

# Foundation Friends of Nazareth

Tilburg - The Netherlands

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## Students on their inspirations and their two-fold emancipation

On the occasion of the 25<sup>th</sup> jubilee of the Foundation Friends of Nazareth we asked the students a special contribution. This resulted in a variety of very special contributions. We already published the contribution of Shorook, Lana, Marlen, Safaa, Yoa'd, Rozan, Hana, Amna, Fatma, Amal, Lobna, Mona and Jeanne Aouda in *Contactbrief 46*.

We asked the students:

1. A representative work of art, a picture (can be made by yourself) or a quote.  
An imagination that helps you in your development to be the woman you want to be. What shows what is important for you inspires you and can represent your incentive motive.
2. Your contribution in words (450, maximum 500 words )to three possible items:
  - Your **double emancipation** as woman: becoming an equal interlocutor, and woman in your society.
  - Is **solidarity** alive for you, in what way is it playing a part in your life?
  - What is the most important issue you are dealing with, what is your contribution, **your moving spring** ?

In December we published *Contactbrief 47*. We start with the special contribution we received from Yosor and Moamena. The students appreciated a lot to read the impressions of each other, that is why we publish here the impressions from *Contactbrief 47*. It are these impressions that gives the direct contact with the students and stimulates our Friends to support the scholarship program.

### 1985-2010: 25 year Foundation Friends of Nazareth



Yosor (1986) is a fifth-year medical at the Hebrew University in Jerusalem. She lives in Jatt Village. She works as a volunteer at Albayroni School in her village. She helps the children from the junior High School to the High School

This beauty picture is for..... Marie Curie, Pioneered the study of radioactivity, Nobel Prize laureate for 1903, "for research on the phenomenon of radiation"; Nobel Prize in Chemistry in 1911, "the discovery of radium polonium and radium research."



### **A little about her early life.**

Marie Curie was born on 7 November 1867 in Warsaw, Poland which was then controlled by the Russian Empire. Because of the rules of the Russian Empire and because of her gender as a women she not allowed to go to university and worked for several years as a teacher. In 1891 when she was 24years old, she moved to Paris, following the older sister, and studied chemistry and physics at the Sorbonne university and was the first woman to learn there. She met Pierre Curie, Lecturer at the Sorbonne, and married him. The couple had two daughters. What she does after and where she get in science we all know.

### **Now, the question is why I had chosen this picture and this women?**

Thy story of this great women is very similar to many Palestinian women, because they face in daily manner the limits which the Israel society, their own society-the Palestinian society and their genders as a women placed in front of them.

I believe that we as Palestinian women believe in what we do, and what we can do may be more than "Marie Curie". So I have no doubt that we can go and make the things that we just dreams to do.

I hope that we will reach our targets just like Marie reaches, and the student of the friends of Nazareth makes it clear to me that everything is possible the moment we begin to do. I also hope that we will not die in the same way 'Marie Curie' dies in her way to the target. (She died in 1934 because of leukemia because of the radioactive radiation).

Yosor



Moamena (1986) is a fifth-year medical at the Hebrew University in Jerusalem. She works as a volunteer at the Al Noor Clinic in Um-el-Fahaem. She is married and since August 2009 she is mother of a sun.

**"فمن تكن العلياء همة نفسه - فكلُّ الذي يلقاه فيها مُحَبَّبٌ"**

This is a quote from a poem that I like its meaning very much and it helps me much in my life when I remember it. This quote means that the person who wants to achieve good things in his life, to reach his goals and to get a high position in his society, this person do not matter to the difficulties and the negative experiences and outcomes he is facing in order to reach these goals. All the time he feels happy and satisfied with that because he knows that he is doing the best he can. He is an optimistic and do not despair.

The most important issue am dealing with as a woman, wife and a mother is growing my son in the best way and not allowing my study of medicine and its difficulties to affect my personal life, the responsibilities and duties toward my husband, son and family (each mine and my husband's).

I think that I succeeded in that and hope to continue in this way as a physician in the future. I think that my success in achieving these goals and succeeding in the fifth year of my study which was very difficult is not only because of my own efforts, my husband has a large part in that and I want to take advantage of this contribution to tell him "thank you very much". I do not forget also Els and 'the foundation friends of Nazareth' which supported me and all the other students in the board so "thank you".

Moamena

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**Here you find the impressions of the students who participate this year in the scholarship program. They wrote their impressions in Summertime 2010, finishing their academic year and looking forward to the coming academic year: 2010 – 2011.**

Two of our students, **Safaa** and **Rozan** received in February the last part of their scholarship.



*Halima*

Both of them are working on the last theoretical year of Medicine. Till January 2011 they have only the formal State examinations and after that they start their internship.

