



RESMYLE ECO-MISSIONS





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The RESMYLE project aims to rethink the employment and social integration of young people in the Mediterranean through sustainable development.

3 areas of intervention have been chosen: awareness-raising, training and entrepreneurship.

After raising awareness on the environment and sustainable development, by and for young people through the 11 granted projects and a webportal of resources called **Act4urplanet.eu** – the second step was to train the young people.

To achieve this, RESMYLE first developed 15 field training workshops on the environment and sustainable development, then some ecomissions of 3 months in different types of organisations were done by the young people.

RESMYLE has given 20 lucky young people the chance to take part in eco-missions, a 3 month voluntary placements in an organisation promoting the environment and/or sustainable development. In this ebook, these 20 young people describe what they did and how they felt during their ecomission.



Mission

Contribution for the Implementation of Eco-Incubator “Econitia”

Setting up, developing, organizing and running the eco-incubator, welcoming entrepreneurs, managing files, monitoring projects, coordinating training sessions, building an environmental and sustainable development awareness database.

From 06/06/2022 to 29/08/2022 - Tyre (LEBANON)



Volunteer description



NAME

Hamada Amine Benfraj

BIO

Hamada Amine Benfraj is 30 years old and comes from Hammamet in Tunisia.

Hamada has been a member of the Association d'Education Relative à l'Environnement (AERE) since 1999.

Hamda was born in Hammamet, a tourist resort in north-west Tunisia, and joined the Tunis Business School for a bachelor's degree in economics and entrepreneurship in 2013. He did a master's in logistics and supply chain management in Manchester.

Mobility diary

These months have been some of the most fantastic I have ever experienced, travelling in Lebanon has opened my eyes to so many new cultures and experiences, I am very happy to have been able to travel and work as a volunteer at the Association for Rural Capacity Development (ADR), the place where I improved my skills especially in communication and leadership during the work we did with Mu'nis.

I don't know how to express the love I feel for you. This country welcomed me with open arms, from the butcher to the fruit and vegetable shop owner, the bus drivers who helped me on almost all my travel adventures, the workers, the wonderful ADR team and, of course, all the Lebanese friends I had the pleasure of meeting during my stay. Every person I met along the way brightened my day and made me fall even more in love with this country.

I can't thank Lebanon enough for allowing me to feel at home and to have a culture that encourages the development of the type of person I want to become: someone who is friendly, fun, open, inclusive, relaxed and takes life in its stride. I can't describe here all the exciting adventures I've had.

I would also like to thank the city of Tyre, the city that has been my home for the past three months, the people I have met during my time here, the memories I have made, the places I have visited and all the love I have in my heart for the most extraordinary eco-incubator training experience I could have wished for from ADR. I wish to thank Lebanon by continuing to grow and promising to return.



Message in a bottle

To all the ADR team,
Thank you for being an organisation we can always count on!
I am very grateful for all your hard work. Thank you for everything you do.
Your work ethic and dedication are admirable, we are lucky to have such a dedicated organisation on board!
I can't believe how quickly time flies!
It's been an incredible journey over the last 3 months. One thing's for sure, we couldn't have got this far without you!
It's rare to meet people as dedicated and trustworthy as the ADR team.
We are very grateful to you for accompanying us over these 3 months.
Thank you for all your help and support. You are truly an asset to our team.
We appreciate all the hard work and talent you've given us over the last few months.

Congratulations on how far you've come and on celebrating this anniversary! We know you've worked hard to get here and we really appreciate your dedication. Your efforts don't go unnoticed.

Learning outcomes

Leadership
Project management
Administrative organization
Marketing
Communication
Teamwork
In-depth knowledge of sustainable development and environmental awareness

Mission

Contribution for the Implementation of Eco-Incubator “Econitia”

Setting up, developing, organizing and running the eco-incubator, welcoming entrepreneurs, managing files, monitoring projects, coordinating training sessions, building an environmental and sustainable development awareness database.

From 1/06/2022 to 31/08/2022 - Tyre (LEBANON)



Volunteer description



NAME

Mu'nis Raad Ahmad Makhdamah

BIO

I am Mu'nis Raad Ahmad Makhdamah, a 28-year-old Jordanian citizen, I live in Ar-Ramtha, in the north of Jordan, I am a civil engineer for water and the environment. I worked in the municipality of Greater Irbid in the environmental studies department as a site engineer for positive energy waste. project with GIZ I graduated from Al-balqa'a applied university in 2017.

Mobility diary

I arrived in Lebanon on June 1 to work in the ECONITIA eco-incubator in the southern governorate of Tyre. Everything went very well, I worked with some great people at ADR and with my partner from Tunisia. I did everything as planned: preparing the subjects, translating the training material, communicating with the participants, interviewing them one by one to discuss their ideas, helping them to develop them and take part in the course, and helping the trainer with his work in the classroom.

