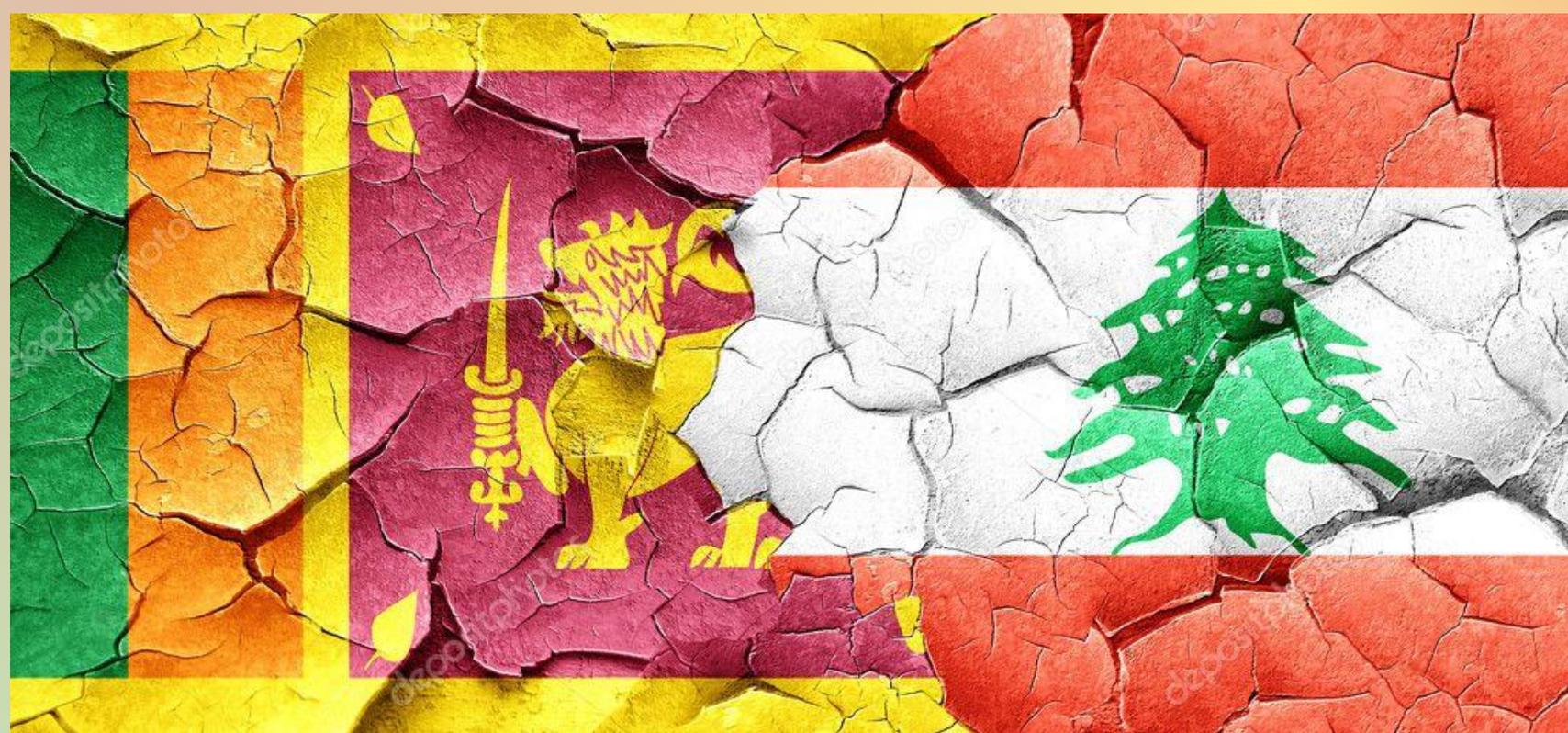




Joint Bulletin

By

*The Rotaract Club of Beirut and the Rotaract Club of
Achievers Lanka Business School*



RID 3220

RID 2452

President Speaks



Rotaract Greetings,

It is with great pleasure following the Rotary International theme for this year “Rotary Connects the World” to connect with our fellow Rotaractors and twin club from Sri Lanka - Rotaract Club of Achievers Lanka Business School through exchanging our letterhead and joint bulletin for this year. It’s a great opportunity to exchange cultures and build everlasting overseas friendship between the two clubs.

Our story together started few years ago and it’s getting stronger nowadays after our joint online meeting where we had the chance to meet each other and to share projects ideas and most importantly sharing our culture.

