

“

BEST
PRACTICES

”

لازم تفرق معنا

TAKE A STEP

#TAKEASTEP #أنا_الفرق

لأنو مجموع الأفعال الصغيرة
بيعمل فرق كبير

“

How did you take
a step to reduce
poverty in Lebanon?

”

1 NO POVERTY



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“

“WE TOOK PERSONAL INITIATIVE AND POSTED ON SOCIAL MEDIA REQUESTS FOR DONATION ONLY MATERIALS LIKE CLOTHE, FOOD AND MEDICINES. THE REACTION WAS AVERAGE OVERALL AND WE ARE STILL COLLECTING THE DONATIONS AND SUPPLYING BASED ON THE NEEDS IN THE REGION WE LIVE.”

N.



”

“

“WORK TO FORM COMMITTEES IN POOR AREAS, STUDY NEEDS, AND URGE YOUNG PEOPLE TO HUMANITARIAN WORK TO AVOID DONATIONS TO NEEDY FAMILIES.”

M.

”

“

“I AM A DOCTOR, CONSULTING AND HELPING NEEDED AND POOR PEOPLE FOR FREE, ALSO COLLECTING SOME MEDICATIONS TO DISTRIBUTE ON THE ONES HOW CAN'T BUY THEM...”

A.

”



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“

“I LAUNCHED LET LOVE LEAD INITIATIVE WHICH PROVIDED FOOD, MEDICINES AND CLOTHES TO VULNERABLE LEBANESE.”

C.

”

“

“WE ARE HELPING STUDENTS IN THEIR TUITION FEES”

M.

”

“

“I AM HELPING NEEDY FAMILIES & PEOPLE BY DISTRIBUTING FOOD RATIONS & STUFF LIKE CLOTHES BLANKETS TO THEM... HOPING THAT WOULD MAKE A DIFFERENCE IN THEIR LIFE”

Z.

”

“

“I STARTED WITH A CRISIS SOLIDARITY PROGRAM TO SUPPORT LOW PAID EMPLOYEES SUFFERING FROM THE ECONOMIC CRISIS IN LEBANON AND CREATED A CONVERSATION CARD GAME.”

M.

”



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“

“WE MANAGED TO DISTRIBUTE AND PACK OVER 4 000 FOOD BOX, RENOVATED OVER 6 HOUSES IN VERY NEEDED AREAS BELOW POVERTY, PREPARED FOOD FOR OVER 5,000 PERSON IN ONE MONTH (HOLY MONTH) AND WORKED ON BLOOD CALLS AND REQUESTS FOR OVER 200 CASES.”

Y.

”



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“

How did you take
a step to provide
quality education
in Lebanon?

”

4 QUALITY
EDUCATION



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“

“I HAVE BEEN WORKING AS A VOLUNTEER IN SCOUT ORGANIZATIONS AND GAVE MANY LECTURES TO CHILDREN AND LEADERS, IT IS A GREAT FEELING”

M.



”

“

”برغم الاوضاع المتردية ما وقفنا نعلم الناس حب الطبيعة من خلال المشي بالطبيعة وحب البيئة وحملات التوعية للمحافظة على بيئة سليمة تنعكس ايجابا على محيطنا وصحتنا وزراعة الشجر والشتول.“

ج.

”

“

”أعلم بمحبة وضمير“

م.

”



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بيعمل فرق كبير

“

“I HAVE BEEN SHARING
IN DEVELOPING QUALITY
TEXTBOOKS FOR OUR
STUDENTS AT UNRWA
SCHOOLS.”

H.

”

“

“اشاركت بالمظاهرات
السلمية والمطلبية على
أمل التغيير للأفضل ..
وإعادة تقويم عمل السلطة
في كافة المجالات ومنها
تطوير التعليم”

.o

”

“

“WE GAVE STUDENTS IN
GRADE 9 FREE CLASSES
FOR 3 WEEKS, WE ARE
PREPARING SOMETHING
FOR GRADE 12 STUDENTS
TOO!”

B.

”

“

“WE ARE HELPING
STUDENTS IN THEIR
TUITION FEES”

M.

”



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“

“ACTUALLY I WAS THE PEACE EDUCATION DIRECTOR AT A SCHOOL IN LEBANON AND WORKED WITH STUDENTS PERSONALLY GRADES NURSERY TO GRADE 12 ON #CONFLICT_RESOLUTION #CITIZENSHIP & #DEMOCRACY #SERVICE_LEARNING #HUMANRIGHTS #HEALTH & #SAFETY #ENVIRONMENTAL PROJECTS YEAR AFTER YEAR I SAW THE CHANGE TAKING PLACE IN CHARACTER OF STUDENTS AROUND ME WHILE THEY WERE TAKING THE LEAD CHANGING THEIR SURROUNDINGS AND HELPING OTHERS..”

