



Your Water and
Sanitation Partner

ANNUAL REPORT

2024



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Message from the CEO

Three years have passed since we embarked on this journey, and while time has marched on, our vision remains steadfast: to create a world where everyone, without distinction, has reliable access to safe drinking water and secure sanitation. This year, thanks to the unwavering dedication of our team, RDWB impacted nearly 1,000 lives across vulnerable communities in Cameroon. While that number is meaningful, it's more than just a figure, it represents real people, with improved living conditions and enhanced wellbeing.

In 2024, RDWB expanded its focus from water access to include sanitation, with special emphasis on latrine design and construction, as well as menstrual health and hygiene. This evolution is more than strategic—it's a heartfelt step closer to our mission. More than a mission, it's a calling: to inspire, heal, and uplift the communities we serve, particularly women and young girls.

One of our MHH (Menstrual Health & Hygiene) beneficiaries, Sah Siona, shared a deeply personal story that reminds us why this work matters:

"It was more than training—it was healing, I once had an unexpected period while writing a public exam. The invigilator gave me permission to go and clean myself but I couldn't just get up and walk out, I needed something to cover up myself. So, I begged a fellow student to help me with their pullover. I thought that as a woman, she would empathise with me. To my despair, she refused. I have never understood why, that moment was so traumatising for me. Today, I feel better after sharing this and also listening to facilitators."

Stories like Siona's show that our work transcends logistics—it fosters dignity, emotional safety, and trust.

In the year ahead, RDWB will redouble our efforts to reach more girls like Siona, helping them manage their periods with safety, dignity, and confidence. We remain unwavering in our commitment to delivering accessible and affordable water and sanitation solutions for all communities we serve.

NGANG Christian F.
c.E.O , RDWB



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69 People
trained on HWTS



19 people trained
in LDC



Over 410 Young girls
and boys impacted
by the MHH project



Over 115
Menstruation First
Aid kits distributed

OUR RESULTS: 2024 In figures

This year, RDWB organised 05 WASH trainings on;

- Household Water Treatment and Safe Storage (HWTS)
- Latrine Design and Construction (LDC)
- Menstrual Health and Hygiene (MHH)

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SPREADING WATER KNOWLEDGE: CONTRIBUTING TO IMPROVED HEALTH AND WELL BEING IN CAMEROON'S VULNERABLE COMMUNITIES

In 2024, Research and Development Without Borders (RDWB), in collaboration with CAWST, conducted a powerful series of workshops on Water, Sanitation, and Hygiene (WASH) in Cameroon. These sessions weren't just about teaching techniques—they were about changing lives, one household at a time. Designed to empower participants with practical skills in Household Water Treatment and Safe Storage (HWTS), the workshops aimed to ensure clean, safe drinking water for families and communities who need it most.

A total of 60 people attended four transformative workshops, representing a diverse mix of organisations: the Association of NGOs, students from the Environmental Engineering Department of the National Advanced School of Public Works (ENSTP), and the Women in Agriculture Hub.



HWTS workshop with
Women in Agriculture
Hub

Workshops were strategically held in multiple locations to ensure accessibility and inclusion:

- A session on "Conservation et Traitement de l'Eau à Domicile (CTED)" took place in Logbaba, Douala, in August.
- In Yaoundé, three workshops focused on HWTS:
 - At ENSTP, June 14–15
 - At the Women in Agriculture Hub (WAIH), July 18–19

At the RDWB Conference Room, August 1–2



HWTS workshop at RDWB conference room



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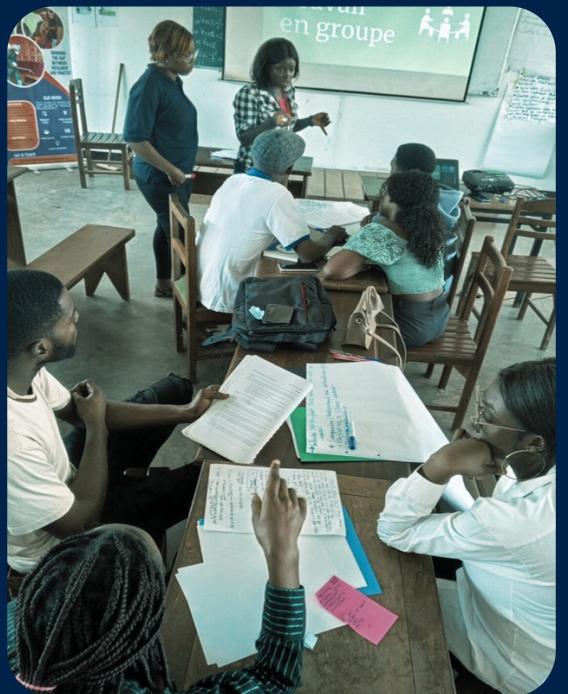
What stood out across all sessions was the participants' enthusiasm and deep engagement. Their questions, shared experiences, and willingness to learn created an electric atmosphere. Facilitators used simple, local materials to illustrate key concepts, ensuring that the knowledge was both practical and relevant. The bilingual approach also bridged language barriers and enabled full comprehension for all.