Moreover, as De Beyrouth Club, the 2019-2020 year was tough yet challenging one as the country is passing through hard time; and as the Rotaract spirit we were always ready to stand by our families and country whenever is needed and we succeeded by having around 27 project for this year from all different committees, and the most important one is RotarACT Against COVID-19 where all 26 Rotaract Clubs of Lebanon joined forces to fight Corona virus pandemic that attacking the world by raising funds to support the medical sector in Lebanon and with the support of our Rotary we were able to apply for a global grant and reach a target of 150 000 USD.

We also believe that it’s a step forward for a better world as our work together will gives a better impact on the society and the community itself following our District theme for this year “Shaping Communities”.

We are very happy to working with you, hoping for more collaborations to come, wishing you all the success in the future,

Rotaractly yours,

***Rtr. Mohammad Sabbagh
President 2019-2020
Rotaract Club De Beyrouth***

***DID 2452
Lebanon***

President Speaks



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வணக்கம்!

Welcome!

It is with great pleasure that I pen down this message to the joint bulletin between the Rotaract Club of Achievers Lanka Business School and the Rotaract Club of Bombay West. I believe that a Twin Club Agreement is a window of opportunity to strengthen the bond between the two clubs all the while exchanging cultures and building a long lasting relationship between two clubs from different countries.

Cultural exchange is a core component of Rotary, Rotaract and Interact. It is of paramount importance in fostering a sense of global leadership and service throughout our community. Cultural exchange is sharing different ideas, traditions, and knowledge with someone who may be coming from a completely different background than your own.

Sri Lanka was long famous for its rich social diversity and the harmonious co-existence of various communities. Therefore, I am a firm believer that as Sri Lankans we always try to enhance our cross-cultural understanding.

It's important to be aware of the differences between cultures, particularly if you are volunteering, working, or living in a new country or interacting with people from a different country than your own and as Rotaractors we are constantly looking for better ways to transform the youth of our country into global citizens.

I'm extremely excited about this joint bulletin and believe that it will give a better understanding of our cultures and traditions. I sincerely hope that it will show a glimpse of the beauty of Sri Lanka and paint a picture of its wonders.

As a final note, I would like to convey my sincere gratitude to everyone involved, who worked tirelessly with dedication and commitment to make this joint bulletin a phenomenal success!

Best,

Rtr. Sathma Jayasinghe

President

Rotaract Club of Achievers Lanka Business School

RID 3220

Sri Lanka & Maldives

Our projects

Build Accessible Gym (Community Services)

In the context of the “Rackathon2019”, De Beyrouth team has implemented their winning project: A gym facility for individuals with physical impairments. The Project consists of “Elite Drivo II” Trainer and a TV for projection sponsored by our sponsor Rotary Club De Beyrouth.

This project was in collaboration with Beirut Marathon Association, who provides the Hand cycle machine from their end and it has implemented at “BlackSuit EMS” studio based on JustFit Technologies which is working out tool to keep the body fit. The project has an overall budget of 9000\$.



Astronomy Session (Professional Development)

On September 7th 2019 De Beyrouth Astronomy Session at Ehden was jointly with Rotaract Clubs of Zgharta Zawie and Tripoli Mina with more than 62 attendees from 8 different clubs, District Committee members and friends. The session was given by the astronomer Maroon Habib and it was followed by Camp at “Ehden Adventures Campsite”



Our projects

Powering Forward (Professional Development)

Powering forward is a one day workshop was given by the Coach & Keynote speaker Mr. Mark Dickinson. On February 29th 2020 in the presence of DDG Bana Kalash, Past DRR Jean-Marc Adaimy, DRR Hala Ghousoub, VDRR Sirvart Bardakjian, Rotaract Academy President PP Yasmina El Assi, members from 13 different Rotaract clubs and guests.



Powering Forward is a self-development session where young adults can discover their true potential and use the right tools that will help them overcome future obstacles in their career. In this one day workshop, motivational speaker Mark Dickinson had walked through how to develop a strong strategy, the tools and tactics that we need to achieve our goals in life and gave us the tools to evolve and overcome adversities in our career, relationships and personal life.

RotarACT Against COVID-19 (Online Crowd Funding)

The COVID-19 pandemic has put a massive strain on the Lebanese health care system, intensifying the already challenging economic situation. With the limited government financial capability, where public health care is under equipped and private health care is expensive, the Lebanese are struggling to survive.