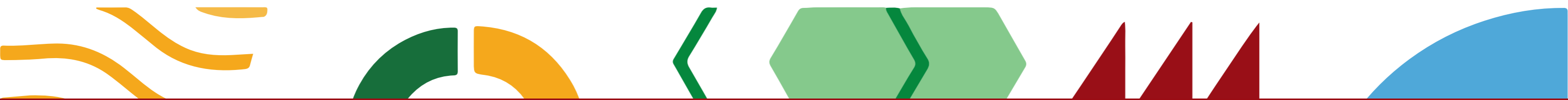


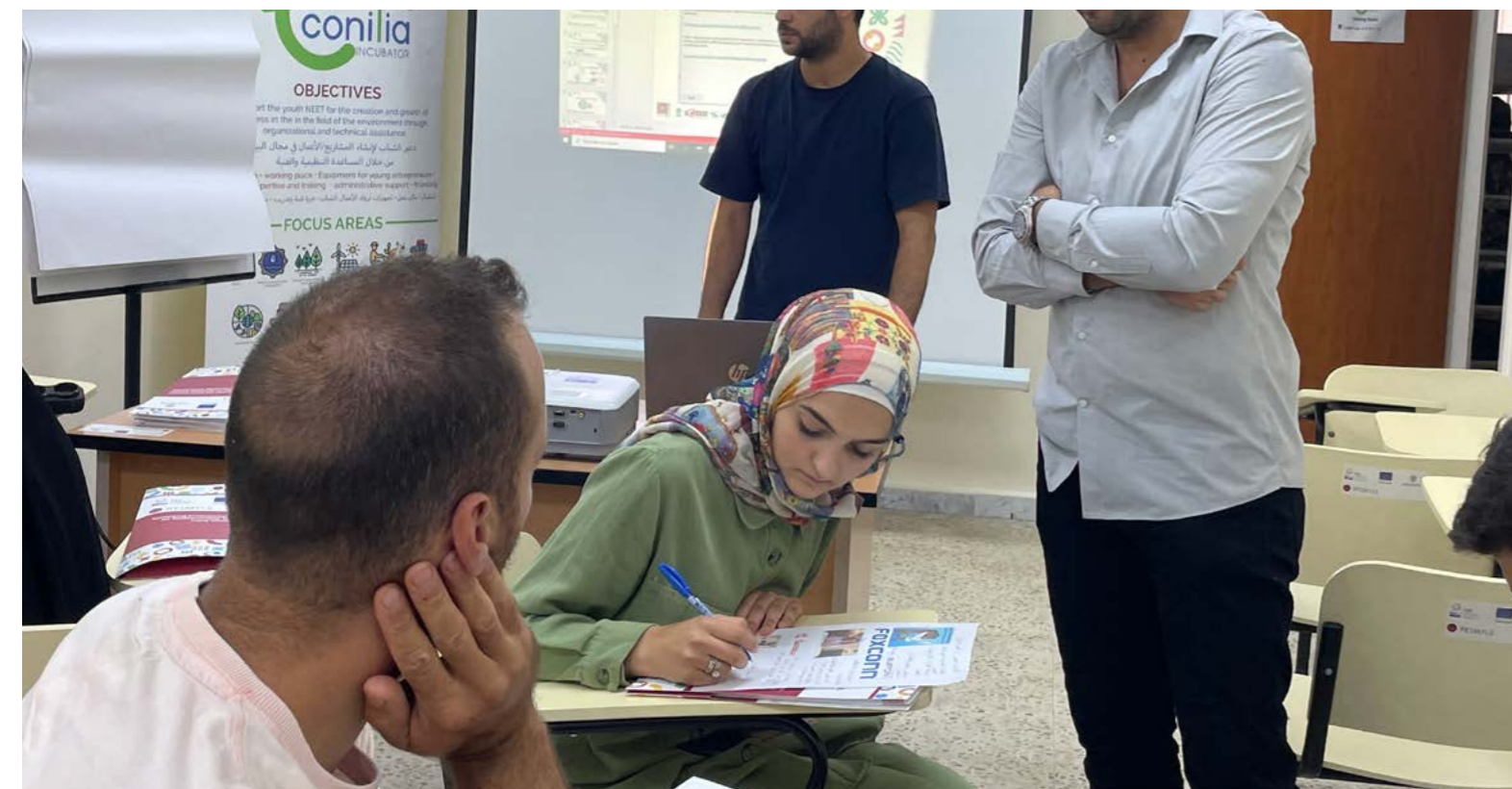
Message in a bottle

I have a message for the next volunteer: you need to do something for humanity in your life (be in the donor group, not the recipient group), come to Lebanon to see something you haven't already seen in your life.

Learning outcomes

Leadership,
Project management
Administrative organization
Marketing
Communication
Teamwork
In-depth knowledge of sustainable development and environmental awareness.





Mission

Contribution to the Implementation of International field Workshop: "Waste Warriors in Qana Village: Creating Waste Management Games"

Support for the eco-incubator, project follow-up, logistical organization of the international workshop.

From 27/02/2023 to 26/05/2023 - Tyre (LEBANON)



Volunteer description



NAME

Qusai Sawalha

BIO

Qusai SAWALHA is 27 years old and originally from Jordan, Qusai graduated in hydrology from the Jordan University of Science and Technology and studied water resources and the environment. He is also interested in agricultural and related issues.

Mobility diary

My name is Qusai Sawalha, I came to the RESMYLE eco-volunteering mission in Lebanon to work as a volunteer because I believe in the importance of the environment and water resources.

During my trip to Lebanon, I built my network, developed my self-confidence and cross-cutting skills, interpersonal communication, time management, leadership, delegation, communication and problem solving, which gave me the opportunity to make meaningful connections with professionals in this field of interest.

Networking with others allows the exchange of information, ideas, contact details and the establishment and maintenance of mutually beneficial relationships.

During the mission, I helped ADR's RESMYLE team to organise the 'Waste Warriors in Qana Village' workshop and to monitor entrepreneurs at the Econitia eco-incubator to develop their project ideas."

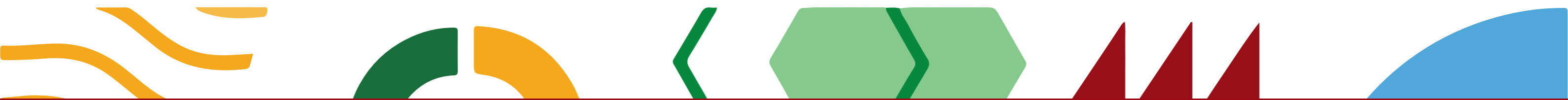


Message in a bottle

The mission activities were interesting. The content of the mission was adapted to my level. I improved my skills thanks to the mission. I can re-use the skills I have acquired in a professional environment. I was satisfied with the quality of the assignment. I'm a good organiser and trainer.

Learning outcomes

- Knowledge of the SDGs
- In-depth knowledge of waste management
- Facilitation and logistical organization of an international workshop
- Project management
- Administrative organization
- Conflict management
- Communication
- Teamwork.





Mission

We are fighting for a cleaner future!

Document the link between littering and greenhouse gas emissions, participate in the association's activities: events, awareness-raising, waste collection, etc.

From 23/06/2023 to 24/08/2023 - Marseille (FRANCE)



Volunteer description



NAME

Aroua Masrouhi

BIO

My name is Aroua MASROUHI, I am 29 years old. I'm a Tunisian volunteer. I have a Master's degree in waste treatment and recovery and I have a degree in chemistry and a professional Master's degree in Quality, hygiene, safety, environment and energy. I'm a civil society activist and I love doing voluntary work. It's a way of life and a way of sharing love.

Mobility diary

I'm in France in Marseille for 2 months on an eco-mission with the 1 déchet par jour association. First of all, I'm very happy about this opportunity and I'd like to thank everyone for their sacrifice and support. My mission was to research the link between litter and greenhouse gas emissions. I had the opportunity to work on a project to raise awareness of the impact of litter on greenhouse gas emissions.

What's more, it's clear that our consumption habits, and more specifically our waste, have a direct impact on the climate.

Secondly, I took part in the association's missions by raising awareness among the general public, collecting waste and running awareness-raising sessions with children.

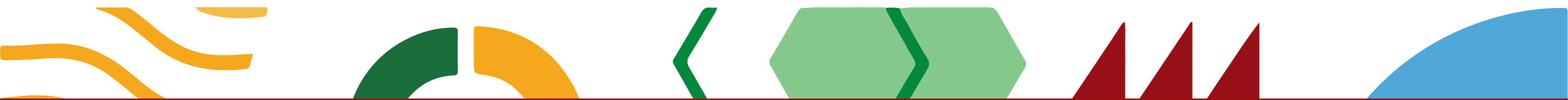


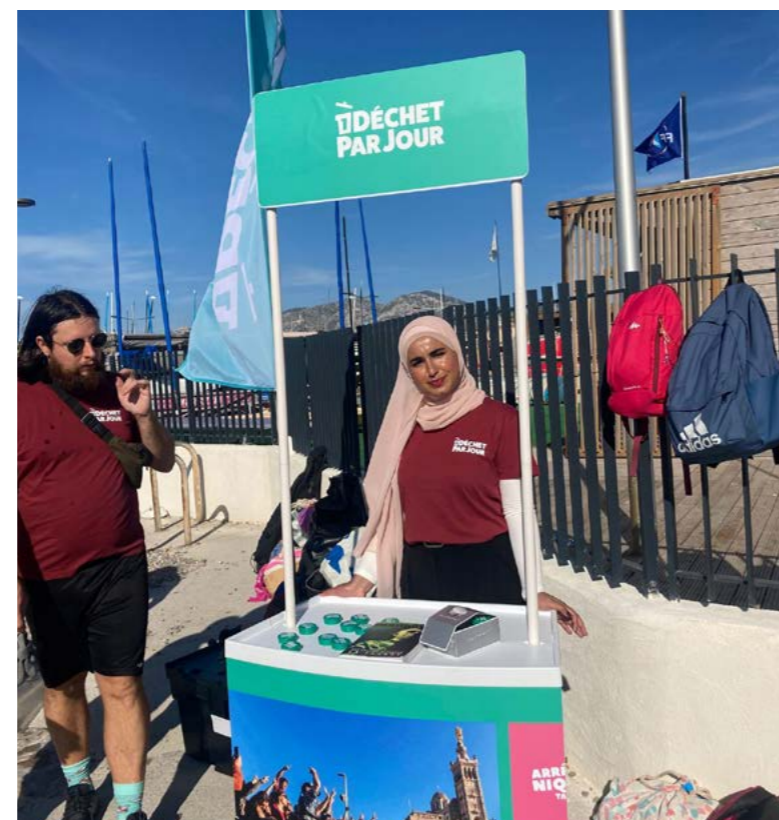
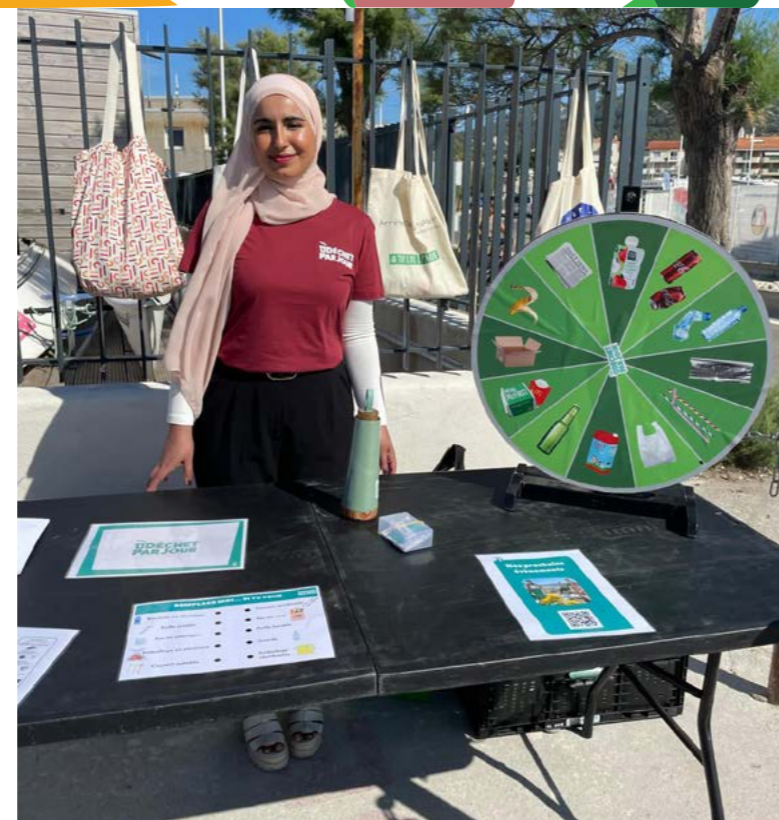
Message in a bottle