One participant, Tsapzou Channelle, shared her thoughts:

"It's amazing to know that water-related diseases are not just a result of ignorance, but also of the small things we neglect—bad behaviors toward water use. This workshop was insightful and mind-opening."

Another participant, Joan Ndip, said:

"I now feel empowered to become an agent of change. I'll start with my family, then my community—spreading these affordable techniques for water treatment and safe storage."



HWTS workshop at ENSTP

This is the kind of ripple effect RDWB dreams of—equipping people with knowledge, inspiring change, and ultimately transforming communities. With each workshop, the message became clearer: safe water is not a luxury—it's a right, and we all have a role to play in making it accessible.



"CTED" Session in Logbaba, Douala



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RDWB Leading the Cause for Change on World Water Day

On March 23rd, 24th and 25th, 2024, RDWB hosted a transformative two-day program in honor of World Water Day, bringing together 15 passionate participants for an immersive experience focused on water as a catalyst for innovation and change. Held at the RDWB Office, this event aimed to educate, inspire, and empower individuals especially youth to become advocates for water security and sustainability.

Day 1: Understanding Water's Multifaceted Role in Society

The first day of the program laid the foundation for understanding the vital role water plays in addressing some of the world's most pressing challenges. The session kicked off with an introduction to RDWB and a deep dive into the history and significance of World Water Week. Participants explored how water innovation can be leveraged to combat issues like climate change, gender inequality, and the ongoing challenges in health and education.



HWTS workshop with Women in Agriculture Hub

A highlight of the day was a hands-on presentation of Water, Sanitation, and Hygiene (WASH) tools, demonstrating practical solutions to improve water access and sanitation in underserved communities. Following this, participants engaged in a collaborative group discussion, exploring hypothetical scenarios on the innovative potential of water. The day wrapped up with an interactive quiz and a lively Q\&A session, reinforcing key takeaways from the discussions.

Day 2: Empowering Youth as Agents of Change



HWTS workshop at RDWB conference room



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Day Two of the program was dedicated to a community cleaning project in the Carrefour Simbock neighbourhood. Participants gathered early in the morning, equipped with cleaning tools such as brooms, rakes, gloves, and waste disposal bags. The aim of the activity was to improve the sanitation and general appearance of the area, while also promoting environmental awareness among local residents.



young people taking part in the community cleaning initiative

Day 3:Sensitisation and Clean-up campaign at Lycée Bilingue de Mbalngong

Day Three focused on a Sensitisation and Clean-up Campaign at Lycée Bilingue de Mbalngong, combining both environmental action and educational outreach. The objective of the day was to raise awareness among students and staff about proper waste management, hygiene practices, and the importance of environmental stewardship, while also directly improving the school's surroundings through hands-on cleaning activities.



RDWB staff sensitising students of Lycée de Mbalngong



RDWB Staff and pupils of Lycée Bilingue de Mbalngong Cleaning up the school campus



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HUMANITARIAN AND EMERGENCY RESPONSE: TRAINING OF TRAINERS IN THE CONSTRUCTION OF LOW-COST, RESILIENT LATRINES

Defecation is a call of nature—but where and how we respond matters deeply. In crisis zones where families are displaced and basic infrastructure is lost, the absence of toilets can quickly turn a difficult situation into a deadly one. Open defecation may seem like a short-term solution, but in reality, it creates long-term health risks for entire communities.

Recognising this urgent need, RDWB offered hands-on training in Latrine Design and Construction (LDC) to a diverse group of 19 civil engineers, humanitarian workers, and development professionals. The goal? Equip them with the knowledge and tools to build safe, affordable, and context-appropriate sanitation solutions in emergencies.

