

# Civic Engagement Program

## Annual Report 2012

### *The Civic Engagement Program: Stories of Hope*

The Civic Engagement Program seeks to empower the Palestinian youth as Palestine's future leaders and to transform them from spectators to actors by identifying, motivating and developing their potential through a unique and holistic approach that employs culture as the tool of training. With its civic engagement initiatives and projects, the program helps youth to articulate significant civic issues and become engaged in society.

Yet, what perhaps has become the ultimate objective of this program is to bring 'hope' to the young people who go through the process, thus fulfilling the vision of Diyar at large. If a person is hopeful, then that person can become active and involved in one's community; otherwise, a sense of alienation and disengagement will take control of his/her life leading to despair. There was particularly one story during 2012 demonstrating this life-changing experience that attests to the success of the program and its initiatives. It took place at one of the workshops that revolved around Palestinian art and artists where the trainees were asked to draw their vision of a future Palestine and/or their identity. A young woman from Hebron shared her painting; it was covered in black color with a small dot of white. When asked about its meaning, she explained that the black was representing her life up until this training, where it was dark, bleak and depressing because she had no hope for a future as all what she listened to were depressing news and events. However, after hearing about the amazing efforts carried out by Palestinian artists, how they narrate the story of Palestinians as well as other important societal issues through their art, she is finding hope and is encouraged to do something and contribute to society because now she knows that something valuable and important is being done.

### *2012 Highlights*

#### **INCREASED NUMBER OF YOUTH**

**GRADUATES:** In 2012 there were 176 young men and women graduates who received intensive training through 10 workshops and engaged in civic and cultural activities that were designed to enhance their capacities and understanding of leadership, culture and civil society issues.



The majority of the graduates were women for there were 97 young women compared to 79 young men, while their ages ranged between 18 to 30 years old. A significant portion of the young people was college and university students, representing a rich geographical distribution within Palestine including Jenin, Nablus, Tulkarim, Qaliqilya, Ramallah, Jerusalem, Jericho, Bethlehem and Hebron. What was remarkable is that 50% of them came from marginalized areas such as the villages and refugee camps, thus fulfilling a critical objective for Diyar; which is to engage and activate youth who live on the periphery of society. Based on the graduates' evaluations, 90% indicated that the training developed their capacities and skills tremendously and qualitatively, mainly in the areas of critical thinking, communication, planning, commitment and time management, while enhancing their sense of civic and social responsibility, motivating at least 67% of them to engage in activities and initiatives within their own localities.



**THE CIVIC CULTURAL NETWORK:** The second major highlight was the official launch and startup of the operations of the Civic Cultural Network. This network, which is comprised of the graduates of Diyar's civic engagement initiatives who were intensively trained in leadership, culture and civil society issues and values, provides the necessary framework from which its members are able to effectively implement, both individually and collectively, their now much more enhanced capacities and understanding for the good of society. The network's membership base in the first year was very encouraging with 102 members, and is expected to grow drastically during the following years. A



pro-active heavy use of social media as the tool of outreach and communication was implemented in the network, mainly through the Civic Cultural Network Facebook page.

**THE CIVIC CULTURAL CREATIVE COMPETITION ‘AL-IBDAA AL-THAQAFI AL-MADANI’:** The launching of the Civic Cultural Creative Competition was a major highlight in 2012. It was a competition for the best artistic work that can portray and shed light on a civil society or cultural issue and value. There were 4 finalists whose works, coincidentally, revolved around women’s issues and gender equality. The productions were launched during the graduation ceremony on December 28, which received extremely positive feedback and enthusiasm from the audience, both young and old.

The first production was a musical work entitled “The Crooked Rib” by Tarek Abu Salameh from Beit Sahour. Through a musical dialogue between a man and a woman, and mixing jazz with oriental music, the work dealt with the conflicting roles of men and women in the Palestinian society and, according to Tarek, the discriminatory images of women in the Palestinian proverbs.



The second work was a poem by Ahmad Saddeh from Jit village in the Qalqilya district entitled “The Awakening of a Woman”. The young poet took on a personality of a woman who narrates her life story and how she, as a woman, was deprived of basic human rights including education until one day she said: Enough! I will take this no more!

The third production was a short drama film entitled “What If” by Samir Qumsieh from Beit Sahour. Samir’s film concept revolved around the issue of polygamy and explored the psychological stress and pain that women undergo when their husbands take on another wife. However, it did so by reversing the roles so that women now can have more than one husband, and portrayed the suffering of men as they went through the same emotions and conflict that realistically women do.

The final winning work was by Iyas Abu Rahmeh from Bil’in village near Ramallah. Iyas chose photography as his medium to portray positive images of Palestinian women, images of their everyday life including their struggle for freedom and resistance against the Israeli occupation as well as their contributions to joy and life. The photography exhibition is entitled “Jinan il-Ard”, which roughly translates into ‘the Beautiful Gardens of the Earth’, in his attempt to embody the women as symbol of land and life.

#### **“THE SOCIAL HISTORY OF BETHLEHEM” BOOK:**

The publishing of this book by Diyar Publisher came as a result of recommendations by the young trainees who attended the seminar in 2011 with the same title. This book outlines the significant role of cultural sources in community building, in specific photography and cinema, and highlights some of the leading Palestinian cultural figures that had considerable international impact.

#### ***Plans for 2013***

There are many exciting developments taking place in the year 2013. To begin with, there are new groups of trainees whose number more than doubled when compared to the previous year. So far, there are more than 215 young people registered in the intensive leadership trainings. As well, plans are made to share the four winning productions to larger audiences and in different areas in Palestine by networking with many cultural, youth and civil society organizations to provide forums for these works. Finally, a short film on the work of the Civic Cultural Network is being produced and will be screened through different media outlets.



# Exhibitions 2012

Another firm period was the year of 2012 for the Art Gallery spaces at Diyar Consortium. Various exhibitions were held at Diyar Gallery Spaces (the Al Kahf Gallery and in the Lobby of the International Center of Bethlehem and the Higher Education and Research Building).

Nineteen exhibitions were hosted in the various gallery spaces in 2012. Three exhibitions presented by female Artist one of them are New Zealand and the two others are Palestinians, there were six solo male exhibitions for International and Palestinians as well Artists that, as well as ten group exhibitions. The exhibitions incorporated a variety of media such as oil and water color painting; Gouache; mixed media; Photography; Jewelry; Glass; ceramic; mosaic; Installation; modern art; pensile colors; Chinese ink.

Among the exhibitions was Harmony Exhibition that presented the Palestinian Jewelry Artist Hiam Rohana, which included Jewelry made by Palestinian textiles in a modern way.

Another exhibition was Pieces of Palestine Exhibition for the New Zealand artist Zoe Cromwell who believes in the Palestinian case and the reflection of her paintings of the Palestinian heritage and stories shows that.



## EXHIBITIONS 2012

Title	Artist	Description	Period
Hidden Vision	Layla Hamdieh, Palestine	Mixed Media	January 20 – February 20
Harmony	Hiyam Rouhana, Palestine	Jewelry	February 24- February 29
BONE SWAN/Cardiology	Ahmad Nabil Musa, Palestine	Mixed Media	March 9-May 17
Gaza:Mirroring War/ART & DIS (PLACE)MENT	George Rivera, USA	Mixed Media	March 15- May 14
Water colors workshop result	DAK students and Swedish group, Palestine & Sweden	Water colors	April 11 – April 21
My City	Fine Art Clup, Palestine	Lithography and engraved wood & photos	April 20-May 22
Untitled	Valarie Jouveatelier and Djamel Tatah, French & Algeria	Chinees Ink	May 3 - June 1
Pieces of Palestine	Zoe Cromwell, New Zealand	Acrylic on Canvas	May 11-June 12
Wisdom	Issa Abdullah, Palestine	Oil on Canvas	June 8 – July 10
The Annexation Wall: 10 Years Too Long	Al-Haq Center, Palestine	Photography	June 26– July 9
Palestinian Tones	Women Group Exhibition, Palestine	Mixed Media	July 6 – August 6
I am Al-Walajah	Grassroots Jerusalem, Palestine	Photography	July 11– July 27
Graduation Exhibition	The Visual Art Department Dar al-Kalima College 4rd crcle, Palestine	Mixed Media	August 11– September 15
A Journey into Abstrabesque	Benji Boyadgian, Armenian Palestinian	Water Colors	September 21 – October 20
A project between Private and Puplic Schools	Palestinian Wastewater Engineers Group, Palestine	Recycleing	September 27 – October 2
Islam in Deutschland	Zenith, Germany	Photography	October 6 – November 6
And the Heart of Jerusalem still beats	Dr. Ali Qleibo, Palestine	Mixed Media	November 30 – January 10, 2013
Heritage	Fine Art Clup, Palestine	Mixed Media	December 14-January 15, 2013

