



# PROJECT PROPOSAL

BY

## HAVEN OF HOPE, CAMEROON

### CONSTRUCTION OF AN OFFICE BUILDING INCLUDING TRAINING WORKSHOPS FOR TEENAGE MOTHERS

### APPEAL FOR FUNDS

Haven of Hope is a non-governmental association which was launched in January 2013 as a small scale humanitarian entity to relieve and rehabilitate teenage mothers, through counselling and sponsorship to learn a trade or resume studies. Its main objectives are to:

- counsel and guide single teenage mothers to **regain self confidence and self esteem**;
- motivate teenage mothers to **learn a trade and develop their skills** in view of becoming self-reliant;
- assess their potential skills and sponsor them to gain **vocational training** in view of setting up their own **income-generating activities or gain employment**;
- support those who have received training to set up their own IGAs through interest-free loan scheme to facilitate their **reintegration into community life**;
- counsel teenage **pregnant girls** who are in a state of despair due to unexpected or unwanted pregnancy to enable them come **to terms with their condition**;
- develop and support **capacity building projects** for the rural caseloads;
- educate teenage mothers and young women through group sessions and seminars **on family planning, and to develop good moral standards**;
- enlighten them on their **rights and privileges** based on human rights rules and regulations and the common law practices.

The project has been gaining momentum steadily. By the end of 2015, we were assisting two distinct groups of teenage mothers: **the urban caseload** for counselling and sponsorship to pursue individual rehabilitation programmes, and the **rural caseload, mainly the Mbororo/Fulani** teenage mothers and young women for capacity building which includes functional literacy, individual counselling, inter-active meetings to facilitate integration into the mainstream society, vocational training and post primary education. As of date we have successfully enabled 13 teenage mothers in the urban areas to start their own income-generating activities or obtain jobs after completing vocational training, and are currently sponsoring 15 in various skills training and educational institutions at post primary and post secondary levels. With regard to the rural caseload which is increasing especially in the area of functional literacy, we are currently sponsoring over 30 Mbororo/Fulani females.

**The current trend of teen mothers seeking assistance, necessitates an increase in both human resources, office space and financial resources, to be able to efficiently address their situations. Our current office space, located in part of the house of the Founder of Haven of Hope is too small to adjust to these needs. As Haven of Hope owns a piece of land measuring 30mx9m in Bamenda, it is ideal for constructing an office building that will contain offices, training workshops, seminar hall and rescue home for needy teenage mothers. The estimated cost of the building is XAF 50,998,661 (equiv. to €77,746 or US\$83,598).**

To this end, we are appealing to your generous good Samaritan financial support for this building project which is attached to this appeal. For any donations or information kindly contact us through our e-mail address: [admin@havenofhopetm.org](mailto:admin@havenofhopetm.org), or [havenofhope@gmail.com](mailto:havenofhope@gmail.com).

Gladys Ntang  
Founder/Chief Executive Director  
January 2016

## **CONSTRUCTIVE ENGINEERING ETS LTD**

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**REG. No.: RC.BDA.2010B.140**

<b>SUB -DIVISION</b>	<b>BAMENDA II</b>
<b>CONTENT</b>	<b>Ground plan, First Floor plan, Second Floor plan, Foundation plan, Elevation, Section and Roof plan, Electricity, Block and A Site plan.</b>
<b>DESIGNER</b> <b>Scale: 1/50</b>	<b>Mr. JACOB FON MUSORO</b> <b>Tel: 670 649 345</b>
<b>PROJECT OWNER/ PROPRIETESS</b>	<b>HAVEN OF HOPE, CAMEROON - Counselling and Rehabilitation of Teenage Mothers.</b> <b>Represented by Madam GLADYS NDANG, Founder/Director</b>
<b>PLOT AREA = M<sup>2</sup> = 320m<sup>2</sup></b>	<b>BUILDING AREA = 154m<sup>2</sup></b>

**TECHNICAL SPECIFICATIONS  
FOR THE CONSTRUCTION OF AN OFFICE BUILDING R+2 AT  
NEW BELL - ATUAKOM 2, IN THE BAMANDA II COUNCIL OF THE  
NORTH WEST REGION OF CAMEROON.**

