



بلدية رام الله
RAMALLAH 1908
MUNICIPALITY

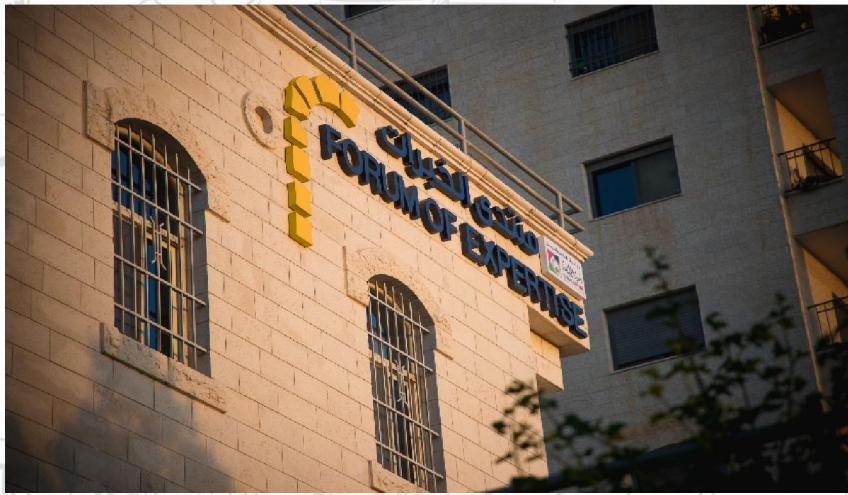
Forum Of Expertise

Active Aging Initiative



- Resilience
- Leave no one behind
- Active Aging – better quality of senior life

Forum of Expertise



12/15/2021

Advisory Committee



12/15/2021

Membership Criteria

No membership fees

Criteria

- Age – 50 and above.
- Experience – not necessarily academic, it might be life experience.
- Voluntarism.

People from surrounding cities, villages and refugee camps are members

Objectives

Provide a venue to exchange and develop knowledge

- Trainings, workshops, sessions...etc

Capacity Development Program

- Zoom trainings, social media trainings, book club, cultural club

Promoting wellbeing among senior citizens

- Physical, social and recreational activities

Promote Voluntary work

- Internal and external voluntary work

Exchange of knowledge, skills and experience

Fill the Generation Gap

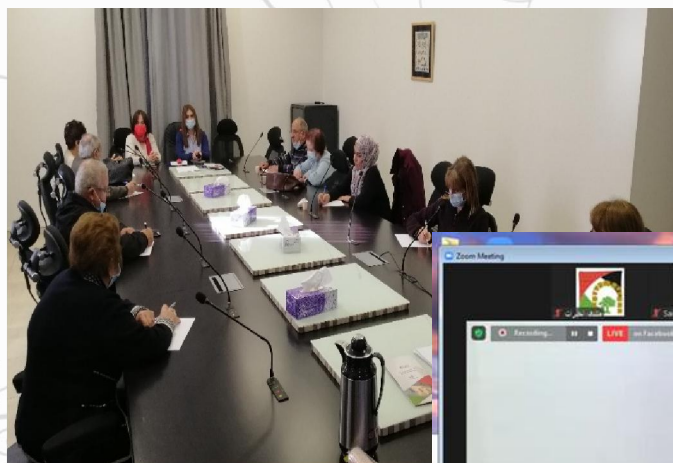


Workshops



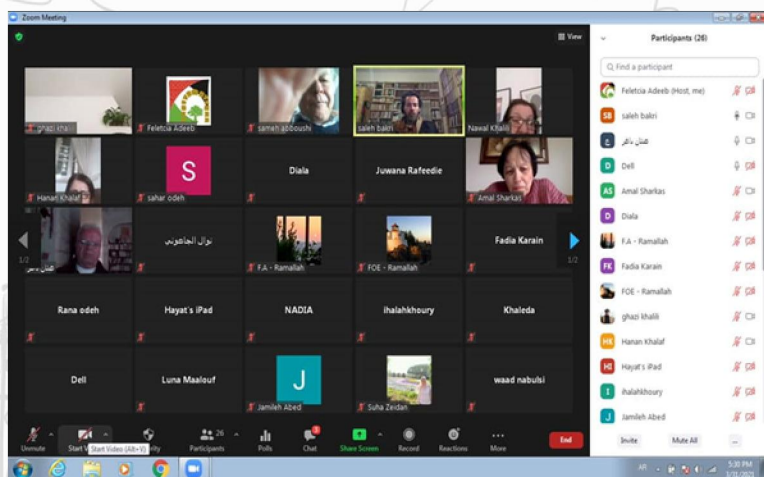
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Using the available technology



