

NRW ZUSAMMEN

10. 2021 · No. 1



A Healthy NRW

Let us discuss the health of people of African origin

10+

VIDEO SKETCHES
EDUCATING VIA VIDEOS

Fake or Fact

Let us fight Fake News in our Community

Anlaufstellen

Checkout important contact points

1st of 6 Editions

1. von 6 Vorlagen

Alle 2 oder 3 Monate
Every 2 or 3 months

Media Competence
Fit for the present

The Virtual Room

Cross-generational conversations
Generationenübergreifende Gespräche

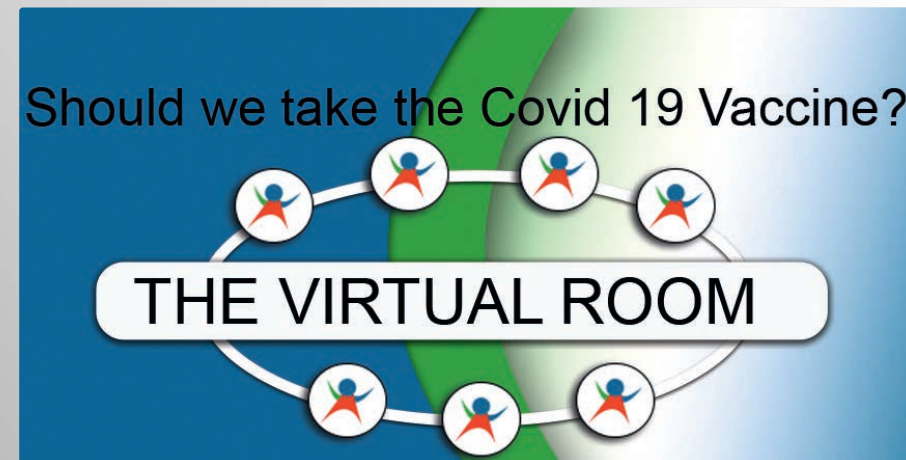


A magazine for people of African origin in the state of North Rhine Westphalia
Ein Magazin für Menschen afrikanischer Herkunft im Nordrhein Westfalen



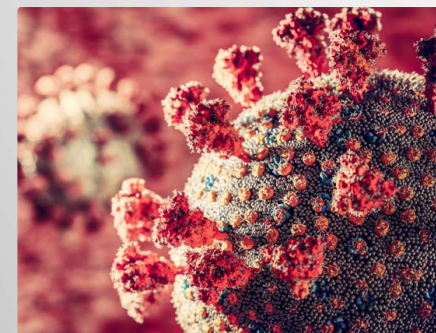
An African Impulse e.V. Magazine

In this issue



13 Telling our story via videos

Nobody can tell your story better than you. We know our community and how we feel. We need to express ourselves for others to understand and not let them determine the narrative.



6 Covid 19 In NRW

How is the current situation? Where do I find the latest rules? Where do I get all information related to the Covid 19 pandemic in the state of Nordrhein Westfalen?

10 Female Health

The health of Africans in the state of Nordrhein Westfalen is an important pillar in the activities of project NRW Zusammen. On Saturday May 09, we had an interesting session with Dr. Judith Bebobru of Leverkusen who presented interesting facts on cancers affecting women and what to do to prevent them.

4 The Virtual Room

In our first Virtual Room, which took place on September 2 2021, a cross-section of Africans in the state of Nordrhein Westfalen had a conversation on a heated topic at the time "Should we take the Covid 19 vaccine?". A lot of view points which reflect the divided view about the pandemic and the way the state and citizens saw the action plans to fight it.

Good to Know



8 Contact Points Focus on Duisburg

It is not easy to find your way around when you are new to a city. Migrants from Africa mostly turn to their friends and relatives for information. We are here to help. In every edition, we shall provide information on important contact points within selected towns in Nordrhein Westfalen. We start with Duisburg.



6 Project Highlights

Learn about what this project is all about and how you can get involved. We need you.

CONTACT: media@nrw-zusammen.de

Features



14 Combating Fake News

With technological progress, the world keeps changing rapidly. This technological improvement puts powerful tools of communication into the hands of many people. These tools could be used to make the world a better place. However, not everyone thinks so. For a good number of people, they have the perfect tools to manipulate others and commit cybercrimes. The effects of manipulated information could have far reaching consequences. But what is Fake News? In this and subsequent editions we shall be training ourselves on how to recognize and combat fake news.

14 Partner associations in NRW

There are very many African associations in the state of Nordrhein Westfalen (NRW). For a start, we are working with three associations and are open to working with others. In the following issues we shall provide you with information about African associations and actors in the state of Nordrhein Westfalen.