# Ajyal Annual Report

## For 2012

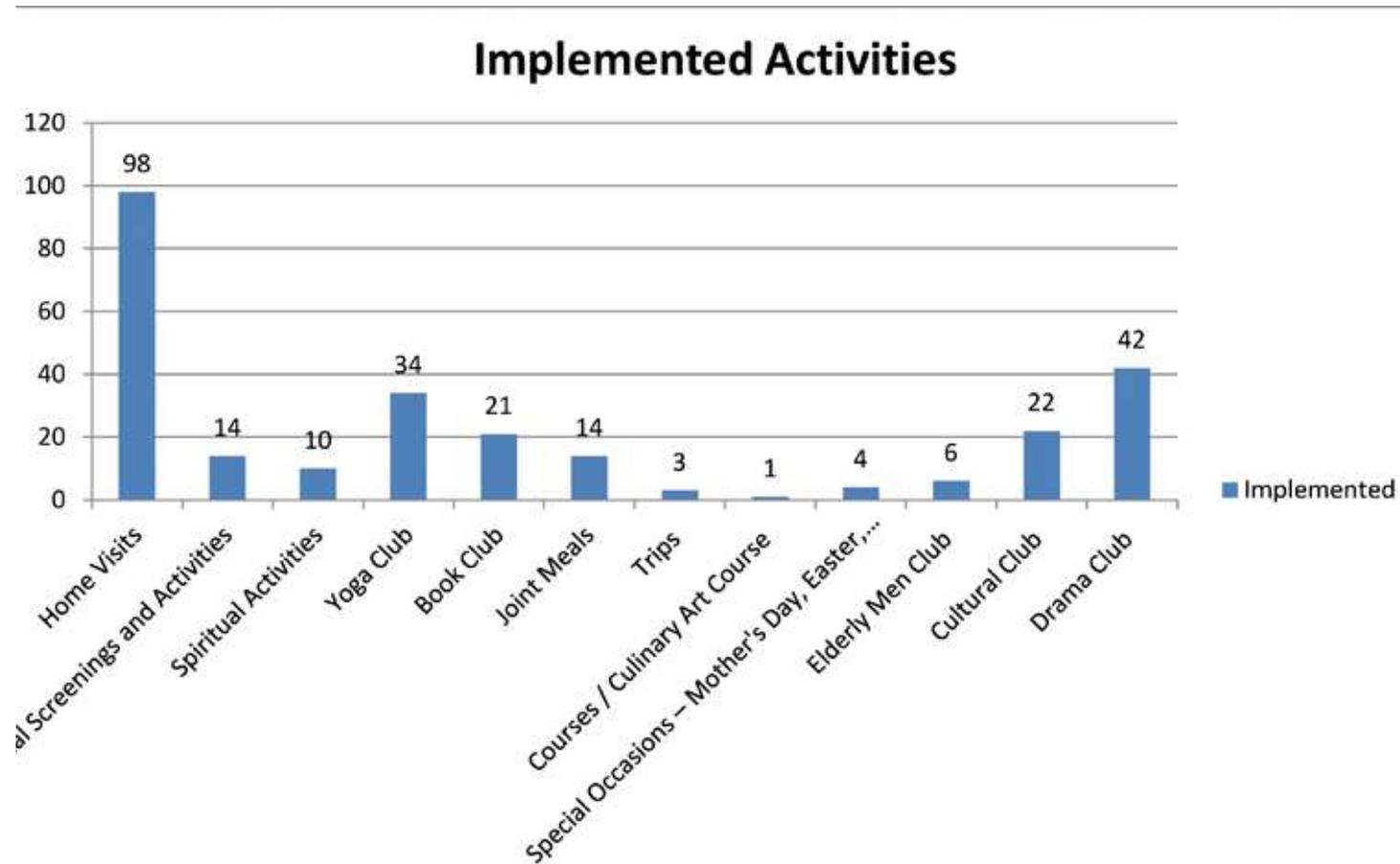
Ajyal is an elder care program that is based on the Faith Community Nursing framework, which is a concept that was first introduced to Palestine by Diyar in 2006 and offers a holistic perspective to health, healing and personal wellbeing. Unlike traditional dependency models, Ajyal Program has a proactive nature that aims at exploring the contributing potential of the elderly in Palestine, in addition to providing services so as to improve their quality of life.

### *Major Highlights in 2012:*

- **ENHANCED SENSE OF CULTURE AMONG THE ELDERLY** through various clubs such as the drama club, the book club and the cultural club.
  - a. Theatre in the drama club provided the seniors with the ideal opportunity to demonstrate their acting, singing, and drama talents. For some, it was an opportunity to revive their skills from bygone days. For others, it was the chance of a lifetime to take center stage.
  - b. With the book club, it contributed to the nurturing of their literary sense and keeping them abreast of the latest publications, which proved to be a priceless endeavor. Brain stimulating activities such as reading and writing helps significantly in fighting Alzheimer and dementia.
  - c. Through the cultural club, several members met regularly to search and discuss different topics thus deepening their knowledge about many fields and areas. One such topic was the history of Bethlehem families and clans. Another dealt with healthy nutritional practices together with a professional nutritionist.
- **A NEW CULINARY COURSE WAS STARTED** to complement what the members learnt in the field of nutrition in the cultural club. In this course, 20 women registered where they experimented with many healthy recipes under the supervision of the Illiyeh Restaurant Chef, Mr. Bassem Hazboun.
- **ZAGHAREED BOOK AND FILM PRODUCTION** was another highlight. The Zaghareed book and film, literally meaning ululations, came about in an attempt to document and preserve oral history and traditional songs and ululations that are used in weddings and other occasions from different areas in Palestine. This production in particular clearly demonstrated the important role that the elderly play as a valuable source of transmitting history, culture, traditions and experience; as a legacy for future generations.
- **EMPOWERED COMMITTEE MEMBERS** who help run the program on a volunteer basis through various meetings and workshops. In this regards, one major workshop had a deep impact on the performance and capacity building of the committee, which took place in October 3 – 5 in Jericho, in cooperation with MOST ministries. This workshop mainly focused on clarifying the concept of volunteerism and the expected tasks from volunteers, as well as providing the tools that facilitate such endeavor.

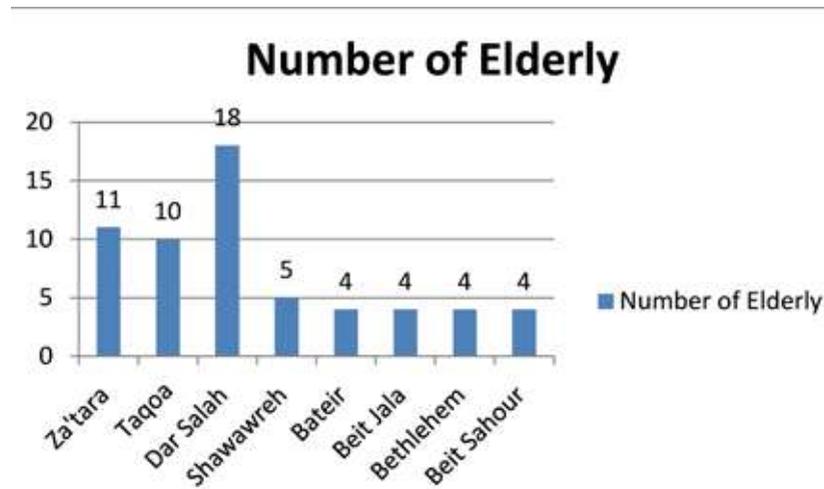
## I. Ajyal Central Program

During 2012, Ajyal program that focuses specifically on the elderly that reside in the Bethlehem city area served 155 seniors. Different activities were held, which are outlined in the following chart:

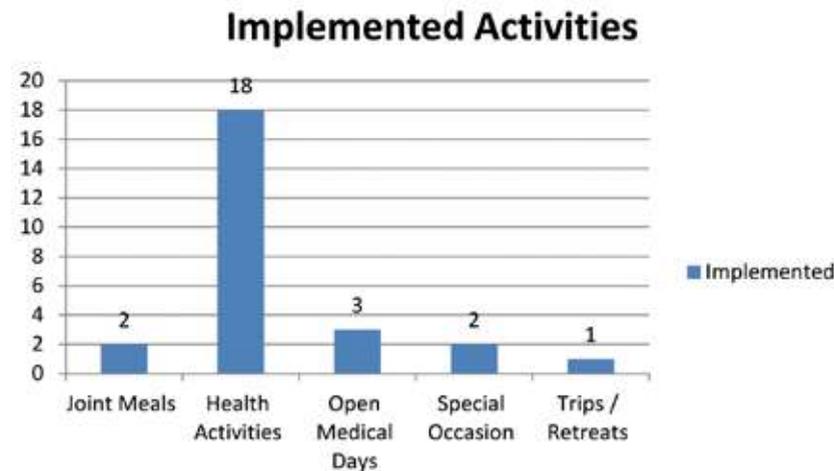


## II. The Outreach Program

The Outreach Program served 60 elderly, who mainly reside in the villages surrounding Bethlehem. Similar to the Ajjal Central Program in that it seeks to explore the potential of the elderly, the Outreach Program however mainly focuses on the elderly who are immobile. Below is the chart that demonstrates the geographical representation of the elderly within the Outreach Program:



During 2012, there were 600 home visits performed by the program's nurse, in addition to other activities which are outlined in the following chart:



## SUCCESS STORY

For Adel and Kareema, it was never too late to start a new experience in life. Adel and Kareema, who are respectively 77 and 71 years old, have two sons who have been living abroad for more than 25 years. The couple retired several years ago and before becoming members in Ajyal they were depressed, bored and feeling useless. Ajyal offered them a new meaning for their lives.

