

# NKONGSAMBA CAMEROON



2023

加入網絡年份

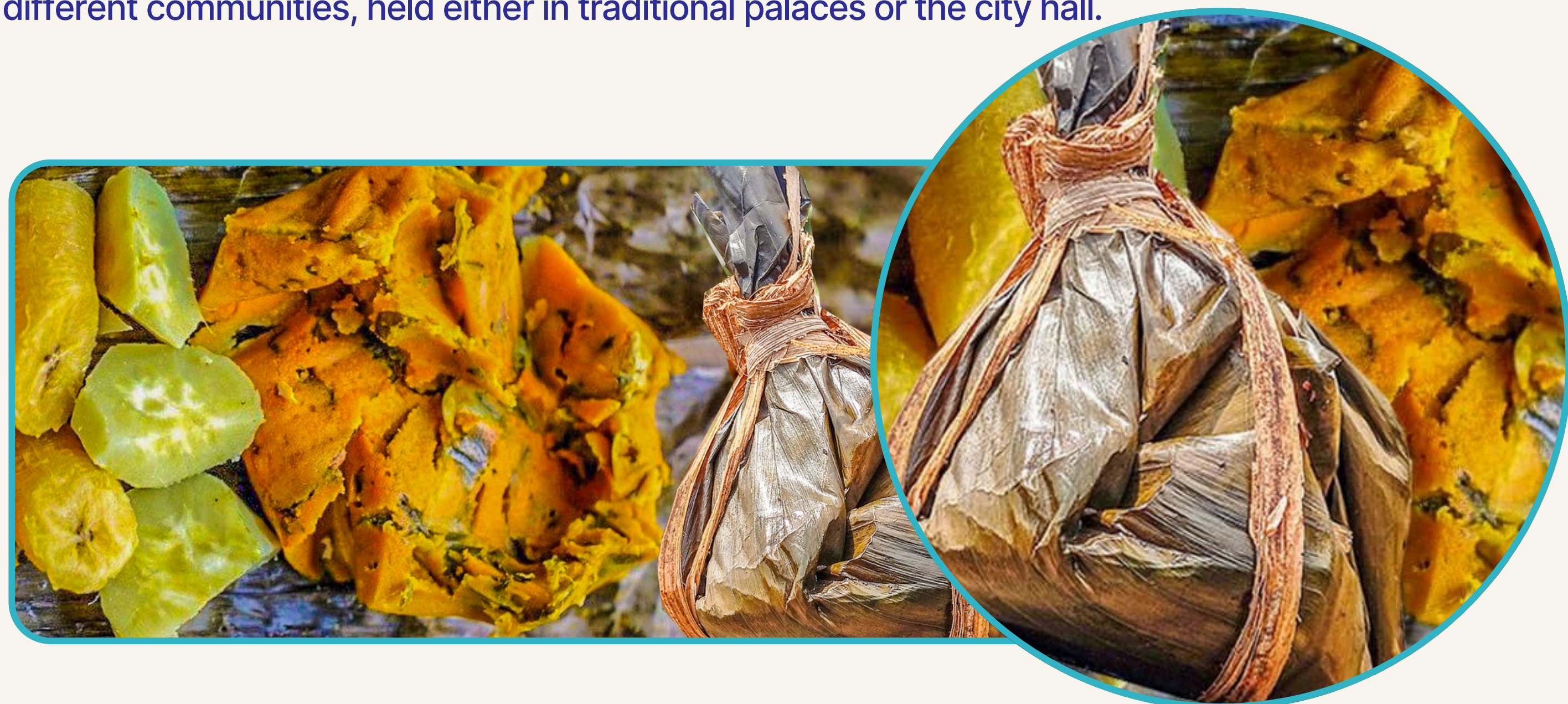
YEAR OF DESIGNATION

喀麥隆  
恩康桑巴

## 城市介紹 | INTRODUCTION OF THE CITY

Thanks to the prosperity and diversity of its agricultural activities, Nkongsamba was once Cameroon's third-largest city, and for the last sixty years, coffee growing has been the mainstay of the local economy. Today, with the development of specialised training and agropastoral capacity-building centres, people have access to high-productivity technologies and the outcomes of extensive research. This has led to the emergence of modern livestock farming and subsistence agriculture on hydromorphic soils, which are generally very rich and favourable for cultivating vegetables. The town's industrial sector currently consists of coffee hulling factories and small-scale agro-industries dedicated to processing finished products from plants, fruits, and livestock.

Nkongsamba is a cosmopolitan town with 270,480 inhabitants, including the Baneka people, who are the indigenous population, along with 36 other communities representing the four cultural areas of Cameroon. All these communities coexist harmoniously, fostering intercultural dialogue and social cohesion. This cultural intermingling is evident in the celebration of various traditional festivals by different communities, held either in traditional palaces or the city hall.