YOUR ARTICLE

This is your magazine. Do you have a compelling story to tell? Do you have information of relevance to the African community, especially in the target areas of our project? Do you want to advertise your event or business? That information could be in our next edition(s). Get in touch through media@nrw-zusammen.de



Welcome to NRW Zusammen

This project aims, amongst others, to improve the media competence of Africans in the state of NRW.

The state of North Rhein Westphalia (Nordrhein Westfalen), with its over 17.9 million inhabitants, is the most populous state of Germany. It is very multicultural and has the largest number of Africans in Germany. These Africans are very dynamic and mostly operate within associations centred around their countries of origins. Normally, throughout the year, one would see a lot of events in different cities within the state (Essen, Dortmund, Duisburg, Cologne, Wuppertal, Aachen, Düsseldorf, just to name a few). But with the advent and persistence of the Covid 19 virus since March 2020, a new normal was established where meetings and interactions have been drastically reduced. Through this project we want to continue strengthening the social cohesion of Africans in the state during these COVID 19 and post COVID 19 times. An important component of the project is its conceptual reciprocity in which we want to promote mutual cross-generational learning between youths and adults. For example, parents can acquire more competence in electronic media through younger people, while young people learn societal values and life experience.

With six issues of the NRW Magazine planned, we hope to engage the African community in NRW and provide them with targeted information which will help improve their quality of life here.

We would like to thank the Federal Ministry of children, family, refugees and integration of the state of Nordrhein Westfalen for funding this project. Enjoy this issue!

Dipl. Ing. Clement Nkamanyi
President, African Impulse e.V.

NRW Magazine Issue No. 01 - October 2021 - **EDITOR** African Impulse e.V. Magazine Team-
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PROJECT SPONSOR
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Should we take the Covid 19 Vaccine?

THE VIRTUAL ROOM

Why virtual?

With the Covid 19 pandemic, in-person discussions are limited. Technology however makes it possible for us to continue our conversations online using tools like Zoom. Virtual rooms hold at least once every 2 months.

Should we take the Covid vaccine?

In this Virtual Room event which took place on Sept. 02 2021, 17 Africans of different age groups and countries of origin had a conversation on taking the Covid 19 vaccine.

The virtual room started with an opening remark from the president of African Impulse e.V., Dipl. Ing. Clement Nkamanyi, who welcomed and thanked all for taking time to attend the

session. A brief introduction about the goals of the African Impulse e.V. was given and the use of the virtual room to achieve these goals. The virtual room will serve as a platform to discuss diverse topics that concern people of African origin in NRW. Its use of cross generational participants permits us to have diverse opinions. After introducing the moderator, the rules of the session were read and these rules (Invitation to dialog) formed the basis of the fruitful debate we had. The discussions produced the following opinions:

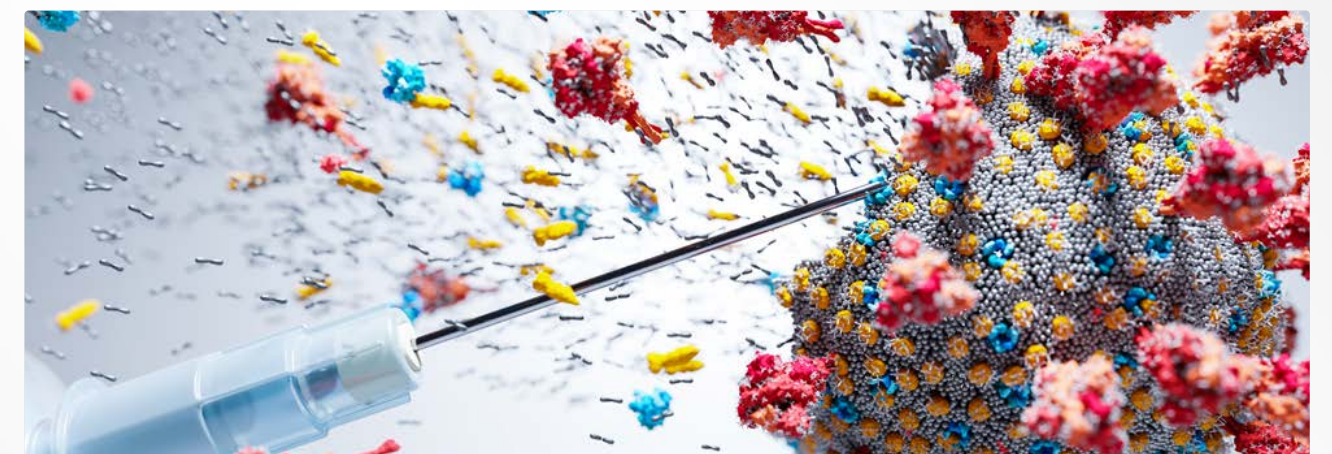
Points for the Vaccine

- Reduces risk of catching the disease.
- Reduces the death rate.