Thanks to this assignment, I've been able to develop my skills in communication, facilitation, awareness-raising and project management. I also learned to work as part of a team, in collaboration with the other members of the association. Finally, I've been able to develop my waste management skills by learning different techniques for reducing, recycling and recovering waste. My time as a volunteer has given me a sense of purpose. As I continue to navigate through the swarm of experiences, I feel increasingly motivated to make a meaningful contribution to the causes that are important to me. to the causes that are close to my heart. Collaborating with the passionate people who make up the 1 Déchet par Jour team has not only amplified the impact of our efforts, but also fostered a sense of camaraderie that transcends borders.

Learning outcomes

- Learning different techniques to reduce
- Recycle or recover waste
- Technical skills in waste management
- Communication
- Animation
- Community animation
- Awareness-raising
- Teamwork
- Research skills
- Project and partnership management skills





Mission

We are fighting for a cleaner future!

Document the link between littering and greenhouse gas emissions, participate in the association's activities: events, awareness-raising, waste collection, etc.

From 04/07/2023 to 22/08/2023 - Marseille (FRANCE)



Volunteer description



NAME

Ahmad Rammal

BIO

Ahmad Rammal, a 25-year-old computer science graduate and full-stack developer. Beyond the world of technology, I had the opportunity to take part in a workshop on waste management, which gave me a passion for nature. Today, I'm determined to get involved in initiatives that help our planet breathe again.

Mobility diary

1 déchet par jour is a young, dynamic association that aims to combat litter pollution in the streets and other public spaces by organising waste collection campaigns, but that's not all! The facts are simple: by 2050 there will be more plastic than fish in the ocean, and 57% of anchovies and sardines are already poisoned by plastic.

Mission: - To promote exchanges and European cooperation around the issues of transition, ecology and environmental protection (partnership management).

- Create and implement projects with partner organisations (project management)
- Document and disseminate the link between litter and greenhouse gas emissions (research)".



Message in a bottle

As I immerse myself in the vibrant culture of this beautiful country, I am drawn to the undeniable charm of its bustling cities and the serene appeal of its natural landscapes. My journey as a volunteer has brought me here, with a mission to help empower local communities and preserve our precious environment.

In the heart of the city of Marseille, I work with a team of passionate people to support a variety of community projects. The determination and resilience of these communities is impressive. Their thirst for knowledge and unwavering desire to create a better future fuels our efforts to make a lasting impact.

Beyond the city limits, I venture into the natural wonders that define this country's landscapes. From lush forests to pristine coastlines, the beauty of nature is alluring. However, I'm also acutely aware of the threats to these fragile ecosystems. Taking part in conservation efforts has become an integral part of my mission as a volunteer. By cleaning up the beaches and running awareness campaigns, we are striving to preserve the environment for future generations.

One of the most transformative experiences has been the involvement of local communities close to these natural treasures. Working with them to understand the complexity of their relationship with the land and sea has deepened my appreciation of the interconnectedness of all life forms. Their wisdom and knowledge of sustainable practices have taught me valuable lessons that transcend borders and cultures.

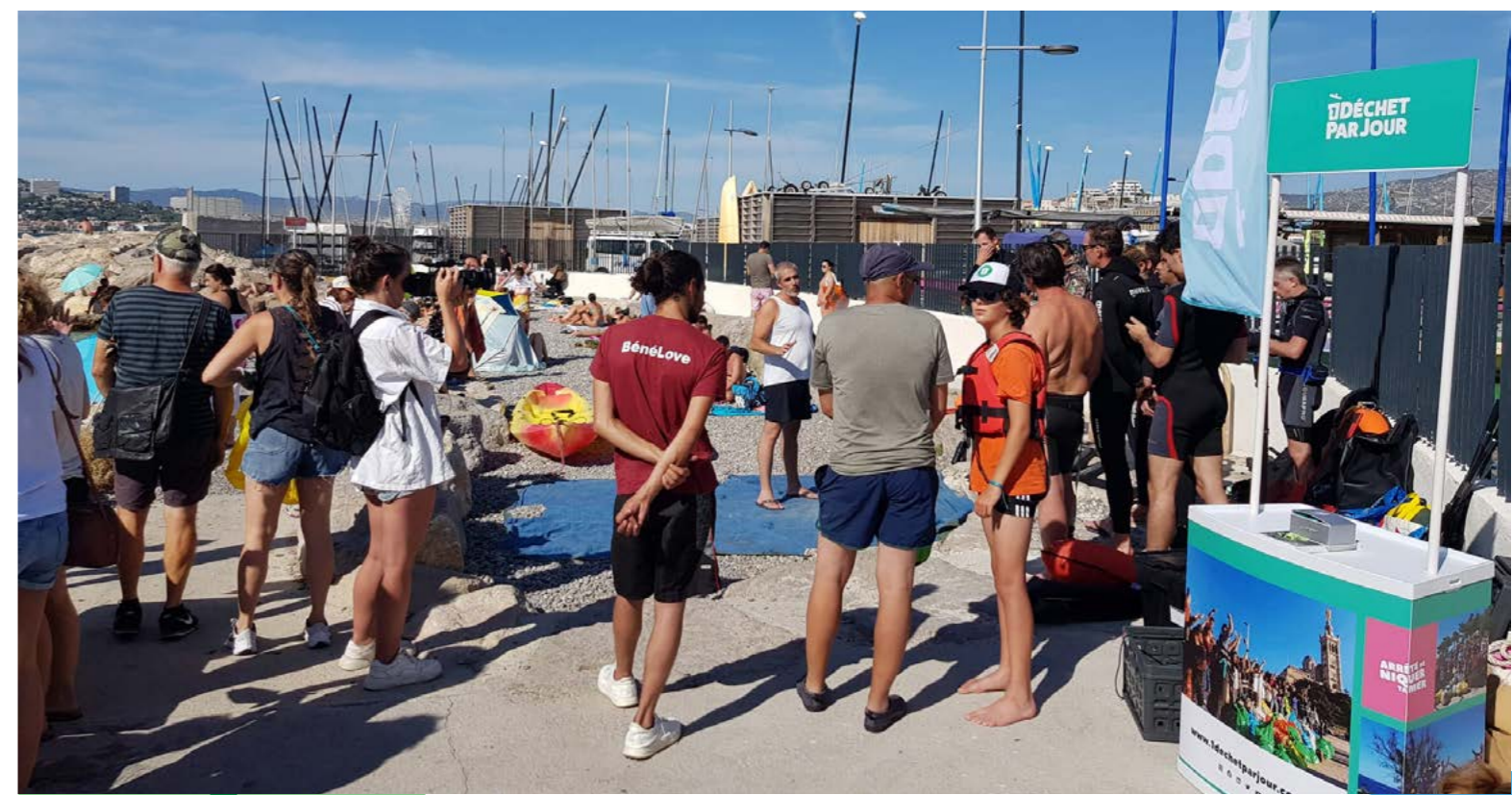
Reflecting on my time here, I realise that 'global added value' is not limited by geographical boundaries. It is the collective effort of people from all walks of life coming together to strengthen communities and preserve the environment. Through volunteering, I've had the chance to witness first-hand the positive changes that can happen when we unite for a common purpose.