With the support of the Ajyal Program and Dar Al-Kalima College, Adel took photography courses and became a professional. In addition, he honed his calligraphy and painting skills so that now he contributes with his art, such as paintings, to Ajyal during its celebrations. As for Kareema, she is now one of the most active and committed members in Ajyal, serving in its committee and volunteering her time by assisting with the weekly sessions, home visits as well as helping in the preparation and implementation of the book club.

### *III. Dar Al-Shamal Project:*

The Dar Al-Shamal Project is considered as an expansion of the Ajyal program to the northern areas of Palestine, which started in 2010, and mainly to connect with some of the Christian communities that live in these localities. There were previous attempts by other organizations to work and provide some services for the elderly; however, these initiatives were considered inefficient and their philosophy was mainly based on perceiving the elderly as feeble and a burden rather than tapping into their potential and activating them back into society, as the Ajyal Program seeks to do.

By partnering with two local organizations in Taybeh village near Ramallah and Rafidia village near Nablus, the project implemented many activities that were similar in nature to the Ajyal Central and Ajyal Outreach, and established many of the clubs such as drama, choir and yoga. It was a great experience with a very positive impact on the participating elderly, who witnessed a dramatic shift in their lifestyle and in the societal views towards the whole issue of aging.

Unfortunately and due to insufficient financial support in 2012, the project's activities were reduced to include mainly some awareness-raising lectures in health and other topics, few joint meals and local trips to Bee-than Valley and Jericho. However, at the end of the year, 50 members from both areas in the north were able to join the Christmas celebrations in Bethlehem together with the members of Ajyal Program, which also included a closing ceremony for the project with our partners.

AJYAL IN PICTURE



# Azwaj Program

## Annual Report 2012

Azwaj, the Young Families Program, employs a holistic approach to empower young parents to deal with parental issues, meeting their social, spiritual and recreational needs and those of their children. In addition to the normal challenges of parenting, parents in Palestine also have to deal with raising a healthy family under the Israeli occupation and difficult socio-economic conditions. As such, Azwaj Program supports these young families, and as a result encourages them to remain in Palestine and contribute positively to their surrounding community and society.

### *Major Accomplishments in 2012:*

- **ENHANCED MARITAL AND PARENTAL RELATIONSHIPS** as families continuously reported that taking part in such a program added flavor and color to their lives and improved their relationship with one another and with their children. Not only did this program encourage them to leave the house and do something meaningful with their children, but it also provided the opportunity to meet new people in their age and with similar interests, and get a reprieve from the worries that seep into their daily lives. Through this program, the young families shared experiences and expanded their educational and cultural scopes. During 2012, there was more emphasis within the program on promoting awareness in health (especially breast cancer and nutrition), child education, sexual health, art and communication skills.
- **INCREASED COMMITMENT AMONG THE MEMBERS** was also noted in 2012. During the past few years, absence and irregular attendance was a major challenge that interfered with conducting various qualitative activities; yet with continuous incentives such as providing childcare, the number of families attending regularly increased in 2012 to 14 fully committed families. The number of attending children also increased due to childcare services with 2 qualified teachers and innovative programming designed specifically for the children. Art, singing, games and story-telling activities were carried out for the children and that was received with great joy by both the children and their parents.
- **A TWO-PART WORKSHOP ENTITLED “RAISING UP A RESPONSIBLE AND WELL-BEHAVED CHILD & PARENTING IN THE SCHOOL AGE YEARS”** by Dr. Margaret O. Griffiths from the USA was carried out in September/October of 2012. Dr. Griffiths is a professional clinical psychologist with a rich experience, who contributed greatly to the members' enhanced understanding of good parenting skills. This was not her first time to be with Azwaj and implement such activity, for she was also with the group in 2011 during their annual conference. Many of Azwaj members expressed deep appreciation and gratitude for the practical techniques and solutions proposed by Dr. Griffiths when dealing with their children, reducing conflicts and improving the whole family atmosphere.

As for the different activities of Azwaj, a description is provided in the below table:

Implemented Activities	Number of Implemented Activities
Home Visits	3
Awareness-Raising Sessions	11
Medical Screening Tests: Blood Sugar, Body Fat	2
Social & Recreational Activities	10
Special Events: Mother's Day, Christmas & Easter celebration	3
Trips	3
Workshops: 2 stress management workshops, 2 art workshops (parents & children), 1 workshop on parenting skills	5
Joint Meals & Bingo	7
Wellness Days / Hiking	2
Annual Conference: major adolescence physical and emotional changes	1

## SUCCESS STORY:

Sami (46) is a highly educated man who works at Dar al-Kalima College. His wife Juliana (43) is an extremely active woman who used to work as administrative secretary at Dar Al-Kalima School and now she is a housewife; they are parents of three children, two of whom are already teenagers. Both are committed members of Azwaj Program and contributed to its development from the beginning. Sami and Juliana witnessed the birth, progress and growth of this program and were there every step of the way supporting, contributing, helping and participating. And up until this day, Sami and Juliana show great interest in Azwaj.

Sami and Juliana attend most of the weekly activities and at the end of each meeting they express their excitement for the next one. They say the reason for their commitment is that «Azwaj is a unique program that cares for and fulfils the needs of the young families in a safe and nurturing environment. It is very innovative and ground breaking and we enjoy being members of it».

### ***Authentic Tourism:***

Since its launch in 1992, ICB's Authentic Tourism Program has been a pioneer in the field of alternative tourism, seeking to help international visitors gain a comprehensive view of the Holy Land in both its historical and contemporary context.

The year 2012 witnessed an increase of % 35 in the number of Authentic Tourism groups who visited Diyar, learnt about its programs and stayed for one night at Abu Jubran Guest House.

36 groups from different nationalities were accommodated through the Authentic Tourism program in 2012. Tourists, pilgrims, artists, teachers, students and friends from USA, Finland, Germany, Norway, and Canada experienced one of the many authentic, rich itineraries that the Authentic Tourism Program offers during the different seasons of the year 2012.

In 2012 a good number of internationals divided into groups chose to volunteer their time and energy to help Diyar Consortium staff in their daily tasks, in addition to leading Art workshops at our Dar Al Kalima College. The Authentic Tourism department accommodated the volunteering groups and divided their daily programs according to their expertise.

### ***Studiosus Groups:***

Since Diyar has signed the agreement with Studiosus Reisen München GmbH Company in Germany in 2009, we annually receive Studiosus groups who spend half a day in Bethlehem - including a comprehensive visit to the Diyar Consortium - arranged through the Authentic Tourism Program. During the year 2012, we received 35 Studiosus Groups (907 persons).

## Other Groups

The Diyar Consortium premises witnessed the visit of 2961 International guests chose to grant Diyar part of their half-day-time in the city of Bethlehem through an introductory visit where members of groups learn about the remarkable work of Diyar. The highest number of visitors came from Germany. American groups form the second highest number of visiting groups. The other groups are from The United Kingdom, Switzerland, Norway, Finland, Denmark, Sweden, France, South America, Canada, Italy, Scotland and Austria.



# The Cave Arts and Crafts, 2012

The Cave Artisans seeks to empower Palestinian women by employing the arts as a vehicle for nurturing their creativity, enhancing their economic sustainability and giving a voice through advancing their productions as their personal unique expressions.

Throughout Diyar Art Centre project and the support of FELM and NCA, 45 Palestinian women are exposed to and trained in five identified fields of crafts; glass, ceramic, jewellery, stone and embroidery. In contrast to other souvenir pieces made of olive wood, Diyar Art Centre relies exclusively on locally produced goods that are used widely and sustainably available raw materials in the region.

## *General Objectives:*

- Product Line Expansion: To introduce unique products and new high end designs.
  - Human Capital development: to host and train an additional 45 Palestinian women as local artisans.
  - Infrastructure Development: To better attract visitors to the local store and amenities and more efficiently manage the store operations
- Marketing effort: To strengthen the marketing tools and achieve high end markets.

## *Cave Highlights:*

- One of a kind graduation gifts from The Cave Gift Shop (April and May 2012)
- A field trip to The Sidreh-Lakiya Negev Weaving Project was made in April, our group participants were aware about the Bedouin women's needs and livelihood, as a part of our project in social empowerment and community development.
- Special Summer offer; 10% Off all Cave Items (June and July 2012)
- Bright stars of Bethlehem, Redding Crafts Fair, CT, USA, September 2012 (see attached photo)
- Bethlehem Christmas market at the Manger Square, Bethlehem
- Many Church Bazaars in USA and Europe.
- American Embassy Holiday Bazaar.
- The Cave announced a special theme for 2012; the angel in olive wood, glass, ceramics and silver including the custom made packaging (see attached photos)
- Special packaging.
- Our Signature Ceramic Nativity scene.
- A scale model for the old city of Bethlehem has been built by the participants. This clay model visualizes how ancient buildings and towns were constructed. The historic Bethlehem miniature is displayed at ICB; it basically represents models, the Church of Nativity, Christmas Lutheran Church, other churches in Bethlehem and many old houses with the historic architecture.
- Marketing: few products were designed, produced and assembled in the Exhibition halls and The Cave gift shop to market the Cave products. Among those products are colored glass lighting fixtures and ceramic art works.