N.

”



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“

How did you take
a step to demand
gender equality
in Lebanon?

”

5 GENDER
EQUALITY



لازم تفرق معنا

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“

“I LOVE TALKING TO, EDUCATING SUPPORTING YOUNG TEENAGERS GIRLS ABOUT THEIR MENTAL HEALTH AND UNHEALTHY BEHAVIORS”

M.

”

“

“I HELP MY MOM DO THE CHORES AND I TREAT MY GIRLFRIEND LIKE A QUEEN”

B.

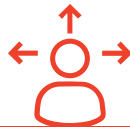
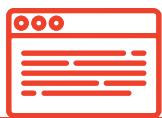
”

“

“I AM A GIRLS GUIDES' CHIEF AND I EMPOWER YOUNG GIRLS TO BECOME THE BEST THEY CAN BE AND MAYBE CONTRIBUTE FOR A BETTER FUTURE!”

Y.

”



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بيعمل فرق كبير

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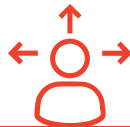
“1- I'M A TEACHER SO IN MY CLASSES I EMPOWER GIRL LEADERS JUST LIKE BOY LEADERS WITHOUT DISTINCTION.
2- I HAVE 2 DAUGHTERS; I RAISE THEM TO BE FREE LEADERS & HAPPY HUMAN BEINGS.

3- AS AN ACCREDITED LIFE COACH, I EMPOWER WOMEN TO TAKE HOLD OF THEIR OWN DECISIONS.

4- I'VE HAD SEVERAL WORKSHOPS WITH WOMEN REFUGEES & PRISONERS TO EMPOWER MINDFULNESS & STRESS MANAGEMENT.”

G.

”



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“

How did you take
a step to have
affordable and clean
energy in Lebanon?

”

7 AFFORDABLE AND
CLEAN ENERGY



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“

“INSTALLED LED LIGHTS, TURN OFF LIGHTS OR APPLIANCES WHEN WE DON'T NEED THEM”

N.



”

“

“1- WE USE SOLAR ENERGY IN MY HOUSE TO HEAT WATER IT'S BEEN 15 YEARS
2- ALL THE BULBS FOR LIGHT ARE THE ONES THAT SAVE ELECTRICITY (LED)
3- LIGHTS ARE ALWAYS OFF WHEN NOT IN A ROOM THIS IS A RULE AT HOME”

G.

”

“

“INVENTED A PRODUCT THAT SAVES ELECTRICITY AND WATER (Q-ZAN SMART SHOWERING SYSTEM PATENT LB-11534)”

O.

”



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بيعمل فرق كبير

““

“I CHANGED TO LED LIGHTS TURNING OFF THE HEATER WHEN NOT HOME HELPING THE NEEDY SAVING WATER BY THE TURNING WASHING MACHINE ONCE A WEEK.”

H.

””

““

”استعمل الإضاءة الا في الغرفة التي اتواجد بها“

.م

””

““

“WE’RE USING LED LAMPS AND WILL SWITCH TO SOLAR ENERGY FOR WATER HEATING”

A.

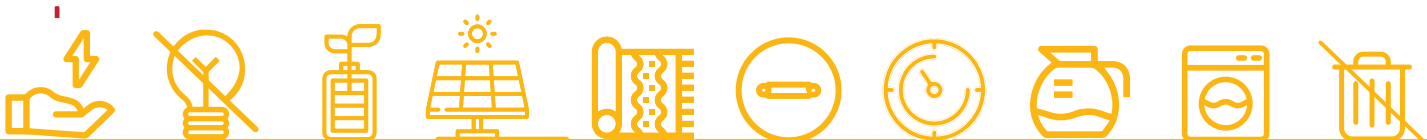
””

““

TURN OFF LIGHTS, NOT WASTE MUCH WATER, RECYCLE AS MUCH AS I CAN THOSE ARE THE LITTLE DAILY TASKS EVERYONE SHOULD MAKE A HABIT.”

N.