My journey as a volunteer has shaped my perspective and inspired me to make a lifelong commitment to making a difference wherever I go. The experiences I have gained and the relationships I have built are testament to the power of compassion, understanding and collective action. By leaving my mark on this country, it leaves an indelible mark on my heart, reminding me that we are all stewards of this beautiful planet and that it is our duty to cultivate and protect it for the well-being of all.

Learning outcomes

During this assignment, I acquired a number of skills:

1. Adaptability: Living alone in a foreign country for two months requires adaptability and the ability to adapt to a new environment and culture.
2. Independence: Managing daily life while living alone in a foreign country fosters independence and autonomy.
3. Cultural sensitivity: Interacting with people from different cultures and languages helps develop cultural awareness and sensitivity.
4. Language skills: Learning some French languages indicates a capacity for language learning and a willingness to communicate effectively in different languages.
5. Intercultural communication: Living with people from different backgrounds has strengthened my intercultural communication skills.
6. Problem solving: Working on a platform that calculates gas emissions probably involves complex problem solving to design and implement the functionality efficiently.
7. Programming and software development: Developing a platform to calculate gas emissions involves acquiring knowledge and skills in programming and software development.
8. Environmental awareness: Participation in waste collection events demonstrates an interest in environmental issues and a willingness to contribute to a cleaner environment.
9. Teamwork: Participating in waste collection events on land and at sea involves teamwork and working with others to achieve common goals.
10. Event planning and organization: Participating in waste collection events has given me a better understanding of event planning and organization.
11. Environmental conservation: Contributing to waste collection activities demonstrates a commitment to environmental conservation and sustainability.
12. Networking: Participating in events and working on a platform have helped build a professional network.
13. Time management: Balancing various activities such as living alone, working on a platform, learning languages and participating in events requires effective time management skills.



Mission

Preparation of the International Congress of Dry Stone

Produce a presentation booklet and panels on the dry stone architecture of the town of Goult.

From 01/03/2023 to 31/05/2023 - L'Isle-sur-la-Sorgue (FRANCE)



Association labellisée

Volunteer description



NAME

Sara Amamou

BIO

24 years old - lives in Codogno, near Milan - Italy
Liceo Artistico Bruno Cassinari, Piacenza
Passionate about graphic design, illustration and special effects make-up.

Mobility diary

The aims of this trip were to understand the techniques and diversity of dry stone structures in Provence (calades, terraces, bories, etc.) and the biodiversity that these structures encourage, as well as to learn how to create tools for discovering, protecting and promoting dry stone structures.

The activities were very varied:

- Numerous field visits to discover the region's dry-stone heritage (Oppède-le-Vieux, Roussillon, Gordes),
- In-depth visit to the Conservatoire des Terrasses de Culture de Goult, the subject of the assignment, and identification of the site's key points,
- Production of an illustrated booklet presenting the site for visitors to the village of Goult (writing of texts, iconographic research, layout and graphic organisation of the whole, printing of a mock-up),
- Proposal to put the English versions online (via QR codes in the booklet and on the panels).
- Feedback to elected representatives.

Végétation des murs

Le plus souvent ce qui apparaît comme la couleur de la pierre est en fait celle des végétaux qui la couvrent. Parmi ceux-ci les plus caractéristiques sont les lichens. Ils se présentent sous forme de croûtes offrant des palettes de couleurs très variées...

Des végétaux supérieurs poussent aussi entre les pierres, comme des petites fougères et des plantes grasses (à fleurs) de la famille des Crassulacées.





Message in a bottle

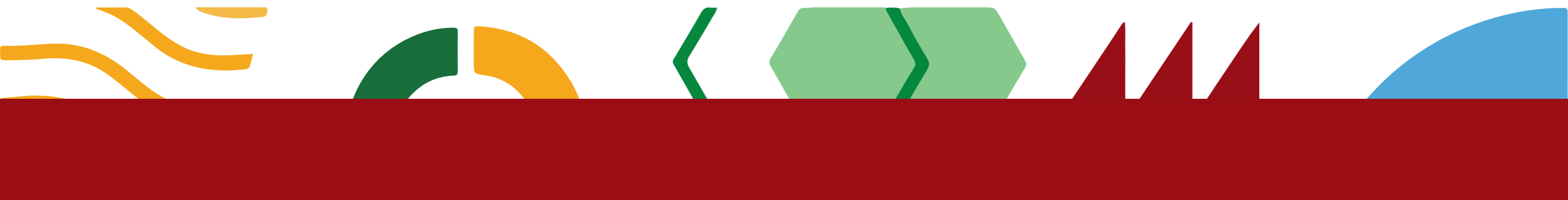
The 24 paper models I've made will be printed on stickers in the Goult town corridor and stuck onto the old panels.

I'm really pleased that my drawings will be seen by future visitors to the Goult site and I hope they'll be appreciated, because I've put my heart and soul into them!

As for me, this assignment has enabled me to do my first real job as a professional graphic designer, and that's all to the good!

Learning outcomes

Technical skills in mud masonry and Provençal architectural heritage
Writing and communication skills



Mission

Preparation of the International Congress of Dry Stone

Produce a presentation booklet and panels on the dry stone architecture of the town of Goult.

From 01/03/2023 to 31/05/2023 - L'Isle-sur-la-Sorgue (FRANCE)



Association labellisée

Volunteer description



NAME

Seifeddine Ben Amor

BIO

Seifeddine, a 27 years old - lives in Tunis
National diploma in architecture from Ibn Khaldoun University,
Passionate about sustainable design and architectural heritage

Mobility diary

The aims of this trip were to understand the techniques and diversity of dry stone structures in Provence (calades, terraces, bories, etc.) and the biodiversity that these structures encourage, as well as to learn how to create tools for discovering, protecting and promoting dry stone structures.

The activities were very varied:

- Numerous field visits to discover the region's dry-stone heritage (Oppède-le-Vieux, Roussillon, Gordes),
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- Proposal to put the English versions online (via QR codes in the booklet and on the panels).
- Feedback to elected representatives.

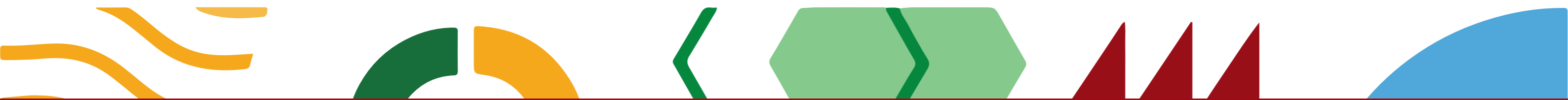


Message in a bottle

The brochure I have produced will be published by the commune of Goult and will be used as the basis for a dry-stone treasure hunt for school classes. I'm delighted that my work will be useful in the future. For my part, this work has enabled me to broaden my professional scope and use dry stone in architecture.

Learning outcomes

Technical skills in mud masonry and Provençal architectural heritage
Writing and communication skills





Mission

Young UP

Support for the coordination of the Grow Up eco-incubator

From 28/04/2023 to 27/07/2023 - Genova (ITALY)



Volunteer description



NAME

Ayman Bani Amer

BIO

Ayman is a 26-year-old Jordanian studying architectural engineering. He is a member of the Association of Jordanian Engineers and has exceptional leadership and teamwork skills.

Mobility diary

As an efficient assistant to the RESMYLE project coordinator, Ayman played a crucial role in reviewing grant applications for the Grow up eco-incubator. In addition, Ayman was a member of the jury responsible for selecting the winners of the eco-incubators in Italy. He has successfully coordinated and organised events in Genoa in collaboration with local community organisations. Ayman's translation skills and excellent command of the English language have proved invaluable in his assignments. With his outstanding contributions, including coordination with donors and eco-Grow Up winners, Ayman continues to demonstrate his dedication, passion and sense of responsibility in fulfilling his various roles and missions.