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Capacity Development Program



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Wellbeing Program – Chair yoga



Wellbeing Program – Breathing yoga



Wellbeing Program – Walking Exercise



Wellbeing Program – Physical activities



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Wellbeing Program – Salsa Dancing for elderly



Wellbeing Program – rhythmic dancing for elderly



Wellbeing Program – singing group



Wellbeing Program – Hiking / Trips



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Wellbeing Program – Social activities



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Volunteering Program

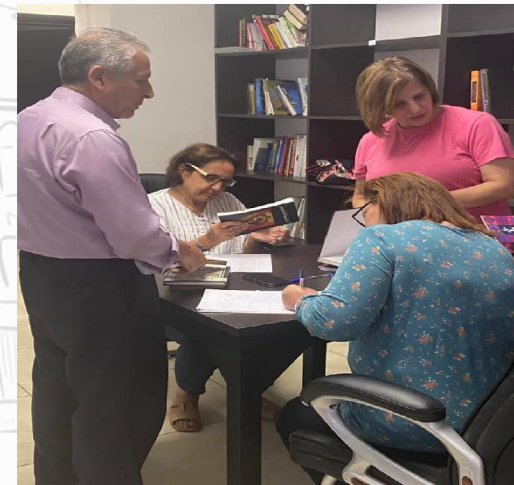
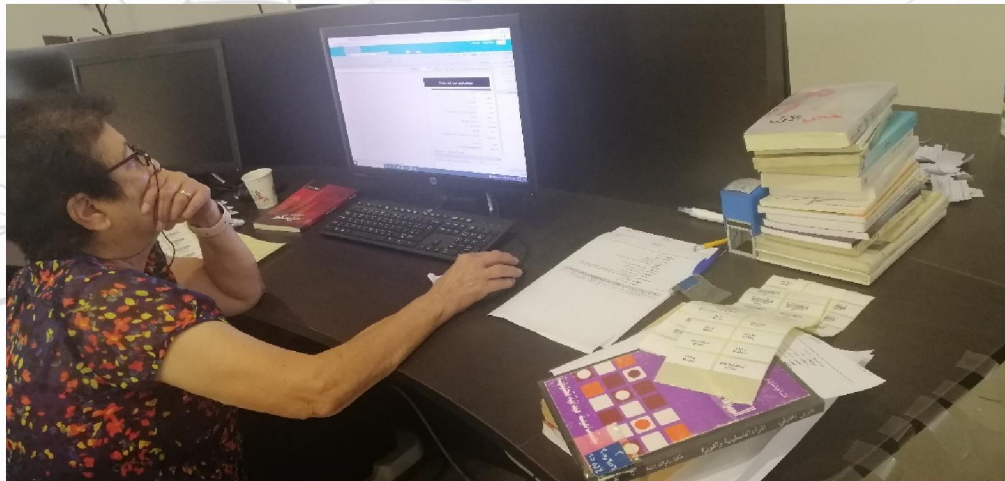
- Voluntarism is a core program.
- All the activities mentioned before were led by volunteer members.
- In addition, we have two types of volunteering activities
 - Internal – assistance / intellectual
 - External – with other organizations in the city.