””



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“

“WE BUILT OUR HOME WITH DOUBLE WALL WITH ISOLATION IN THE MIDDLE, DOUBLE GLASS WINDOWS, HEAT ISOLATION UNDER THE ROOF BRICKS; AND 100K LITERS RESERVOIR TO COLLECT RAIN WATER; WE ALSO INSTALLED SOLAR ENERGY WATER HEATER; ALL LAMPS ARE EITHER LEDS OR ENERGY SAVING LAMPS; GARDEN LIGHTS DIVIDED INTO 2 CIRCUITS, ONE AUTOMATIC FOR EVERY NIGHT AND MANUAL FULL LIGHT ONLY FOR OCCASIONS. ADD TO THAT, ALL FAMILY MEMBERS ARE USED ON SWITCHING OFF LIGHTS THAT THEY DON'T NEED, AND ECONOMIC USE OF WATER FAUCETS.”

S.

”

**لازم تفرق معنا****TAKE A STEP**

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“

How did you take
a step to protect
the environment in
Lebanon?

”

14 LIFE BELOW
WATER



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“

“BEEN GATHERING ALL PAPER AND CARDBOARD MATERIALS FOR 4+ YEARS AND GIVING THEM TO AN ORGANIZATION WHICH RECYCLES AND REUSES THEM IN AN AMAZING, CREATIVE WAY ”

R.

”

“

“I COLLECTED MORE THAN 1000 KG OF PLASTIC FROM MORE THAN 40 HOUSES IN 2019 #SAVELEBANONE NVIRONMENT HAND BY HAND WE CAN CLEAN OUR COUNTRY”

S.

”

“

“I MADE 100% BIODEGRADABLE COTTON REUSABLE BAGS ENCOURAGING PEOPLE TO REFUSE SINGLE USE PLASTIC BAGS. ITS CHARACTERIZED BY ITS FOLD-ABLE, ERGONOMIC, AND STURDY DESIGN. AIMS TO SAVE THE MARINE LIFE AND NOT HAVING AN IMPACT ON CLIMATE CHANGE AS WELL.”

B.

”



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بيعمل فرق كبير

“

“I DID A PROJECT TO SOLVE THE SOLUTION OF TRIPOLI'S DUMPSITE WITH THE LOWER ENVIRONMENTAL IMPACT”

H.

”

“

“I STOPPED USING PLASTIC BAGS; I TAKE ECO FRIENDLY BAGS FOR SHOPPING IN THE SUPERMARKETS AND GROCERY STORES, I BUY GLASS WATER BOTTLES, AND I DON'T USE STRAWS”

H.

”

“

“STOPPED USING Q TIPS/ STRAWS/ LIQUID SOAPS... SWITCHED TO SOAP BARS...) RECYCLING ALL OTHER PLASTIC... ALWAYS USING BIODEGRADABLE TRASH BAGS... CUTTING DOWN ON MEALS THAT CONTAIN MEAT AND ALSO REDUCING ELECTRIC USAGE AT HOME AS MUCH AS POSSIBLE”

A.

”

“

“ CUT DOWN ON PLASTIC CONSUMPTION, HELPED WITH RECYCLING, CLEANING CAMPAIGNS, QUIT SMOKING”

W.

”



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بيعمل فرق كبير

“

“WE FOLLOW MINIMAL WASTE ECO-FRIENDLY STRATEGIES IN OUR PACKAGING AND CUTLERY”

R.

”

“

STOPPED USING PLASTIC BOTTLES BY HAVING MY OWN BOTTLE THAT I REFILL IT ALWAYS

S.

”

“

“I SHREDDER THE PAPERS WE USE DAILY IN OUR OFFICE AND THEN TAKE THEM TO THE RECYCLING CENTER”

S.

”

“

“WE LAUNCHED OUR STARTUP OF COLLECTING AND RECYCLING PLASTIC WASTE INTO DIFFERENT END CONSUMER PRODUCTS. AS WELL AS HELP RAISE AWARENESS ON THE IMPORTANCE OF CONSUMING LESS PLASTICS AND REDUCING WASTE!”

T.

”



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لأنو مجموع الأفعال الصغيرة
بيعمل فرق كبير

“

“1- I SAVE ON OUR HOUSEHOLD WATER CONSUMPTION
2- I RECYCLE PLASTIC AND PAPER WASTE FOR NOW
3- I SAVE ENERGY BY REPLACING WITH LED LIGHTING
4- I COOK ONLY TWICE A WEEK A MEAT MEAL AND THE REST IS ALL GRAINS AND VEGETABLES
5- I GO WALKING TO EVENT'S WHENEVER I GET THE CHANCE (THIS I NEVER USED TO DO B4)
6- I PLANT GREENS IN MY BALCONY
7- I RESTORE AND REUSE OLD ITEMS/OBJECTS
8- I ATTEND SEMINARS AND I TRY TO SPREAD AWARENESS ABOUT GLOBAL WARMING.”