**PROJECT OWNER: HAVEN OF HOPE CAMEROON - Counselling and Rehabilitation of Teenage Mothers  
REPRESENTED BY: MADAM GLADYS NDANG, FOUNDER & DIRECTOR.**

**A) INTRODUCTION:**

These present technical specifications are aimed at prescribing the norms relative to THE CONSTRUCTION OF AN OFFICE BUILDING R+2 AT NEW BELL - ATUAKOM 2 IN THE BAMANEDA II COUNCIL OF THE NORTH WEST REGION FOR HAVEN OF HOPE CAMEROON, Represented by MADAM GLADYS NDANG, FOUNDER AND DIRECTOR. This plot has a total surface area of 320m<sup>2</sup> and a building area of 154m<sup>2</sup>.

The different phases of the project shall be realized in conformity with these present technical specifications. The works shall be realized under the strict control of a seasoned civil engineer and competent technicians.

**B) METHOD FOR THE EXECUTION OF THE WORKS**

**1. FINE AGGREGATE (SAND).**

The fine aggregates for the works shall be free from all organic matter of plant or animal origin. The grade shall lie between 0.08 - 2.5mm for the screed mortar and 0.16 - 5mm for all concreting.

**2. COARSE AGGREGATE (GRAVEL).**

The coarse aggregates shall be well graded (10/15mm - 15/25mm) and free from all impurities.

**3. WATER FOR ALL WORKS.**

Water for all works shall be free from all impurities and salt. Connect water to SNEC network if possible.

**4. CEMENT.**

- The cement to be used for the works shall be CPJ 325 or imported cement which is free from all moisture.

- The cement shall be stored in a dry and well ventilated environment.

**5. FORMWORK.**

The formwork shall be simple and solid. It should be able to support the weight of the concrete and the effect of vibration and should also be watertight. It must be oiled before casting.

**1.00 SITE INSTALLATION**

the installation works shall comprise of the following:

- Temporal enclosure of the worksite.
- Temporal provision water, light and telephone at the site.
- Provision of a store for the materials.

## 2.00 PREPARATORY/EARTH WORKS

### ➤ SITE CLEARING:

This shall consist of:

- Clearing grass on the area for implantation of the building and also 10m all round the site.
- Cutting of trees and digging of the stumps.

### ➤ EXCAVATION AND LEVELING OF THE SITE FOR CONSTRUCTION

This task shall consist of:

- Removal of the vegetable (top) soil with a grader or bulldozer.
- Levelling of the area for the implantation of the structure and 5m all round this area.

### ➤ FOUNDATION TRENCHES

The foundation trenches shall be excavated right to the soil with good bearing capacity and the base welled level. These trenches must be approved by the engineer before the continuation of works.

### ➤ BACKFILLING AND COMPACTION

The soil from the foundation trenches could be used for backfilling if it is of good quality; if not selected or well graded soil (latérite) from a borrowed pit should be used for this purpose. The backfilling shall be done in successive layers of 20cm, watered, and compacted. The backfilling should also be free from all organic matter, and any rejected soil should be discarded at a safe site agreed upon by the Bamenda II council authority.

## 3.00 FOUNDATION

- **BLINDING CONCRETE:** The base of the foundation trenches shall be stabilized with 5cm of concrete dosed at  $150\text{kg/m}^3$ .
- **CONTINUOUS FOOTING PLUS FOUNDATIONS WALLS:** The continuous footing shall be in reinforced concrete of section 20x20 (or as per indication on the plans) dosed at  $350/\text{kgm}^3$ .
  - The reinforcement shall be stirrups T6 every 20cm + 4HA8 main rods.
  - The foundation walls shall be realized with stone masonry.
- **FLOORING:** The floor shall be of mass concrete of thickness 12cm. The floor shall be finished with a cement screed of 4cm thick, dosed at  $400\text{kg/m}^3$ .

## 4.00 MASONRY/ELEVATION

### ➤ WALLS, PILLARS AND BEAMS.

- The walls shall be of cement blocks (15x20x40) bonded with a cement mortar dosed  $300\text{kg/m}^3$ .
- The reinforced concrete pillars shall be of section 15x30 in the walls and circular pillars of diameter 20 on the verandas. The reinforcement shall be stirrups T6 every 20cm + 6HA12 for circular pillars of diameter 25, dosed at  $350\text{kg/m}^3$ .
- The reinforced concrete tie beams shall be of section 15x20 and stirrups T6 every 20cm + 6HA12 and shall be dosed at  $350\text{kg/m}^3$ .
- The walls of the toilet will be clad with ceramic tiles to a height of 1.8m.