The virtual room CI
Only the title changes



The scientific community worldwide has been working hard to get a vaccine for the Covid 19 so that life can come back to normal.



Virtual Room / Covid 19

MODERATION
Anastasia Kumi

PHOTO
African impulse / web

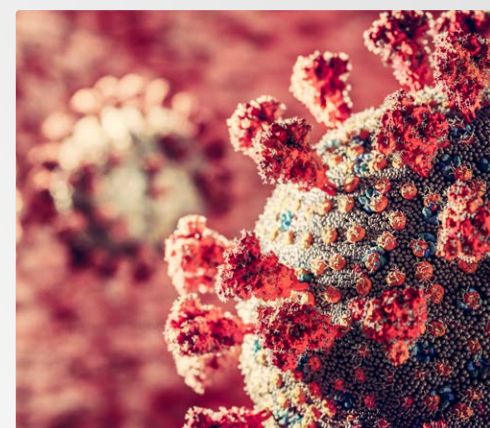


The Virtual Room is an online conversation session in which we have a nearly equal number of young and older people take time to reflect on topics of interest to the African community in NRW. It takes place in a moderated debate.

- The vaccine has been well tested especially the ones available in Germany.
- Many negative information about the vaccine cannot be backed up scientifically.

Points against the vaccine

- Test period for the vaccine is too short.
- Side effects of the vaccine are being ignored.
- A participant confessed of experiencing an unusual side-effect after taking the vaccine.
- The fact that people are not tested if they already have antibodies of the vaccine could create complications if they take



the vaccine with available antibodies.

- Too many information about the vaccine is kept secret to the population.
- Young people are being forced to take the vaccine

The Corona Virus (Covid 19)

Covid 19 is an infectious disease caused by the SARS-CoV-2 virus. You can be infected by breathing in the virus if you are near someone who has COVID-19, or by touching a contaminated surface and then your eyes, nose or mouth.

Virtual Room / Covid 19

Dashboard showing statistics about Covid 19 in Germany (From the Robert Koch institute.

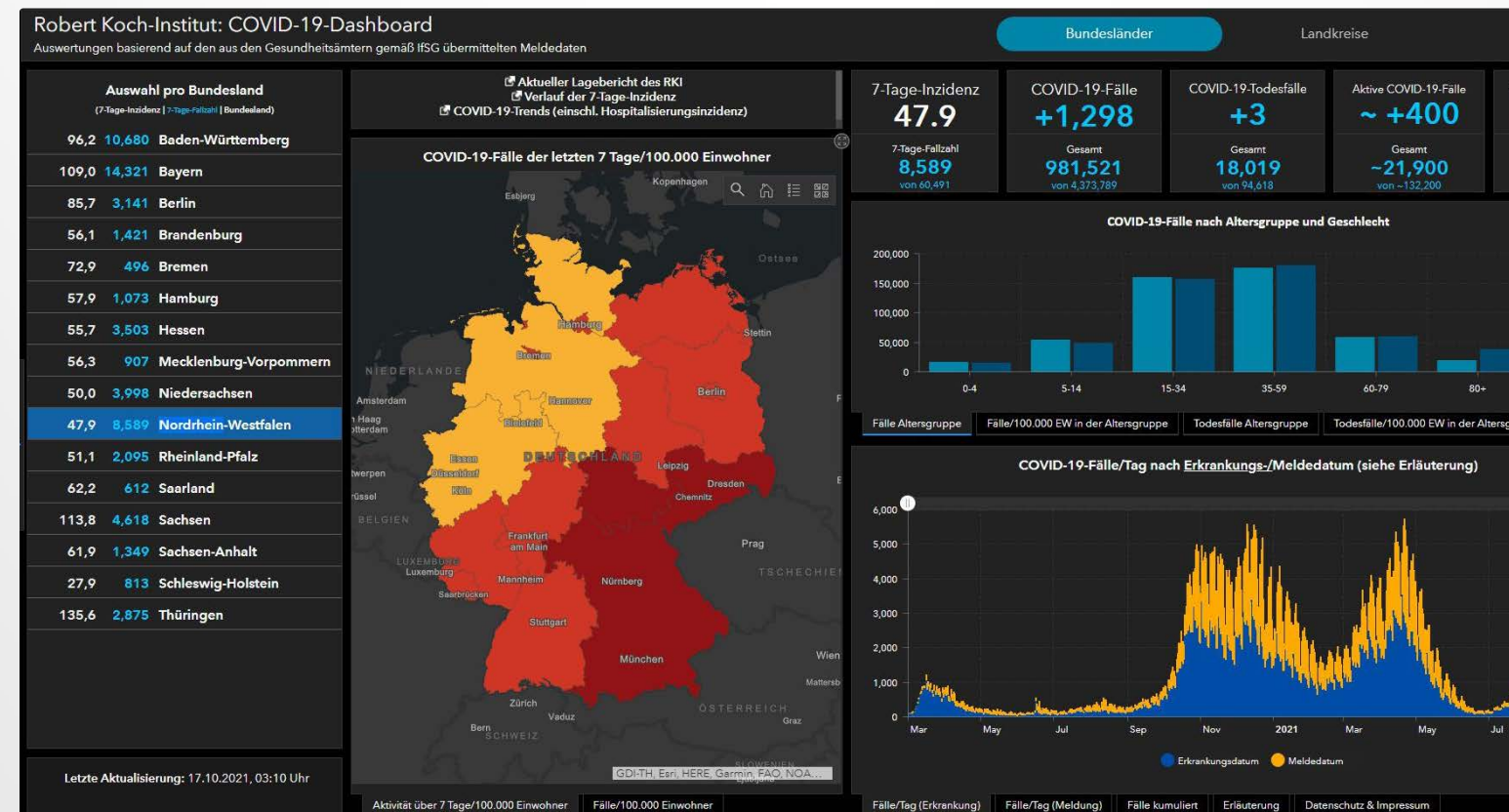
although they must not.

