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PLEASE CONSIDER DONATING TO EFA IN ORDER TO:

- Sponsor an HIV-positive individual
- Sponsor a group's training or income-generating activity
- Sponsor a group in the *Youth Empowerment Network*

For more information, to make a donation, or to volunteer, please visit the EFA website:

WWW.EFAINTERNATIONAL.ORG



FROM OUR FAMILY TO YOURS

Share with family and friends how education is the best recipe to fight AIDS.

POULET D-G: "BIG-BOSS CHICKEN"

A favorite Cameroonian dish among *les grands types* of Cameroon is *Poulet Directeur Général*: poulet (chicken) for *le Directeur Général* (the big boss). This recipe has been perfected among volunteers who crave a taste of Africa.

INGREDIENTS

- | | |
|---|--|
| - 1 chicken, cut into pieces | - 1 garlic clove, minced |
| - 1/4 cup vegetable oil | - 2 carrots, chopped |
| - Salt and crushed red pepper piment to taste | - Haricots verts, ends trimmed (optional) |
| - 1 Maggi® cube (or other bouillon) | - 2-3 sweet bell peppers, chopped |
| - 1 inch piece of fresh ginger root (peeled and minced) | - 1 onion, chopped |
| - Fresh herbs of your choice (parsley, celery leaf, etc.) | - 2 tomatoes, diced |
| | - 6-8 ripe plantains (peeled, sliced 1/4 inch thick, and fried in vegetable oil) |

INSTRUCTIONS

Heat oil in a large pot. Add onions and fry until translucent. Add chicken and fry over high heat until lightly browned.

Add all remaining ingredients, except the tomatoes and plantains. Reduce heat. Do not cover.

Simmer, stirring regularly, until chicken is done and liquid partly evaporated, leaving some sauce. Add warm water by the 1/4 cup if the pot becomes dry before the chicken is done.

Prepare and fry the plantains while the chicken mixture is cooking. Layer plantains with paper towels to absorb excess oil and set aside.

Add tomatoes, and simmer for a few minutes more. Mix fried plantains with chicken mixture and serve to your loved ones with a nice cold beer or juice.

Bon appetit-o!



EDUCATION
FIGHTS
AIDS



EFA
International

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Education Fights AIDS (EFA) International is a 501(c)(3) non-profit organization that was officially incorporated in May 2006 by returned Peace Corps Volunteers to support African youth infected with or affected by HIV/AIDS.

OUR MISSION:

TO **PROMOTE** THE
SUCCESSFUL
FUTURE
OF **AFRICAN**
CHILDREN AND
YOUTH
INFECTED WITH OR **AFFECTED**
BY **HIV/AIDS**
THROUGH **EDUCATION**
AND **EMPOWERMENT**

EFA implements a community-based, holistic approach to HIV/AIDS prevention, care and support in Africa through its **Youth Empowerment Network**. Staff from the regional office work with groups of youth infected with or affected by HIV to organize them into associations in their communities before connecting them to a peer network that spans the entire Grand North of Cameroon. EFA provides each association with access to information and employment opportunities, while training the members on good governance and financial management. Experienced members of older associations are recruited as trainers for newer groups, providing short-term employment opportunities to members. EFA also encourages groups to take advantage of partnerships with each other to maximize economic opportunity and increase solidarity.



OUR IMPACT IS BEST SHARED THROUGH THE WORDS OF OUR BENEFICIARIES:

"Before, I cried and cried. But now, I am able to participate in the trainings about HIV and I am comforted. My spirit has been renewed. I can discuss with the other members, we can share ideas and I can have trust in them. I am happy to be a member in the association. I have chosen to be a Peer Educator in order to help my brothers and sisters. I do not want them to have to worry the way I did."

Doumtegaï Guibai

AJEPSMO (Youth Association) Member since 2005

"The [youth] association and the ARVs [anti-retroviral drugs] changed me. I am somebody again. Before, I constantly just thought about death and dying. But now, I am useful! I work at the health center during vaccination campaigns. I even make a little bit of money for the work! I am useful for the community. It is also good to be a member of the association in order to meet people who have the same problems as me. We can come together and search for solutions to our problems together. We support each other."

Moumine Aljadji Tar

AWALLA (Youth Association) Member since 2008

EDUCATION FIGHTS AIDS

OUR MAIN GOALS ARE AS FOLLOWS:

To improve the psychosocial development, health literacy, professional capacity, and financial autonomy of African youth who are infected and/or affected by HIV/AIDS by:

- Providing educational and employment opportunities;
- Building core leadership values and community; and
- Promoting the value of "living positively" with HIV/AIDS while reducing stigma;

To contribute to the healthy development of African children who are infected and/or affected by HIV/AIDS by:

- Improving access to comprehensive health services;
- Offering educational opportunities; and
- Developing employment opportunities for families and caretakers;

To inform and engage communities around the world about HIV/AIDS in Africa.

EFA'S GEOGRAPHICAL LOCATION:

EFA is based in the USA and operates a regional office in Maroua, Cameroon. EFA's primary project is the **Youth Empowerment Network** in northern Cameroon.