- **PLASTERING:** This shall be realized with cement mortar having a mix proportion of  $400\text{kg/m}^3$  in an average thickness of 2.0cm. The recommended sand for this purpose is medium/soft sand free from all impurities and salt.

## 5.00 CARPENTRY/ROOFING/CEILING

- **RAFTERS:** The rafters shall be of hard wood well treated and of section 3x12 or 3x15. The braces and the struts shall be double. These rafters shall be well attached to the structure with the aid of the extension rods from the beams/pillars.
- **PURLINS:** There shall be of well treated hard wood of section 5x8 or 5x15.
- **ROOFING:** The roofing shall be done with aluminium sheets (tôle Bac 5/10). The ridge cap shall be covered with a ridging sheet and the gable ends shall also be closed with aluminium and angle ridging sheets.
- **FASCIA:** It shall be of 40cm wide and 3cm thick and shall be of hard wood. It shall be coated with aluminium sheets.
- **CEILING:** It shall be of ordinary 4mm plywood (Ayous), in section of 60x80 (block format). Provision shall be made for ceiling passage and ventilation.

## 6.00 METALLIC WORKS

- **DOORS:** There shall be according to the specifications on the plans.
- **WINDOWS:** There shall be according to the specification on the plans.
- **ANGLE BARS:** There shall be bars of 30 and shall be placed at all the edges of the veranda.
- **N.B.** The designs for the doors and windows must be approved of by the project owner and the Engineer. Security locks of high quality shall be used.

## 7.00 ELECTRICITY

The electricity installation shall be in conformity with the electrical plan approved of by the electrician. The electrician shall connect the installation to the existing AES SONEC net work in the area in collaboration with the AES SONEC authority. Flexible orange conduits pipes of adequate diameter shall be used, and must be buried inside the walls (blocks). As a general rule cables of section 1.5mm<sup>2</sup> shall be used for the lighting circuit while that of sockets shall be of section 2.5mm<sup>2</sup> and of a recognized mark. Each of the circuit shall be protected by a 10A and 16A fuse respectively.

## 8.00 PAINTING

All the surfaces to be painted shall be cleaned and prime with white wash. The painting shall be done in two coats according to the following specification:

- Internal walls with pantex 800.
- External walls with pantex 1300 vinyl type.
- Wooden and metallic elements with oil paints (glycerol). The skirting shall be 30cm high and of oil paint (double coat).

## 9.00 V.R.D. (DRAINAGE)

- **GUTTERS:** The gutters shall be realized all round the building. There shall be in reinforced concrete dosed at 350kg/m<sup>3</sup>. The section shall be 40cm wide and 30cm deep. The base shall have an average thickness of 8cm and shall be of ordinary concrete, dosed at 400kg/m<sup>3</sup>. The gutters shall have a slope of 2%.
- **HARD CORE:** The walls of the foundation shall be protected by concreting all round the foundation (section 80cm wide and 8cm thick). It shall be realized with ordinary concrete dosed at 300kg/m<sup>3</sup>.

## **10.00 PLUMBING WORKS**

All the waste from the toilets and wash hand basins shall be connected to the septic and soak away pit respectively using PVC pipes passing through inspection chambers as indicated on the plumbing plan.

## **11.00 SEPTIC TANK AND SOAK-AWAY PIT**

The septic tank and soak away pit is designed to carry 10 users. The standard dimensions for 10 users of a septic tank are specified on the plan of the septic tank.

## **12.00 PROTECTION OF THE ENVIRONMENT AND SECURITY MEASURES**

### **Rules and Regulations to be observed**

During the execution of the project, the norms for the protection of the environment shall be scrupulously respected. The following measures shall be observed:

- Waste materials shall be discarded in such a way as to avoid polluting in the environment. It must be on a site agreed on by the Council.
- Ensure security of workers and neighbours during execution of works by delimiting or enclosing the work area.
- Evacuate all products of grass cutting of grass cutting and bush clearing, tree cutting and dirt's debris and any other waste to a place agreed on by the Council.
- Sensitize workers on environmental issues and dangers of fires around the work site.
- The parking store shall be kept clean.
- The materials shall be deposited in a manner to avoid the blockage of the drainage system.
- Other rules and regulation to be observed by all the workers, geared at protecting the environment shall include the prohibition of the following:
  - Consumption of alcohol during working hours
  - Smoking carelessly during working hours.
  - Defecating or urinating carelessly around the work site meaning that there should be a toilet for workers.
  - Throwing of toxic products into the steams.
  - Throwing of vehicle product on the ground (petrol, gas oil etc.)
  - Cooking of food at the worksite, etc.

