RUWOMED
Supporting and connecting rural women's traditional know how within the Mediterranean Sea Basin

by Nedaa Salama
Women’s apiculture group
Kufr Malik, West Bank, Palestine
About me
About Kufr Malik
How I came to be involved in RUWOMED
“I knew nothing about bees. But now I know what queen bees are and all the secrets they hide. We know how to tell whether the insect is a male or a female. I’ve learnt so much and it’s wonderful to learn new things about bees”.

Ibtihaj Ali
Training:

“In terms of our knowledge of beekeeping, we started from scratch. We received a lot of specific training from PARC and ACPP related to beekeeping but also to fair trade, accounting, farming, and business management”.

Nedaa Salama
“After the trainings, PARC delivered the equipment: beehives, frames, smokers, protective clothing... and we got to work!”

Ibtihaj Ali
Fairtrade missions to Spain:

“\[I \text{ had a good experience in Spain with ACPP. We visited cooperatives, institutions, fair trade shops... We saw that there is no centralization in decision-making in Spanish cooperatives: all decide together, everyone has their own work but shares ideas for the benefit of their project.}\]"
Fairtrade missions to Spain:

Participation in the Biocultura Fair for Organic Products and Responsible Consumerism, Madrid, 12-14 November 2015
Fairtrade missions to Spain:

Marketing of products in the fair-trade shop of IDEAS in Córdoba, Spain
Training seminars with Palestinian and Lebanese women

Madaba, Jordan
October & November 2015
May 2016
“Honey provides sweet relief for Palestinian women” (AFP)
"RUWOMED has changed my life. I would encourage women to get involved in projects like this because RUWOMED has allowed us to empower ourselves, to get out of our homes and not be just there cleaning and making food, but to go out and be leaders in our community".

Naema Hamayel
We’ve had quite a few benefits. In the first harvest we earned 3,500 shekels, and in the second, a bit more. We’re now thinking about what we’ll use the money from the next harvest for. We’re planning to set up a cooperative dedicated to honey production.”

Royal El Rahman
"The seminar in Jordan was amazing. We were really happy that we integrated, networked, and became friends with women from Lebanon and Spain. We suffer from isolation in Palestine, but this opportunity has given us the energy we need to keep working."

Muntaha Bairat
Thank you, and thanks so much to the European Union and the ENPI CBC MED Programme for their support to