Women for Reconnecting with Nature  
*Together... we build our resilience...*

An initiative of UNESCO Regional Bureau for Arab States & ArabMab Network

---

UNESCO Regional Bureau for Science in the Arab States in collaboration with UNESCO’s ArabMAB Network is launching the “Women for Reconnecting with Nature - Together... we build our resilience...” Initiative to invite women and girls of the ArabMAB Network to share their diaries and stories with women and girls within and beyond Biosphere Reserves and to promote links with women and girls dwelling in villages, towns and cities in their own country and beyond in the Arab Region in an era of COVID-19.

---

*Did you know that UNESCO biosphere reserves network in the Arab Region embed traditions that could unfold the long history of the relationship between human and nature? Have you ever wondered about the origin of the ingredients in the traditional cooking recipes and the makers of local products and handicrafts found in old souks and at the entrance of the biosphere reserves in your country?*

UNESCO biosphere reserves are home to plants that feature the basic ingredients, spices and aromas that let you indulge traditional distinguished and healthy meals. They bring around them communities of women and girls who preserve the authenticity of their culture and traditions through offering local and traditional meals in guesthouses and restaurants and selling their products at the entrance of biosphere reserves or in the traditional souks. The ArabMAB Network Women & Girls Initiative aims to encourage outreaching to communities beyond the biosphere reserves including protected areas and natural parks across the region to foster the culture of eating locally and healthy and to promote domestic tourism to strengthen the resilience of women and girls community during the COVID-19 crisis.

As part of this Initiative, we invite all women and girls living in the biosphere reserves to pencil down moments in their diary and share with us how they have spent their days in their homestead working on traditional handcrafts that generate income to cope with the COVID-19 crisis and strengthen their resilience. The recipes and photos of the handcrafts will then be shared on social media and UNESCO’s websites to reach out to women and girls at distance across the Arab Region and the whole world.

If interested, please submit your diary, cooking recipes, photos of handcrafts (crochet, knitting, sketching, etc.) with your full name, e-mail address and the name of the biosphere reserve and country where you live to the following email address: cairo@unesco.org with copy to: e.sattout@unesco.org
Please note that whatever product you are submitting, it shall be delivered by hand to the biosphere reserve where you live. For more information, kindly send your inquiry to: cairo@unesco.org with a copy to e.sattout@unesco.org

If you are submitting your diaries and cooking recipes: Please send photos of the original handwriting with a word document typed on the computer by email.

If you are submitting handcrafts (crochet, knitting, sketching, etc.): Please send photo of the product with storyline of your artistic expression.

For more information, kindly send your inquiry to the following email address: cairo@unesco.org with a copy to: e.sattout@unesco.org

The cooking recipes shall be published in a book with your name and the name of the biosphere reserve. The photos of handcrafts with your name and the name of the biosphere reserve shall be compiled in a catalogue for publication. The handcrafts shall be displayed during a meeting for Biosphere Reserves in the Arab Region.