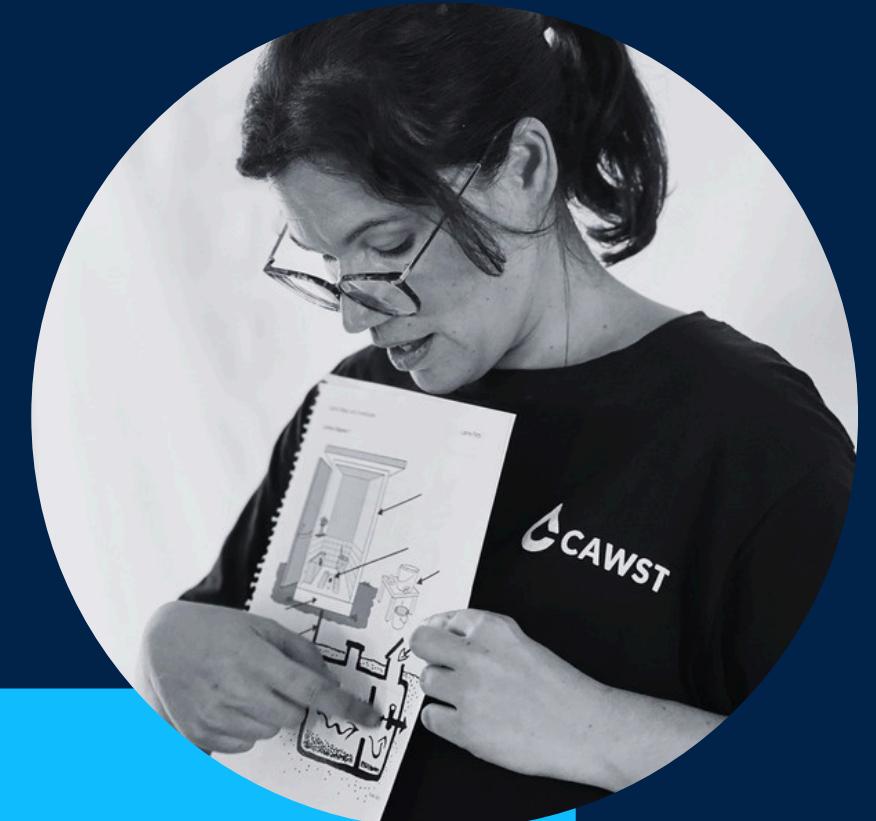
At the heart of the training was a simple truth, powerfully expressed by Catherine Bourgault, Senior WASH Advisor at CAWST and lead facilitator:

"Just like we each choose shoes based on different needs and preferences, the same applies to latrine design—there's no one-size-fits-all."

Catherine BORGIAULT
Senior WASH Advisor,
CAWST



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The training stressed the importance of user-focused, inclusive, and gender-sensitive latrines. Participants were encouraged to consider the diverse needs of women, children, people with disabilities, and the elderly when designing sanitation systems. It wasn't just about engineering—it was about dignity, safety, and equity.

Innovating Latrine Design and Construction in Cameroon

In many parts of Cameroon, collapsed pit walls remain a persistent challenge, particularly in sandy or waterlogged areas. These collapses endanger users and can contaminate nearby water sources. During the training, two innovative and cost-effective solutions were introduced:

Solution 1: Excavate pits in a circular shape to increase wall resistance and reduce the risk of collapse.



LDC participants engaging in a practical session on pit excavation

"The knowledge we have acquired through this training is very relevant to us as professionals and can be very beneficial to the communities we serve. It will be good if we all can jointly implement latrine design and construction projects after this workshop."

Mr. NGALA Emmanuel
LDC Workshop participant





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Solution 2: Construct pit linings, which strengthen the structure and limit groundwater contamination from faecal matter. (add image of pit lining)



constructed pit lining

Beyond Construction: What Happens When Latrines Are Full?

This training didn't stop at building latrines—it also tackled a taboo but essential topic: faecal sludge management. Participants were taught how to:

- Safely empty filled latrines
- Properly treat excreta
- Minimize environmental and health risks

As part of the program, they visited the Faecal Sludge Treatment Plant on the outskirts of Yaounde. Here, they gained insight into the treatment process—from collection to safe processing. But even as this area of sanitation advances, one question remains:



LDC Workshop participants at faecal sludge treatment plant

What should be done with the already treated sludge?