Other information

- The discussions about the vaccine and the approach causes a lot of fear and anxiety.
- The vaccine is becoming a dividing factor among family members, friends and other members of the community - between those who have taken the vaccine and those who have not taken it.
- The vaccine is also causing some psychological pressure on community members.
- People who don't want to take the vaccine feel discriminated.

Conclusion

The Corona Virus does exist and one needs to be cautious. Nevertheless, there is some indication that there is a conscious effort to create fear so that everyone must take the vaccine even if this may not be necessary. Young people should make an antibody test or other tests to understand their underlying health situation before taking the vaccine.



The issue of taking the Vaccine is also putting some psychological pressure on community members.

The state government has set up a "Coronavirus" service telephone

COVID 19 in NRW

The Robert Koch Institute

The Robert Koch Institute continuously monitors the Covid 19 situation in Germany, evaluating all available

information, estimating the risk for the population, providing health professionals with recommendations and giving an overview of its own COVID-19 research. You can find more information on their website at <https://www.rki.de>.

Service-Telefon

Für allgemeine Anfragen der Bürgerinnen und Bürger hat die Landesregierung ein Service-Telefon „Coronavirus“ eingerichtet. Die Telefone sind wochentags zwischen 8 und 18 Uhr und samstags zwischen 9.30 und 18 Uhr freigeschaltet und unter Telefon (0211) 9119-1001 zu erreichen.

The above graphic shows an interactive dashboard depicting the situation of the corona virus worldwide. Here, you can select the state (e.g NRW) and drill down to a specific town to see the current statistics (in graphical form). You can access the dashboard through the following link <https://experience.arcgis.com/experience/478220a4c454480e823b17327b2bf1d4>.

Current Corona Rules

According to the website of the health ministry of the state of Nordrhein Westfalen, the corona pandemic has made restrictions in everyday life for every individual necessary since March 2020. The

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The corona pandemic has made restrictions in everyday life for every individual necessary since March 2020.

Corona-Pandemie in Nordrhein-Westfalen

Aktuelle Regelungen

You can find the latest covid 19 rules on the website of the NRW health ministry.

government keeps monitoring the situation and updating the valid rules. Due to an increase in the number of people vaccinated and the largely relaxed situation in the hospitals, the rules have also been relaxed. Normality is gradually returning.

The current valid rules are stated in the Corona Protection Ordinance for Nordrhein Westfalen. This can be found through the following link <https://www.mags.nrw/corona-virus-rechtlicheregelungen-nrw>.

Though the rules have been relaxed, certain offers and facilities in the state may only be used or visited with a complete

vaccination or in respect of the 3G rule (Vaccinated, Recovered or Negatively tested).

Falsifying vaccination records is not a trivial offense

In view of current investigations and media reports, the NRW state government points out that forgery of vaccination certificates is punishable as a criminal offense and can result in severe fines or even imprisonment. This affects both people who forge the certificates and those who use these forged certificates.

Welcome to Duisburg

In each edition, we shall take a specific town in NRW and help you with important contact points.

Contact points

Duisburg is the fifth largest city in the state of Nordrhein Westfalen and the 15th. largest in Germany.



New in Duisburg? Important Contact points

Finding your way in a new country or city might be very difficult, especially when you do not understand the language. We could be of help.



The federal states and cities, especially the state of North Rhine-Westphalia and the city of Duisburg, regularly provide important information for migrants in their various information channels.

