



## Karama Organization's ROOFTOP GARDENS FOR REFUGEE WOMEN IN PALESTINE



### ROOFTOP GARDENS EMPOWER REFUGEE WOMEN

Karama was able to establish the first rooftop gardens for refugee women in Palestine during the year 2012.

The aims of this innovate project are:

- To increase the food security of refugee families and their consumption of fresh vegetables.
- Empower women by providing them with tools to work independently, to foster own initiative and creativity among the women and build their self-esteem.
- Help the women decrease their stress-levels and offer them the many physical and psychological benefits of gardening.
- Decrease the dependency of refugee families on external aid and stress the role women play in this process.

The gardens consist of seven tubes with soil, a water system for precise watering and a net to cover the plants and create shade during the summer months. In the winter months a plastic cover serves as a green house.



*"It gives me a connection to the land. My family were farmers and I've come back to my roots. It gives me the feeling like I'm sitting in a big field. This is my big field."*

- Hajar Hamdan, participant in the project.

Tomatoes, green beans, cucumbers and the like were successfully planted and harvested with the help of our staff.



*"I feel more empowered, I grow something and I eat from my work. I'm contributing to my family and that's a good feeling."*

- Asmahan Ramadan, participant in the project.



*CNN, Al Arabia, AlJazeera, Al Quds, The National (UAE), PNN and the IPS;*

*They all visited the project and did report on its success.*

National and international press has been keen to report on our work, as it present an unique case in Palestine.

UNRWA has also extended its support and brought visits to the participating women and their gardens.



### MAIN ACCOMPLISHMENTS

- The families' consumption of fresh vegetables is guaranteed, while their limited budget has been spared.
- The participating women gained self-esteem, experienced relieve of stress and increased life satisfaction through their successful work.
- Green spaces were created, improving the environment of the camp and offering opportunities for the families and children to experience the benefits of agriculture.
- By publicizing this initiative in society, attention is given to the importance of women in our efforts towards independence and self support among refugees.



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### THIS PROJECT IS SUPPORTED BY:

