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### Director's word:

*Hello everyone, and welcome to this October's newsletter for Projects Abroad Morocco. As you already know, this newsletter aims to inform all our volunteers with news and pieces of information about Projects Abroad Morocco, and the country in general.*

*On the Projects Abroad Morocco Facebook group all new, current and past volunteers can ask questions, get advice and keep up to date with what the Projects Abroad Volunteers are doing in the country. Please feel free to join this group and become involved.*

*The link is: <http://www.facebook.com/groups/projectsabroad.morocco>*



*We hope you will join us in Morocco, or one of our other destinations, for a rewarding and worthwhile experience in one of our many projects.*

*Whatever you decide to do, Asmaa, Adil, Yousef and I will be here to advise and support you before you arrive and whilst you're here.*

*If you have any suggestions, please feel free to drop us an e-mail on [morocco@projects-abroad.org](mailto:morocco@projects-abroad.org)*

*Wishing you the best and happy volunteering!*

Saad Rbiai

Country Director for Morocco

Projects Abroad Morocco

## Inside Out:

### Agadir

Agadir is a city in the south of Morocco, capital of the Souss-Massa-Daraa region. It has a population of almost 700,000 (2004; census figures for the agglomeration includes the near-by cities of Inezgane and Aït Melloul); the population of the city is estimated at 200,000.



The mild winter climate (January average midday temperature 20°C/68°F) and good beaches have made it a major "winter sun" tourist attraction. The city is located on the shore of the Atlantic Ocean, near the foot of the Atlas Mountains, just north of the point where the Sous River empties into the sea. It was founded by the Portuguese around 15th Century; the city came under Moroccan control in 1526. In 1911, the arrival of a German gunboat, officially to protect the local German community, triggered the Agadir Crisis between France and Germany that in 1913 caused France to establish a protectorate in Morocco. On February



29, 1960, Agadir was nearly totally destroyed by an earthquake, burying the old city, Agadir Ofella, and killing thousands. The earthquake destroyed the ancient Kasbah on the summit of Cap Ghir hill, which was built in 1540. On its front gate can still be read the following sentence in Dutch: **"Fear God and honor the King"**.



## Inside Out:

### Agadir



Nowadays Agadir is a seaport (exporting cobalt, manganese and zinc) and seaside resort with a large sandy beach. Because of its large buildings, wide roads, modern hotels, and European-style cafés, some consider it not typically Moroccan. Agadir is famous for its sea foods and agriculture, oranges especially. People there are friendly and looking forwards to your visit☺.

## Inside Out:

### Morocco VS Tanzania (Sport)

Morocco had to play a decisive game against the Tanzanian team under the frame of the CAN 2012; In order to insure the qualification. As was expected by the Moroccan people who were numerous watching the game everywhere, stadium, Coffee shops, main squares and streets, they all cheered the event. So as expected from the Moroccan players who were confident and

determined to achieve a good result, and on 9th October 2011 Morocco's football team had his last step towards the CAN 2012 finals. That will be held at Equatorial Guinea and Gabon, after beating Tanzania 3 – 1. The most interesting part of the game was the number of supporters, who were on the stadium; not even a seat that wasn't occupied, without mentioning the huge screens that were on main squares and streets.



Before the start of the game the crowd displayed an outstanding Tifou on the stadium that says "The Lion, came back" with the Moroccan colors, red and green.

## Inside Out:

### Morocco VS Tanzania (Sport)

In a nutshell, Eric Gerets', Moroccan team coach, men accomplished their mission. The Atlas Lions have in fact imposed against Tanzania (3-1) and represent the Maghreb in the CAN 2012. Marouane Chamakh (20th), Adel Taarabt (69th) and boussoufa (90th) scored three for Morocco, while they scored via Sadali (40th).



## Inside Out:

### Nomad Amazigh's dressing:

#### Overview on Berbers

The Berbers, also called Amazigh people or Imazighen, which means "free men", are an ethnic group indigenous to Northwest Africa, speaking the Amazigh languages. In fact, Amazigh is a generic name given to numerous heterogeneous ethnic groups that share similar cultural, political, and economic practices. It is not a term originated by the group itself. There are 3 major



types of Amazigh Languages including Tashelhit, the most spoken type, almost over Atlas Mountains, Rif Mountains, Souss plains, and in major cities of Morocco. It has some 8-9 million speakers, which makes it the world's largest Berber language. To talk about Moroccan textile and traditional dressing you need to understand the origins where does it come from? Therefore, it is a necessity to know about the Berber's, Amazigh, culture and background.