When you are new to a city, it is not easy to find your way around. Especially for Africans, they mostly turn to their friends and relatives for this information. While they may receive useful information regarding some practical aspects of their daily lives, it may be difficult to obtain information that will help them find social bearings and get along in their new environment. The federal states and cities, especially the state of Nordrhein Westfalen regularly provide information about such possibilities in their various information channels. In these

Covid 19 times in particular, much more information is being disseminated to the public today. Sometimes, this information does not reach newcomers or it can be difficult for them to understand as the information might not be available in a compact form and in a language they understand. Through the African Impulse e.V.'s "KOMMAN-NRW" project funded by the Ministry for Children, Family, Refugees and Integration of the state of Nordrhein Westfalen we prepared some compact information for you which you can find through the link <https://www.africanimpulse.com/web/en/komman-duisburg-2021>.

People come to Germany and subsequently to Duisburg for different reasons. It might be just to visit, to study or to work. It might as well be that you are running from difficult situations in your home country and are seeking refuge here. Do not worry, we have some important information for you, irrespective of your purpose of stay. [Welcome to Duisburg](#).

General Information

In terms of registering in the town and getting or renewing your residence permit, the foreign office or Ausländerbehörde is your first stop. Duisburg has 4 foreign offices. A central one and three branch offices. These are:

The [Zentrum office](#) at Königstraße 63-65, the [Nord office](#) at Duisburger Str. 213, the [Mitte/Süd office](#) at Sittardsberger Allee 14 and the [West office](#) at Bismarckplatz 1. Depending on the area of town where you live, you would have to go to one of the branch offices. However, take note of the following: For students, you can only go to the foreign office in Duisburg Süd. All matters relating to asylum seekers living in Duisburg are dealt with exclusively in the central office. The foreign office can be reached through the following email: auslaenderbehoerde@stadt-duisburg.de. Take note that in these Covid times, you can only be attended to on appointment (These could take very long). Do not forget to wear your FSP mask when you get there. Check out the service portal of the town of Duisburg through <https://service.duisburg.de>. Here you will find a wealth of information that can make your stay easy and enjoyable.

Are you a student?

The university of Duisburg-Essen has over 40.000 students and it is amongst the 10 largest in the country. Duisburg has a very large community of African students. They can be of great help to you. All contact points you would need in order to navigate yourself through university life in Duisburg can be found via the link <https://www.uni-due.de/faq-studium/anlaufstellen.php>. Some of these are: The International Office (<https://www.uni-due.de/international>) - The Academic Advisory Center (<https://www.uni-due.de/abz>) - The General Student Committee or Asta (<https://asta-due.de/en/home-english>) - The ESG or Protestant Student Congregation (<https://esgdue.de>) - The KHG or Catholic University Community (<https://campussegen.de/>). Get in touch with us for details.

Contact points - Duisburg

Are you a worker?

For non EU persons, working in Germany has been made easier due to changes in the law which came into force on 20th March 2020. Based on this, you do not need a degree to be classified a professional in order to work in Germany. A vocational training of more than 2 years is enough. However you should also meet the following two conditions:

1. Your certificate must be officially recognized by the relevant authority in Germany.
2. You should have a job contract/offer in your professional field from an employer in Germany.

Find out an explanation of the new rules and more through the link <https://www.schen-genvisainfo.com/news/working-in-germany-new-rules-for-non-eu-nationals>.

The most difficult part for most foreigners is getting these certificates recognized. The African Impulse e.V. did training to support those seeking such help. In addition, we can provide the following contact points and steps you would need in recognizing your certificate.

Check out the Arbeitsagentur at <https://www.arbeitsagentur.de/en/recognition-of-qualifications> or visit our website at <https://www.africanimpulse.com/web/en/recognition>.

In case you need assistance in this process, do call the number +49 0800 4 5555 00.

Are you a refugee?

Duisburg in particular and Germany in general welcomes refugees. How best you enjoy your stay here depends on your readiness to understand the system and integrate yourself. The Federal office of Migration and Refugees (BAMF) is responsible for handling asylum cases.

The African Impulse e.V. developed a refugee guide in German, English and French which describes the whole asylum process. This guide is found at our dedicated website at <https://www.Afroduisburg.de>.

Here are some tips for you though:

Ankommen App

The Ankommen app could be a good starting point for you to get first-hand information on important contact points and an understanding of life in Germany. Check out the website at <https://ankommenapp.de> or download from the appropriate store. This app is in several languages, including English and German.

Mbeon App / Platform

Mbeon is a counselling service for migrants and refugees. They provide advice and support in any of their over 1000 MBE advice centers nationwide. The consultations are free and confidential. You can visit their website at <https://www.mbeon.de> or download the app through <https://apps.apple.com/de/app/mbeon-messen-gerberatung/id1408795643>.

