

Friends

These contact brief is a publication of Foundation Friends of Nazareth

English edition

www.friends-nazareth.nl

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onze
studenten
bedanken u
voor uw
donatie!

Zij verdienen onze steun

They deserve our support

Trees and her students

30 years Foundation Friends of Nazareth

Remembrance to Willem Arts

Registration ISSN Centre The Netherlands

Beer-Sheva: the mosque
Picture 2009 made by Willem Arts



Ala'a

You start to understand that you chose the right subjects when you start to apply the acquired skills and elements in your daily life. In fact, that makes you realize the difference between freely chosen learning and obligatory learning within only the framework of a university. In my case, the psychology-philosophy study is not simple, it requires diligence, patience and the ability to be often opened to other possibilities and assumptions. But at the same time, development lies in the deep nature of any learning process and that what excites and motivates me to work, not only on my academic performance, but also on my human one. As for the obstacles I have faced, I share many of them with other first-year students, like the adaptation to an academic environment. Other obstacles are more special to those who study social sciences, because for us Palestinian Arab students in Israeli universities, we tend to face the real difficulty of a foreign language more than students in other faculties, because we're exposed to lingual materials. I have participated in several activities in order to overcome the stress and to feel satisfied; first, I have participated in several hours of scientific experiments in cognitive psychology subjects. Second, I have volunteered in the month of Ramadan at an entertaining.

evening for Afro-Palestinian kids at the African Community Society in Jerusalem for the holiday, where we sang and listened to storytellers

Fascinating experience

Third, I have joined a three-days camp in Jabal Al-Nijmeh near Ramallah, with almost another 40 persons, where we were introduced to a non-traditional way of learning, called Mujaawarah in Arabic (I didn't find the specific meaning in english, but it's close to 'neighboring'). The non-traditional essence of this Mujaawarah as a way of learning has appeared when each member of the group was active, and had something to add to the conversation that was about our daily life and our aspirations as Palestinian young people, it fascinated me how I could be an observer sometimes during the conversations and still be part of this struggle we are all in, which made me think that a certain circumstance leaves different psychological outcomes among people under it. For that particular reason, I was motivated to initiate a study about the psychological side effects of house demolitions in the South, through my volunteering at the organization, with the guidance of Mr. Msamra. In addition, I recently worked as a translator in ongoing research on autism, conducted by Jew doctors at The early childhood unit of Soroka Medical Centre in Beer Sheva.

Thanks

In the end, I thank the board for its constant support during this year, for that I hope to do even better in my next academic year. Whatever success that I come with, would lack its meaning without the motivation I get from your support and my people's support. Whatever success I may come within the end, shall be for those who are oppressed and marginalized !

They deserve our support Trees and her students

Trees Kosterman, contactperson, writes: 'It is so inspiring to talk to them. They tell me that the first few weeks were full of emotions, ranging from happiness to insecurity and surprise.

Afra'a is from Sakhnin, a hamlet actually, and she goes to a big town and her horizon widens. It is such fun to hear about her experiences. She also started her volunteering at the Domari Center. Occasionally I work with them through

'Kinderpostzegels'. This center is a good place and the managing director Amoun is a fantastic woman. She understood where Afraa came from, she is safe there. That makes me happy. The Domari are a Gipsy Community in Jerusalem. The center was set up by Amoun. Her aim is to enable Domari children to attend school. Afra'a will work in a project that provides homework classes for these children. I think she is very good at it and that she herself will benefit from her teaching.

In short, I would like to share this with you, as good and positive things should also be mentioned. I think that these girls (and boys) should make a difference here, and who knows, they may.'



Somala

'I am from a Bedouin family with six girls, and I am the first one who is studying. Every morning at 5 pm. my dad drives me from our town in the Negev desert into Beer Sheva, where I take the bus to University in Tel Aviv. There I study all day, returning home at 10.00 am. My study is demanding and the travelling is heavy, but I feel so privileged, I am bursting with pride.'

Khuloud, student fysiotherapie

I finished my third year and second year studies in Zefat, this city is considered the most racist cities Israeli!

Whenever there was a problem in the country they would fall on us, Really was a very difficult year in terms of housing, I personally was afraid to go back to the dorm at night school, I was always traveling bus.

My friends in the classroom helped me greatly in my studies, there are also a good and the bad.

Most of the teachers were good some of them were Arabs, they helped me when I asked them.

This year was the most difficult and important year, Next year it is less difficult because the half of the year are clinical experience in a hospital. In the volunteering work I chose the



Khuloud with the older people

domain of the elderly and disabled, because they are part of my job in the future and because they need my help and the support of the company, the Volunteering work gave me a lot of knowledge and I also participated in

their parties were very exciting and joyful, When I was helping the elderly get up or eating were very pleased. I really love to work with elder people, as they are so happy when you give them attention.

Amina finished her fourth year of Medicine

Finally I got to the most interesting part in medicine, from a student who sets and listen to lectures to a doctor! Yes, a doctor. Patients talk to everyone who's wearing a white coat as a doctor, they give you that look that their lives is all in your hands; that's too much to take, I always introduce myself as a student as fast as I can; this way I get less stressed and usually the patient gets even nicer. I try to help as much as I can but unfortunately as a student I don't know much and I'm not allowed to say some crucial statements.