## Features:

### Nomad Amazigh's dressing:

Berber women are artists by nature. They make brightly colorful carpets, and they put nicely designed tattoos on their faces, hands, and ankles, also they bleach their hands and feet with henna occasionally, and paint their faces with saffron and argil to vanish the dead skin so the face would stay alive and bright. They knit colored motifs that they cover their head with, and on special occasions they wear silver and amber jewelry. Women both create and wear the artistic symbols of Berber identity, making the decorated female body itself a symbol of that identity.

A main influence on their textile is the metaphor and superstition. As an example, it's believed that wool has a considerable blessing, and some of this bless is transferred to the weavers. Consequently, women who work wool are highly respected, and it is said that a woman who makes forty carpets during her lifetime is guaranteed passage into heaven after she dies. Moreover, motifs are seen and interpreted differently from a weaver to another, and all are related to metaphors and superstitious beliefs. In order to fully understand Amazigh textile motifs, one must consider the importance of riddles and visual metaphors. In general wool, silver, bright colors and leather are almost used in every single piece of decoration or clothing.



ⴰ	ⵏ	ⴱ	ⴳ	ⴷ	ⵏ	ⵏ	ⵏ	ⵏ	ⵏ
ya	yaâ	yab	yav	yach	yatch	yad	yad'	yadh	ye
ⵏ	ⵏ	ⵏ	ⵏ	ⵏ	ⵏ	ⵏ	ⵏ	ⵏ	ⵏ
yaf	yag	yag'	yadj	yah	yah'	yi	yaj	yak	yak'
ⵏ	ⵏ	ⵏ	ⵏ	ⵏ	ⵏ	ⵏ	ⵏ	ⵏ	ⵏ
yakh	yal	yam	yan	you	yaq	yar	yagh	yas	yaq
	ⵏ	ⵏ	ⵏ	ⵏ	ⵏ	ⵏ	ⵏ	ⵏ	
yat	yath	yats	yatt'	yaw	yay	yaz	yazz'		

ALPHABET AMAZIGH TIFINNEGH

## Features:

### Placement of the month: Dar Shabab Sidi Moussa, Youth Center

#### How to get there?

**Dar Shabab Sidi Moussa**, Youth Center is located in a marginalized area in the twin city of Rabat, Salé on the other part of the river. The neighbor called Sidi Moussa, named after a blessed man called, Moussa; Right in front of the fruits and vegetables market. Shared taxis take you there simply by asking for Sidi Moussa, Marché. Taxis' ride is 4 MDH. The address is:

**Dar Shabab - Sidi Mousa - 2**  
**Saniat Maaninou**  
**Salé**  
**Morocco**

#### Dar Shabab Sidi Moussa, Youth Center

A group of youths who are learning to change the uncomfortable situation of their neighborhood were calling for the center years before to heal the place by constructive cultural events and activities to spot the light on their place and to prevent their kids, brothers and sisters from delinquency. In theory the center was created in 2006 with a small budget from the city commune, but in fact the center started working back in 2008, and since then youths have started working with limited materials and facilities for example: the center wasn't provided with electricity or suitable drinking water, until 2009. However the neighboring youths were trying their best to have a positive outcome of that, until it was closed again back in late 2009. Finally, and after an appreciated effort from a number of activists, the center was open to the public. Also the ministry of youth and sports provided the center with social workers and a supervisor aiming to enhance and help kids with their studies and provide youths with training in music, theater and computing.



Description:	
Number of Students	Around 50
Age	Age is not limited, 13 up to 65
Average Class Size	15 m <sup>2</sup>
Hours of work/day	10am - 12.00



## Features:

Host Family of the month: El Bourki Family

### Location

Our host of the month is El Bourki family, they live in the old Medina of Rabat like other families; about five minutes walk from L'Mesbahi family, exactly at "Derb Ljirari, Blvd La'alou, N° 9, Rabat Medina". The house is a nice old Riad that dates back to the 50s. The parents are French speakers, and the three kids they have also speak English.



### House description:

The El Bourki family lives in a Moroccan-style house in the old medina of Rabat. The house is large inside. It has three sitting rooms, two bedrooms, a washroom, kitchen and a court-yard downstairs. Upstairs, there is a small terrace, two bedrooms, a sitting room, a toilet, a kitchen and another big terrace. The furniture is Moroccan style; the house is bleached in blue, white and red. It has many wood works and curtains.