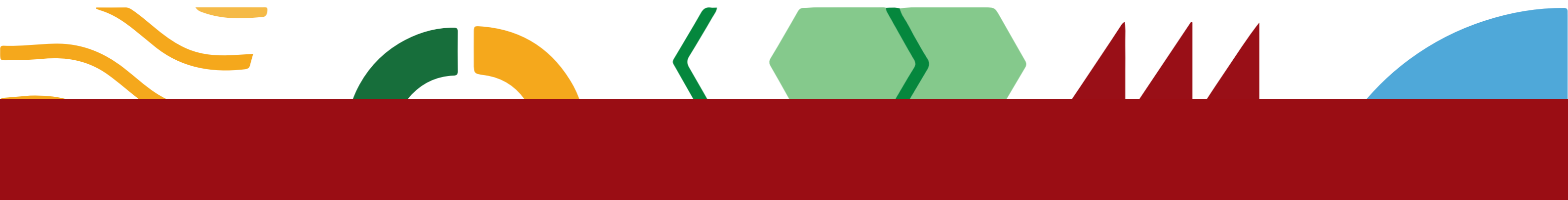


Message in a bottle

Volunteering is an enriching experience that allows us to give back while receiving incredible rewards. My time in Italy was refreshing, giving me a new perspective thanks to its rich culture, extraordinary architecture and warm people. The opportunity helped me develop essential social, leadership and communication skills. Above all, it allowed me to make valuable friendships that will remain with me forever.

Learning outcomes

- Coordination of eco-incubator courses with CFLC team and expert trainers
- Liaison with young entrepreneurs and experts
- Promotion of the service through the media
- Setting up and managing an eco-incubator
- Communication skills
- Administration and management skills
- Group management skills
- Teamwork skills





Mission

GENERATION SCAPE

Analysis of the geological environment, monitoring and digital mapping of soil in Liguria

From 11/04/2023 to 10/07/2023 - Genova (ITALY)



Volunteer description



NAME

Khaoula Charrek

BIO

My name is Khaoula Charrek, I'm 27 and I'm in my second year of a PhD in Tunisia. My academic background is in geology and geophysics, and my PhD is in water and groundwater management (modelling/sustainability and management). I am president of the Mars Society Tunisia and deputy treasurer of the Astronomical Society of Tunisia.

Mobility diary

The trip during my stay in Genoa can be described as amazing and memorable; I met so many great people, worked in a fantastic environment where I learnt many new skills using ArcGIS and also Delft3D, I also had the opportunity with the GeoSCAPE team to learn about the geology of Liguria and learn more about the challenges and risks affecting its coastline and also see the discovery of the culture and working environment. The trip was also an excellent opportunity for me to discover Italian culture, meet new people and learn about new traditions, visit Italian homes, spend time with the locals and dine with them, go sightseeing and enjoy the beauty of this unique place and fascinating region. I also had the opportunity to learn Italian by taking courses.

Main activities:

Creating maps using ArcGIS for various projects

Learning what data is needed and how to prepare it for modelling with Delft3D

Preparing the Delft3D grid for rivers and waves

Creating a report for a geochemistry case study



Message in a bottle

As a volunteer, I had the opportunity to develop new knowledge in geology as well as technical skills, including the use of ArcGIS and Delft3D, and cross-cutting skills such as teamwork, time management, networking, communication and problem solving.

Volunteering contributes to change by developing human and social capital, strengthening community networks and helping individuals take responsibility for the ideas and solutions identified.

Learning outcomes

Technical skills in geology
Use of specialized ArcGIS and Delft3D software
Cross-disciplinary skills:
Teamwork
Time management
Networking
Communication and problem-solving

Mission

Young UP Communication

Support for Grow Up & CFLC communication

From 28/04/2023 to 27/07/2023 - Genova (ITALY)



Volunteer description



NAME

Manon Gourbal

BIO

My name is Manon Gourbal, I'm 22 and I'm French. I started studying psychology and graduated in 2022. I then did my civic service for 6 months with elderly people. I've now been volunteering on a project in Italy for three months (half of which is already done, time flies). I aspire to become a psychologist in an institution like a hospital. That's why I'm hoping to resume my studies in the next few months.

Mobility diary

During my valuable volunteer experience, I was given the exciting responsibility of managing various communication tasks. Essentially, my role involved creating engaging content for social media platforms and putting together engaging materials for conferences and events. Although I was initially completely unfamiliar with this field, I relished the opportunity to immerse myself in the intricacies of communications and broaden my skills. Immersing myself in this new professional field proved to be an eye-opening experience.

Not only did I find immense pleasure in the work I was doing, but I also gained valuable insights into the complexities of effective communication strategies. The opportunity to participate in conferences and events was truly impressive. By accepting challenges wholeheartedly, I embarked on a transformative journey that helped hone two fundamental skills: creativity and perseverance. Looking back, this volunteering opportunity not only introduced me to a whole new area of work, but also acted as a catalyst for my personal and professional development.

The valuable lessons learned, the deep satisfaction gained from contributing to impact projects and the new skills acquired far exceeded the expectations I had at the start of this trip.

Learning objectives :

Speak Italian (basics) through courses.

Communication skills by working on social networks for the eco-incubator.

Administrative and management skills for the RESMYLE project.

Ability to work as part of a team (collaboration)



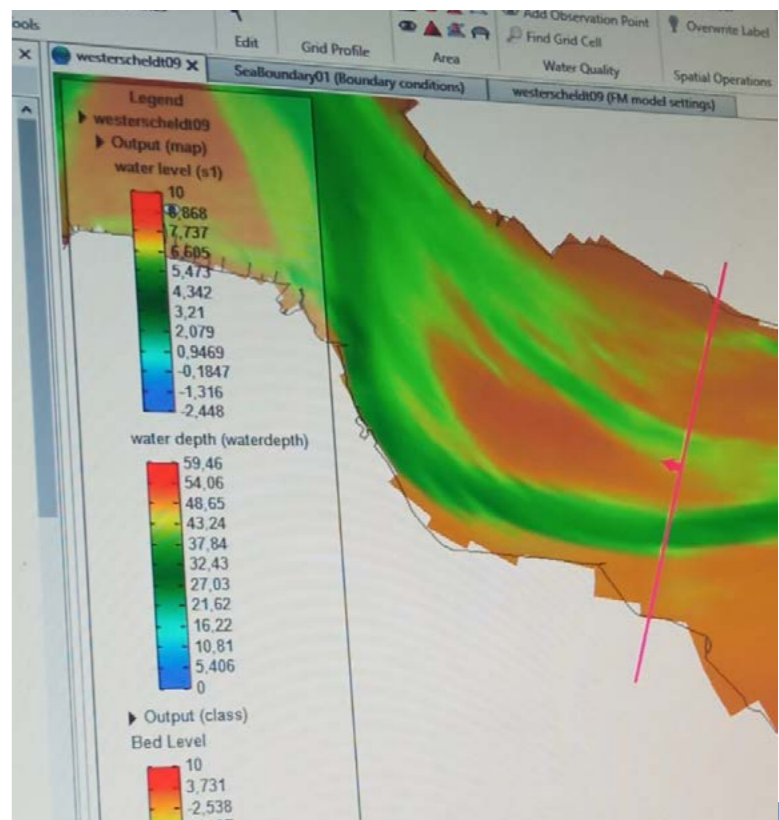
Message in a bottle

This experience in Italy has been salutary. First of all, I discovered a lot of things in a country that was totally new to me. I discovered a new landscape, a new culture and a new language, and I met so many extraordinary people. The workers were all very welcoming and kind, they always found a way to help me, but also the other volunteers I met during this experience were incredible encounters, I learnt a lot from these extraordinary people. Secondly, I discovered a new field of work, something new for me, I learnt a lot about cooperative work, international projects and communication work. All this knowledge that I'm taking home with me is invaluable. For all that, I'm very grateful and I'd recommend this experience to anyone without hesitation.