## Stories:

Inas, originally from Hebron mistreated by her husband and living with her two kids in a shelter house in Bethlehem was in a hard condition when she joined the art project. She has now more positive way of thinking and talking. She worked on a divorce and finally got it after having more confidence of herself through the project.

She is looking forward to start producing and selling her products in order to move to a rented apartment.

Sawsan is gaining the best in quality and design, she is an art teacher at a school in Beit Sahour, and she states that her capabilities are much stronger, and can transfer all her knowledge to the art students easier and better.

Learning to work in groups is another success story. Creating a ceramic Nativity Scene, and building a miniature of Bethlehem old houses and churches made the women visit the Nativity museum in Bethlehem, gather the information, discuss their ideas, show the Palestinian Identity in their sketches, and notice and respect the arts and culture, working together in a nice atmosphere.

## Facts, Figures and numbers:

Sales as per The Cave Categories: Please see attached excel sheet.

The largest orders in US dollars amounts were from Sweden, followed by USA then Denmark.

Gift shop sales is 54% from total sales, whereas orders online are 46% from total sales.

## Upcoming in 2013:

Around 100 new products should be ready for the Christmas season 2013.











# Construction:

With Diyar's growing ministries, there is always a need for new spaces and facilities. Two major projects have been accomplished in 2012; the Auditorium at Dar al-Kalima University College, and (Phase I-Skeleton) of the indoor sports hall at Murier mountain. Both projects are funded by Mount Calvary Lutheran Church, Calgary, Canada via CLWR-LWF

1. The Auditorium with a capacity of 191 audience plus six spaces for the disabled was full of crowds in February 10th, 2013. The first film screening and discussion took place inside the new auditorium, it was about a the first woman photographer in Palestine, a book and a film about Karimeh Abboud has been produced by Diyar publishing. Photos attached.  
The Sound and light system and the audiovisual equipment and tools for the auditorium were covered by Dr. Rev. Mitri Raheb's prestigious international award "Deutscher Medienpreis"
2. The Sports hall project started in June, 2011. The skeleton of the building including Stone walls and facades, Columns, Reinforced concrete slab on grade, Concrete amphitheatre for 350 spectators, and Space Truss and Cladding were finished in 2012.

## *Special Highlights on the sports hall.*

- A total of 2294 Cubic Meter of cut in all kinds of soil and rock have been executed.
- A total of 1785 Cubic meters of concrete is casted on site for reinforced concrete foundations, columns, walls, slab on grade and concrete amphitheatre.
- A total of 1206 square meters of stone is built for the façades of the building.
- The space frame and cladding were ordered, manufactured and shipped from the origin country Turkey.
- The total area of the space frame is 1686 m<sup>2</sup>, and is designed up to the International building codes for wind load, snow load, and seismic design.
- The cladding is composed of five different layers and is completely impermeable, water proof, thermal and sound insulation besides anti corrosion and anti rust.
- The total number of working days generated in the project is 2610 working days, In addition to the Contractor's engineers, foremen and supervising engineers.

*We look forward to finish Phase II of the project during 2013. which is the finishing, furnishing and equipping of the project with the best quality equipment for safer sports.*









# Diyar Media Productions

## Annual Report 2012

Diyar Media Productions (DMP) aims through its audiovisual productions at raising awareness and promoting the values of democracy, equality and tolerance among the Palestinian society, empowering the local community to tell its stories and voice its concerns, showing the human face of the Palestinian reality and bringing good news from Palestine.

In 2012, the highlights of the DMP productions were the following:

### *The Samaritans*

A 24-minute film about the Samaritan stories of the Bible. The film was in three parts: The Good Samaritan, The Grateful Samaritan, and The Woman at the Well. The stories were scripted, acted out by non-actors, and shot on real locations.

Each part was filmed in a different style. The Good Samaritan was in color and had actors in their twenties and thirties. The Grateful Samaritan was in black and white – reminiscent of the Bible stories of American and European cinema of the 50s and 60s – and had actors in their teens. The Woman at the Well was a documentary and featured an actual, modern-day Samaritan woman from the Samaritan community of Nablus serving as our guide.

Our goal was to reproduce Bible stories to engage young audiences and renew their interest in the subject matter; to highlight and raise awareness for a cultural minority in Palestine, and to educate the public about the values of Christianity in an accessible, creative way.

### *A Hill of Hope*

A film about the Dar al-Kalima College and its new compound. The film showed the life, the vision and the aspirations of the College. It featured some of the students describing their experiences and how the College has helped them to further their education. The film included the reactions and thoughts of some of the American donors of the College and what they felt when they saw the completed building for the first time.

### *Zaghareed*

A 10-minute DVD supplement that accompanied a book about the zaghareed (Palestinian and Arab form of ululating). The film had seven women talking about the Palestinian tradition of performing the zaghareed and it touched on the idea of heritage, traditions, and memories. As a film about the zaghareed, it had quite a few examples of them performed by the women of the film.

### *The Civic Cultural Network*

A film promoting the Diyar Civic Cultural Network, which is part of Diyar's Civic Engagement & Culture Program. This 6-minute film showed the achievements of the network and the benefits that it provided its young participants.

### *Bethlehem Municipality Elections Debates*

DMP filmed the event at Dar Annadwa by using a 3-camera setup with live-mixing. The debate was edited into a 120-minute DVD.

### *Global Voice Hall Debates*

A political discussion in English that was held at Dar Annadwa and filmed and mixed 'live' by DMP. It was moderated by one of the teachers of Dar al-Kalima College (DAK) and had six of its students participating. The crewmen were all documentary students from DAK. The debate was sponsored by DAK and Global Voice Hall. The debate was edited into a 30-minute DVD.

### *Greek Orthodox Patriarchate Concert*

DMP filmed a concert for the Greek Orthodox Patriarch at Dar Annadwa. A 3-camera setup with live-mixing was used, in addition to a fourth camera that was mobile during the event. The concert was edited into a 90-minute DVD.

### *Ajyal's Mother's Day*

DMP filmed Ajyal's Mother's Day celebration at Dar Annadwa. More than two hundred Ajyal members gathered at Addar Hall for food, drinks and celebration. The evening's highlights were the comedy and musical performances by some of Ajyal's members. DMP filmed the event using a 3-camera setup with live-mixing. The event was edited into a cohesive 90-minute DVD.

### *Christmas Webcast*

Live Internet streaming and receiving with Washington National Cathedral and the Christmas Lutheran Church of the joint Christmas service. An edited 80-minute DVD of the service was created by DMP.







# The Fit for Life Program

The Fit for Life Program was started in 2007, which aims at helping women of all ages to lead healthy lifestyles through individual and community-targeted activities. The program offers nutrition counseling, exercise programs, health education, stress management and relaxation classes in addition to life coaching. The majority of the women who are targeted are married, non-working mothers who live in the Bethlehem district, particularly in the marginalized areas of the villages and refugee camps.

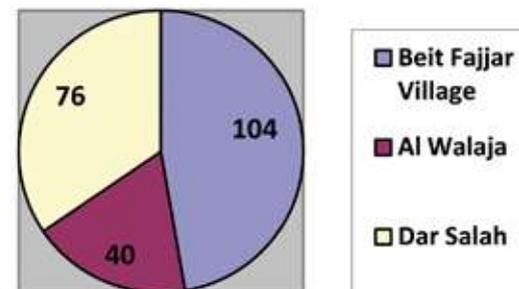
During the first 5 years of this program, the focus was mainly on providing these services at the Dar al-Kalima Health & Wellness Center, so that the women from the different areas would gather at the Center to receive the different services offered through this initiative. However, in late 2011, an outreach element was introduced as we saw the need to reach out to and connect with the surrounding villages, particularly the localities that lack health services and sports/fitness facilities and their women are at high risk. The outreach initiative aimed at training women trainers who would be able to carry out the Fitness for Life Program mission back in their own villages and benefit other women, particularly those who cannot come into Bethlehem and seek the services of the Dar al-Kalima Health & Wellness Center.

As such, a 9-month intensive training of 24 women from 3 villages in the Bethlehem district (Al-Walaja, Dar Salah, Beit Fajjar) started at the end of 2011, while partnerships with community centers in these villages were forged and coordinators hired to run the program in order to ensure sustainability of the training after its completion and offer the much needed services for women. The selected women were trained in health (physical and psychological) awareness-raising, fitness instruction and nutrition counseling, and received certification from both Diyar Consortium and Bethlehem University, which enables them to work. At the beginning of 2013, the training courses will open for the women from the 3 identified villages, and there are very positive indications with regards to the number of beneficiaries enrolled in these courses.

## A SUCCESS STORY



Among the unique stories in this program is a woman who is a 62-year-old widow from Beit Fajjar village. She insisted on participating in the Fit for Life program although at the beginning the coordinator of the village's community center tried to dissuade her by letting her know that this year is planned to train young women between the ages of 25 – 40, and that the following year could be opened for the older generation. However, this woman would not take no for an answer, and insisted on participating by declaring "I need to participate since I do not know if I will still be alive for the next year". With such insistence, the coordinator accepted her in spite of the set criteria, but with great caution as the coordinator was not sure if this older woman would be able to keep up with the trainings. Yet, the surprise was in how fast she learned the various exercises, all with excellent performance! Not only this, but she began to encourage other women to enroll and benefit from this great program, for she indicated a tremendous improvement in her physical condition. Ultimately, the biggest impact was that she managed to change the traditional perception about the elderly, in that they are incapable of leading an active sporty life, for she gave a different picture of a life filled with a renewed hope of every age.