Female health

With **SAT 29. May ZOOM 16:00**

Dr. Judith A. Bebobru
Oberärztin (Senior Physician)
Remigius Krankenhaus
Leverkusen, Opladen

TOPIC
FEMALE HEALTH
The importance of regular gynecological visits, most common cancers affecting women and other health concerns

On Saturday May 29, the African Impulse e.V. and Club 16 e.V. jointly organized a health session with the topic "The importance of regular gynecological visits, most common cancers affecting women and other health concerns".

Keynote speaker of the event was Dr. Judith Abdulai Bebobru, a senior physician at the Regius hospital in Leverkusen Opladen. Focal points of the presentation were for participants to understand the most common cancers affecting women today, the need for regular gynaecolog-

ical check-ups, issues around fertility and reproductive medicine and the importance of a special fitness program for mothers after the birth of a child. The following takeaways from the presentation could be established:

Gynecological checkup

Gynecological checkups are first and foremost, screening examinations. They are important for the early detection of breast and cervical cancers. Gynecologists also address issues concerning pregnancy, sexuality, contraceptives and menstrual problems among others. On the topic of menstruation, parents should visit a gynecologist if their daughter hasn't seen their first menstruation by the age of 16 years. Routine gynecological checkups should take place once every year. Besides routine checkups, women should also visit a gynecologist if they suspect they may be pregnant, if they have bleeding problems, abdominal pain, infections, or if family members have had certain illnesses.

TUMORS

A tumor is an abnormal growth of new tissue in the

Flyer of the female health seminar.



Routine gynecological checkups should take place once every year.

Suspicious changes in the breast can be detected through self-examination, examination by the gynecologist or mammography.

body. Tumors can be divided into two main types - benign and malignant types. The benign types are "good" types while malignant types are bad.

Malignant Tumors

Malignant tumors are cancerous tumors which invade and destroy other tissues and can spread to other parts of the body. The most common malignant cancers affecting women are:

- Breast Cancer
- Endometrial Cancer
- Cervix Cancer
- Ovarian Cancer
- Vulva Cancer

Breast Cancer

Suspicious changes in the breast can be detected through self-examination, examination by a gynecologist or mammography. Health insurances in Germany cover mammography examinations for women above 50 years of age and above with a frequency of two years.

Malignant cancer

They develop when cells grow uncontrollably. If the cells continue to grow and spread, the disease can become life threatening.

Gynecological checkups are important for early detection and treatment

Important signs to look out for during self-examination are:

- A hard or soft lump in the breast, armpit or chest.
- Breast sores that don't heal
- Redness, scaly or thickened skin.
- Inverted, sunken nipple.
- Changes in breast shape and size including the appearance of dimples, shrinkage, or swellings.
- Nipple leakage especially a bloody, cloudy fluid with a bad smell.

Women with cases of breast cancer in the family can also be tested to see if they carry cancer-causing genes like BRCA-1 and BRCA-2. Early detection and intervention in Germany has led to a 90% chance of survival after 5 years of breast cancer diagnosis.

Endometrial cancer

In pre-menopausal women, warning signs include: bleeding in-between regular menstrual periods, and unusually strong bleeding. Any form of bleeding in post-menopausal woman should be considered as a warning sign. Vaginal discharge of puss as well as abdominal pains may be late signs of endometrial cancer.

Cervix cancer

This is mainly caused by the human papillomavirus (HPV). This virus is sexually transmissible and causes infections on the skin and genital area. Most infections however go unnoticed and leave no side effect. Genital warts are a warning sign for HPV infection, and should be checked by a gynecologist. HPV can cause cancer in many parts of the body including the mouth, cervix, anus, vagina and

vulva. In men HPV causes cancers in the mouth, anus and penis. Cervix cancers are one of the main reasons supporting yearly gynecological check-up. There is a vaccine against HPV infections which greatly reduces the emergence of cervix cancer and other cancers caused by the virus. Parents are advised to vaccinate their daughters as well as sons between 9 – 14 years of age against HPV. This is because it is advisable to vaccinate them before their first sexual intercourse.

Ovarian Cancer

This is a very dangerous cancer because it initially has very few symptoms. It is hence often diagnosed at the late stages. Most frequent symptoms include increase in waist size, sudden weight loss, profuse sweating in the night, and bloating.

Vulva cancer (Cancer of the external genitals: labia, clitoris)

The most frequent symptom of vulva cancer is itching around the genitals. Additional symptoms may include a burning sensation, non-menses-related vaginal discharge containing blood, hardened and discolored patches.

Benign Tumors

A benign tumor is a growth that does not invade nearby tissue or spread to other parts of the body

Fibroids (Myoma)

A fibroid is a benign tumor in the uterus (womb) muscles. Only in about 1% of cases do fibroids become malignant. 1 in 3 women from the age of 35

Breast Changes and Breast Cancer Warning Signs that need Medical Attention!