We accepted two new students in the scholarship program. **Kafa** starts her study Pharmacy at the Ben Gurion University and **Halima** starts nursing in Tel Aviv University.



*Kafa*

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## **I have new feelings**

**Mona** finished successfully the second year Nutrition. She writes: My Last year I finished the second year of my study, this year was very different and special for me, year that changed a routine I lived before, that give my life new and beautiful color and taste.

I knew someone from my city, we decided to continue our life together, we engaged and

planning to marry in the next year, his name is Shareef. Now I have new feelings, I had not felt before.... more stability, comfort and with a deep love....

Last year was full of courses and exams; it was really pressed; I remember how I spent most of my time in front of the books, how sometimes I was forget to eat as a result of this pressure.... and how I stayed over a month away from my family; it was so hard; but always I try think about the bright side of the case; in order to handle all the difficulties I face.



Another year and a half of study is waiting for me; so I can say now that I near the end of the academic life; and behind the beginning of the practical life. After two months of comfort I return to the study. New Year; new courses and new experiences are waiting for me ....

My volunteering work in Alslam organization; Also contributed to my life many experiences; now I can understand how old people are think; and what the meaning of the life for them ....

Last year was very beautiful for all of us in this place; we had many activities; we enjoyed so much. Before months someone left us; he is die; it was difficult to me so much; I remember clearly how I was helping him to move; how we all were song and play; and how he introduced me to another as his daughter, it is so sad. it is the "life's circle" .....

Lastly my study to this year is already start; just thinking about my society; my city and our situation; encourage me to arrive the peak...

I want to end my impression with lots and lots of thanks for all foundation's staff for supporting me and other students here, we appreciate and respect your supporting, that also encourage us to continue our path. Mona.

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## **Being kind to them is more than enough**

**Shorook** finished her fifth year of Medicine. She writes: After five years of massive studying there is a lot of experience that I want to share with you and the board of the FOUNDATION FRIENDS OF NAZARETH.

This year I started to practice during my studying at different departments in some hospitals. for the first time in my life I saw a new life coming to the world, that when I was at the



OBSTETRICS DEPARTMENT at PORIAH HOSPITAL near the city TIBERIAS, at that time I realized how lucky I was for choosing this subject for my studying and how I could serve the humanity and my society.

Another experience or adventure was when I started another studying at the SURGERY DEPARTMENT at CARMEL HOSPITAL IN HAIFA I was shared and active at some surgeries. It was so exciting and thrilling, amazing how on a couple of hours a sick patient could come out of the operation room as a healthy person. Of course that is not always the case, but whenever I witnessed a success I could forget all the other unfortunate cases.

During the year I had to be in so many other less interesting departments such as neurology, psychiatry, oncology... nevertheless, I found myself enjoying each and every one of them, being thrilled each time I learned a new information about our brain, our physiology, and our magnificent body.

Along with my studying I also started a new kind of job this year (at November 2009), a job called the Doctor's assistant, at the emergency department and at the Internal medicine department at RAMBAM HOSPITAL at HAIFA, the biggest hospital in north Israel. I have to say they don't pay us a lot; barely enough to cover our pocket money, but the experience I gain and the doctors I meet in my work make the job worth it. As you know I've been volunteering for two years now at the emergency department at the HOLLY FAMILY HOSPITAL in NAZARETH, my volunteering work really helped in my actual job so even at my very first shift I was familiar with all the procedures and started to work as if I've been working there for some time.

In my volunteering work at NAZARETH, my beloved city, I still work at the emergency department, there I get to see a lot of patients every time, I learned a lot from everyone, even if it's not always a medical thing. Sometimes it's more important to know how to deal with the patient and his family than knowing how to treat a patient. Our job is full of stress, hard work, endless shifts, sometimes I go to work when I'm so tired and can't stand yelling from the families of the patient, but again all our work is about making people feel better so even if we can't always cure them, I believe that being kind to them and smiling while they are angry and screaming sometimes is more than enough.      Shorook.

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## It is worth the challenge

**Lobna** (Law and Business) writes: Can't believe this year is over! I have started this year with extra courses in order to fulfill all my academic obligations that I have missed during the semester in New York University. My first semester was very busy, I had 8 courses and played volleyball with Beer al-Saba'a in the professional first league. All I can remember from my first semester is that I had no time, all my time was around being in school, studying, writing papers, practice and games and starting to work on SANA foundation. No time for friends or Family.

The semester and the league came to an end in March 2010. I was relieved, thinking now I will have more time. I participated in a student tournament in Elat in the end of march, one that all the universities participate in- I played beach volleyball. Standing there in the burning Middle Eastern sun the sports manager of Haifa University, Olfat asked me if I would like to take part in a program called Breaking the ice, 8 students, half Palestinians half Israeli. The target was the Mont Blanc. I have never had anything to do with mountaineering. She said that she is looking for participants that are athletes, and she didn't find enough Palestinians in Haifa University. Being part of this program meant having 4 weekends of outdoor activities, 3-4 practices a week in order to stay in shape and more preparation towards the Mont Blanc. I thought that this is an one life opportunity, that I can't say no.