# Diyar Dance Theatre

## Annual Report 2012

Diyar Dance Theatre is a leadership group that is comprised of talented, enthusiastic and committed dancers, both male and female of different age groups and backgrounds. The mission of the Diyar Dance Theatre is to create a forum for young adults to celebrate the Palestinian culture and history through traditional dances, while at the same time promote creativity, imagination and freedom of expression as crucial ingredients of cultural and social development.

The first four years of Diyar Dance Theatre's existence, i.e. from 2009 to 2012, were marked by efforts to mobilize the Palestinian youth in the Bethlehem District and establish a strong, committed group of dancers and artists. The goal of 2012 in particular was to promote cultural leadership and artistic creativity among the young people by increasing their overall participation and membership in the Diyar Dance Theatre and its different activities. These activities included offering ongoing, weekly drama and dance training to 60 dancers; offering additional drama and dance training to 40 children ages 8 - 14 years old, thereby establishing a second generation of dancers; and completing its second production and touring in the United Arab Emirates, USA and Palestine. Ultimately, Diyar Dance Theatre established itself solidly so as to be part of an initiative that is to start in 2013 called the Diyar Academy for Children and Youth.

### *The following is a detailed description of the 2012 highlights:*

**January, February & March 2012:** During these months the "Nimrod" production was finalized and tour performances were carried out in the United Arab Emirates and Palestine. There was a wide media coverage, which included appearing on CNN Arabia. Please look up the following link:

<http://arabic.cnn.com/video/#/video/entertainment/2012/02/09/namrood.play.cnn>

**April & May 2012:** The main highlight was a US tour of the "Portraits of Fear" play in collaboration with Bright Stars of Bethlehem, which included performances in Minnesota, Illinois, Indiana and Wisconsin. All together, there were 20 performances held in theatres, churches and schools with an attendance of more than 15,000 people.

**June, July & August 2012:** The main highlight was taking part in various local festivals such as the Jifna Festival, and performing during the festivities that were held to celebrate UNESCO's inclusion of the Bethlehem Nativity Church as a world heritage site. Please look up the following link:  
[http://www.thisweekinpalestine.com/details.php?id=3785&ed=209&edid=209&fb\\_source=message](http://www.thisweekinpalestine.com/details.php?id=3785&ed=209&edid=209&fb_source=message)

During these months there was also a short production choreographed by the young British choreographer Paul Clark that revolved around the hope that evolves from dancing. The YouTube link below demonstrates short pieces of the performance:

<http://www.youtube.com/watch?v=N8dPtN3DFG4&feature=plcp>

### **September & October 2012:**

One of the highlights of these months was the appearance of Diyar Dance Theatre on the Jordanian National TV, thus gaining more visibility on the regional level.

Another highlight was the exchange program between LidiceHaus, Germany and Diyar Dance Theatre that was carried out in two phases

starting in Bethlehem during the first week of September, followed by a completion of the work in Bremen, Germany at the end of September/ early October. A joint performance was held in Bremen at the end of the exchange as a demonstration of the whole initiative.

**November & December 2012:** During the last two months of the year the main highlight was producing a Christmas play for children entitled “Roz and Fanta at Santa’s Academy”. The play used the spirit of Christmas to communicate to young children the values of justice and collective work. More than 10,000 children from the Bethlehem and Ramallah districts watched the play as 18 performances took place in schools, local theatres and children centers.



### *Dima Awwad: A Dancer at the Diyar Dance Theatre*

Dima, a 16-year old dancer from Beit Sahour, became a member of Diyar Dance Theatre at the age of 12. She started with the young children taking drama and dance classes, and after a while she moved to Diyar Dance Theatre youngsters and then to Diyar Dance Theatre. Dance completely transformed Dima’s life from a shy, young girl to a creative, confident, promising dancer. After 4 years of dancing at Diyar Dance Theatre, Dima is now an assistant choreographer and a dabkeh trainer, helping Shadi, the main trainer and choreographer, with choreography techniques and teaching folkloric dance to young children. Academically, Dima’s grades were also improved drastically, as indicated by her school

teachers and administrators. Dima is now in her final year of school. She is planning after graduation to study dance and choreography and build a career out of this field. Dima found her passion by taking part as a younger child in Diyar Dance Theatre's dabkeh and drama training. The link below is a short YouTube video of Dima.

<http://www.youtube.com/watch?v=ozOdrQ0BWfU&feature=youtu.be>



# Diyar for Women Sports

## Annual Report 2012



Diyar for Women Sports initiative was launched in 2009 by Diyar Consortium. It aims to empower and create leadership among Palestinian girls and women through sports, transforming their lives and creating opportunities to advocate for equal participation in male-dominated athletics such as soccer, basketball and swimming. The main target groups for the Diyar for Women Sports are young girls between 6 to 16 years old and another age group of young women between 17 and above.

One of the main highlights of 2012 was the “Diyar Sports Academy” project for soccer, basketball and swimming, which was held in cooperation with the British Consulate of Jerusalem. The project was launched in January and ended in December 2012. Through this project, 100 children were trained and 3 different sport teams were established. These three teams of mainly young girls, a soccer team below 16, a basketball team below 16 and a swimming team, serve as successors to the older women soccer team and an inception of new sports groups. The project was critical in that it further helped shape the initiative of the Diyar Academy for Children and Youth and its sports school, which will commence in 2013. As part of the success of the project, Minister Alister Burt, a member of the UK Parliament, and a team from the British Consulate staff in Jerusalem visited Diyar and played with the Diyar Women Soccer Team, with our women team winning the game.



During April, Diyar Women Soccer Team visited the town of Cologne, Germany in an exchange program and played with a number of the town's women soccer teams. It also had the opportunity to become more familiar with the city's sports structures as well as significant hallmarks.

In May, the second season of the Palestinian Soccer Championship ended with Diyar Women Soccer Team coming in second. Losing to another team was difficult but it also gave the opportunity to look back and evaluate the season. A major decision was made in light of the assessment, which was to hire the new coaches Firas Marzuka and his Assistant Farah Zakharia from Bethlehem, who are very passionate about women athletics and are very enthusiastic about bringing the team to first place in the league. Diyar Women Soccer Team also participated in an exchange visit in July with the famous female soccer team FFC Turbine Potsdam in Germany, where they spent 10 days in intensive trainings and workshops. The team was able to partake in this unique opportunity through Prime Minister Mathias Platzeck, who visited Diyar and promised to bring the team to Potsdam to play with one of the most renowned women soccer teams in Germany.



During September, the head of the Palestinian Olympic Committee, General Jibreel Rjoub, visited the Women Soccer Team and was informed about the different Diyar sports facilities that are being built and the team's activities.

Finally, the third season of the Palestinian Women Football League Championship was kicked off in October, which will continue into the year 2013, with Diyar Women Soccer Team successfully competing against other national women teams and achieving first rank so far.

## SUCCESS STORY: HONEY THALJIEH

Honey Thaljieh, our colleague and former captain of the Diyar Women Soccer Team, always dreamt of continuing her studies in the most prestigious sports institution. Her dreams came true when she was accepted as the first Palestinian and Arab woman in the FIFA Master Studies in Sports Management and Policy Making. After graduation in July, Honey accepted an intern position at the FIFA headquarters in Switzerland, where she is responsible for International Women Sports Initiatives. Honey continues to serve as an inspiration for hundreds and thousands of Palestinian and Arab young girls and women who find sports to be a powerful tool for advocating for women leadership and rights.





## *The Religion & State Project, Phase II.*

Under the umbrella of the Diyar Consortium in Bethlehem, the Religion and State initiative – Phase One – was launched in 2008 through 2011, long before the current sudden burst of interest among various civil society organizations that came about after the recent revolutions in the Arab world.

Thus the second phase of Diyar Consortium's Religion and State Project addresses to the new urgency, building on the critical work of creating a healthier relationship between "Religion" and "State" in the Middle East. The project as a whole seeks to accelerate the momentum for assuring the human dignity and improving the quality of life of the peoples of the region, and to help construct proper and effective mechanisms to achieve that end.

As a preparatory stage for Phase II of the project, a strategy consultation was conducted in October 2011 in Amman, Jordan, for which a think tank of 20 members – representing different interdisciplinary fields, including theologians, academicians, parliamentarians, political activists, sociologists, media executives, women's groups, youth leaders, civil society organizations and other agents of change – was assembled and established. This highly focused group worked on outlining the major critical developments occurring in the Arab world, including tracking changes and reflecting on their implications, as well as advising on a strategy that is relevant and appropriate for the project and recommending practical steps to advocate the approved plan of action to achieve key objectives for this phase and the overall goals of this project.