RDWB's approach to LDC is more than technical. It is transformational. By training leaders, innovators, and responders, we're creating a ripple effect—bringing safe, sustainable sanitation solutions to some of Cameroon's most vulnerable communities.



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EMPOWERING GIRLS THROUGH MENSTRUAL HEALTH AND HYGIENE

For many girls, menstruation is not just a biological process—it's a barrier. A barrier to education, dignity, and even self-esteem. In 2024, Research and Development Without Borders (RDWB) launched its Menstrual Health and Hygiene (MHH) campaign with a bold mission: to empower 1,000 internally displaced girls with not only the supplies but also the knowledge they need to manage their periods with dignity and confidence.

This life-changing initiative unfolded in two strategic phases—each designed to educate, uplift, and equip young girls with the tools to thrive, not hide, during menstruation.

Phase 1: Knowledge and Capacity Building

It all began in May 2024, with a series of eye-opening webinars that broke the silence around menstruation and brought global expertise to Cameroon's most vulnerable communities.

- May 20 – “Period Poverty” with Dr. Rebecca Hunter from Uganda
- May 23 – “Proper Hygiene During Menstruation” with WASH specialists Maevia Maegeli (MEDAIR) and Beryl Njeba (WHO)

May 25 – “Factors Affecting Menstrual Flow and Complications of Poor Hygiene” with Dr. Michael Jemba



“It was more than training—it was healing, I once had an unexpected period while writing a public exam. The invigilator gave me permission to go and clean myself but I couldn't just get up and walk out, I needed something to cover up myself. So, I begged a fellow student to help me with their pullover. I thought that as a woman, she would empathise with me. To my despair, she refused. I have never understood why, that moment was so traumatising for me. Today, I feel better after sharing this and also listening to facilitators.”



The session's success was fueled by well-prepared facilitators, a collaborative environment, and the safe space created for vulnerability and learning.



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Phase 2: Community Outreach and Impact

What began in training rooms soon spilled into classrooms—touching the lives of hundreds of students through powerful outreach events.

- **September 25** – *Saint Mark English High School, Mbadomou (Yaounde outskirts)*
- The RDWB team arrived at 3:30 p.m. and joined hands with teachers to mobilize students. A 15-minute educational session sparked lively discussion on hygiene, myths, and managing menstruation with confidence.

Over 150 students and 4 staff were sensitized
50 internally displaced girls received 60 packets of sanitary pads and Menstrual First Aid Kits—each including:

- **2 sanitary pads**
- **Hand sanitizer**
- **Liquid soap**
- **A waste disposal bag**
- **A discreet carrying pouch**



Students of St MARK ENGLISH HIGH SCHOOL who benefited from the MHH project



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November 6 – ASEC Foundation High School, Etoug-Ebe, Yaounde

The energy and openness continued with a 10-minute educational talk that sparked meaningful questions from both male and female students.

- Over 200 students and 6 staff participated
- Another
- 50 displaced girls received essential supplies, including 100 packets of sanitary pads

In both schools, the outreach broke silence, challenged taboos, and created a more period-friendly environment—where boys became allies, and girls felt seen, supported, and safe.



Students of ASEC Foundation HIGH SCHOOL who benefited from the MHH project

The Bigger Picture: What We Achieved Together

By the end of the campaign:

- 35+ young people and 14 professionals were trained on menstrual health and hygiene
- Over 350 students and 10 staff were sensitized across both outreach events
- 100 internally displaced girls received a total of 160 packets of pads and Menstrual First Aid Kits

These are not just numbers—they represent dignity restored, school days saved, and confidence reclaimed.

Through education, advocacy, and practical support, the RDWB MHH Campaign did more than meet a need. It sparked a movement—one that continues to grow, one girl at a time.

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PARTNERSHIPS: TRANSFORMING VULNERABLE COMMUNITY MEMBERS INTO ACTORS IN THEIR OWN DEVELOPMENT

At Research and Development Without Borders (RDWB), we believe in the power of people—and that lasting change is never achieved in isolation. Since our inception in 2022, our vision has been clear: to help create a world where every person, no matter their background or geography, has access to safe drinking water and proper sanitation.

But such a global challenge requires global solidarity. That's why partnerships are at the heart of everything we do.

A Partnership That Transforms: RDWB and CAWST

One of our most transformative alliances has been with CAWST, a globally respected WASH-focused nonprofit based in Calgary, Canada. Since 2023, RDWB and CAWST have worked hand-in-hand to spread water knowledge, enhance sanitation practices, and uplift vulnerable communities across Cameroon—and beyond.

