



**EMWOSE**  
Women from ethnic minorities in social enterprise

Interview form

# Overview

Name: Carine Mambou

Company: CAD-AID

Website: : [www.cad-aid.org/](http://www.cad-aid.org/)



CAD-AID is actually based here in Ireland, in South Africa and in Cameroon. As a rape survivor I decided to create this NGO to help the victims of rape, social violence, sexual assault, sexual abuse and obviously violence against women and then I do my best to empower the other young lady. To let them know that whatever happened to you, you could always change, you could always have another chance to be integrated into society and maybe shine like you never expect to shine.

To help women break the silence which is my biggest issue because to hear it from others who have, you have to have this courage to open to the world because I myself opened myself to the world so I realise today that I have almost 150 women, they are happy now to know that from the sexual violence, from the domestic violence they have they know now they can be integrated into society without any fears.

The first big deal in Africa is the legal document, like sometimes the Government doesn't allow you, it's not easy to get everything on time and then the second thing is like rape is something taboo. People don't like to talk about it, they like to keep it in silence. There's a lot of this kind of difficulty that I always have; people to be committed, to pay them, to maybe sometimes have the transport to go to town to town so there's that sort of thing you have to pay a lot of people to do the big campaign.

## Interview transcript

### Keywords:

NGO, victims of rape, sexual violence, empower women, integration into society, break the silence, taboo subject, commitment of people, awareness, banking foundations, lack of time, family, maternity leave, albanian lawyers association. Balance.

I haven't received yet any finance from anybody so all the things that I do is on my own pocket to help or sometime the member of, the members in Cameroon, the executive board, sometimes they can participate.

people who are really love and passionate of the humanitarian things and for the digital and communication. My website so that part of the digital would be really important so that you reach all about the world. Reading is most important. Whatever you want to do just go and use your Google and everything and read about and read I mean just do the research about what you really want to do first of all and never be afraid to ask, to be open to the others because I think as women I always like to empower the other women so anytime that women needs me I will be there for her but I just want people, women that they really want it inside them so that it will be easy then to push then like yes go lady, go girl. I know you can do it you. Go on the website of the others. See how people are doing things and create your own way. Nothing is actually created in this world. We just innovate it. So don't be afraid, no. just be inspired by someone and do your own thing and be not afraid to make your dream become happen, to become reality.

As is say women for me is the key of the world so we have to do our best to always make them happy by empower them more than they are now. to let them know that they have power inside them, and they can do anything that they want to do and become much better.

Full video [HERE](#)