From December 18-20th 2012 Diyar conducted in Amman, Jordan, the first workshop of the Religion and State series of workshops. The workshop had the theme: "Seizing the moment: Towards a Middle Eastern Vision for the future". The meeting was opened by a keynote speech of Prince Hassan bin Talal of Jordan who is not only a well known figure in the Arab World, but who is also very much involved in the current debate and thus is a very respected scholar. Altogether around 38 people participated in the conference with over 40% women participation. The first day of the conference focused on the challenges that are facing the Middle East today that stem from an unhealthy relationship between church and state. Then trainers focused on 6 areas that need our attention:

1. The Constitution debate currently going on in several Middle Eastern countries regarding the "Religion Clause" in the constitutions and constitutions drafts.
2. The Rule of Law or the absence of it under the old undemocratic regimes and now under the islamists' governments as a result of the so-called Arab Spring. The role of the Sharia was highlighted here.
3. The doctrine of "State Security" which was the pretext for despotic security systems resulting in the absence of "human security" on the individual and group level.
4. The Role of religion in the public space and the role of the State in securing religious liberties.
5. The management of natural and human resources and the role of wrong priorities that invest in arm import, on the exploitation of the natural resources for the benefit of few, and the inability to manage pluralism and utilizes the human potential that is there.
6. The role of women and discriminatory state and religious laws against her.

The second day focused on the essential elements of a Middle Eastern vision for the future. Five principles were highlighted here:

1. The dignity and sanctity of life.
2. Human rights
3. Citizenship
4. Social Justice and equality

## 5. Political Participation

Those principles are the guiding principles for a new vision for the Middle East so that the people here might have life and have it abundantly. The interaction of participants during discussion and small groups, the fellowship during meals and evening programs were another highlight that strengthened the networking between the participants empowering them to be agents of change.



# Dar al-Kalima College

## Annual Report 2012

### *The Higher Education Program: Stories of Brighter Futures in the Making*

The overall mission of Dar al-Kalima University College of Arts and Culture is: Empowering future generations, cultivating talents, communicating hope and creating new opportunities. As an institution of Higher Education, the College seeks to develop critical thinking and creativity amongst its students so as to empower them to be active members in establishing a strong civil society. Through the different programs it offers, the College is concerned with meeting the economic, cultural, social and educational needs of the Palestinian society as well as enriching the intellectual and cultural life in Palestine. The College's approach to education, based on providing youth with the academic, artistic, and professional skills, graduates young Palestinians who carry with them the vision of Diyar that we may have life and has it abundantly.

### *Highlights*

The College, in its continuous pursuit of developing its infrastructure, programs and faculty has been active during the year 2012 to reaccredit the College as a University College. As such, at on December 31st 2011 the department submitted the reaccreditation request as well as B.A. proposal for the Contemporary Art program and the B.A in film production. The aim is to begin teaching these two new programs, and any other program that will be submitted in the first part of 2013 and approved by September 2013.

Another important development for the College was building a new registration system with online students' portal. The new Registration System is composed of four modules (admission, registration, billing and portal). The system shall be put into full use by September 2013.

The following is a short report on some of the activities of each department:

### *Registration*

1. 50 graduated and got their Diploma Degree.
2. A steady increase in the number of enrolled students: In 2012 there were 246 young men and women compared to 2011 where we had 185 students.
3. Signing an MOU with Al-Quds Open University, the largest Palestinian university or faculty and student exchange.

### *Visual Arts Department*

#### **Activities & Projects;**

The department was involved in symposiums, conferences and art residencies, including:

- Gaza International Festival for Video Art 2012, on Thursday July 19th, 2012
- Students and faculty an advanced cultural management training course in September supervised by world famous Palestinian curator Salwa Miqdadi.
- Art Residency in Glasgow, Scotland

- Art Residencies in Sweden for students and faculty
- Undertaking a Joint Film project with Skjeberg Folkehogskole in Norway

### ***Performing Arts Department***

The department, in addition to its regular teaching, has concluded the Ghaneeha 3 project in July 2012 and through the program was able to recruit several voice students. In September of the year, Ghaneeha 4 project grant was awarded fully to the department. The project is for a whole year and will finish by October 31, 2013.

**Success Stories: two of our students, Usama Khater and Ibrahim Abbasi, twice a contestant at Ghaneeha, went to the Arab Idol. We look to having the students participate in Arab and international competitions in the coming months.**

### ***Tourism Studies Department***

1. The Tourism Studies Department won a bid for Jericho Sustainable Tourism development project in competition with the other academic institutions engaged in guides training in Palestine.
2. In 2012 a new course was introduced to PTG: In "Introduction to Profession" students learn to link information collected in class, internet and library with sites, landscapes and visible heritage. Skills and techniques are trained and applied in combination of site visits, hikes and class discussions.

### ***Continuous Education Department***

Conferences and Trainings in 2012

#### **1. Theater and Drama Conference**

Through the exchange program with the University for Applied Science in Osnabrueck, Continuous Education Department organized a Conference entitled, "Palestinian-German Dialogue on Theater and Theater Education" in Bethlehem, in March 2012. Together with Performing Arts department and the "Arbeitskreis Kirche und Theater" along with some sponsors from the Goethe Institute in Ramallah, 20 Palestinian and German Theater experts attended. Two workshops in April for Drama and Theater students of the College were conducted by instructors from the "Fachhochschule Osnabrueck".

#### **2. Culinary Training in Germany**

Two students were sent to Nordrhein Westfalia in Germany to train in an educational institute for cooking. The students spent three weeks in three different gastronomy centers, an educational training center, and cooked in a large kitchen producing meals for businessmen and for a hotel

#### **3. Culinary Art Development in Bethlehem**

In July 2012, the College signed an agreement with the "Gesellschaft fuer Internationale Zusammenarbeit" (GIZ) through a TVET project funded by the EU. One primary part of the project involves furnishing and equipping the educational kitchen on the second floor of the building that the culinary art program will be housed in. An additional teaching classroom with capacity of 30 students shall be housed in the existing College.

### ***Student Affairs and Marketing***

The student affairs and marketing department organized a series of activities for the College community. This included meetings with the famous artists from abroad as well as artists who are faculty members at the College, including the Palestinian theater artist Kamel Basha, the Palestinian musician Wissam Murad, the Palestinian design engineer George Khoury Safadi, the performance artist and the Palestinian Archeologist Issa Sari. Additionally, other activities were organized including the marathon "Diyar race - Dar al-Kalima College 2012", The International Festival of Short Films, A free medical day, the Arab French film festival in Palestine

## *Library*

New registered items in 2012 were 522 items (some were purchased but the majority came as gifts from donors).

## **PLANS FOR 2013**

The Dar al-Kalima College in 2013 shall be re-accredited as a University college, which will allow it to offer bachelors degree programs in the visual and performing arts as well as Palestinian cultural heritage. As such, it shall be operating on a new level in terms of faculty, regulations, degrees and opportunities.

The College also is planning to apply for several projects that will work on the evaluation and upgrading of existing programs and equipment so as to reaccredit them to the Bachelors level. One program is with the Quality Assurance funded by the World Bank and is to target the film program at the College.

With the introduction of the new Registration system, the administrative and financial ability of the College shall be raised a great deal, enabling faculty, students and administrators to improve their performance as well as improve monitoring the different outcomes of the educational process.

# A DECADE OF WELLNESS

## *Wellness in Palestine*

The 'Wellness' word exists heavily in the Arabic language. Not a day passes without someone saying to another 'May God Grant You Wellness' (Ya'teek il-'Afyeh). Yet, up until 10 years ago in Palestine, the word was part of the language but not of the life. No one really knew what it is like to be living a life of Wellness, for it was not effectively cultivated and practiced in everyday life.

However, this all changed when the Dar al-Kalima Health & Wellness Center opened its doors in September 2003. The Center's concept about health and wellness was ground breaking, for it introduced innovative programs that perceive and deal with health and wellness far different from the traditional views, motivating people, both as individuals and as a community, to proactively become responsible for their physical and mental health. Since then and as we mark the 10 year anniversary, the Center has become a beacon of hope to the community, thus fulfilling its mission.

## *An Ambitious Mission*

The Dar al-Kalima Health & Wellness Center was created with the mission of bringing hope and healing to a suffering community by focusing on general preventive medicine, community health awareness and psychological health issues associated with the current situation in Palestine. It promotes individual and community health through the establishment of facilities and community programs that address health from a holistic point of view and allow individuals to take a proactive role in maintaining their well-being. In addition, it provides a package of unique primary health care services that respond to community needs.

## *Positive Long Term Impact*

The Center's work over the last 10 years has been inspiring in many ways. As a start, it caters to all people with no exceptions. Young and old, women and men, girls and boys, urban, rural and from refugee camps are nurtured and empowered through the different activities and programs that make a big difference in their lives, a difference that affected positively their outlook on and way of life.

Elements of health education, almost unheard of in the past, are introduced to the community in new unique ways, as they are educated about their wellbeing, fitness and nutrition. Significant outreach programs target specific groups such as the Fit for Life project which works with women from the different villages in the Bethlehem Governorate.

The face of sports in Palestine is completely altered, and such momentous shift is largely attributed to the vision and intensive efforts of the Center. Who would have imagined 10 years ago that women soccer would become one of the most important sectors of sports in Palestine had it not been for the Diyar Women Soccer Team and the overall work of the Diyar Women for Sports, the unit that is an integral component of the Dar al-Kalima Health & Wellness Center which promotes leadership among Palestinian women through sports and athletics.