Together, we have trained over 79 individuals in:

- Household Water Treatment and Safe Storage (HWTS)
- Community Water Point Sanitation (CWPS)
- Drinking Water Quality Testing
- Latrine Design and Construction (LDC)

This is only the beginning, our partnership with CAWST has not only offered us technical expertise, financial support, and essential training materials—it has also deepened our commitment to community-driven impact.



RDWB staff certified as HWTS facilitators, 2023

Through this collaboration, we have reached even beyond Cameroon, sharing water knowledge and practical skills with neighboring countries like Ghana, where our trainers—Blessing and Thiophine—recently supported local capacity-building efforts.



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RDWB facilitator, Thiophine, co-facilitating a training on Drinking Water Quality Testing in Ghana



Why Partnerships Matter

The global sanitation crisis is complex. It touches on public health, education, environment, gender equity, and dignity. No single organization, no matter how driven, can tackle it alone. That's why at RDWB, we embrace an open-door policy for collaboration. We welcome partnerships with:

- Government agencies
- International and local NGOs
- Academic institutions
- Community-based organizations

RDWB believe that by working together, we can scale up solutions, share knowledge, and create a ripple effect of impact that no one actor could achieve on their own

From water treatment training in Douala, to school outreaches in Yaoundé, to sanitation innovations in remote communities—RDWB story is not one of charity, but of collaboration. Of trust, of shared vision, and hope.

Because at RDWB, we don't just work for communities—we work with them. And through our partnerships, we're not just providing services. We're building a future where everyone becomes an agent of change in their own story.



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Financial Performance

Expenses This Year

5.000.000 FCFA



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01

With

5,000,000 FCFA

02

and

8
FACILITATORS

03

We have been able to
improve sanitation and
water facilities

for 613 people

Milestones



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STAFF SPOTLIGHT: PEOPLE WHO AMPLIFY THE IMPACT OF OUR WORK

OBI EBAN Ruth

Project Assistant , RDWB

Working with Research and Development Without Borders (RDWB) as a Project Assistant has been a journey of both professional growth and personal fulfillment. Over the years, I have been actively involved in the planning, coordination, and execution of community-driven projects, particularly in Water, Sanitation, and Hygiene (WASH), as well as youth empowerment initiatives. Through these experiences, I have strengthened my skills in project management, stakeholder engagement, and community mobilisation, while learning to adapt strategies to diverse and sometimes challenging field realities.

This role has taught me the value of teamwork, clear communication, and resilience in achieving impact. From drafting project plans and monitoring progress to facilitating training and ensuring accountability, I have learned how small, consistent actions can lead to significant and lasting change. Each project has expanded my understanding of sustainable development and reinforced my commitment to service.

What keeps me going is the transformation I witness in the communities we serve, seeing families gain access to clean water, observing improved hygiene practices take root, and watching young people grow in confidence and skills. These moments of change are not just milestones for RDWB; they are personal reminders that my efforts contribute to building healthier, more empowered, and more resilient communities.



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Our Team

Our diverse team is a force of dynamism, driven by a shared passion for creating positive change. Our strength lies in our close teamwork and relentless collaboration, working with communities and partners to transform innovative ideas into real-world solutions.



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**FENGWI Sandra
LONGLA**
Administrative Assistant



TIRAJAI Yoline B.
Volunteer



Foula MOUME Jacques
Project Assistant



Glory ATAM
Public Relations
Officer



CHENWI Precious
Project Assistant



Jeanne C. Grace
Project
Assistant



Chantal NYUYKIVIDZEM
Communications Officer



NFONGOH THIOPHINE
Lead WASH trainer



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ABOUT US

We are a Cameroonian non-profit on a mission to spark healthier, more sustainable futures—starting from within communities themselves. We believe in local transformation: real change blossoms where people hold the power to act. That's why we partner closely with communities, crafting simple yet powerful solutions to global challenges—like safe drinking water and sanitation, which touch every aspect of daily life.

Our work bridges the gap between impressive ideas and tangible results. We translate scientific knowledge into community-led projects centred around Water, Sanitation, & Hygiene (WASH) and Household Water Treatment & Safe Storage (HWTS). This approach equips people with practical skills and tools to purify water, build cleaner toilets, and adopt healthy hygiene routines, empowering them to safeguard their families' well-being.

We're not just delivering services—we're nurturing community ownership of health and dignity.



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