I have come back from the most **amazing** experience I my life!

The first week in Switzerland was mostly learning. How to walk on ice, what is the danger of walking on glaciers, what do you do if your friend- which a rope is tied between you and him slips... A lot of learning and one day trips to the mountains in the Alps. I was full on new



things, a new world accrued in front of me. The group was great, and the dynamics between us were not far from those you can see between friends. After all that, came the day that we started the walk to the summit- to the Mont Blanc. I can now say, after I have reached it that I'm proud of myself and I had the best experience in my life. But in the same breath I want to say that It was the hardest thing I have ever don (physically and mentally). I have challenged

myself and my body, with success. It gave me a lot of power and self confidence in my ability. I have understood that it is all about state of mind. Things I could never imagine myself doing, I have done only because I truly wanted to, worked hard on it. I've never believed that my body could suffer 14 hours (the time it took us to reach the summit and back to the hut). Now I see myself doing new things, thinking in new ways and knowing that it is worth the challenge.

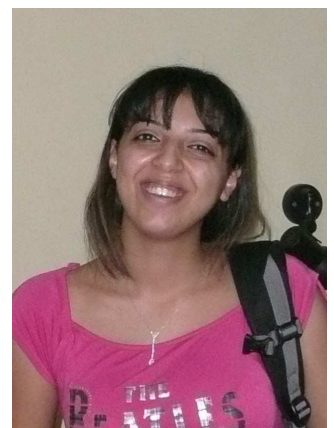
**Volunteering work- 2010:** From the beginning of this academic year I took an active and dominant part of funding the SANA foundation. It was all new to me. I had no knowledge about foundations, how they function and work. Every act I made was after careful reading research. Raising this foundation means a lot for me. I feel that I have the tools to give impact and influence my society. I have always said that change should come from the community itself, its members, and now I have the ability, with the great support of the Friends of Nazareth Foundation. This is a great feeling. I can't really express it with words. During the year we had a lot of ups and downs, I have written the vision and goals of the foundation, and took part of the long registration and working with the lawyer. I have worked also in contacting between the members, organizing meetings and working on the principals that we should start with. I had a meeting with Lana yesterday the 19.8 and we planned the topics we want to talk about in the Netherlands. We also decided that we will work together to meet Terez in the coming 2 weeks, when after that we will divide the work between us and work on our coming steps. Especially on the conditions and the platform of getting a scholarship from SANA foundation. I have also 2 connections that can be helpful in the future with fundraising, but this kind of work will start after we have a one year table time and goals. With respect, Lobna.

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### **No vacation in our Islam holiday**

**Fatma:** I finished my 5th year in medicine school in the Technion. I still have to finish one year and a half to graduate. One year in the hospital and a half to do the final exams. In the last year I was in the pediatric, surgery, neurology, psychiatric and gynecology departments and I had final exams in gynecology and psychiatric. And in the next year I will study in the internal, family, pediatric and surgery departments and I have exams in these subjects.

Every year I feel that I grow up more and more and I understand the



situation in our country more and more. I have many Jewish friends they are so nice but they make me understand how much the gap between us for example: the socioeconomic situation, opportunity for work, schools. In many places when they search for new worker there is a condition that the worker has to be after army in other words "not Arab". Another problem that we face as Arab students is that we don't get a vacation in our Islam holiday and sometimes we have exams on our holiday but in the Jewish holidays we all have a vacation. for example on the last holiday "el feter" we had an exam just 2 days after the holiday so we didn't celebrate.

I did my volunteering work in the same place - a medicine center - in Um-el-Fahaem, now I do more and more work such as taking history and physical examination, blood test, ECG. I guide the patients how to take their medicine and I try to make them be relax during the test and examination.

Every day I discover how much I love this job but I also understood how much hard to be a doctor especially here in Israel because we have to treat everyone no matter what is his religion or ideology or beliefs and we have to ignore all the complications in our country. It is not easy to do that but we have to because this is our job to help people. Fatma.