Finally, many initiatives across Palestine emerged as a result of the Center's 10-year faithful endeavor, which sought to emulate the variety of programs and opportunities it provided. Such proliferation of new projects attests to the Health & Wellness Center's great success on the national level in impacting other organizations to adopt our concept of motivating people to embrace healthy lifestyles.

## A Look Back on The Scope of Operations

The story of the Dar al-Kalima Health & Wellness Center is a story of celebration. Therefore, an overview of the Center's journey during the past decade is presented, which will focus on its unique programs and units, which are:

- The Audiology Clinic
- The Endocrinology Clinic
- The Diyar for Women Sports Unit
- The Fit for Life Program
- The Bright Stars Program

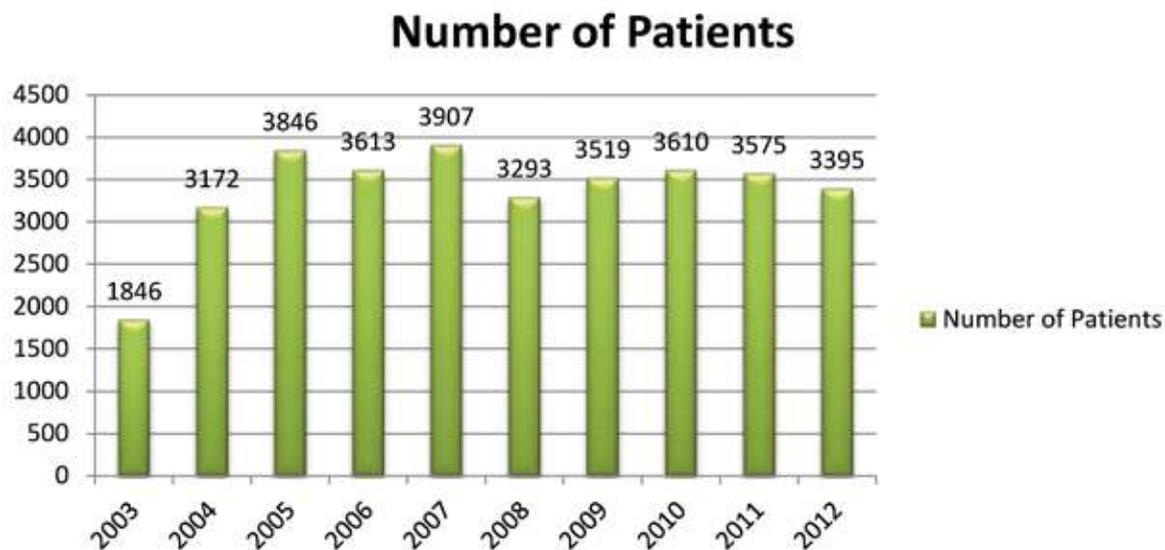
Miscellaneous Services & Courses for Community

### The Audiology Clinic

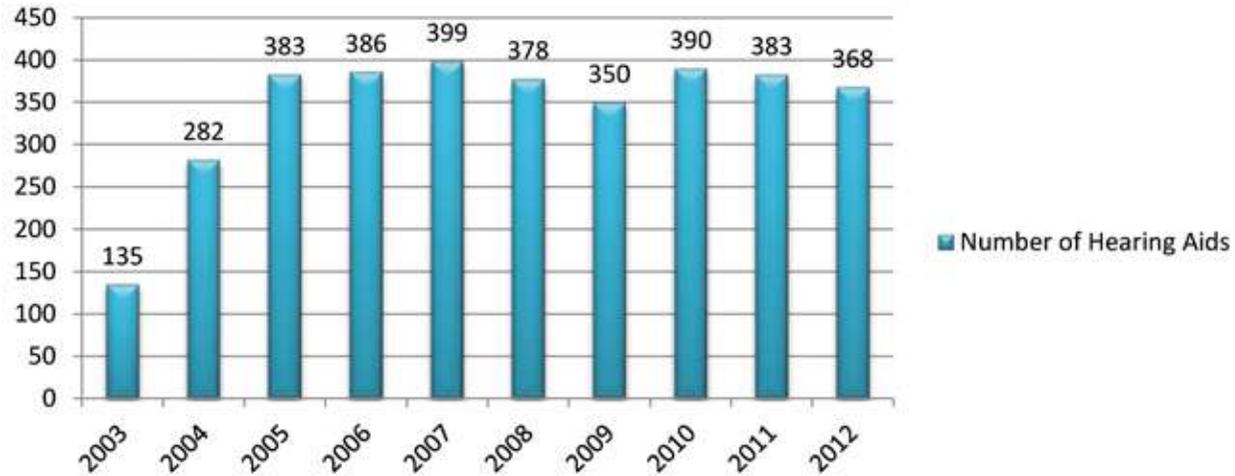
Equipped with state-of-the-art equipment, the audiology clinic provides assessment and rehabilitation for the hearing impaired of all age groups, but with special emphasis on children and the elderly, in addition to the first of its kind dizziness testing.

Each year, the audiology clinic on average serves 3600 patients and fits approximately 360 hearing aids. Although it mainly provides services for those who live in the Bethlehem district, it is important to mention that the clinic also offers an outreach ministry in Jerusalem and Ramallah in cooperation with the Augusta Victoria Hospital, and receives beneficiaries from Hebron and other Palestinian cities that are located in the north of the West Bank.

Below are two charts that demonstrate the progress of the audiology clinic and the consistency in its services from 2003 until 2012:

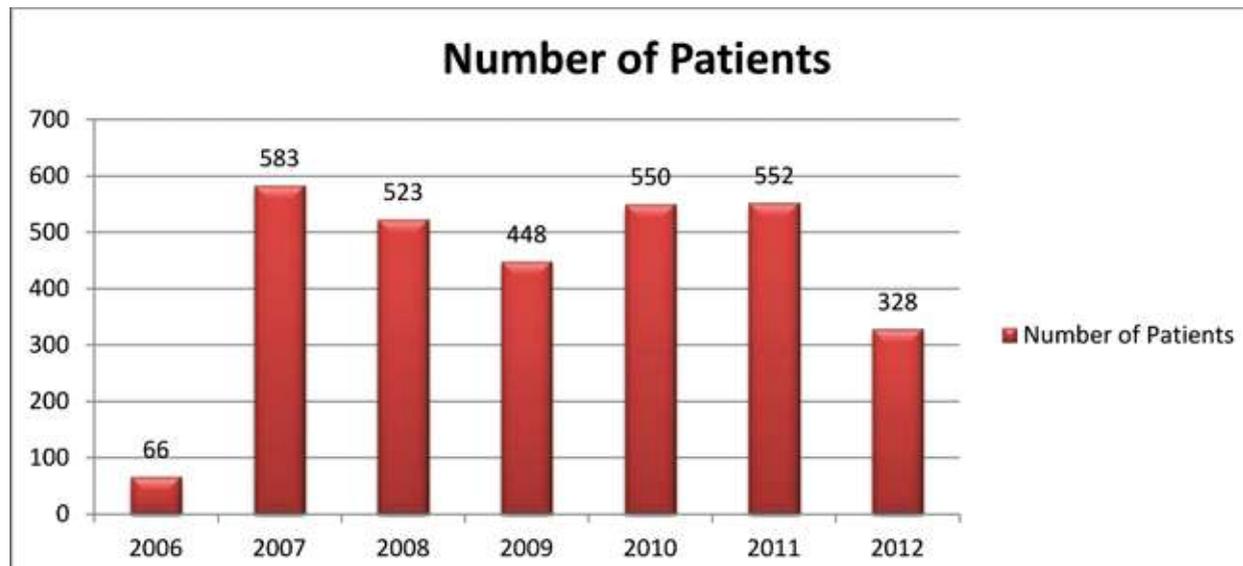


## Number of Hearing Aids



## The Endocrinology Clinic

During its more or less 6 years of operations (the clinic opened in November 2006), the endocrinology clinic provided diagnostic, therapeutic and preventive services to individuals with endocrine related illnesses, particularly to diabetic patients. The ultimate purpose of this clinic was to prevent complications associated with diabetes. A nutrition unit was also founded to help with such work. Below is a chart of the number of patients that the endocrinology clinic served during its years of operations.



## *The Diyar for Women Sports Unit*

The Diyar for Women Sports Unit was founded in 2009. It aims to empower and create leadership among Palestinian girls and women through sports, transforming their lives and creating opportunities to advocate for equal participation in male dominated athletics such as soccer. The main target groups for the Diyar for Women Sports unit are young girls ages 6-16 and young women ages 17 and above.

The Diyar for Women Sports unit provides all-year athletic training program in soccer and basketball. This training has led to the formation and advancement of the top national soccer team in Palestine, the Diyar Women Soccer Team, while a basketball team is in the process of being formed.

The Diyar Women Soccer Team has become very successful and has already made impact on the national, regional and international levels. On the national level, the team won in 2011 the first ever Palestinian Women Football League Championship. Also nationally speaking, more than 8 of the Diyar Women Soccer Team are part of and represent the Palestinian National Team for Women's Soccer. Regionally, the Diyar Women Soccer Team's captain Honey Thaljieh became the first Arab woman to graduate from the prestigious FIFA Masters Program while through the Palestinian National Team for Women's Soccer, the team participated in many important events including in the first women's International Soccer Championship in Bahrain in 2010 and the West Asia Championship for Women's Football in Abu Dhabi, also in 2010. On the international level, the Diyar Women Soccer Team participated in training and competed in friendly games with the German SV Werder Bremen Club. It also engaged in an exchange visit with the famous female soccer team FFC Turbine Potsdam in Germany, while again through the Palestinian National Team for Women's Soccer, they partook in the qualifications of London's Olympics of 2012 in Jordan and played friendly games against the Italian national team and the Japanese national team here in Palestine.