On March 2020 all Rotaract Clubs of Lebanon (26 Rotaract Club) have joined forces and raised 22,000\$ as online and offline donations to provide vital medical equipment to 11 public hospitals covering all Lebanon. We contribute it with Rotary clubs on a Global Grant in the total sum of 150,000\$

Our Projects

Conquer Colombo

Conquer Colombo is the club's signature Club Service project and is one of the largest projects undertaken by any club in the country. It is a single day event where teams of 4 people roam around the city of Colombo, searching for specific locations where they will have to complete challenges that will test them both mentally and physically. The challenges can range from paddling a kayak in the middle of a lake, having to eat a burger within an allotted time and having to score a football penalty while also solving a chess puzzle. The event takes place throughout an entire day and sees around 600 eager participants, some of them wearing costumes and driving customized vehicles. This year, the winners were awarded with return tickets to Singapore



Project Life

The signature Community Service project of the club, Project Life looks to tackle a prevalent problem in Sri Lanka, especially in the rural agricultural communities. Chronic Kidney disease is a result of a lack of clean drinking water and Project Life targets providing clean drinking water to a selected rural community. Past projects have involved constructing a rainwater harvesting system and a Reverse Osmosis plant. The plan for this year involves digging two tube wells to support the requirements of nearly 50 rural families. Also, in the past, Project Life has been implemented in partnership with the charity organization, The Foundation of Goodness.



Jumpstart

The signature professional development initiative of the club, JumpStart is a platform for entrepreneurs with aspiring startups to get the required exposure and financial support. Startups pitch their business ideas in front of a panel of judges who give them valuable advice on how to achieve their business potential. Jumpstart 2019, saw the introduction of a shark-tank round, where already established startups presented in front of a panel of investors with the target of getting one or more of them to invest in their startup



Info Factory

The signature International Service project of the club, Info Factory is a social media platform via Facebook, Instagram and Twitter for enhancing knowledge by posting weekly facts from a selected topic. Each post reaches a considerable audience and there are also monthly quizzes to add a spirit of competition and fun

A glimpse of our Countries

Lebanon is situated in the heart of Middle East, on the eastern shore of the Mediterranean Sea. Despite its small size, Lebanon is home to over 6 million people, with a wide ethnic and cultural diversity. Lebanon holds together 18 religions, with Islam and Christianity being the most practiced, while Arabic is the official language spoken followed by French and English.

Lebanese hold pride in hospitality, very similar to our Twin Club's country, Sri Lanka!

Lebanon Mountain Trail

Known for its amazing climate and beautiful landscape. The Lebanon mountain trail (LMT) is one of the country's most spectacular sites. The snowcapped mountain range spans across 44km, while the footpath being designed to travel within 27 days.

With altitudes ranging from 570 to 2,011 meters above sea level, it connects more than 76 towns and villages. This will give you one of the best hiking experiences you can get.



Jeita Grotto (The pearl of nature in Lebanon)



Jeita Grotto, is also one of the largest tourist attractions of the country, holding significant historical importance. Situated in Jeita, a town just out the capital of Lebanon, this Grotto comprises of two separate but interconnected limestone caves spanning across almost 9 kilometers. It was believed to have been discovered in 1836, but still retains its natural rock formations.

Sri Lanka is an island in the Indian Ocean off the South Coast of India which is also referred to as the “Pearl of the Indian Ocean”. Even though Sri Lanka does not have the largest size, it is home to a population of around 20 million people. The island has a varied landscape with attractive beaches across the coastline to cooler and more mountainous regions towards the center of the country.

Sri Lanka has also had a rich history dating back to nearly 3000 years. This history has been well documented through written chronicles and can be further evidenced through the historical ruins where the ancient kingdoms used to be located. Sri Lanka used to have highly developed technology for the time, as evidenced through the Jetavanaramaya, a Buddhist stupa that was the third highest structure in the world at the time of its construction as well as the ancient rock fortress of Sigiriya, where a castle, complete with a functioning water transportation system was built on the summit of a 200m high rock.



The Pearl of the Indian Ocean

As a result of these geographical and historical attractions, Sri Lanka is world famous for being an ideal tourist destination, with tourism being one of the country's major industries. In fact, in 2019 it was named as the number one tourist destination worldwide, by Lonely Planet.

Sri Lanka has had considerable colonial influence with the Portuguese, Dutch and British having varying degrees of power in the country from 1505 up to independence in 1948. The British were responsible for developing the railway and road infrastructure of the country as well as for introducing tea to Sri Lanka, which has now become the major agricultural export in the country, with Sri Lankan tea having the reputation of having superior quality.

Sri Lanka is ethnically diverse with a majority Sinhalese population, along with a considerable Tamil and Muslim population. This has resulted in a diverse religious landscape where Buddhism is the most common religion with Hinduism, Islam and Christianity consisting of sizeable minorities. This diversity and celebration of a number of cultural events is the reason for Sri Lanka being one of the countries to have the most number of national holidays. This has also extended to Sri Lankan cuisine which has been shaped by numerous influences into having unique dishes found nowhere else.

In short, Sri Lanka is a country with a diverse and friendly population and a must visit destination for any aspiring tourist with a unique mix of cultural and geographical attractions



Our food

Kibbeh

Kibbeh is a unique mixture of soaked bulgur wheat and other ingredients, typically lamb meat, and it is also considered the national dish of Lebanon. Fragrantly spiced and eaten as a snack for casual or celebratory meals, Kibbeh can be raw, baked, fried, stuffed, or prepared in a vegetarian version, stuffed with potatoes, pumpkins, and tomatoes.