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## Accept the reality

**Marlen** finished the first year occupational Therapy on the Tel-Aviv University.

The past year was a change in my life. I started to feel that my life has a meaning. Going to University to learn and study as well as my volunteering in the Girls center made my life useful. I also felt satisfied of what I am doing. My first year in the university was not easy as I thought it would be. The language was one of the big difficulties that I faced, but after that you get used to it and you know that you have to accept the reality the way it is. As for the students and teachers, some were so nice and helpful, as others were so racist and do not like the fact that Arab students share the classes with them. Actually this was my first time to be in contact with Jewish people, at first I thought that they all were accepting and helpful, but you get to a point and realize it is not , on the other hand you gain this strategies that allows you to deal with them. As for my community service, I liked it so much . The feeling that you can help people and do



something good to the world is the best feeling ever. I enjoyed my volunteering work so much in this center. The girls are so nice and we became good friends. And I always try to do my best to make them happy.

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## **Next year I finish University**

**Jeanne Aouda** finished her third year Law at the Hebrew University in Jerusalem. She writes: Every year is a challenging year. This past year was full of experiences. About my studies I think I did better than last year. I have better grades and I actually apply what I learn at my new job as an assistant for a lawyer in his office. As I said, very challenging but fun too. The highlight of my year was that the CAC, where I did my volunteering work, offered me a part time job. I was very flattered knowing I impressed the staff and that I did my job well. As part of this job I did field work, which means going with the beneficiaries of the CAC to



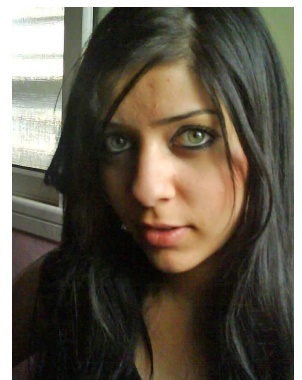
various authorities and finding solutions for the different problems that the east-Jerusalem beneficiaries face. I have read some of the impressions of *Contactbrief 46*. It made me happy learning about the other girl's lives. It shows how far developed we are in giving importance to education and career. Next year is going to be my last year in University, it is kind of scary to know I am going to start something entirely new afterwards but I am looking forward. I still cannot appreciate Friends of Nazareth enough for making it all came true. Jeanne Aouda.

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## **It is worth to try**

**Amna** finished the second year dental hygienist at the Health and Behavioral Sciences College in Rmat Gann. She writes: I want to share my experience as an Arab student in the collage with Jewish students. It is being more difficult to Arabs student because they are considered as a minority in Israel.

I feel like I'm in continues challenge to prove that also Arab students can succeed in Jewish colleges and university. Beside this obstacle there is one more and that is the language. It means Hebrew is our second language and it's a little



difficult for us. But I think that Arab students can get over it and they are brilliant for sure.

However I want u to know that I come along very well with my classmates and the differences in our religion mentality and culture almost don't matter. We help each other, respect and treat each other very well.

Finally becoming an Arab student is difficult but it worth a try at least. Amna

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## Respect other people despite their nationality

**Fedaa** finished successfully her first year accountancy and Economy at the Hebrew University in Jerusalem. She writes about her experience in the university in the contacts with - mostly Jewish - teachers and fellow students.



A year passed and I faced many cases that show how is the relationship between Arab students and Jewish people, at first and the most problem that I faced that I had to use another language that I never used before and it was difficult to express myself in Hebrew and I always ask myself: "why I have to use their language and they have not use mine? why I must find a common way to reach them and to make it easy to live in an understanding world."

In addition when something occurred especially political issues our position as an Arab Palestinians in Israel we had to make our right in object and attend demonstrations, and to express our anger but they were making it difficult to us. They were preventing us sometimes or standing in the other side of the street yelling, they didn't respect our rights.

Another case was in an English lesson where I was the only Arab student in a group consist of 12 students. The issues of the lesson were about them and Jewish people and their occasions. Sometimes they were making fun of Arabs and I felt alone and week even though I had to stop them. I did, I told them to respect other people despite their races and their nationality. This give me a pleasure that in some ways and even in small group I can say what I want to say and to stop what I can't hear and make me annoyed.

New opinions that I got last year that Jewish people are not the same. They have difference in their look to us how they treating us and who are we for them . There are persons who respect us and our rights and there are others that do not . And I learned not to judge people by their race or nationality.

## **Experience in my volunteering for my Arab community**

Sometimes I was asking myself why did I volunteer in an Arabs' center and with Arab accountant and I always said that we must progress (y06awer ) our communities in our ways and with our capabilities. So I must support our community with my study and my knowledge. I learned how to deal with different people with different ways of thinking with people who are not different from Jewish people they look at us the same way as a traitors, thus I felt that I must change their attitudes and to show them who are we in reality and to give many information that they don't know about Arab Palestinian people who live in Israel.

My volunteering learned me too much things and I am trying now to help other Arab students in their first year in the university because when I was in my first year I needed someone to stand by me to consult him in many things. So I will volunteer this year with a project that help new Arab students. Fedaa

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*The board of the Foundation Friends of Nazareth  
says for 2011to all the students*

***Carrying on together  
defying opposition***

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