



TAALUF HUMANITAIRE ORGANIZATION



Project Proposal Document

1- Organization data

Organization name	TAALUF HUMANITAIRE INTERNATIONAL ORGANIZATION
head office	France- Sant Pierre des Corps 37700
License number	W372019653
Branch Office	Syria - Idlib - Tal al-Karama U003/00151
License number	525
Official email	info@taaluf.ngo
Contact number	+33751237661
Website	/https://www.taaluf.ngo
Communications Officer - Project Manager	Kenda suleman
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Project number	

2- Basic information about the project:

Project name	Healing Through Movement in Syria
Place of implementation	Idlib City, northwest Syria
Project duration	3 months
Project Location Coordinates	35.9306° N 36.6339° E
Start date	01/07/2026
Project end date	30/09/2026
budget	5000\$
Target group	This project targets children, women, elderly people, and other vulnerable individuals affected by conflict and displacement in Idlib, Syria, particularly those returning to their original communities. Many participants have experienced trauma, loss, and prolonged stress, with limited access to mental health support. The project prioritizes individuals facing heightened vulnerability due to age, gender, displacement, and social or economic hardship.
Number of direct beneficiaries	60
Number of indirect beneficiaries	180

3- Project details

Organization description	1- Taaluf Humanitarian International Organization was established in France on May 11, 2023, under the official license number W372019653 and administrative serial number 923749527, issued by the French Republic. It was also licensed in Syria on January 28, 2025, under license number 525, issued by the Syrian Arab Republic.
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	<p>It is a non-governmental, non-profit organization dedicated to promoting human rights, civil peace, and humanitarian support in conflict zones, particularly in Syria.</p> <p>Mission and Vision</p> <p>Empowering human rights defenders in Syria by providing secure digital solutions and advocating for internet freedom in repressive environments.</p> <p>A Syrian civil society capable of operating freely and safely in the digital space.</p> <p>The organization's mission is to support groups affected by conflicts and wars, promote principles of social justice and equality, and build the capacities of individuals and communities. It aspires to create a sustainable environment where peace prevails and human dignity and rights are respected.</p> <p>Geographic Scope</p> <p>The organization operates in France, several African countries, inside Syria, and in neighboring countries such as Lebanon, with future plans to expand into various regions within the European Union and the African Union.</p> <p>Taaluf Humanitarian International Organization is a member of the Global Movement for the Protection of Human Rights under number 00090.</p> <p>Previous Activities</p> <p>Conducting awareness campaigns on mental health and human rights.</p> <p>Organizing workshops on peacebuilding and strengthening social cohesion in Syrian communities.</p> <p>Supporting women and children in refugee camps through empowerment and protection programs.</p> <p>Current strategy:</p> <p>Focusing on digital protection for vulnerable groups (especially women and journalists).</p> <p>Building alliances with international technology organizations to provide open-source tools.</p> <p>Documenting digital rights violations and pressuring global platforms.</p>
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Project context	<p>Years of conflict and displacement in northwest Syria have deeply affected communities in Idlib. Many families are now returning to their areas with limited services and ongoing psychological stress. Mental health support remains scarce and often inaccessible, especially for children, women, and elderly people. In this context, culturally appropriate and non-stigmatizing approaches—such as movement-based psychosocial support—are urgently needed to help individuals cope, heal, and rebuild community resilience.</p>
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The problem you want to address with this project	<p>Years of conflict and displacement in Idlib have left children, women, and elderly people suffering from untreated psychological trauma. Fear, anxiety, and chronic stress affect daily life, while access to safe, culturally appropriate mental health services is extremely limited. Many returning families lack support to cope with emotional pain, increasing the risk of long-term harm to individual well-being and community stability.</p>
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The overall objective of the project	<p>The overall goal of the project is to enhance the psychosocial recovery of children, women, elderly people, and other vulnerable groups affected by conflict in Idlib by providing movement-based psychosocial support. The project aims to reduce the impact of trauma, improve physical and mental well-being, and restore a sense of safety, dignity, and community belonging.</p>
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Project objectives	<ul style="list-style-type: none"> • To provide accessible, movement-based psychosocial support for children, women, elderly people, and other vulnerable groups affected by conflict in Idlib. • To reduce psychological stress, trauma symptoms, and emotional distress caused by conflict and displacement. • To improve participants' physical well-being, body awareness, and ability to relax and cope with stress. • To create safe, non-stigmatizing spaces that encourage social interaction, trust, and emotional expression. • To strengthen community resilience and social cohesion among returning families and conflict-affected groups.
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Project activities	<ul style="list-style-type: none"> • Deliver structured movement-based psychosocial support sessions for children, women, elderly people, and other vulnerable groups in Idlib. • Conduct therapeutic movement activities, including light exercises, relaxation techniques, and breathing practices to reduce stress and emotional tension. • Use movement-based play therapy for children to support emotional expression, healing, and a sense of safety. • Facilitate group sessions for women focused on body-based stress release, emotional support, and peer connection. • Provide age-appropriate movement and balance activities for elderly participants to improve mobility, well-being, and social inclusion. • Ensure all sessions are led by trained psychosocial support facilitators in safe and supportive environments. • Monitor and evaluate participant progress through simple pre- and post-session observations to enhance program quality and impact.
