



# follow the Women

## The Playground Projects

### What is Follow The Women?

Follow The Women is an International Women's peace organisation whose core purpose is to empower women to take action to improve the lives of the people in the Middle East and support human rights for all.

### What we do

The Pedal for Peace bike rides brings together women from over 30 countries around the world to cycle together and support peace in the region. This is what we do:-

**GO** to the region

**SEE** the reality of life in the Middle East

**TELL** everyone when returning home

**ACT** encourage others to act and support projects in the Middle East to benefit women and children

### The Playgrounds

Over the last 5 years Follow The Women has supported numerous projects in Palestine. Our aim is to continue to raise money to enable projects in Palestinian Refugee camps throughout the Middle East.

During the bike ride in 2008, the Follow The Women bikers visited the Aqbat Jabr refugee camp in Jericho. This is one of the oldest camps in the West Bank, and in 1948 around 70,000 people lived there. Today there are 7,000 people residing in the camp and a huge number of these are children.

All the equipment was broken and there was nothing there that resembled a play area for all of the children to use. This is what spurred us on to do something to help and build a new one. This playground is now finished much to the delight of the children.

Following this we have also built a playground in Al Ram and this year we want to continue this success, and hope to raise enough money to build at least two playgrounds in Gaza.

For more information visit:  
[www.followthewomen.com](http://www.followthewomen.com)

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**Before**



**After**