Diyar and its women soccer team in particular, has become a role model for many young girls, who are inspired now to follow suit, so much so, that the unit opened new sections to train soccer for young girls. Currently, there are over 200 girls in being trained in the different fields of sports that are the focus of the Diyar Women Sports Center. These girls, both Muslims and Christians, represent different localities, particularly refugee camps and villages whereby many come from the nearby Duheishe Refugee camp, and different economic backgrounds ranging from the very poor to high middle class. What is important here also to mention is that members of the Diyar Women Soccer Team are involved in the training, thus providing for them employment opportunities.

Finally, the Diyar for Women Sports Unit has developed strong networks and partnerships with many Palestinian and international organizations and institutions, rendering it capable of gathering a momentum and support that would transform the face of sports in Palestine forever and pushes for its progress and development. Diyar's networks include the Swiss Scort Foundation with its partner soccer clubs FC Basel 1893 (Switzerland) SV Werder Bremen (Germany) and Bayer 04 Leverkusen (Germany) where a joint project in 2010/2011 that focused on capacity building of 19 Palestinian coaches, including several female players from the Diyar Women Soccer Team, was carried out is just one of the examples of Diyar's outreach efforts.

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## The Fit for Life Program

The Fit for Life Program was started in 2007, which aims at helping women of all ages to lead healthy lifestyles through individual and community-targeted activities. The program offers nutrition counseling, exercise programs, health education, stress management and relaxation classes in addition to life coaching. At certain periods of the life of this initiative, awareness-raising campaigns on different aspects of women's health were also carried out through different media outlets, mainly through radio, posters distributed to local clinics and community centers and a monthly newsletter with articles on how to build and maintain a healthy lifestyle. The majority of the women who are targeted are married, non-working mothers who live in the Bethlehem district, particularly in the marginalized areas of the villages and refugee camps.

FIT For Life Program: Number of Women Participants & Enrollment in Courses

Year	Fitness w Nutrition Counseling	Gym	Swimming	Yoga	Total
2007	190	1	151	36	378
2008	507	41	95	28	671
2009	398	46	111	46	601
2010	421	37	142	59	659
2011	422	32	109	68	631
2012	350	15	54	53	472

During the first 5 years of this program, the focus was mainly on providing these services at the Dar al-Kalima Health & Wellness Center, so that the women from the different areas would gather at the Center to receive the different services offered through this initiative. However, in late 2011, an outreach element was introduced as we saw the need to reach out to and connect with the surrounding villages, particularly the localities that lack health services and sports/fitness facilities and their women are at high risk. The outreach initiative aimed at training women trainers who would be able to carry out the Fitness for Life Program mission back in their own villages and benefit other women, particularly those who cannot come into Bethlehem and seek the services of the Dar al-Kalima Health & Wellness Center.

As such, a 9-month intensive training of 24 women from 3 villages in the Bethlehem district (Al-Walaja, Dar Salah, Beit Fajjar) started at the end of 2011, while partnerships with community centers in these villages were forged and coordinators hired to run the program in order to ensure sustainability of the training after its completion and offer the much needed services for women. The selected women were trained in health (physical and psychological) awareness-raising, fitness instruction and nutrition counseling, and received certificated from both Diyar Consortium and Bethlehem University, which enables them to work. At the beginning of 2013, the training courses opened for the women from the 3 identified villages, and there are very positive indications with regards to the number of beneficiaries enrolled in these courses.

## A SUCCESS STORY

Among the unique stories in this program is a woman who is a 62 year-old widow from Beit Fajjar village. She insisted on participating in the Fit for Life program although at the beginning the coordinator of the village's community center tried to dissuade her by letting her know that 2013 was planned to train young women between the ages of 25 – 40, and that the following year could be opened for the older generation.

However, this woman would not take no for an answer, and insisted on participating by declaring “I need to participate since I do not know if I will still be alive for the next year”. With such insistence, the coordinator accepted her in spite of the set criteria, but with great caution as the coordinator was not sure if this older woman would be able to keep up with the trainings. Yet, the surprise was in how fast she learned the various exercises, all with excellent performance! Not only this, but she began to encourage other women to enroll and benefit from this great program, for she indicated a tremendous improvement in her physical condition. Ultimately, the biggest impact was that she managed to change the traditional perception about the elderly, in that they are incapable of leading an active sporty life, for she gave a different picture of a life filled with a renewed hope of every age.

Number of Beneficiaries/Village:

# The Bright Stars Program

In an environment of increased violence, the Bright Stars program focuses on expressing the emotions, fears, thoughts and dreams of Palestinian children, who make up more than 50% of the population. The approach used to develop their potential is holistic and innovative, employing a large variety of techniques to motivate and stretch the children's imagination and creativity as they gather in different courses and clubs that revolve mainly around dance, sports and art. The children who are part of this program are between the ages of 6 to 16 years old. They come from different areas within the Bethlehem district, and are both Muslims and Christians.

With the establishment of the Dar al-Kalima Health & Wellness Center, the focus on the first two areas, i.e. dance and sports, grew and became more systematic since the Center provides the much needed infrastructure and space. The courses that have been offered by the Dar al-Kalima Health & Wellness Center varied throughout the years and continue to do so, but they all share the aim of developing the gifts and talents of the young children, hoping that during the process, the children discover themselves as "Bright Stars" in dance, drama, swimming, art, etc...

Therefore, ballet, dabke (the traditional Palestinian folkloric dance), hip hop, swimming, karate and many others have been given, with a collective enrollment of approximately 550 children each year. This number does not include the children who register for the summer camps that are usually offered for 4 weeks in July and are designed to bring in new children, who for many get their first opportunity ever to learn to swim in a pool and enjoy and benefit from the different activities of the program.

## *Miscellaneous Services & Courses for Community*

The Dar al-Kalima Health & Wellness Center is equipped with a machines room, a swimming pool, sauna room and gym room, all designed to encourage individuals and the community of all age groups, both male and female, to take charge of their health in a proactive manner by helping them to stay fit and alleviating the effects resulting from normal stressors among Palestinians. The center offers a wide array of courses and services to the community all year long, including fitness and gym, massage, swimming courses, life guard training, yoga sessions, salsa classes, belly dance and relaxation courses such as 'Art of Living' and 'Ergosoma'.

## *Making a Difference in The Lives of Many*

The journey of the last 10 years was filled with many stories and faces that will be remembered for generations. It is estimated that over 60,000 people were served during these 10 years and benefited tremendously from the various programs and activities that comprise the Dar al-Kalima Health & Wellness Center.

## *A Change in Context; A Change in Operations*

The founding of the Dar al-Kalima Health & Wellness Center 10 years ago was carried out in the context of the second Intifada, when the Israeli army invasions to the different Palestinian towns and siege of the Nativity Church caused severe damages, chaos and psychological distress, particularly among children. Aside from such reality with its violent, repressive conditions, critical health services such as the ones envisioned and provided through the Center were also lacking.

The context from the Center's inception until today changed, and therefore there was a need to look back and evaluate its work and performance during the last 10 years, and make changes accordingly that will be implemented in 2013.

The first change is connected to the Center's health provisions. The original goal was to establish a metabolic center that would be the first of its kind in Palestine. As a first step, the endocrinology and nutrition clinics were created, and for a number of years they served thousands of people who were mainly residents of the middle and south areas of Palestine. However, due to lack of funding, the metabolic center could not be realized, and therefore the envisioned expansion was not possible. At the same time, several initiatives focusing on diabetes emerged in the area, meeting the needs of the diabetic communities that surround them. As such, and in light of such circumstances, the work of the endocrinology clinic was halted in July 2012 in order to carry out a comprehensive, professional evaluation and assessment, gather information and data and make recommendations of its future. Based on the reported findings, the Board of Directors voted to close this particular component at the end of December 2012.

The second change is the establishing of the Diyar Academy for Children & Youth, which will begin its operations in 2013. Based on the tremendous success of the Bright Stars Program, Diyar was encouraged to expand and solidify its work and bring it to a new level, while continuing to focus on children between the ages of 6 to 16 years old. The academy will offer the much needed space, develop their capacities, enhance their self worth and provide room for creativity. It will also encourage the children to think of the sky as the limit and stress the promotion of a culture of life and dialogue as part of its mission, as these values are critical to the growth of not only the Palestinian children who make up more than 50% of the Palestinian population, but to the whole Palestinian community at large. The areas of focus of the Academy will be performing arts, visual arts and sports since these fields are deemed critical tools for expression, development and empowerment. There are four schools that will comprise the Diyar Academy for Children and Youth, which are music, theatre/dance, art and sports schools.

The final change that will be implemented in 2013 is the incorporation of the Fit For Life Program, the nutrition clinic and other miscellaneous courses and activities, such as yoga, into one division called the Women's Program. Such integration will allow for deeper focus on women's issues, greater sustainability and further outreach to include new women target groups from many new areas.