Do not ignore these symptoms or delay seeing a medical professional. A needle biopsy and mammogram can help rule out possible cancer.

Early Detection = Early Treatment

© AABCA, Inc. 2018

years has fibroids. Their growth is increased by the hormone oestrogen. Symptoms can include menstruation problems (which can even lead to iron deficiency due to over bleeding, abdominal pains). Fibroids can also affect the fertility of women negatively. Therapies of fibroids include medications as well as surgical removal.

Uterus Polyps

These are benign tumors in the mucous lining of the womb. They are most frequent in women who are in menopause. Symptoms of uterus polyps may include bleeding after sexual intercourse, increased vaginal discharge or discharge containing puss, abdominal cramps, bleeding unrelated to the regular menstrual period, sudden painful menstrual bleeding and pressure in the abdomen. Polyps can be surgically removed.

In our next edition, we shall complete the presentation by Dr. Bebobru which includes the causes, diagnosis and treatment of sterility and infertility, information related to the costs involved as well as the conditions which must be met in order to receive financial support from your health insurance. To be continued...



Warum müssen Frauen zum Frauenarzt?
Ab welchem Alter muss man zum Frauenarzt?
Wie oft muss man zum Frauenarzt?
Vorsorge ab wann, gegen was?
Häufigkeit von Tumoren?
Sind alle Tumoren bösartig?
Welche Tumoren sind bösartig, und welche gutartig? + Häufigkeit

We are open to health topics from the public.

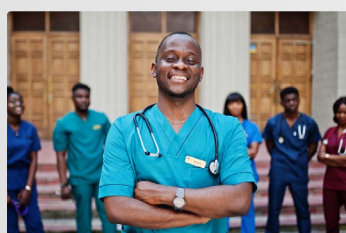
Project highlights

Project NRW Zusammen

THE PROJECT This project aims to improve the media competence of Africans in the German state of Nordrhein Westfalen and also their participation in societal topics especially education and health. The project also aims to ease the orientation of Africans in the state supporting them through providing information about important contact points. We have started with 3 partner organizations and are open to including some in your city. We plan to have online and physical discussions on important topics of interest, especially health, distribute 6 editions of the NRW magazine, provide information on important topics by way of video sketches and distribute newsletters to the community.

Health improvement

HEALTH Health topics will be predominant in our discussions. The control of our lives during the Covid 19 pandemic has brought one thing in the limelight - our action or inaction with respect to health can affect others. We would like to discuss health topics of relevance to the African community. We could bring experts to your sessions. Feel free to contact us with proposals on what we discuss.



Combat Fake News

FACT OR FAKE With technological progress, the world keeps changing rapidly. With this technological improvement many people have powerful tools of communication in their hands. Without training, we might not be able to recognize what is true or not. This can be dangerous for society. Let's fight this together. We can do this through practice training and by having regular conversations.

Media competence

COMPETENCE How was that film made? How did they do that effect? How did it get to youtube? How do I do an online meeting via Zoom or Microsoft Teams? How do I protect my devices from hackers? How do I recognize fake emails? These and more are issues we shall be training ourselves on. At the beginning, this was reserved to African Impulse e.V. members, but we are extending this to the community.



Educative videos – A video says more

EDUCATIVE A video draws much of our attention than text. This could be as the saying goes "A picture says more than a thousand words". A video even does more. We want to meet Africans where they spend more of their times. With our willing amateur actors (you), we are developing short videos to explain solutions to community problems, engage in ongoing societal topics or educate ourselves on a lot of life-saving issues. Some of our participants are learning to produce videos - From scripting, through capture and production to post-production. Watch out our videos from our Youtube channel which can be reached at <https://www.youtube.com/channel/UC9i241u0GWL9WtoP8cuxZQ>

Tell your own story

Producing our own videos as a form of education

Nobody can tell your story better than you. We know our community and how we feel. We need to express ourselves for others to understand and not let them determine the narrative. And we need to educate ourselves.

We train to capture the image

1. TRAINING

As a first step in this process, we first got a team together and did training on how to operate cameras for still and movable images. Then we learnt how to shoot videos..



We gather facts

RESEARCH & ALIGN

To shoot a good video and tell a compelling story, you need to have the facts. Before shooting, we do research on the topic and then discuss and align everyone.



We act and capture the images

REHEARSE & SHOOT

During the shoot, we do not necessarily duel on the scripts. Since everyone is aligned, we allow room for flexibility and learn from mistakes. It must be fun.



We process and distribute

PROCESS & DISTRIBUTE

We upload and process the shots to a central computer, doing so while learning. We publish the finished product on our Youtube channel an announce to the community.

