

本日のゲストスピーカーはカメルーンからの Joan さん。コットンに壺柄プリントの大胆な配色をした民族衣装で登場です。同系の布をヘアアクセントにも使っていました。いかにもアフリカ！！という感じ。先回の Nilmini さんのサリーもそうですが各ゲストスピーカーが自国を日本人の我々にしっかり紹介したい、という強い熱意がそのドレスからも強く伝わって来ます。聞く我々もしっかりと受け止め、その国を充分理解するように頑張りましょう。考えて見れば何と我々は幸せなことか、居ながらにしてこの様な話が毎回聞けるのですから。Joan さんですがカメルーンの本エア大学から京大の薬学部マスターコースで勉学中、4年間のコースですが現在2年経過、民族植物学、薬理学の研究者です。二人のお子さんを持っています。



では早速内容に入りましょう。下の Map をご覧下さい。

彼女は Bafoussam 出身、サッカーの名選手 Geremi も同郷です。なにしろサッカーはカメルーンの国技とも言えるほど盛んで強い国ですから。国の面積は 475t.sqkm, 日本の 5/4, 人口は 1,900 万人弱、The country is called "Africa in miniature" for its geological and cultural diversity. Natural features include beaches, deserts, mountains, rainforests, and savannas.

The largest cities are Douala, Yaoundé,(Capital) and Garoua. Cameroon is home to over 200 different ethnic and linguistic groups. The country is well known for its native styles of music, particularly makossa and bikutsi, and for its successful national football team. English and French are the official languages. Compared to other African countries, Cameroon enjoys relatively high political and social stability. This has permitted the development of agriculture, roads, railways, and large petroleum and timber industries. Nevertheless, large numbers of Cameroonians live in poverty as subsistence farmers.

### 1) Brief History

The earliest inhabitants of Cameroon are the pygmies, hunters and food gatherers living in small groups.

Portuguese sailors reached the coast in 1472.

The early European presence in Cameroon was primarily devoted to coastal trade and the acquisition of slaves.



The northern part of Cameroon was an important part of the Muslim slave trade network. Beginning in 1884, all of present-day Cameroon and parts of several of its neighbours became a German colony

In World War I the British invaded Cameroon from Nigeria in 1914

After the war this colony was partitioned between the United Kingdom and France under a June 28, 1919

French Cameroons achieved independence in 1960 as the Republic of Cameroon.

The following year, the largely Muslim northern two-thirds of British Cameroons voted to join Nigeria.

The largely Christian southern third, Southern Cameroons, voted to join with the Republic of Cameroon.

Ahmadou Ahidjo,( Muslim) a French-educated Fulani, was chosen president of the federation in 1961.

Paul Biya(Christian) became Prime Minister of Cameroon 1975.

An attempted coup d'état occurred in 1984.First civil war attempt for former president.

Africa in miniature は単なる地形的な意味だけではなく、ヨーロッパ諸国の支配、奴隷貿易、隣国との関係、指導者の権力闘争、の面からも庶民は翻弄され続けたのでしょね。宗教は The religious beliefs of Cameroon people concentrate around the native religious rituals and customs followed since ancient times. Other religions practiced by the Cameroonians include Christianity(40%)and Islam(20%)The majority of Cameroon people live in the urban areas of the country.

## **2) Economy, natural resources.**

Cameroon possesses substantial mineral resources, but these are not extensively mined. Petroleum exploitation has fallen since 1985, but this is still a substantial sector such that dips in prices have a strong effect on the economy.

Cameroon's natural resources are very well suited to agriculture and arboriculture. An estimated 70% of the population farms, Soils and climate on the coast encourage extensive commercial cultivation of coconuts,bananas, cocoa, oil palms, rubber, and tea. Inland on the South Cameroon Plateau, cash crops include coffee, sugar, and tobacco. Coffee is a major cash crop in the western highlands, and in the north, natural conditions favour crops such as cotton, groundnuts, and rice.

Livestock are raised throughout the country. Fishing employs some 5,000 people and provides 20,000 tons of seafood each year. The southern rainforest has vast timber reserves, estimated to cover 37% of Cameroon's total land area.



### 3) Food

The Cameroonian cuisine is one of the most varied in Africa due to its location on the crossroads between the north, west, and centre of the continent; added to this is the profound influence of French food, a legacy of the colonial era. The national dish of Cameroon is ndolé, a stew consisting of bitter leaves, nuts and fish or goat meat.



Ndolé is the national dish of Cameroon. The dish consists of a stew of nuts, bitter leaves indigenous to West Africa, and fish or ground beef.

Fufu is a staple food of West and Central Africa. It is a thick paste of potatoes usually made by boiling starchy root vegetables in water and pounding with a mortar and pestle until the desired consistency is reached. It is usually made from cassava, yams, and sometimes combined with cocoyam, plantains, or maize.

### 4) Society

- 。暖かいハートを持ったフレンドリイな国民性。
- 。歌と踊りは日々の生活の一部でもある。
- 。挨拶の仕方はキス、ハグ、握手、やあ、XXさん、と単に名前を呼ぶ等。
- 。年長者への尊敬は欠かさない。食事時は最優先。
- 。ホームパーティは盛ん、家族構成も大人数。
- 。アポなしで他人の所に気安く訪れ、歓迎されるのは普通のこと。
- 。女性は働き者、家族の柱。
- 。アルコールはストレス解消として多く飲まれる。
- 。食べることは何かの集まり等で、葬式の時も含めもとても大切な行いのひとつ。
- 。洗濯は普通、また田舎では川です、その水は飲料にも。環境への配慮はちょっと？
- 。地方によってはまだ電気が来てない。
- 。結婚は当事者の問題ではなく両家の問題。プロセスは大変な時間と金がかかりストレスが溜まるけれど面白い。何度も行ったり来たり、その都度ギフトを持って。
- 。固めの杯、新婦は新郎の父親から地産のワイン杯を受け取って二人で飲み干す。これで晴れて夫婦。
- 。一夫多妻制ですよ。先に結婚している奥さんの同意なしでも OK です。
- 。誕生、結婚、葬式が人生の三大イベント。



その他教育制度、交通機関、観光などにも話は及びましたが、最後に食料が豊富で識字率もアフリカでは非常に高い、学校では国歌を毎日歌い人々のモチベーションも充実しているカメルーン！！素晴らしい国ですよ！！