Learning outcomes

Digital communication skills
Communication strategy
Updating social networks
Creating engaging content.





Mission

STREET ART AND NATURE

Environmental awareness through urban art

From 12/04/2023 to 11/07/2023 - Dugenta (ITALY)



Volunteer description



NAME

Noémie Vincent

BIO

My name is Noémie VINCENT and I'm eighteen. I like working in a team, I'm independent and organised. I've done a year's CAP in floriculture in 2021, a cleaning course at Le Puy Du Fou in 2022 and I did my civic service for six months to combat isolation among the elderly.

NAME

Chloé Ladame

BIO

My name is Chloé LADAME. I'm twenty-two years old. I'm smiley, versatile, responsible and dynamic. I obtained my baccalauréat in 2018 in Limoges and my driving licence in 2022 in Brest. During the holidays, I worked as an entertainer and as a banker. I did a civic service with the elderly, with the aim of combating their isolation.

Mobility diary

During our stay in Italy, we got to know and appreciate a territory that was unknown to both of us.

During these three months, we carried out many of the activities planned by the street arts eco-volunteering mission, accompanied by the five civic service volunteers from the Agorà Cultural Association, who are involved in a project to help immigrants and refugees, by AMESCI, entitled "Equità - Equal Opportunities - Equal Respect, and it was enriching and stimulating for us to confront ourselves with them and with the foreign users.

From the very first days, we worked as a team and acquired new knowledge and skills, particularly in the artistic field, thanks to the skill and professionalism of the internationally renowned street artist Biodpi (born Fabio Della Ratta) and the creative flair of the young emerging artist Nuru B (born Muhammed Ceesay), who left Gambia for Italy when he was still a minor.

With them, we learned the techniques of stencilling and silk-screening, and it was also great to see so many pupils at work in the many schools in the region, eager to produce their first silk-screen prints on t-shirts as well as creating, through collage, their first artistic compositions, while learning the first rudiments of basic design.



Message in a bottle

The dialogue and confrontation with the other realities of the network built up over the years by L'Agorà were very enriching, starting with the association of the Presidio de Libera against the mafias, with which several events were organised during the mission, and ending with the Caritas association of the diocese of Cerreto Sannita - Telesse - Sant'Agata de Goti.

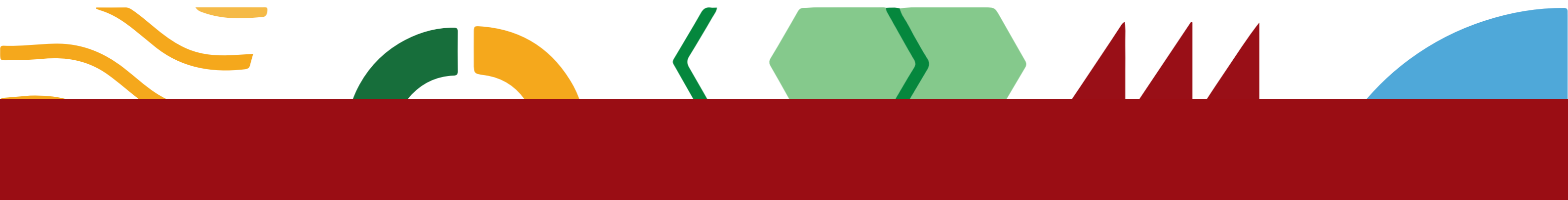
It was great to see so many pupils at work in the local schools, eager to make their first silkscreen prints on t-shirts and create their first artistic compositions through collage, while learning the rudiments of basic design.

Street art visits gave us the chance to admire works by artists from all over the world, as well as visits to the cities of Benevento and Naples, the Royal Palace of Caserta and its wonderful gardens, and the excavations at Pompeii and Vesuvius.

Finally, the excursions allowed us to enjoy unspoilt nature, to appreciate many typical local products and to discover how various realities in the third sector have managed to create very interesting social projects to promote, above all, the inclusion of disabled people, such as educational farms and social baking workshops.

Learning outcomes

- Italian language (basic level)
- Artistic skills (stencil, collage and silkscreen)
- Ability to work in a team
- Ability to work with children, especially in school workshops
- Knowledge of ecological issues





Mission

3D DOCUMENTATION OF A HISTORICAL BUILDING IN UMM QAIS

Graphic reproduction of a historic building in 3D and proposals for its renovation.

From 2/09/2022 to 1/12/2022 - Irbid (JORDAN)



Volunteer description



NAME

Meriem Ben Youssef

BIO

I am a young Tunisian architect who is passionate about Heritage and architecture.

Mobility diary

I had the opportunity to volunteer on the RESMYLE exchange programme and take part in the international mission to Jordan for three months. I visited Jordan and it was a real life experience.

First of all, I would like to thank RESMYLE for this wonderful experience and especially Shahd and Rami and all the teachers, Dr Nermeen, Dr Yasmein and Dr Ahmed for their help and their personal and professional qualities.

We were a team of three Tunisian volunteers and two Jordanian volunteers, the mission of this mobility was the 3D modelling of the historical building, and the building was the El Nabulsi house, in the Levantine style that exists in the north of Jordan, Irbid.

During this assignment, we were able to acquire new skills that have helped me in my professional career as an architect. Thanks to RESMYLE, we took training courses on Revit software, to work as a team on this 3D building modelling software, and we took other interesting courses such as 3D scanning and photometry.

We then began the manual study of the house, visiting the site and the building, working in coordination with the local council, from whom we collected the necessary documents and all the graphic elements of the house, the house plan and the floor plan.

Then we started work on the modelling at the JUST campus in Jordan, during which time we took all the details of the building, made models of the doors and windows as well as the railings. When we had finished the 3D, we took photos of the interior and exterior facades of the house to put the textures into 3D and make renderings and videos of the El Nabulsi house, before finally presenting it at the Techno campus in front of the doctors and the director of the JUST university. For me, it was a wonderful, enriching experience that allowed me to work on the heritage that I'm passionate about and to discover a beautiful country that I loved so much, and I hope that one day I'll come back to Jordan to see my new Jordanian friends.

As well as our work, RESMYLE gave us the opportunity to visit Jordan and discover the country's magnificent landscapes and heritage, and we spent some unforgettable moments with our teachers Nermeen and Yasmein and our beautiful friend Shahd! In conclusion, it was a very good experience and thanks to this opportunity, I acquired several skills that will be a plus on my CV. I managed to find and keep a job in my home town, and I hope to find a better opportunity abroad soon.

Message in a bottle



My participation in the RESMYLE project has been one of the best experiences of my life!

<https://youtu.be/MuYOVwsncSY>

Learning outcomes

Technical skills in architecture and construction
Technical skills in modeling and learning to use specialized software (including Revit and HBIM),
3D scanning and photometry skills
Archival research skills
Communication skills
Knowledge of the environment and climate change

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Volunteer description



NAME

Souha Hmad

BIO

I am a young Tunisian woman looking for employment with experience in cultural heritage restoration and preservation.

Mobility diary

I had the opportunity to volunteer for RESMYLE and take part in the international ecomission Documentation of a historic building in Umm Qais in 3D in Jordan for three months. I visited Jordan and this experience really changed my life.

It was my first time visiting Jordan and, as I expected, Jordan is a great culture, both tangible and intangible, rich in heritage.

I've had the honour of visiting the most beautiful of the Seven Wonders of the World, Petra and Wadi Rum, as well as other places, and I'm still fascinated by places like Jerash, Madaba, Umm Qais, Ajlune...

I'm interested in heritage because my studies are essentially heritage-based.

First of all, I have a degree in conservation and restoration of cultural heritage and my knowledge of construction software is limited, but thanks to this volunteering opportunity, I've learnt to use Revit software and this is the first time I've learnt through a specific course at JUST University, as well as other courses: 3D scanners, 3D printing, photogrammetry, which will help me in my professional life. I also took part in a group on the impact of climate on the Earth, which was a very instructive experience.