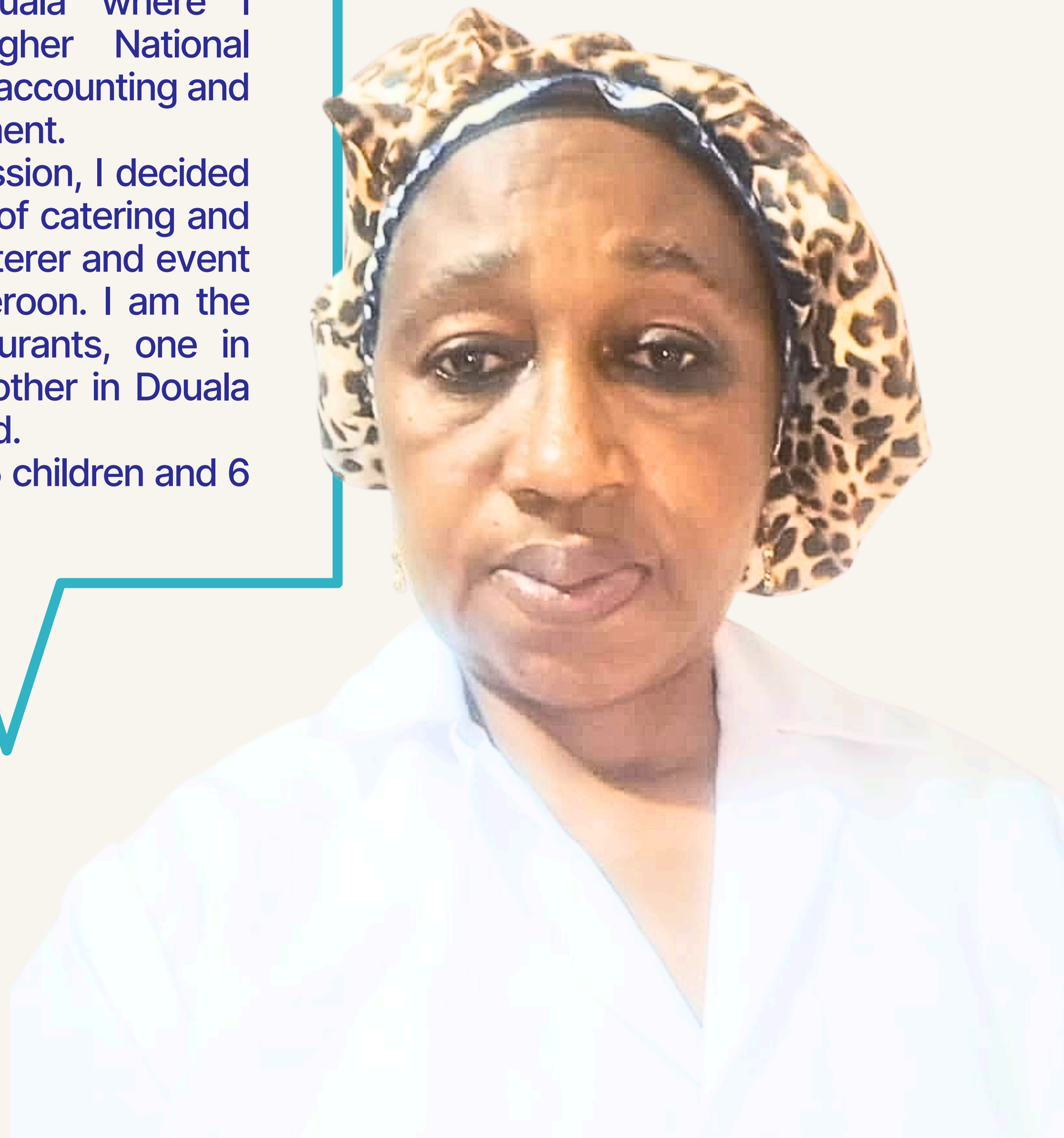
# Pejuenkaindam Adija Njibameb epse Yaya

I am Pejuenkaindam Adija Njibameb epse Yaya, born on 09 August 1964 in Yaoundé - Cameroon. From primary school to the GCE, I continued at the University of Douala where I obtained the Higher National Diploma in 1998 in accounting and business management.

In 2008, out of passion, I decided to enter the world of catering and decoration as a caterer and event decorator in Cameroon. I am the owner of 2 restaurants, one in Dschang and the other in Douala named bamboulant.

I am married with 5 children and 6 grandchildren.

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## 菜品 | DISHES



# Ndolé

Ndolé is rooted in the Sawa cultures, particularly the Duala people, who live in the Littoral coastal region of Cameroon. Considered Cameroon's official 'national dish', Ndolé is a source of pride for the Cameroonians. It illustrates the richness and diversity of their gastronomy. Ndolé, the emblematic dish of Cameroon, is much more than a simple culinary recipe: it embodies a rich cultural heritage and a strong national identity.

Koki, also known as corn cake, is a traditional dish emblematic of Cameroon, rich in history and cultural significance.

Koki originated in the Littoral and South-West regions of Cameroon, and since 21st February 2021, it has been listed as one of the 111 elements of the national intangible cultural heritage by Cameroon's Ministry of Arts and Culture.

Historically, Koki was prepared for special occasions and ceremonies, including weddings, christenings and other community celebrations.



# Koki