised role** in the economic, social and cultural development of their country.



**15 young women** benefiting from a social and professional integration programme

Includes theoretical and practical courses on micro-entrepreneurship

→ play an **active and recognised role in the economic, social and cultural development of their country.**



# Donations

**20€** - Fund classroom equipment for a young woman

**50€** - Fund the transport of teachers for one week of classes

**150€** - Help in creation appropriate training materials

**300€** - Fund 3 months of psychological coaching

**500€** - Help 1 girls finance her life project

**1000€** - Help 2 girls finance their life projects



# Curious about our projects ?

France



Colombia



Tanzania



**Help students in Strasbourg.**  
**Fight against school**  
**dropouts in middle school.**

**Save the Mangroves,**  
**Protect Life: Take Action**  
**for Colombia's Caribbean**  
**Coast!**

**Empowering Futures:**  
**Building a Sustainable**  
**Vocational High**  
**School in Sarame.**



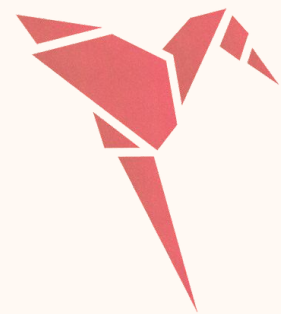
**And much more on our website !**



# Join us !

1 donation = 1 fresh start.

By contributing to this project, you're not just providing training: you're promoting the autonomy, dignity and sustainable future of an entire community.



## Our website

<https://lifetime-projects.com/>



## For donations

<https://www.globalgiving.org/projects/impulsher-projects-micro-entrepreneurial-program/>



## Our contact

[association@lifetime-projects.com](mailto:association@lifetime-projects.com)

+33 (0)7 81 35 68 67