

Palmire Mbu

Born on 12 May 2003 in Villeneuve-d'Ascq, France. Developed within the INSEP system and represented France internationally at the U18 and U20 levels. Attended Rhode Island for two seasons, earning All-Atlantic 10 Conference recognition.



POSITION	CLASS	COMMITTED	HOMETOWN
Forward	Graduate Transfer Rhode Island		Villeneuve-d'Ascq

THE JOURNEY

2024-2026 Rhode Island, 2024

Kingston, Rhode Island



During her two seasons with Rhode Island, Palmire Mbu established herself as one of the Atlantic 10 Conference's most versatile forwards, earning All-Conference recognition while contributing as a scorer, rebounder, defender, and leader.



PLACE	YEARS	MEDIA
Kingston, Rhode Island	2024-2026	2 items

2023 Recovery Year, 2023

France

Following a significant ankle injury that required surgery, Palmire dedicated a full year to rehabilitation, recovery, and personal growth. During this period, she made the decision to pursue a new chapter in the United States, reconnecting with Rhode Island Associate Head Coach Adeniyi Amadou.

PLACE	YEARS
France	2023

2021-2023 emlyon and the French Club Circuit, 2021-2023

Lyon, France



Palmire competed professionally within the French club system while simultaneously pursuing business studies at emlyon Business School within the Global BBA program.



PLACE
Lyon, France

YEARS
2021-2023

MEDIA
2 items

2018-2021 French National Teams, 2018-2021

INSEP, Paris

Palmire Mbu developed within the INSEP system and represented France internationally at both the U18 and U20 levels. She was part of the generation that captured the U18 European Challenger title.

PLACE
INSEP, Paris

YEARS
2018-2021

2010-2018 Villeneuve-d'Ascq, Origins

Villeneuve-d'Ascq, France

Palmire Mbu was born on 12 May 2003 in Villeneuve-d'Ascq, France. She developed within French basketball environments from an early age.

PLACE
Villeneuve-d'Ascq, France

YEARS
2010-2018

THE STORY

01 MISSION

A student of business and management, Palmire studied within emlyon's Global BBA program before arriving in the United States. Her interests extend beyond athletics to include sports media, storytelling, and athlete communication.

02 ASPIRATIONS

Away from basketball, Palmire Mbu is fascinated by the intersection of sport, media, and business. Her academic journey has included studies in management and business strategy, and she has developed a growing interest in how athletes, teams, and organizations communicate their stories to the world.

Her experience as both an international athlete and aspiring media professional has sparked a particular interest in sports media, content creation, and athlete storytelling. During her time in the United States, she expanded those interests through work in videography and digital content, gaining firsthand experience behind the camera as well as on the court.

Long term, Palmire hopes to build a career bridging sport, business, and media to help organizations, athletes, and brands connect with audiences through meaningful storytelling. Her international experiences across France and the United States have shaped a global perspective that continues to influence both her academic interests and professional ambitions.

03 CULTURAL IMPACT

Having navigated elite youth basketball, injury recovery, international education, and cross-border athletic transitions, Palmire brings a perspective shaped by adaptability and perseverance. She understands that success is rarely a straight line, and that some of the most meaningful growth happens during the chapters nobody sees.