Hummus

This internationally popular, beige-colored spread is traditionally made with mashed chickpeas, tahini sesame paste, lemon juice, and garlic. People across the world love hummus for its tangy flavor and the fact that it is filled with nutrients.



When served, it is typically dressed with a drizzle of olive oil, and is then used as a dip for vegetables or a flavorful filling for flatbreads such as pita. Even today, not much is known about its origins, although the earliest mention of hummus dates back to 13th-century Egypt.

Hummus is sometimes additionally enriched with spices such as cumin and paprika, and it can be garnished with anything from fresh herbs, cucumbers, and chopped tomatoes to olives, pine nuts, and hard-boiled eggs.

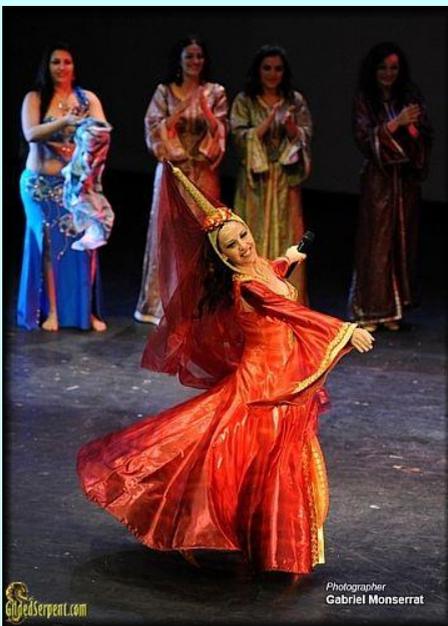
Milk Rice(Kiribath)- One of the traditional foods of Sri Lanka milk rice is made from rice and coconut milk and is usually eaten with an onion based chilli paste called lunu miris. It is an essential meal on any special occasion as it is said to bring good fortune



KOKIS- A treat that is a must on the New Year table, this dish of Portuguese origin is made by frying a flour based mixture as is universally loved among all Sri Lankans



Lebanese Culture



Byblos International Festival

Annual international event held in Byblos, also known as Jubayl or Jebeil, is one of the oldest continuously inhabited towns in the world. The precursor of the modern alphabet was developed in Byblos, and the ancient Phoenicians exported their papyrus to the Aegean through the city. The English word "Bible" is derived from byblos, the early Greek name for papyrus.

The International music festival held annually since the 1960's, and attracts thousands of tourists.

The event is usually held during the summer and comprises of a fusion of events. The main ones being, orchestral, chamber music, and jazz concerts, plays, operettas, ballet, and modern dance recitals.

Most of the events are held in the 12th century castle built by the Crusaders out of the stones and granite columns of ancient Roman temples and public buildings.



Sri Lankan Culture

The Sinhala and Tamil New Year is a traditional festival celebrated primarily by the Sinhalese and Tamil communities, but is also celebrated by all communities in Sri Lanka. It signifies the movement of the sun moving from the House of Pisces to the House of Aries, signifying the start of the traditional year. During the New Year period activities such as preparing the first meal of the year, consuming the first meal of the year are done according to auspicious times. Avurudu or New Year also says the preparation of dishes that are seen exclusively during this period. The New Year is also a time for reconnection among communities as during this time it is customary to visit neighbors with dishes prepared at our homes. So, the Sinhala and Tamil New Year is a time of celebration and co-operation.



Vesak is a Buddhist festival that is the full moon day in the month of May. It is celebrated as the day of birth, enlightenment and attaining of Nirvana of Lord Buddha, the founder of Buddhism. Vesak is a time for worship and all Buddhists go to the temple to take part in religious activities. Vesak also sees the hanging of lanterns from every house as well as *dansal*, which are events where food is handed out free to the public. There are also large pandols which narrate and show stories from the life of Lord Buddha, known as *jathaka* stories

Esela Perehera is a multi-day pageant held in the city of Kandy in central Sri Lanka in front of the Temple of the Tooth, where the tooth relic of Lord Buddha is enshrined. It is one of the most sacred places for Sri Lankans and the perahera celebrates the arrival of the tooth relic in Sri Lanka. The perahera is a spectacular event having elephants decked out in colourful regalia, with one elephant tasked with the most important task of carrying the enshrined tooth relic itself. The pageant is much more than elephants though, having traditional whips, dancers with rings of fire and traditional Kandyan dancers for who this will be the pinnacle of their dancing career. The perahera is one of the most spectacular events in the country and is visited by tourists worldwide.





Thank you

