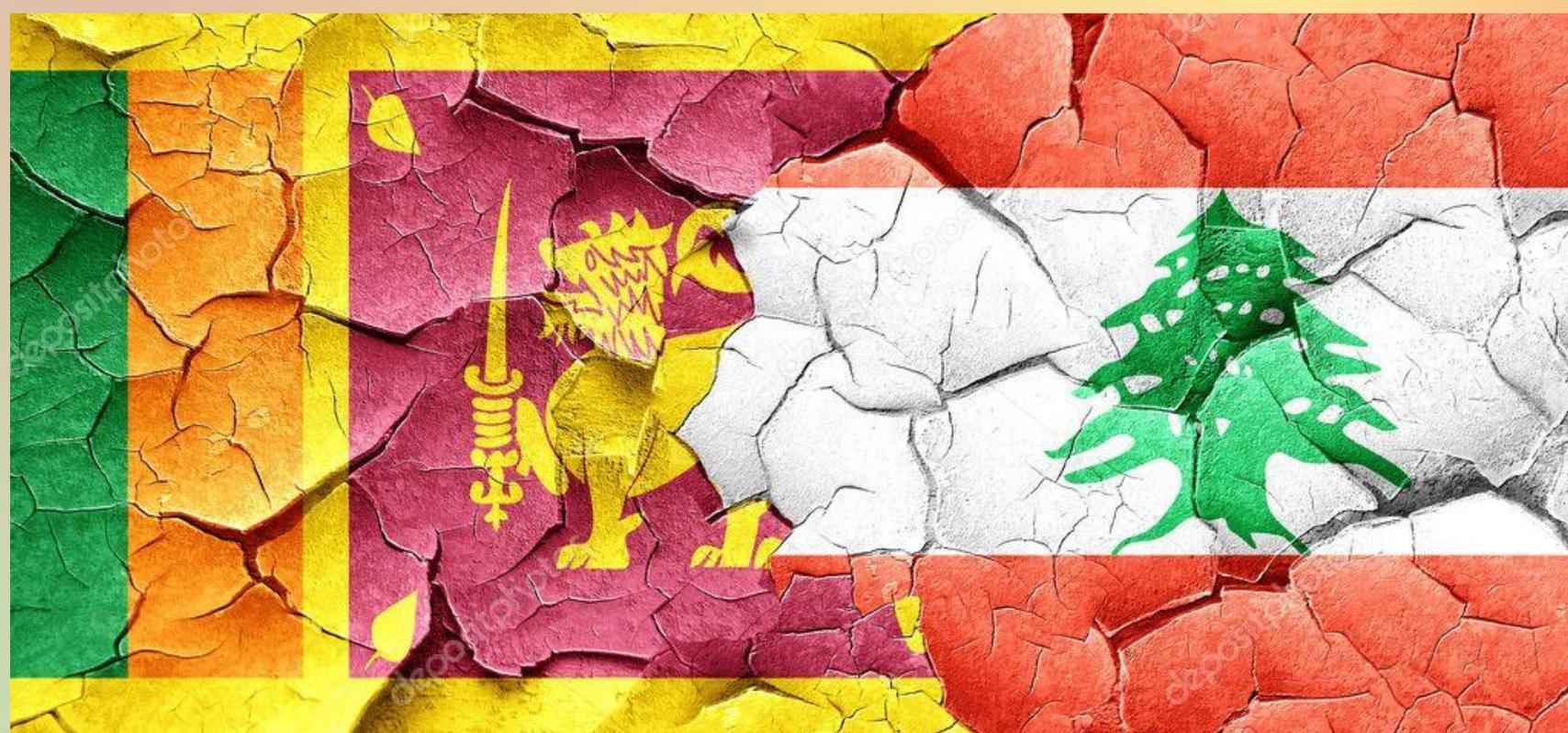


Joint Bulletin

By

*Rotaract Club of Achievers Lanka Business School and
the Rotaract Club De Beyrouth*



RID 3220

RID 2452

President Speaks

Ahla w Sahla!

It is an absolute pleasure that I share the continued excitement of the twinning of Rotaract Club De Beyrouth and Rotaract Club of Achievers Lanka Business School. This Twin Club Agreement serves its purpose: To be an interactive and genuine exchange of knowledge between the clubs to ultimately build a closer relationship and learn more about each other.

We have had the pleasure to build a long-standing relationship with Rotaract Club of Achiever Lanka Business School, and we aim to keep it thriving - especially in times of challenge, as this is when we need each other the most. Opportunities similar to this twinning relationship fosters a space of security, hope and quite simply, a breath of good air.

As the world knows and unfortunately so, Lebanon has undergone the toughest year, a historical one - with the COVID-19 pandemic, the economic crisis and the Beirut blast that wiped out our city. Coupled with the club members' resilience and social impact brought to the Lebanese communities with our 25 projects this year, it is the twinning activities that bring us the joy and comfort we need, and we are grateful for your support and vibrant energy.

We look forward to keeping this relationship strong, and we are excited to see what the upcoming activities will be with you!