Similarly the workers shall also be advised to respect the customs of the people (the country Sundays, etc.) and to protect themselves against the spread of STD/AIDS.

Non respect of any of the these rules can lead to automatic dismissal of the worker.

As security measures, helmets, gloves and solid shoes shall be provided to all the workers to guard against accidents. We shall also make available a FIRST AID BOX at the site to offer 1st Aid treatment to workers in case of any accident or fever.

Done at Bamenda on 29 December 2015.

**BILL OF QUANTITIES, BUGET ESTIMATE AND SPECIFICATION FOR  
HAVEN OF HOPE CAMEROON (REPRESENTED BY MADAM NDANG GLADYS)**

**PROJECT: OFFICE BUILDING R +1 AT NEW BELL IN THE BAMENDA II COUNCIL OF THE NORTH  
WEST REGION, CAMEROON**

NO	DESCRIPTION	UNIT	QTY	U.P	AMOUNT	TOTAL
<b>100 site formation</b>						
101	clearing and grubbing of the plot	m2	840'000	125	105'000	
102	Setting out of doudnation trenches excavation of the foundation,	LS	1,00	150'000	150'000	
103	trendche and colum foototings	M3	300'000	2'500	750'000	
<b>Total Site formation</b>						1'005'000 #
<b>200 CONSTRUCTION WORK</b>						
<b>210 Foundation work</b>						
211	construction of strip foundation in stone masonry or cemnet bloocks of 20x40 column footings in reinforced	m3	76	30'000	2'250'000	
212	concrete mixed at 250kg/m3 Lean concrete for the footings in	M3	22.23	75'000	1'667'250	
213	5 cm thick mixed 150kg/m3 foundation beams R. C mixed at	M <sup>3</sup>	10,00	50'000	500'000	
214	300kg/m3	M <sup>3</sup>	20.12	75'000	1'509'000	
215	backfilling of the foundation	M <sup>3</sup>	280,00	1'500	420'000	
<b>Total Foundation</b>						6'346'250 #
<b>220 Block works</b>						
<b>level 01</b>						
221	External and internal wall (15cm cement blocks) with cement motar joints	Nos	6'600'000	305	2'013'000	
<b>level 02</b>						
223	External and internal wall (15cm cement blocks) with cement motar joints	Nos	15'750	295	4'646'250	
<b>Total Block works</b>						6'659'250 #
<b>230 Concrete works</b>						
<b>level 1</b>						
231	Reinforeced Column mixed at 350kg/m3 Lintel/ornamental columns 20x20cm mixed	M <sup>3</sup>	15,23	80'000	1'218'400	
232	250kg/m3		18.2	75'000	1'365'000	

Round Pillar 20x40cm in R.C. mixed 350 kg/m3		8.2	80'000	656'000
level 2				
234 Reinforced Column mixed at 350kg/m3	m3	20.21	80'000	1'616'800
235 Lintel/ornamental columns 20x20cm mixed 250kg/m3				
	m3	10.23	75'000	767'250
236 Beams and top plate 20x20cm in R.C mixed 350kg/m3	m3	9.11	80'000	728'800

#### Total Concrete works

6'352'250 #

#### 240 Decking

241 15cm decking blocks	Nos	482'000	500	2'410'000
242 Decking concrete mixed at 350kg/M3	M <sup>3</sup>	12.32	80'000	985'600
243 12 cm stair case slab including landing slabs	M <sup>3</sup>	6,00	80'000	480'000
244 Beams 20x40 mixed at 350kg	M <sup>3</sup>	5,20	80'000	416'000
245 Special form work	LS	1,00	500'000	500'000

#### Total Decking

4'791'600 #

#### 300 WOOD /METAL WORKS

##### 310 Windows incl. Protectors

###### level 01

311 Toilet windows 65x655m	Nos	6,00	15'000	90'000
313 Stair case 1.50x1.20m	Nos	11,00	35'000	385'000
314 Dining/kitchen bedrooms 1.00x1,20m	Nos	5,00	30'000	150'000

###### LEVEL 02

316 Toilet 68x65m	Nos	1'000	15'000	150'000
317 Living 1.50x1,20m	Nos	9,00	35'000	315'000
living 2.00x1,20m	Nos	1,00	50'000	50'000
Living 1.20x1,20m	Nos	4,00	32'500	130'000

#### Total Windows

1'270'000 #

#### 320 DOORS

##### External doors (metal door)

###### LEVEL 01

321 KITCHEN 0.90X2,30m	Nos	1,00	75'000	75'000
322 Living 1,20x2,30m	Nos	1,00	150'000	150'000
Toilet 0.70x2,30m	Nos	6,00	75'000	450'000

###### Level 02

324 Terreaces 1.20x2.00	Nos	1,00	150'000	150'000
kitchen 0.90x2,30m	Nos	13	85'000	1'105'000



Toilet 0.70x2,30m	Nos	7	75'000	525'000	
<b>Total External doors</b>				<b>2'455'000</b>	#

#### 400 Electrification

General electrification which includes

401 conduit pipes bulbs, meter wiring etc.	Ls	1,00	2,82,115	2'862'115	
<b>Total Electrification</b>				<b>2'862'115</b>	#

#### 500 Installations

##### 510 Plumbing

###### LEVEL 01

510 General piping	Ls	1,00	350'000	350'000	
511 Water closet	Nos	6,00	70'000	420'000	
512 Hand basin	Nos	6,00	30'000	180'000	
513 Shower sets	Nos	6,00	15'000	90'000	
514 Kitchen sink	Nos	6,00	26'000	156'000	
<b>Level 2</b>					
516 Water closet	Nos	6,00	70'000	420'000	
517 Hand basin	Nos	6,00	20'000	120'000	
518 Bathub	Nos	6,00	150'000	900'000	
<b>Total Plumbing</b>				<b>2'636'000</b>	#

##### 520 Sewage Dispersal

521 Septic Tank and Soak-away pit	NOS	1,00	500'000	500'000	
<b>Total Plimbing</b>				<b>500'000</b>	#

#### 600 Finishes

##### 610 Plastering and painting

###### Level 01

611 external walls	M <sup>2</sup>	325'000	3'000	975'000	
internal walls	M <sup>2</sup>	456,00	1'500	684'000	
612 Slab	M <sup>2</sup>	123,00	2'500	307'500	
<b>Level 02</b>					
613 Internal and external walls	M <sup>2</sup>	852,00	3'000	2'556'000	
Internal and external walls	M <sup>2</sup>	510,30	1'500	765'450	
614 painting of over head floor	M <sup>2</sup>	201,00	3'000	603'000	
<b>Total Plastering and painting</b>				<b>5'890'950</b>	#

##### 620 Flooring

###### Level 01

621 Tiles for toilet walls	M <sup>2</sup>	82,32	5'300	436'296	
622 Toilet floor tiles	M <sup>2</sup>	25,22	10'000	252'200	
Floor tiles living, dining, Hall, Kitchen,					
623 corridor, guest & terraces	M <sup>2</sup>	300	10000	3'000'000	

624 Mass concrete for floor mixed 150kg/ <b>Level 02</b>	M <sup>2</sup>	10.58	35'000	370'300	
625 Tiles for toilet walls	M <sup>2</sup>	64,00	5'300	339'200	
626 Toilet floor tiles	M <sup>2</sup>	16,00	10'000	160'000	
627 Floor tiles (Stair case, corridor, bedrooms & terraces)	M <sup>2</sup>	5,00	8'180	4'090'000	
<b>Total Flooring</b>				8'647'996	#
700 Drainage works	LS	1,00	865'250	865'000	
800 Pavements	LS	1,00	417'350	417'350	
900 Unforseen	LS	1,00	300'000	300'000	
				<b>1'582'350</b>	#

**GRAND TOTAL**

50'998'761

**THIS PRESENT ESTIMATE IS CLOSED AT THE SUM OF:**