E.

”



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لأنو مجموع الأفعال الصغيرة
بيعمل فرق كبير

“

How did you take
a step to support
peace, justice and
strong institutions
in Lebanon

”

16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS



لازم تفرق معنا

TAKE A STEP

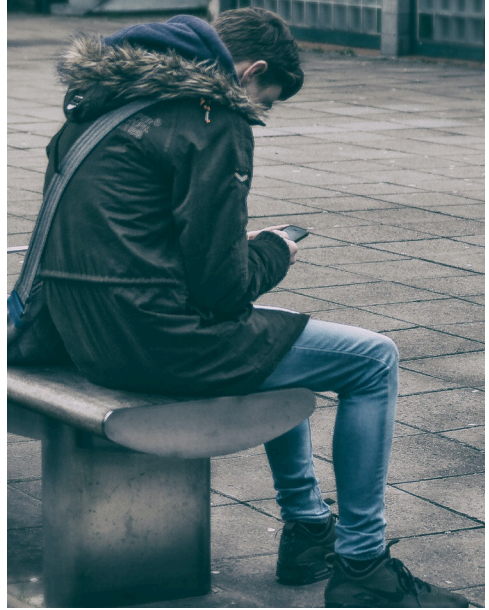
#TAKEASTEP

#أنا_الفرق

“

“I TRIED NOT TO CONFRONT PEOPLE WITH GREAT POWER WHO BULLY ME, A WAY TO PREVENT AGGRESSIVE CONFRONTATION, BUT WHEN THEY SAW ME NOT REPLYING BACK TO THE BULLYING, THEY THOUGHT THEY HAVE DOMINATED ME, AND NOW THEY ARE BULLYING ME MORE. JUST A LITTLE STORY THAT REPRESENTS OUR LIFE IN LEBANON.”

A.



”

“

“HAVING INTEGRITY & TREAT EVERYONE EQUALLY.”

N.

”

“

“I DID AND STILL DOING A GREAT JOB BY RAISING FUTURE LEADERS, RESPECTING AND BELIEVING IN CIVILIZATION, DEMOCRACY AND JUSTICE.”

M.

”



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“

“A FUN COLOR RUN AND
A COLOR FESTIVAL FOR
THE DEPRESSED YOUTH
IN TRIPOLI”

B.

”

“

”درّينا أنفسنا على محبة
انفسنا، وتقبلنا لذاتنا...
ثمّ اهل بيتنا، ثمّ الحيّ، ثمّ
البلدة... ثمّ البلاد. إنّ صناعة
السلام والبقاء بأمن وامان،
يحتّم علينا تمكين انفسنا
والأفراد من الاحترام والتقدير
والوقوف عند حاجة الاخر.“

.م

”

“

“ STARTED A COMPANY
THAT HELPS INDIVIDUALS
TAKE OWNERSHIP IN
THEIR OWN SECURITY
AND OVERCOME THREATS
WHETHER TERRORISM,
PUBLIC SHOOTING, HOME
INVASIONS & ROBBERIES,
PRIVACY PROTECTION
AND MORE”

S.

”

“

“BEING A DECENT
CITIZEN THAT
RESPECTS THE LAW
IS THE FIRST STEP”

L.

”



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“

“I MAKE A POSITIVE CHANGE EACH DAY I SUPPORT MY KIDS..I GIVE THEM A SAFE SPACE TO EXPRESS THEIR FEELINGS, I RESPECT THEIR IDEAS & I MAKE SURE THEY KNOW THAT I LOVE THEM - NO MATTER WHAT THEY DO & EVEN IF THEY MAKE MISTAKES.. CHANGE CAN BE SIMPLE STEPS SUCH AS ME EMPOWERING MY DAUGHTER TO BE THE FEMALE SHE CHOOSES TO BECOME, AS OPPOSED TO TRYING TO MEET THE SOCIETY'S NORMS..THE RESULTS I GET WHEN I SEE MY CHILDREN GROW EQUIPPED WITH TOOLS TO HELP THEM DO THINGS THEIR WAY ARE A DAILY PROOF THAT POSITIVE IMPACT CAN BE CREATED ON ALL LEVELS OF SOCIETY”

Z.

”



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UNITED NATIONS
LEBANON



SUSTAINABLE
DEVELOPMENT
GOALS

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