Wishing you a safe, healthy and prosperous future,

***Nadine Abi Akar
President of Rotaract De Beyrouth (2020-2021)***



President Speaks

ආයුබෝවන්!
வணக்கம்!
Welcome!

It is my privilege to share a few words for the joint bulletin between the Rotaract Club of Achievers Lanka Business School and Rotaract Club De Beyrouth. Rotaract is a prominent youth movement that is based on many factors like Social Service, Fellowship and Professional Development. Another important factor that Rotaract offers to its members is International Services and Understanding. It allows clubs and their members to build strong bonds all over the world while exposing them to different cultures and people.

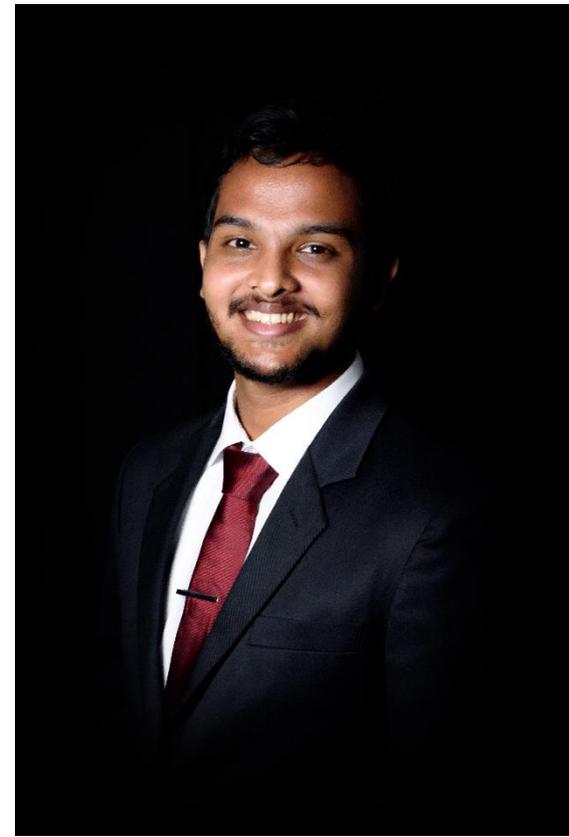
Twin Club Agreements is a great opportunity for two clubs in different Rotaract Districts to partner with each other and to come together to find solutions for a common issue while strengthening and making new bonds and also exchanging cultures. It is our absolute pleasure to share a special bond like this for the second consecutive year with Rotaract Club De Beyrouth.

Cultural exchange is a core component of this movement. 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. 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 and our projects as well. I sincerely hope that given the hard time your country went through during the past few months, the bond between our clubs provided some sort of comfort and support to get through those tough times.

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. We are excited for all future activities between the two clubs, and I hope this strong relationship will last forever.

**Regards,
Rtr. Thisura Ramanayake,
President 2020-21,
Rotaract Club of Achievers Lanka Business School,
RID 3220,
Sri Lanka and Maldives.**



Our projects

USD 7,500 Grant for Karantina Hospital

In collaboration with the generous grant from Rotary Club Oldenburg Graf Anton Günther, Rotaract Club De Beyrouth rehabilitated the chemotherapy machine that was severely damaged from the Beirut Blast in the Karantina Hospital. This was the largest grant the club has ever received to support a social cause to save lives, and we are deeply grateful for the support of Rotary and the hands-on work of the Rotaractors of our club who brought this project to life.



USD 20,000 worth of clothing distribution with Fabricaid and Levi's Rotaract Club De Beyrouth worked closely with Fabricaid and Levi's to distribute coupons to underprivileged Lebanese to buy Levi's clothing items from a pop-up shop in Beirut. These clothes were free of charge and the coupons were distributed by our club members. The individuals who received these coupons visited the pop-up shop to select their items over 1 weekend. The event was a success, and we are proud to be supporting this cause.



Our projects

A Jug for Beirut, Li Beirut

After the Beirut blast, Rotaract De Beyrouth was on the ground on a daily basis to support the hundreds of families and their homes that were deeply affected by the blast. Aside this, the club worked closely with an NGO to recycle the glass from the Beirut blast to create traditional Lebanese jugs with all proceeds going to provide food boxes for an orphanage during the holy month of Ramadan



A Light For Hope Campaign with over 100,000+ impressions

For World Peace Day, our club created a video campaign that brought in the international Rotaract clubs to celebrate the hope for a better tomorrow. This video was driven by “We are the World” and showcases the beautiful and peaceful scenes from 5 clubs all of which sang to this song. We are so proud of this project, and we received District recognition for it.



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 we decided not to have Conquer Colombo as responsible citizens who is helping the battle with Covid-19.



Jumpstart

Jumpstart is the signature Professional Development initiative by RACALBS which was successfully concluded for the 4th consecutive year last December. Jumpstart 2020 happened under two categories;

1. Pitch It! Win It! - We gave the opportunity to early-stage startups and ideators to pitch their business idea to a panel of judges and the best and most feasible idea would be selected as the winner.