Partner Organizations

We want to reach all in the state

To meet its objectives of reaching Africans throughout the state, we need to go to those places where we can find them

BE A PART OF THE PROJECT

WHAT DOES BEING A PARTNER MEAN

Project NRW Zusammen is one conceived by Africans and for Africans in the state of NRW. To meet its objectives of reaching Africans throughout the state, we need to go to those places where we find Africans - these are mostly in associations. In collaboration with these associations, we can then plan events together. Our very first event on common cancers affecting African women was done in collaboration with Club 16 e.V. The next one could be with you.

Mülheim United e.V.

MÜLHEIM A.D. RUHR Mülheim United e.V. is a registered Non Governmental Association with seat in Mülheim an der Ruhr. It was founded in 2014 with the aim of bringing together Africans resident in the Federal Republic of Germany. Amongst others, it aims at promoting unity, love, patriotism, peace and collective responsibility amongst its members. It also aims at promoting sociocultural and sporting activities toward creating a positive impact in the community. Its motto is "Being your Brothers and Sisters Keeper"

CLUB 16 e.V.



COLOGNE Club 16 e.V. is a multi-cultural association in Cologne which is open to Africans of all origins. It was founded in the year 2002 with the aim of bringing Africans together and helping them integrate into the German society while preserving their culture and looking back at their origins. Membership of the association is not limited to Cologne but throughout NRW. It holds its sessions once every month in rotatory locations throughout the state.

L.O.V.E e.V.



WUPPERTAL Ladies of Victory and Empowerment is a registered NGO made up of young, ambitious, daring and vibrant young women of Cameroon origin residing in Germany. They are passionate about providing help where it is needed and putting smiles on faces. Their main objectives are to be their sister's keeper, empower young immigrants here in Germany to believe in their dreams and boost their self-esteem and give back to their communities both in Cameroon and Germany. They reach out to refugees, orphans and teen mothers here and in Cameroon.



Event Management

BBS Eventz is an event management group which has set itself the goal to be number one promoter in Europe & Africa. For the past decade we have worked with prominent Cameroonian Artists in the likes of Grace Decca, JP Essome, Prince Ndedi Eyango, Salatiel etc. 2021 is the start of a new decade and we promise our fans the best of the best. We thank you all for your continued support and we will keep you informed about our upcoming Events. Bless you All. Management Team | Bana Ba Sawa



Fake News

WHY DO PEOPLE CREATE OR SHARE FAKE NEWS?

The words "Fake News" have dominated discussions worldwide in these past years. Especially during elections, one could hear different sides of the political scenes accusing each other of spreading fake news to turn over voters, even in countries where one could look up to for advice. With the prevalence of Social Media, non-professionals have taken up tasks of reporting events and sharing unchecked information. Everyone accuses the other of propagating fake news. This issue has also not left the African community here

untouched. We of the African impulse decided to take on the issue.

As part of our series on the recognition of and fight against fake news, we start by first of all asking ourselves the question "What is fake news?". According to Wikipedia, Fake news is false or misleading information presented as news. It often has the aim of damaging the reputation of a person or entity, or making money through advertising revenue. Wiki also asserts that the term does not have a fixed definition, and has been applied more broadly to include any type of false information.

Checkout our next editions for conversations on how to recognize and fight this.

FAKE NEWS Erkennen

IT IS FAKE



"We put sustainability on everything we do. We care more about projects that help communities"



The African Impulse

For a fair, connected world that thinks sustainably

African Impulse e.V. is a registered, non-profit, independent non-governmental organization (NGO), which campaigns for a fairer world in which the North and South can cooperate, knowledge can be transferred, communities can be given the impulse to help themselves and children and the vulnerable can be empowered.

Goals

The African Impulse e.V. pursues the following goals:

- Development cooperation
- Supporting of youths and the elderly.
- Promotion of education

- (adult and vocational), including aid to promote studies.
- Promotion of international thinking and tolerance (International understanding).

We achieve these goals through actions, some of which are:

- Initiating and supporting self-help projects in Africa (Cameroon in particular), particularly in the field of information technology, agriculture, environmental protection, health, sports and solar energy
- National and international collaboration and network-

ing with comparable organizations.

- Information and education through publications and newsletters.
- The organization and implementation of national and international cross-cultural dialogue, educational projects and events.
- The support and integration of children, adolescents and adults through education and outreach.
- The promotion of equal participation by including and supporting women and girls.
- The use of sports in promoting understanding and in empowering children.
- Establish a meeting and education center for people of different walks of life to interact and in so doing

The strength of African Impulse e.V. is in the direct, non-bureaucratic approach in which we build our ties to project partners and institutions. We look at sustainability in every project we undertake. ■

Project



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<https://www.youtube.com/channel/UC9i241u0GWL9Wt0P8cuxZQ>

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