### Family members:

Abdessalam, the father, was born in 1953. He is a retired banker. Samira is the mother of two girls and one boy. She was born in 1975 and is a housewife. There are two girls in the house: Nisrine was born in 1993, and Kawtar was born in 2002. There is also a brother of the two sisters: Ismal, who was born in 1994. And for the time being our volunteer Mads is staying at the house and is seen as a part of the family; that makes 4 daughters and sons in total!

### 3) Tributes Series

Hicham El Geroug

Hicham El Gueroug is a Moroccan former middle distance runner. He is the current holder of the 1500 meters, mile and outdoor 2000 meters world records, as well as a double Olympic gold medalist. He was born September 14th, 1974 in Berkane. Hicham El Gueroug's first international triumph was in 1992 at age 18, when he was 3rd in the 5000 meters of the 1992 Junior World Championships in Seoul, behind Haile Gebrselassie of Ethiopia. He began his international career in 1994 and was immediately placed among the best middle-distance runners, finishing second in the 1,500 meters world Gothenburg in 1995.



### 3) Tributes Series

#### Hicham El Geroug

In his first Olympics at Atlanta 1996 Hicham competed, running the 1500 meters final. Hicham was leading the race but he finished in the 12th place after being hung by his rival Noureddine Morceli, as he was moving towards the final line in the last 200 meters, who took advantage of that and won the victory. He had been expected to challenge the world record holder and three-time World Champion, Noureddine Morceli. One month later, at the Grand Prix final in Milan, El Geroug became the first runner to defeat Morceli over 1500 meters in four years. In the following years, El Geroug became the only middle distance runner to win four consecutive world titles in 1997, 1999, 2001 and 2003. In 1998 at Rome, he broke the world record held by the Algerian Morceli. Hichams' time was 3:26:00 and still undefeated. He also won a silver medal in the 5 000 meters in 2003's world championship in Paris. After a relatively poor start to the 2004



season that included slow times and an 8th place finish in a 1500 meter race in Rome, El Geroug won the gold medal in both the 1500 meters and 5000 meters at the 2004 Summer Olympics in Athens, Greece. El-Gerouj became then the first man in 80 years to win both 1500 meter and 5000 meter races in the same Olympics, last achieved by the "Flying Finn" Paavo Nurmi in 1924. After the Olympics, El Geroug never again competed internationally and announced his retirement on May 22, 2006. I still remember myself driving in tears when I received the news!



**Hicham El Geroug, you were and still the best!**

### 3) Tributes Series

#### Said Taghmaoui



Said Taghmaoui was born July 19th 1973 in Ville Pinte, Seine-Saint-Denis, France, to Moroccan immigrant parents. He has 9 siblings. He dropped out of school at a young age and became a boxer; at one point ranking number 2 in France in his category. He met Mathieu Kassovitz with whom he co-wrote the 1995 French film "La Haine" about race and violence in the suburban ghettos of Paris, which won the Best Director award in Cannes. Kassovitz directed the movie in which Said played the lead. Since then Said has been a force in French cinema and has made films in Italy, Germany, The United States and Morocco. Taghmaoui in 2008 appeared in "Vantage Point" playing the leader of a terrorist group that plotted to kidnap the U.S. president. Taghmaoui is again working with Matthew Fox as a guest star in the ABC television series Lost. In Morocco, he acted in Djinn, a film about the Algerian War, Ali Zawa, a film about street kids and other. Taghmaoui is fluent in French, Arabic, Berber and English.

#### Filmography:

- La Haine (1995)
- Hideous Kinky (1998)
- Three Kings (1999)
- Ali Zaoua (2000)
- The Good Thief (2002)
- Crime Spree, From Justin to Kelly (2003)
- Spartan, Hidalgo, I ♥ Huckabees (2004)
- Five Fingers, O Jerusalem (2006)
- The Kite Runner (2007)
- Traitor, Vantage Point, Mogadishu (2008)
- House of Saddam (2008 BBC miniseries)
- Lost, Linear, G.I. Joe: The Rise of Cobra (2009)
- Kandisha, Djinn (2010)
- Conan\_the\_Barbarian (2011)



## 4) Gastronomy

### Argan Oil

Virgin argan oil, cosmetic or dietary grade, is prepared by cold-pressing the kernels of argan fruits. Both types of oil, traditionally used by the amazighs (the argan grove traditional dwellers), are now available on the shelves of the most developed

country stores. Argan oil contains a high level of oleic and linoleic acid and is also particularly rich in phenols. Since these metabolites are currently considered as essential to explain some of the protective effects against cancer and coronary heart disease attributed to other oils, similar effects can be expected from argan oil consumption as suggested by the amazigh medicine claims. Interestingly, argan oil content in  $\gamma$ -tocopherol is much higher than that of any other oils.