2. Shark Tank round - Growth stage startups were given the opportunity to pitch their business to a panel of investors and would receive investments in exchange of the company's equity if the investors liked the startup.

Jumpstart also consisted of a workshop series to prepare the participants to face the challenges they would face while setting up their startup. Jumpstart 2020 was concluded with Team Plutous emerging as champions!



Our Projects

Cut the Greed not the Green

Cut the Greed, Not the Green is a reforestation project carried out by the Rotaract Club of Achievers Lanka Business School, partnering with Reforest Sri Lanka. In 4 phases, we planted over 1200 plants including kumbuk, mee and karanda at the Matale, Ingiriya, Anuradhapura and Colombo. Through this project, the members gathered much knowledge and experience whilst making memories and experiencing the satisfaction one could achieve through reforestation.



Break the Stigma

Break the Stigma is an International Services initiative to raise awareness on one of the most important, yet often misunderstood issues faced by a large number of the world's population, which is mental health. We initiated this project with the hope of educating the public in multiple countries on mental health related issues and to raise the level of mental health in society. We partnered up with 16 other Rotaract Clubs from around the world covering North America, South America, Africa, Europe and Asia to ensure that the impact of this project was felt in all parts of the world and subsequently engaged in a 4-month campaign releasing 17 videos starting on the 10th of October which is the World Mental Health Day.

**BREAK
THE
STIGMA**



A glimpse of our Countries

Lebanon is within the heart of Middle East, on the eastern shore of the Mediterranean Ocean In spite of its little size, Lebanon is domestic to over 6 million individuals, with wide ethnic and social differences. Lebanon holds together 18 religions, with Islam and Christianity being the most practiced. Arabic is the most used language on a daily basis, but most Lebanese are trilingual and can speak Arabic, French and English. Lebanese hold pride in hospitality, exceptionally comparable to our Twin Club's nation, Sri Lanka!

The City of Byblos

Byblos was the ancient Phoenician port city of Gebal (called Byblos by the Greeks) on the coast of the Mediterranean sea in what is, today, Lebanon. According to the historian Durant, "Byblos thought itself the oldest of all cities; the god El had founded it at the beginning of time, and to the end of its history it remained the religious capital of Phoenicia." Because papyrus was one of the principal articles in its trade, the Greeks took the name of the city as their word for book - biblos - and from their word for books named our Bible - ta biblia - which means 'the books'. Byblos is among the cities listed as candidates for the distinction of 'oldest city in the world' as it has been continuously inhabited for over 7,000 years. Byblos is listed by UNESCO as a World Heritage Site.



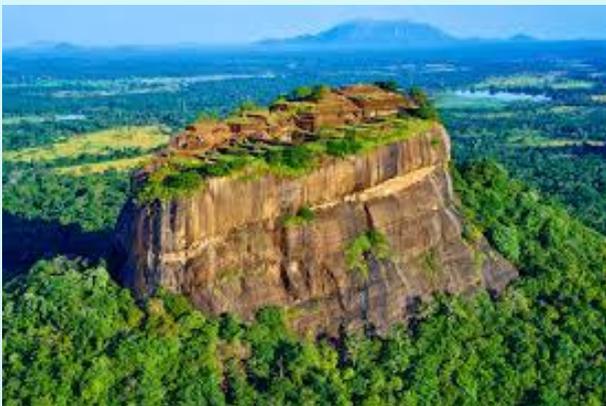
Baalbek



This Phoenician city, where a triad of deities was worshipped, was known as Heliopolis during the Hellenistic period. It retained its religious function during Roman times, when the sanctuary of the Heliopolitan Jupiter attracted thousands of pilgrims. Baalbek, with its colossal structures, is one of the finest examples of Imperial Roman architecture at its apogee.

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 several cultural events is the reason for Sri Lanka being one of the countries to have the greatest 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

Falafel

Falafel is a deep-fried ball or patty-shaped fritter made from ground chickpeas, fava beans, or both. Falafel is a traditional lebanese food, commonly served in a pita, which acts as a pocket, or wrapped in a flatbread; "falafel" also frequently refers to a wrapped sandwich that is prepared in this way. The falafel balls are topped with salads, pickled vegetables, hot sauce, and drizzled with tahini-based sauces. Falafel balls may also be eaten alone as a snack or served as part of a meze tray (assortment of appetizers).



Tabbouleh

Tabbouleh is a Lebanese vegetarian salad made mostly of finely chopped parsley, with tomatoes, mint, onion, bulgur (soaked, not cooked), and seasoned with olive oil, lemon juice, salt and sweet pepper. Some variations add lettuce or use semolina instead of bulgur.



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 chili 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

The Beiteddine Festival

The Beiteddine Festival is an annual summer festival that takes place in Beiteddine Palace in Beiteddine, Lebanon. It was launched amidst war and destruction in the middle of the 80's. It came as an act of faith in Lebanon's cultural specificity and its power of creativity and artistic freedom.



Caracalla dance shows

Since 1968, the Caracalla Dance Theatre has created over 20 ballets and musicals and has performed at the most prestigious theatres and cultural capitals. .



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