Beautiful internal experiences

I've done so far Internal medicine and pediatrics, I would like to share you more about pediatrics. This rotation I did in Ma'iani Ha-yeshoa'a hospital in Bne-Brak; the citizens in this city are ultra orthodox Jews; it's a community who has its own rules and habits, which is so close to Muslim Arabs' here in Israel, therefore I didn't find any difficulties by dealing with them about this conservative side conversely to other liberal Jews students. On the other side they don't like Arabs much for many reasons, to be enough fair not all of them. I remember one thing that happened; the doctors there admitted an Arab patient, there were two other Jewish patients in the same room, one of them didn't agree to stay with the Arab patient and he asked doctors to get the Arabs out, the other Jewish patient stood for the Arab one and was totally angry about discrimination someone else for his religion or race. In every society there is the good people and the less good ones.



Amina (right) in Vienna

Exchange program

Exchange program is part of medicine study, here in my faculty we do it in the clinical study years.

I went to Vienna, Austria to do an orthopedics rotation in Vienna general hospital, it was interesting and I learnt a lot. The more interesting part is volunteering with refugees, it was the best thing I ever done in my life. I've always read about them in the news and wanted to help them but unfortunately I didn't know how. In Vienna I had the chance to help them and I used it for sure.

They needed me because my mother language in Arabic, and they need translators there. I went to the train station in weekends to help refugees buy the right train tickets to get to the destination they wanted.

The first day was emotionally difficult for me, somehow I managed it to stop my tears from dropping on my cheeks, they look awful they so tired, hungry and dirty, some were ill. I saw some lost children. My heart was broken all over again when I heard a new story from a new refugee, they've gone a lot until they got to Vienna, some lost their moms, fathers, kids. A guy told me that he just finished his medicine school, he was kidnapped with his sister and brother by some bad people there, they killed his siblings and he somehow escaped, there were tears in his eyes, he lost his family, home, and future! He lost everything.

There were so many stories, I chose to share you this one because it affected me more, I saw myself in him, I really hope that we won't get to this situation here in Israel.

30th Anniversary

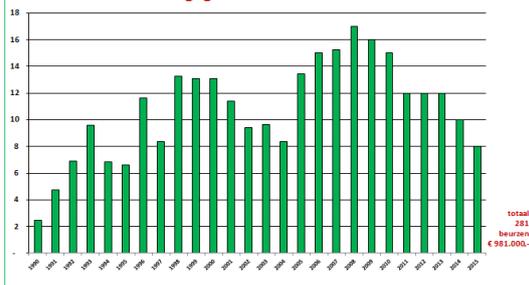
Friends of Nazareth

During a festive meeting on Saturday 31 October last 35 Friends celebrated 6th jubilee of the Foundation, whose mission is to enable young Palestinian women to study in their own country. Last August Willem Arts, our chairman, died at the age of 64. Rens Kessener commemorates him and his importance to the Friends of Nazareth. He speaks of him as someone, who, both as an individual and as chairman, tried to join people.

25 years of Scholarship project

Future and continuity of the scholarships is the item on the agenda this afternoon. Funds in The Netherlands are dwindling and our Friends are getting older. For some years now the Board has worked towards a concentration of the

Uitgegeven studiebeurzen



Foundation's activities in Israel itself and a self-sufficiency of SANA Foundation, the partner in Israel. After an introduction by the Board there is an extensive and lively discussion. At the end of the meeting there is time to meet over drinks. (see also: www.friends-nazareth.nl)



Financial support

We would be most grateful for your financial support of the scholarship project. Donations (in the Netherlands) can be paid to: NL INGB 0001 4439 82 t.n.v. Stichting Vrienden van Nazareth Tilburg.

The **Sana Foundation** is a partner of the Foundation Friends of Nazareth. Their aim is similar to that of the Foundation: awarding grants to Palestinian female students. A part of their funds come from the repayment of loans previously granted by the Foundation Friends of Nazareth. Since 2009 students and graduates have worked hard to shape the Sana Foundation in Israel into an active and viable NGO.

Remembrance to Willem Arts

After the 2009 work visit to students in Israel Willem Arts writes an account of it in that year's December Contactbrief. It is titled 'What we share'. He is impressed and writes that he feels a rich man to have made this trip in spite of the enormous shocks he had encountered. He is grateful to the people he had met for how they showed him their private lives. 'And please continue' he writes: 'I would like to end with what touched me most. I hear vision and conviction, I feel the humor and the creativity in these people's dealings with daily reality and perseverance. (...) I hear Jaffer Farah, managing director of Mossawa and old friend of the Foundation, say 'we need moral support to create circles of safety to build our community.' My hesitation to visit Israel was replaced by an even greater wish to do my bit for this project and I would like to invite everybody to do the same.' (see also Willem's full account on www.friends-nazareth.nl)



Willem in 2009: working visit with the Bedouin

De Koninklijke Bibliotheek (National Library) informed the Foundation that FRIENDS, the contact letter of the Foundation, has been registered and given an ISSN number by the ISSN Centrum Nederland. This means that FRIENDS has been admitted as a respected publication in the Depository of Dutch publications. In this way FRIENDS will be a permanent feature of the collective heritage of The Netherlands. For more information see: www.kb.nl

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