Volunteering – gardening



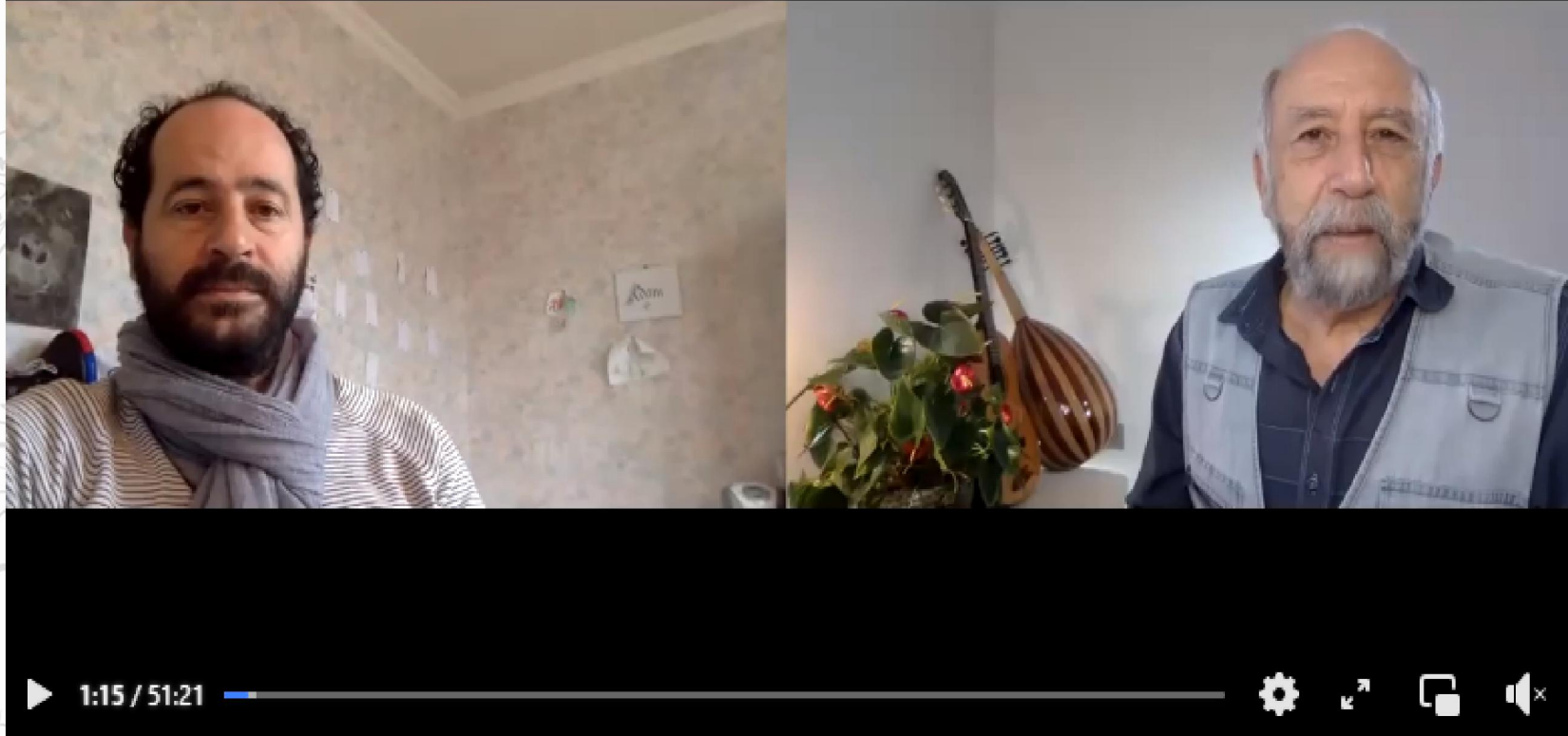
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Volunteering - library



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Voluntarism program - documentary



Voluntarism program – 35 episodes of Nasma wa Nastamteh

حلقات برنامج نسمة ونستمته عبر يوتيوب:

1. ريما ترزي: <https://youtu.be/jy7w4OPH2DY>
2. مصطفى الكرد: <https://youtu.be/1IjywlXkw2c>
3. ريم تلحمي: <https://youtu.be/h9tdJsUY5bQ>
4. اياد ستيي: <https://youtu.be/na1o1rLtBgI>
5. عيسى بولص: <https://youtu.be/xRHjpKzaxz8>
6. بشارة الخل: https://youtu.be/kr5_EitzdQg
7. سمير جبران: <https://youtu.be/mlY2CairPBC>
8. سعيد مراد: <https://youtu.be/D6iuTzgplYg>
9. سهيل خوري: <https://youtu.be/hbeAzT43oH0>
10. يوسف حبيش: <https://youtu.be/JEmGr9HqiOM>
11. جميل السايح: <https://youtu.be/MJGj1NM6qNA>
12. محمود الجريري: <https://youtu.be/skoeNEkegKk>
13. حبيب شحادة: <https://youtu.be/UVjIWYWibZo>
14. احمد الخطيب: <https://youtu.be/WueKqpzo68g>
15. كاميليا جبران: <https://youtu.be/WEHUIc6gdDg>
16. عودة ترجمان: <https://youtu.be/laDRFgYNCpc>
17. سامر طوطح: <https://youtu.be/45a7WVFIAlJ>
18. عمر الجلاذ: <https://youtu.be/AZbx0F2144o>
19. جوزيف دقماق: <https://youtu.be/hhdTgFAYAUM>
20. مايا الخالدي: <https://youtu.be/XcmtNz9X0vs>
21. رمزي ابو رضوان: <https://youtu.be/GvYaRp0jfu4> - <https://youtu.be/MpaFIzmoJG0>
22. محمد زهد: https://youtu.be/pkz_sG8Elqs
23. ابراهيم عطاري: <https://youtu.be/7pKNcPmVPd0>
24. طارق عبوشي: <https://youtu.be/MAdp5IJkebl>
25. خالد جبران: <https://youtu.be/lmnBhUgPlc4>
26. ابراهيم نجم: https://youtu.be/_cZozK9M1yg
27. محمد يعقوب: <https://youtu.be/letG5NfYcEM>
28. فراس القزاز: <https://youtu.be/JXo8eqcXncQ>
29. سناء موسى: <https://youtu.be/r1C5P5EQkk0>
30. شارلي ر شماوي: <https://youtu.be/jD2oZtTj100>
31. عامر نخلة: <https://youtu.be/oJPvHgFVklk>
32. ونيس زعور: <https://youtu.be/Db5odFN4KQg>
33. دينا الشلة: <https://youtu.be/K403rQFcTno>
34. اشرف دباح: <https://youtu.be/BI9QjQJC6UE>
35. نادر جلال: <https://youtu.be/Bc0cpbMFTY0>