My assignment focused on the refurbishment of the Nabulsi house in Jordan, considered to be one of the most important historic houses in Irbid, using various programmes that can help us, the most important of which is Revit, which I learnt at university as part of a training course. This opportunity had a big positive impact on my life after I returned to Tunisia, because the techniques we were trained in are not very widespread in Tunisia.

After my return from Jordan, in the state of Monastir, a team discovered a Roman archaeological site and excavated it.

I took advantage of the opportunity to take part in this work; thanks to what I'd learned in Jordan from the training I'd had in Tunisia, I downloaded the existing archaeological site using Revit software.

I also suggested using the 3D scanner and that was very practical because the site is fixed, and that's what we also learned during the volunteer mission in Jordan.

I'm not forgetting the fun side, as I visited many places in Jordan every weekend. It was a wonderful experience and I would like to thank RESMYLE for this opportunity which has added so much to my professional life.

Overall, this assignment helped me learn to integrate teamwork, discipline and responsibility to work to finish on time.

Message in a bottle



During my studies, we didn't use the very interesting software Revit but now, thanks to my experience through this eco-mission, I can use it at a professional level! I've learnt so much thanks to RESMYLE.

<https://youtu.be/p4rEA7d3a4o>

Learning outcomes

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Volunteer description



NAME

Mohamed Iheb

BIO

I'm Bekiri Mohamed Iheb, a Tunisian architect and volunteer.

Mobility diary

I joined the RESMYLE ecomission in Jordan, the aim of which was to document a historic building in Irbid in 3D. The Al Nabulsi house belonged to a Syrian merchant who moved to Jordan in 1918.

We learnt a lot from this experience. We were trained in 3D scanning techniques. We learned how to use Revit, which we used extensively during the documentation process. We learned how to use our existing and new skills for 3D documentation. We also explored HBIM (Historic Building Information Modelling), which is linked to the field of architecture.

We also discovered photogrammetry and 3D printing. We learned about the different types of 3D printers, how to use them and the types of materials used. It was a very good experience. We took part in many trips, such as visiting Petra and other tourist and historical sites in Jordan. It made me think that we should work and preserve similar tourist and heritage sites and buildings in Tunisia.

Message in a bottle



Overall, working on the project was very enjoyable.

<https://youtu.be/5BGR6V8wkh0>

Learning outcomes

- Technical skills in architecture and construction
- Technical skills in modeling and learning to use specialized software (including Revit and HBIM),
- 3D scanning and photometry skills
- Archival research skills
- Communication skills
- Knowledge of the environment and climate change



Mission

ENERGY AUDIT OF TOURIST FACILITIES

Analysis of the energy consumption of tourist sites to propose energy-saving solutions.

From 26/04/2023 to 21/07/2023 - Irbid (JORDAN)



Volunteer description



NAME

Rania Ben Zaghdane

BIO

My name is Rania BEN ZAGHDANE. I'm a Tunisian volunteer and I'm 25. I have a master's degree in international quality management, health safety and the environment from Carthage University.

Mobility diary

I had the opportunity to volunteer with the RESMYLE project and take part in the international mission to Jordan for three months, from 26 April to 26 July 2023. I visited Jordan and it was a real life experience. I had the honour of taking part in this project, which enabled me to acquire various technical and personal skills, such as Revit, a design software that helps us to draw up construction plans.

I've been able to develop my communication skills in English, I'm familiar with report-writing techniques, I've studied different types of tools and methods for energy audits and a lot of other knowledge that will help me in my professional life in the future.

In terms of my personal life, this experience has helped me to learn how to take responsibility for living on my own and how to manage my bank account and budget intelligently.

During these 3 months, I met a number of beautiful souls and personalities who shared the same ideas and points of view. Jordan allowed me to visit an Arab country that I'd dreamed of visiting since I was a child, it's a beautiful country and its people are generous and kind.

I visited several places in Jordan such as Umm Qais, Salt, Amman, Ajloun, Jarsh and the city of roses Petra, which gave me the impression of living in a nostalgic era. Jordan allowed me to visit on Earth, a semblance of planet Mars in the Wadi Ram desert.

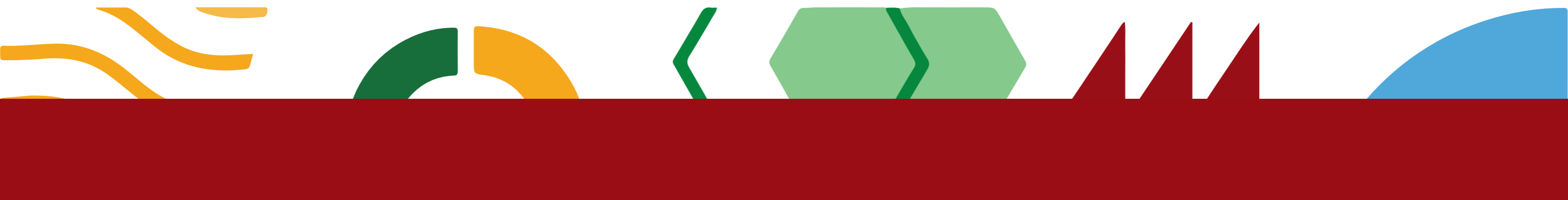


Message in a bottle

This project has given me the opportunity to get to know and work with my partner Bader and share many good times together. Alongside the work, RESMYLE gave us the opportunity to visit Jordan and discover the country's beautiful landscapes and heritage, we spent unforgettable moments with teachers Ahmed, Nermeen and Yasmein and with our beautiful souls Shahd, Maria and Salam not forgetting the kindness of engineer Hiba and I think the whole RESMYLE team in Jordan helped us gain a lot of knowledge.

Learning outcomes

- Knowledge of energy and its impact on the environment and climate change
- Architecture Technical skills in energy auditing
- Learning to use measuring tools (thermal camera)
- Learning to use specialized software (Revit)
- Construction skills
- Communication and writing skills
- Autonomy
- Aself-management and budget management skills for daily life



Mission

ENERGY AUDIT OF TOURIST FACILITIES

Analysis of the energy consumption of tourist sites to propose energy-saving solutions.

From 26/04/2023 to 21/07/2023 - Irbid (JORDAN)



Volunteer description



NAME
Badre Chouki

BIO
My name is Badré Chouki. I'm 22 and I live in France. I have a degree in international trade.

Mobility diary

I had the opportunity to do an ecomission in the field of energy auditing in Jordan, specifically in Irbid with JUST University.

The ecomission lasted 3 months and I was able to discover a new country, a new culture and a new cuisine. The subject of the project was energy auditing. Having graduated with a degree in international business, I was totally unfamiliar with this world, but being curious, I took an interest in this field.

I discovered architecture software like Revit and Design Builder. But also measurement tools like the thermal camera. I really enjoyed learning about this software, especially Revit, which I really enjoyed working on. My job was to reproduce the Matar café and measure its energy consumption, then find solutions to reduce it.

The ecomission also included professional visits, such as the solar panels at JUST University, as well as a two-day visit to a company specialising in energy audits.



Message in a bottle

This experience has been and will be very enriching for me in the future. Writing on my CV that I did this ecomission in Jordan can only be beneficial, because I learnt a lot of software and working methods. But beyond the professional aspect, this experience has taught me a lot about myself, and that's priceless. I'd like to sincerely thank Drs Yasmein, Ahmed and Nermeen for this very interesting project, as well as Shahd and the whole RESMYLE team, who have always been there for us. As well as the ecomission, I was able to visit different parts of the country and even spent a night in the Wadi Rum desert. I also enjoyed spending time with new friends over the three months.

