



ACTION DAY's Overview

All the ideas have been developed in the framework of three shared workshops and a few one-on-one sessions which have shown in what ways the participants have been activated and inspired to set in place their own activities. Within this process, the women have learned how to develop projects from A to Z. This is something that points beyond the very action days during the month of November.

Title	Date & place	Description	aimed Participants	Responsible person/ group
<p>Wellness Day</p> <p>#togetherness, #activation, #wellbeing</p>	<p>Nov 11, 2020</p> <p>6 p.m. – 8 p.m. (EEST)</p> <p>Zoom event online: https://zoom.us/j/97315387324</p>	<p>Promoting Women's Health in the Neighbourhood: Wellness Day feat. 3 Dimensions of Health: Nutrition, Physical Activity, Mental Health</p> <p>Session 1: Nutrition & Health (Randa Albacha)</p> <p>Session 2 :Warm-Up/Cool-Down (Yoga)/Lunch all together</p> <p>Session 3: Exchange, own experiences.</p>	<p>Women from the neighbourhood, personal network of coaches, women's rights NGO</p> <p>approx. 20 participants</p>	<p>Rayan Mamlouk, Jana Darwish, Sabrina Mouhamad, Doumouh Al Bakkar, Rim Attar</p>
<p>Women Play All the Way</p> <p>#diversity, #health, #activation, #visibility</p>	<p>Nov, 13, 2020</p> <p>9 a.m. - 12 p.m.</p> <p>SPACT field, dam farez ashir dayeh street, near spineyss</p>	<p>Fun event creating networks and publicity/visibility and new inspirations for young footballers: Full station-based action day in a stadium with funny games, football and basketball tournaments. At the end of the day there will be a common lunch!</p>	<p>Already existing (school) teams of women from 18-21 years.</p> <p>Approx.. 20 participants</p>	<p>Farah Jneid, Gael Sarkiss, Shahed Sukari, Sanaa Al Sheikh, Aya Akra, Mariam Atrach, Rayane Halabi, Alia Tarabulsi, Rayane Berbery Zainab Halabi</p>

<p>Teambuilding</p> <p>#no_boxes, #togetherness, #networks, #freeexpression</p>	<p>Nov 12, 2020</p> <p>12 p.m. - 4 p.m.</p> <p>Place: Al Boukhari Stadium, Tripoli</p> <p>https://goo.gl/maps/JfPXBPUUcZdn2DvH8</p>	<p>Skill-building day bridging sporting with artistic practices: This station-based event aims at the free expression of the participants, not just in football but also via other channels such as acting or singing. As a result, the participants will feel empowered to pursue several dimensions of their personality.</p> <p>12 pm: Preparing the set up of the courts and materials</p> <p>12:30 pm: Greeting the players and division of the teams</p> <p>1:00 pm till 2:00 pm Rotation on different challenging games</p> <p>2:00 pm till 3:30 pm Tournament with the different teams (some of us will be playing with the girls too)</p> <p>3:30 pm individual crossbar challenge</p> <p>3:30 pm Lunch together</p>	<p>Already existing (school) teams of adult women.</p> <p>Approx. 20 participants</p>	<p>Rajaa Chatah, Rasha Kayali, Baraa Nasser, Mira Khouja, Nathalie Massoud, Aya Majzoub</p>
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<p>LILAS (Love, Ingenious, Ladies, Adore, Sports)</p> <p>#diversity, #health, #activation, #visibility</p> 	<p>Nov 13,2020</p> <p>11 a.m. - 2 p.m.</p> <p>Olympic Stadium</p> <p>https://maps.google.com/?cid=7420968985071599297</p> <p>Tripoli, Libanon</p>	<p>Fun event creating networks and publicity/visibility and new inspirations for young footballers: Full station-based action day feat. Shared activities and “treasure hunt”. The participants will feel activated and share their ideas and wishes for the future (including potential lockdown) inspired by central storytelling by FIFA referees and coaches.</p>	<p>Already existing (school) teams of women from 18-21 years.</p> <p>Approx. 20 participants</p>	<p>Fatima Azizeh, Loubna Darwish, Najwa Hammoud, Mariam al Bakkar, Houwaida Bakkar, Fatima Abdallah</p>
<p>Beach Soccer and Cleaning</p> <p>#activation, #visibility, #flashmob, #teambuilding, #eco_activism</p>	<p>Nov 21 - 1 p.m., Beach near Tripoli or online event</p> 	<p>Women Change the World: Ecological Activism meets Football: Beach cleaning event creating awareness for activism amongst footballers. Team Building event bringing together activists and footballers. Public football game after common beach cleaning.</p>	<p>Fellow football activists and their families and friends (older women); environmental activist groups</p> <p>Approx. 20 participants</p>	<p>Rita Nassif, Carole Mansour</p>