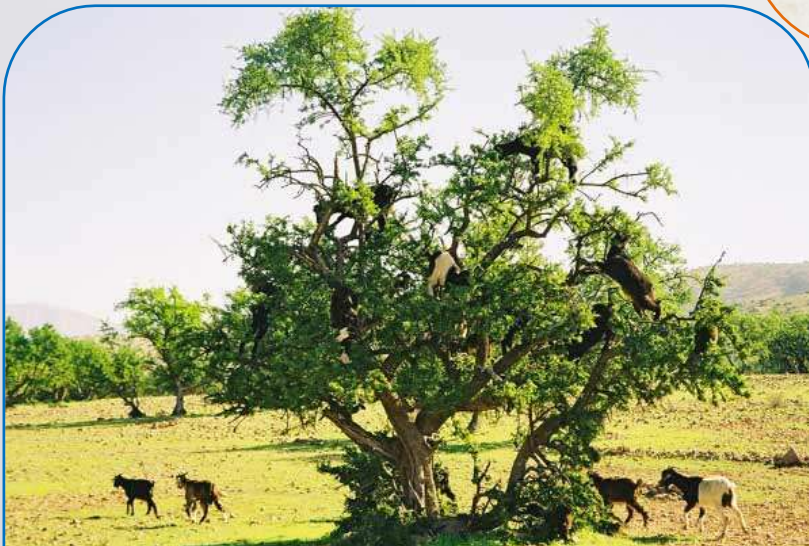
Tocopherol has recently been shown to possess strong chemo preventive and anti-inflammatory properties. This indicates that argan oil should readily find a place of choice amid the most profitable oils for human health. Because of its reduced geographical origin, the chemical composition (major as well as minor components) of argan oil is also highly reproducible. Therefore argan oil consumption should confer health benefits in a reliable and efficient manner.

From → *Critical Reviews in Food Science and Nutrition*, 50:473–477 (2010)



**Before modern times, the Berbers (also known as the Amazighs) of Morocco would collect undigested**

Argan pits from the waste of goats which climb the trees to eat their fruit. The pits were then ground and pressed to make the nutty oil used in cooking and cosmetics. Argan oil is used for dipping bread, on couscous, salads and similar uses. All argan sold today is produced by a women's cooperative that shares the profits among the local women of the Berber tribe.



## 5) Volunteer's corner

Lisa Borkowski

Mein Name ist Lisa und ich war 2 Monate lang Freiwillige im Bereich Soziale Arbeit in Marokko. Obwohl ich ohne jegliche Erwartungen nach Rabat kam, war alles ganz anders, als ich es mir vorgestellt hatte. Ich war überrascht, wie modern und europäisch die Stadt aussah. Doch sobald ich in die Medina, die Altstadt, kam, war das marokkanische Flair nicht mehr zu übersehen



meiner Gastfamilie wurde ich wirklich sehr herzlich empfangen und sofort mit marokkanischem Gebäck und natürlich dem "Thé à la menthe" versorgt. Besonders erstaunt war ich über die Größe der Familie, da jegliche Cousins, Cousinen und Tanten bei meiner Ankunft zu Besuch waren. Auch während der ganzen 2 Monate, die ich hier verbracht habe, war immer jemand aus der Verwandtschaft zu Besuch. Meine Gastfamilie hat mich wie eine weitere Tochter aufgenommen, und ich hab mich richtig zu Hause gefühlt.

Mein Projekt war in Salé und ich spielte jeden Tag in der Organisation "AMESIP" mit sozial benachteiligten Kindern. Auch wenn die Kinder dort sehr grob sein konnten, sind sie doch zuckersüß. So sind sie mir sofort ans Herz gewachsen und fehlten mir gleich, wenn ich mal nicht arbeiten musste. In der Organisation waren Kinder ab 3 Jahren aufwärts, es gab keine Grenze nach oben. Die meiste Zeit spielte ich Fußball mit ihnen, aber auch andere Spiele gehörten zum Zeitvertreib.



An den Wochenenden verreiste ich meistens mit den anderen Freiwilligen. Das war immer sehr lustig. Ich habe hier viele Freundschaften fürs Leben geschlossen und bin mir sicher, dass ich nächstes Jahr wieder herkommen werde, Inshalah!

**Lisa Borkowski**

5) Volunteer's corner

October's Album



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