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Gender equality and diversity inclusion through this project	<p>This project promotes gender equality and inclusion by ensuring equal, safe, and respectful access to psychosocial support services for children, women, elderly people, and other vulnerable groups, without discrimination based on gender, age, disability, or social status.</p> <p>The project empowers women and girls through culturally sensitive, women-friendly safe spaces, while engaging men and boys in activities that foster mutual respect and community support. Sessions are adapted to meet the needs of elderly participants and people with disabilities, ensuring inclusive, accessible, and dignified support for all.</p>
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Timeline	<p>Project Duration: 3 months</p> <ul style="list-style-type: none"> • Month 1: Project preparation, selection of participants, training facilitators, preparing safe spaces, and conducting initial psychosocial assessments. • Month 2: Implementation of movement-based psychosocial support sessions for children, women, and elderly participants in small groups. • Month 3: Completion of sessions, follow-up with participants, final evaluation, documentation of results, and lessons learned.
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Project evaluation	<p>The project will be evaluated using a simple and practical approach to measure its psychosocial impact on participants.</p> <p>The evaluation will include:</p> <ul style="list-style-type: none"> • Conducting pre- and post-project assessments to measure changes in stress levels and sense of safety. • Monitoring participant progress through facilitator observations during sessions. • Collecting participant feedback on emotional well-being and perceived improvement. • Analyzing results to identify lessons learned and improve future programming quality. <p>This approach ensures accountability, learning, and measurable impact.</p>
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Associated risks	<ul style="list-style-type: none"> • Security instability: Changes in the security situation may delay some sessions. This will be mitigated through flexible scheduling and the use of safe, community-based locations. • Mental health stigma: Some participants may hesitate to join. The project uses movement-based activities as a non-stigmatizing and culturally accepted entry point to psychosocial support. • Irregular participation: Challenging living conditions may affect attendance. Continuous community engagement and regular follow-up will help encourage participation. • Limited resources: If logistical or financial constraints arise, the project will prioritize the most vulnerable groups and ensure efficient use of available resources.
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Determine indicators	<p>Quantitative Indicators</p> <ul style="list-style-type: none"> • Number of participants attending psychosocial movement-based sessions, disaggregated by age and gender. • Number of movement-based psychosocial support sessions conducted. • Attendance and retention rate throughout the project period. • Number of trained facilitators involved in implementation. <p>Qualitative Indicators</p> <ul style="list-style-type: none"> • Improved ability of participants to manage stress and emotional distress. • Increased sense of safety and emotional well-being reported by participants. • Enhanced social interaction, trust, and group cohesion. • Participant satisfaction with the quality and relevance of the sessions.
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Project sustainability	<p>This project is designed to ensure sustainability beyond the funding period. This will be achieved by training local facilitators to deliver movement-based psychosocial support sessions, ensuring that skills and knowledge remain within the community.</p> <p>Activities will be integrated into existing community spaces and centers, reducing costs and strengthening local ownership. In addition, the project raises community</p>
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	<p>awareness about the importance of mental health through movement, encouraging continued engagement and support.</p> <p>This approach helps ensure lasting impact and continued psychosocial benefits for vulnerable groups over the long term.</p>
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Project staff	<p>The Healing Through Movement in Syria project is implemented by a qualified team with experience in humanitarian work, psychosocial support, and community-based interventions. The project team includes:</p> <ul style="list-style-type: none"> • Project Coordinator: Responsible for overall planning, coordination, implementation follow-up, and ensuring objectives are met within the project timeline. • Psychosocial Support Facilitators: Trained facilitators who deliver movement-based psychosocial support sessions, ensuring cultural sensitivity and participant safety. • Monitoring and Evaluation Officer: Responsible for data collection, progress tracking, and measuring project impact. • Logistics and Administrative Support: Ensures proper organization of sessions, preparation of safe spaces, and efficient resource management. <p>The team follows a participatory and rights-based approach to ensure quality implementation and meaningful impact for beneficiaries.</p>
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Project Budget

Total Budget: \$5,000

Project Duration: 3 months

Note: This budget does **not include salaries or fixed wages.**

N	Budget Item	Description	Amount (USD)
1	Materials and Supplies	Movement session tools, mats, balls, relaxation items, and basic supplies	1,200
2	Safe Space Preparation	Preparing and maintaining safe community spaces (cleaning, basic setup, floor mats)	800
3	Transportation & Logistics	Transportation for vulnerable participants and movement of materials	900
4	Training & Capacity Building	Short training for facilitators/volunteers on movement-based psychosocial support	700
5	Group Session Activities	Session consumables such as water, stationery, and activity materials	600
6	Monitoring & Evaluation	Pre- and post-assessment tools, documentation, and printing	400
7	Project Management & Coordination	Communication, internet, stationery, and field coordination costs	400
-	Total		5,000