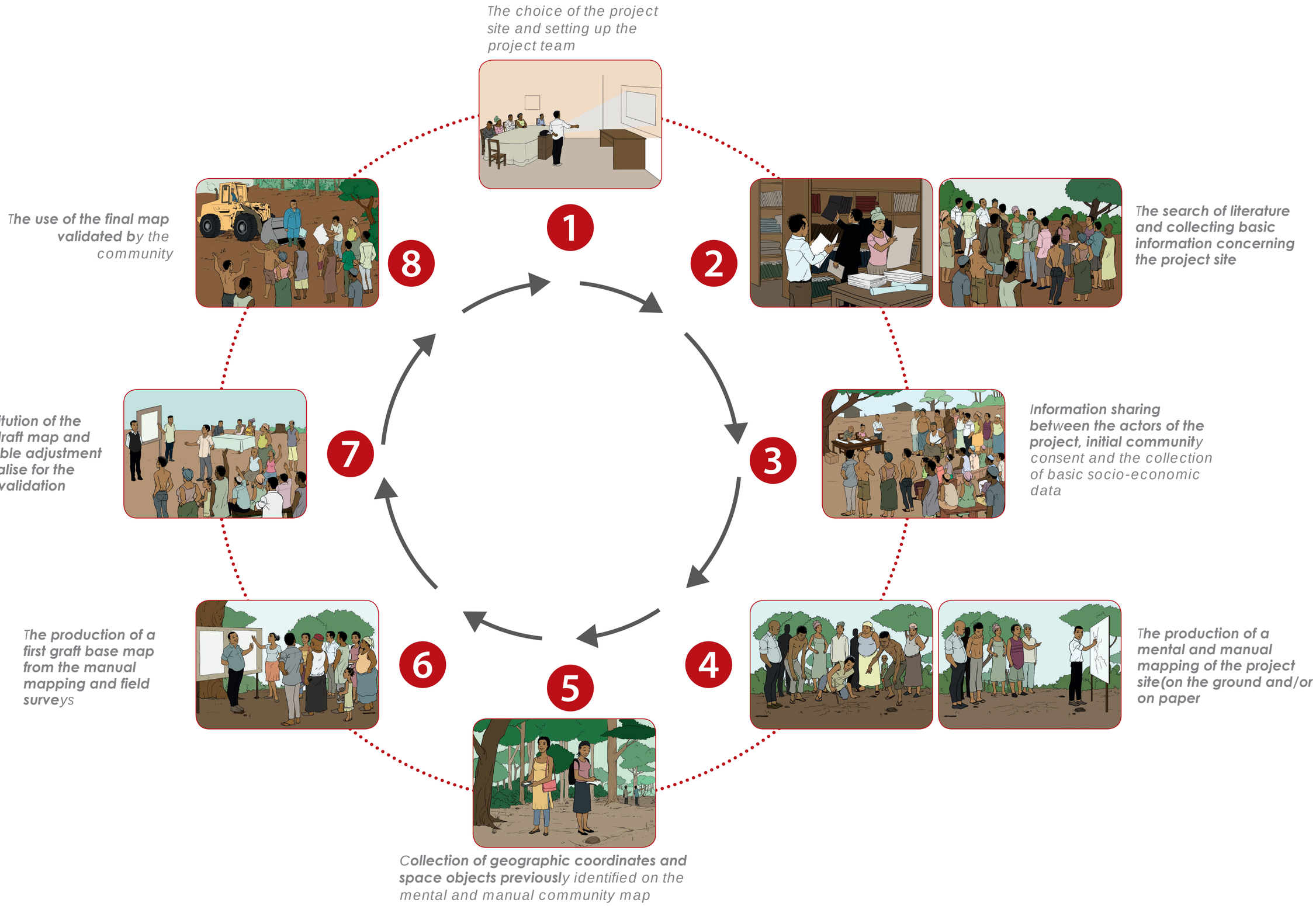Steps of the Unified Methodology of Participatory Mapping in Cameroon