Voluntarism program – creative writers



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Voluntarism program – 18 episodes

1. <https://youtu.be/CrzVOZ9GYWs>
2. <https://youtu.be/GL6cTjnmWcY>
3. <https://youtu.be/WcPmhtcTEuE>
4. <https://youtu.be/7ex-hOBqviw>
5. <https://youtu.be/QzR9fzZWbkM>
6. <https://youtu.be/YqSWdtJpFUc>
7. https://youtu.be/SSEoGPJxp_k
8. <https://youtu.be/WCXwv4kOac8>
9. <https://youtu.be/lt0v9xd-pck>
10. <https://youtu.be/diGAeHPpNJI>
11. <https://youtu.be/hJJVg5vYZK8>
12. <https://youtu.be/KNzABYPjOqM>
13. <https://youtu.be/W2zXkZB2ztQ>
14. <https://youtu.be/M367sNhA198>
15. <https://youtu.be/VCpsIYMOgeo>
16. <https://youtu.be/gRHw5yp8DV8>
17. <https://youtu.be/7wQUYCWhYbA>
18. <https://youtu.be/JWv3mcqS2zM>

Voluntarism program – E magazine

Lockdown

<https://us20.admin.mailchimp.com/campaigns/show?id=12209591>

Voluntarism

<https://us20.admin.mailchimp.com/campaigns/show?id=12618719>

Elderly

<https://mailchi.mp/a96820ffc20d/year2019-12890759?e=1dbcb05756>

Health Meals

https://mailchi.mp/c41801432c2b/year2019-13352959?fbclid=IwAR3AMtdKyXuoY7IVnQxGi0_DmH3hhLDfeJpmlpa-E9VLpAZB2yhUhut2CE

Elections

<https://mailchi.mp/8210d3545f0e/year2019-13795607?fbclid=IwAR2cMQ4sFKBivBv1o6ZUjwRmN75HXY1tID32fANQA6GcbRJDzrapGiwZMpU>

Attack on Gaza Strip

<https://mailchi.mp/e1dfdb929012/year2019-14794643?fbclid=IwAR11ankXEcGWvreDC5Xzl3D9D8bWbSvTDcHjU3pFfQ96KGq1QjhnX3POLX>

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Voluntarism program – translate stories from Gaza Strip after the attack

Red Dress – Story

<http://mailchi.mp/001bcb2b6d19/momliedtome>

Story of Rawan

<http://mailchi.mp/0eaa05bf0d9f/rawan>

Story of Shaima

<http://mailchi.mp/35b6cd3a413b/shaima>

Story of Lina

<https://mailchi.mp/43494045012e/lina>

Volunteering Program - Institutions/ Children



Volunteering Program - Disability



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Volunteering Program - Institutions / Education



Volunteering program – youth facilitating the discussions



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Wrap up

- Forum of Expertise – Active Aging Initiative is mainly about seeking better quality of life for elderly living in Ramallah city through:
 1. Channel their knowledge and experience and invest their energy.
 2. Maintain the active engagement of elderly and address their social isolation.
 3. Making sure that the Forum is providing a physical space that is appropriate to this age group, where they can interact with each other and with younger generations
 4. The importance of volunteerism - for physical, social and psychological wellbeing.
 5. Volunteering - Giving is important, contagious and inspiring.
 6. As Palestinians under military occupation, volunteering- is part of our national straggle against occupation.