Learning outcomes

- Knowledge of energy and its impact on the environment and climate change
- Architecture Technical skills in energy auditing
- Learning to use measuring tools (thermal camera)
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- Construction skills
- Communication and writing skills
- Autonomy
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3D MODEL & PLAN OF CAFE-REVIT

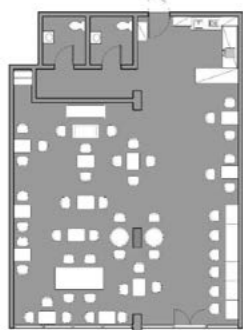


FIGURE 1

DESIGNBUILDER SOFTWARE

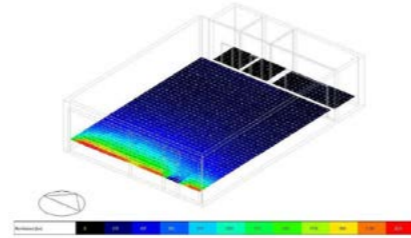
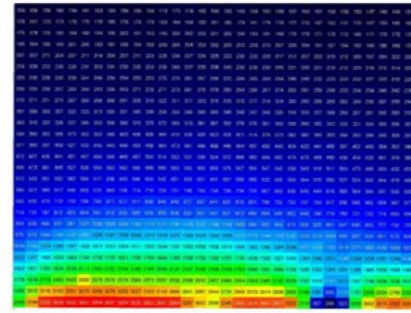


FIGURE 2

This graph is extracted from Designbuilder software. This software allows us to simulate the energy consumption of the café. Figure 2 illustrate the daylighting outputs of the café. The dark blue color indicates areas in the café with low levels of daylight, or dark areas, while the red color indicates areas with high levels of daylight, or bright areas.



Mission

Contribution to the implementation of AERE activities

Preparation and organization of the Hammamet Citrus Festival

Preparation, organization and capitalization of the international practical field workshop

Support for the electronic archiving of AERE documents

From 1/02/2023 to 30/04/2023 - Hammamet (TUNISIA)



Volunteer description



NAME

Alexandra Karam

BIO

My name is Alexandra Karam, I'm Lebanese-Moldovan and I was born on 25 February 1997. I have a bachelor's degree in cinema and television and a master's degree in film.

Mobility diary

The mission included the following tasks:

- Preparing and organising the 10th edition of the Hammamet Citrus Festival. This is a major festive event dedicated to Hammamet's citrus-growing heritage, which takes place every year over three days and attracts thousands of visitors. The volunteer took part in all phases of the preparation and running of the festival: drawing up the programme, contacting and registering exhibitors, logistics, supervising young volunteers, decorating the modules and organising entertainment.

- Preparing, organising and capitalising on the international practical on-the-job training workshop Creating a tourist and cultural circuit in the Medina of Hammamet.

This workshop took place in Hammamet from 22 February to 8 March 2023. The volunteer was involved in all the workshop activities, from preparation to capitalisation, including the selection of candidates, supervision of participants, logistical aspects and capitalisation of the costs of the work carried out.

- Participation in the "Aqaral" water awareness event, which took place over two days (19 and 20 March).

During the mission, documents and texts were documented and translated, and photos and videos of the events were taken.

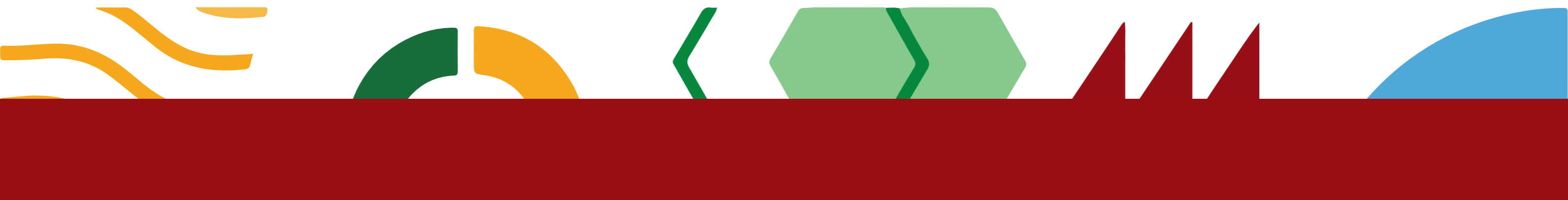


Message in a bottle

Embarking on a journey to a new country not only offers the opportunity to discover its rich culture, but also to gain valuable professional experience and engage in intercultural exchanges that broaden perspectives and promote personal growth.

Learning outcomes

- Task prioritization
- Teamwork
- Personal development
- Tunisian Arabic dialect
- Interculturalism
- Adaptation to a different cultural context
- Heritage appreciation and understanding of geolocation and mapping methods
- Exploration and immersion in local culture
- Meeting locals and discovering the country and its people.





Mission

Contribution to the implementation of eco-“DEMARRI” incubator in Hammamet and promotion of RESMYLE workshops

Support for eco-incubator development, communication and capitalization

From 1/07/2022 to 12/10/2022 - Hammamet (TUNISIA)



Volunteer description



NAME

Hazeem Mansi

BIO

Hazeem MANSI, a 27-year-old Jordanian architect looking for work, spent 3 months in Hammamet, Tunisia, as part of an eco-volunteering programme organised by the Hammamet Environmental Education Association (AERE).

Mobility diary

The mission focused on capitalising on the 2 international workshops on practical training in the field run by the Association pour l'Education Relative à l'Environnement de Hammamet (AERE).

The association held two workshops and I had the honour of taking part in the second. The content of the first workshop was to make an inventory of Hammamet's historic buildings and to create a guide to these historic buildings. This guide emphasises their importance and the need to take care of them, given that they suffer from neglect and marginalisation.

For the second workshop, I translated the brochure from Arabic into English. The brochure was produced at Dar Sebastian, also known as the Hammamet International Cultural Centre. This brochure presents the most important points of interest in the centre and the master plan of the centre. As well as the translation, I provided new designs for the brochure in Arabic and English. In addition, I made some changes to the centre's master plan and designed a round table showing the waterfront locations adjacent to the centre.



Message in a bottle

Overall, by integrating into the working environment, completing the tasks assigned to me on time and complying with the rules and standards in force in the workplace, this experience has enabled me to develop and refine my personality. As well as the value of collaboration and teamwork, I also learnt how to interact with my work colleagues.

Learning outcomes

Introduction to setting up and running an eco-incubator
Skills in file management and administrative organization
Introduction to the environment and sustainable development, green jobs and heritage.
Skills in marketing, communication, teamwork.



Mission

Contribution to the implementation of AERE activities

Preparation and organization of the Hammamet Citrus Festival

Preparation, organization and capitalization of the international practical field workshop

Support for the electronic archiving of AERE documents

From 1/02/2023 to 30/04/2023 - Hammamet (TUNISIA)



Volunteer description



NAME

Alia Abu-Rashed

BIO

Alia Abu-Rashed, a 28-year-old female from Jordan with a bachelor's degree in architecture and a master's degree in urban planning. Alia is a full-of-passion participant who showed great communication, leadership, and organization skills.

Mobility diary

The assignment consisted of several activities:

- Organising, preparing and participating in the 10th Hammamet Citrus Festival (roadmap, registration, logistics, supervision, entertainment, etc.).
- Organising, preparing and participating in the practical training workshop in the field for the creation of a tourist and cultural circuit in the Medina of Hammamet, which took place from 22 February to 8 March 2023 (registration, logistics, supervision, animation, etc.)
- Participation in the water event (two days to raise awareness of water issues)
- Translation and documentation of the results of previous workshops from French into English and Arabic.

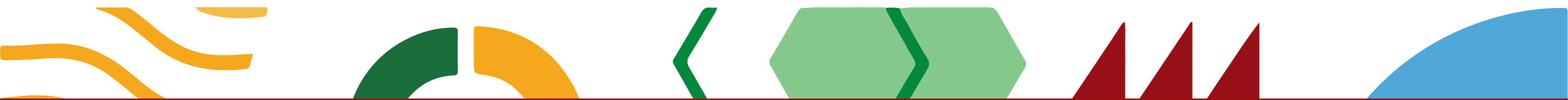


Message in a bottle

Volunteering has great meaning. It's an opportunity to give back and also to receive. I'm grateful for this fantastic experience. Tunisia was a refreshing change that gave me an incredible new perspective thanks to its rich culture, incredible architecture, pure lifestyle and friendly people. I had the opportunity to work on my social, leadership and communication skills. It was an unforgettable experience that enabled me to acquire skills and, above all, to make great friends.

Learning outcomes

- Translation skills
- Valuing cultural and ecological heritage
- Workshop organization
- Critical thinking
- Project organization
- Communication
- Project management
- Leadership
- Sustainable tourism
- Cultural entrepreneurship.







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