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RESPONSIBLE
TRAVELER

ecolodge

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ARAK FESTIVAL

domaine de taanayel

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"What you leave behind is not what is engraved in stone, but what is woven into the lives of others."
Pericles

In today's globalized world, we have come to realize that one needs to hold on to his/her identity in order to survive. When we say identity, we mean learning and understanding ones origins and guarding them, to then pass on to future generations what we have inherited of our culture.

Analysts today are witnessing trends of "counter-urbanization" which is a movement of city dwellers leaving their cities, in search of clean air, less congestion, and the ability to work from a distance with some commuting if necessary.

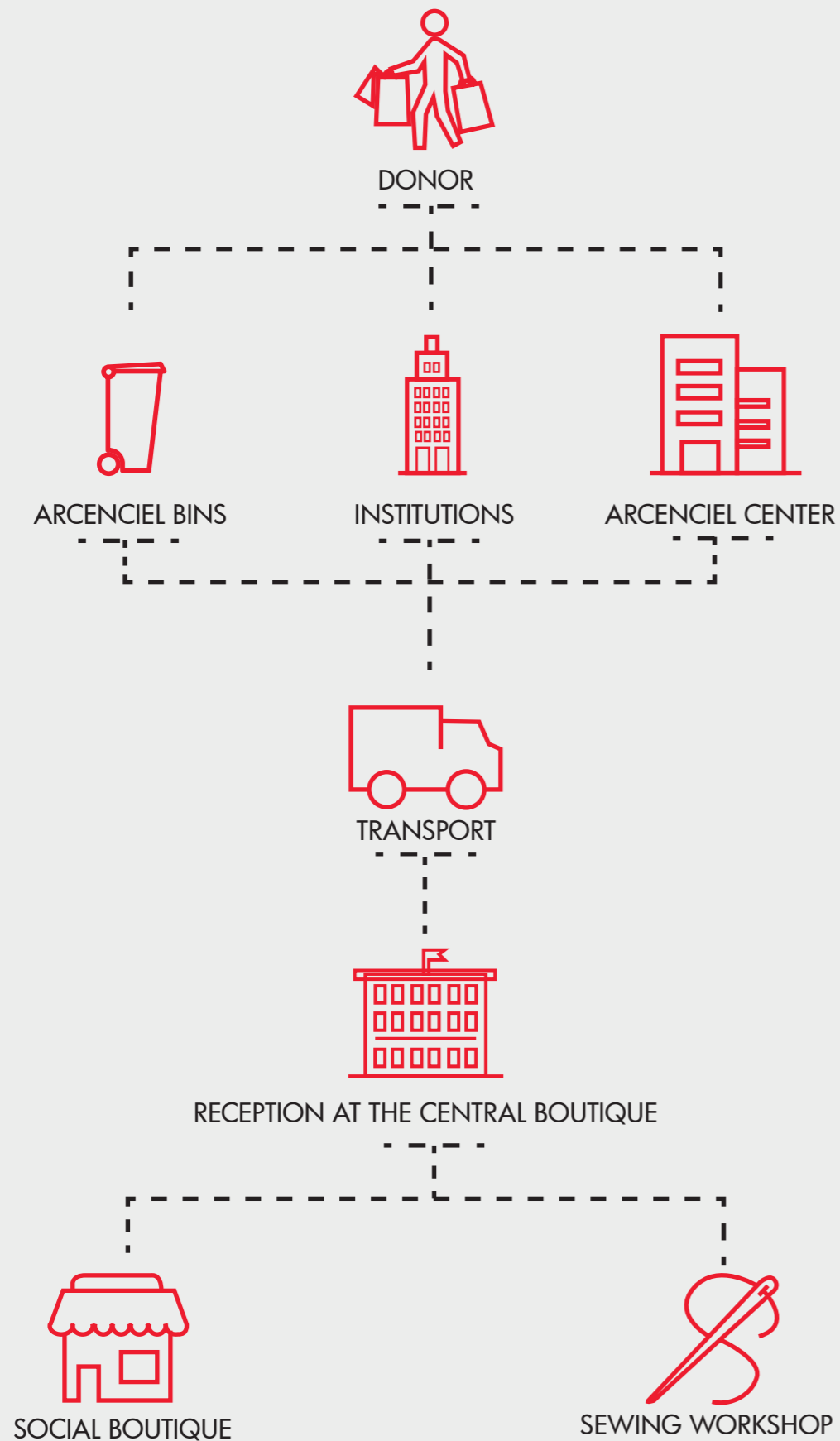
The challenge is to make benefit of these occurring changes and to promote activities in rural areas. Internal tourism in Lebanon is still not well-developed, and the potential is immense; notably in outdoor activities for the general public, extreme sports and cultural tourism. These activities can run nearly all year long due to our country's weather, in addition to the availability of many attractive cultural, spiritual and archeological sites that are often in the vicinity of naturally beautiful landscapes.

Let's join hands in promoting responsible tourism that will lead to the gradual development of rural areas, job creation and decreasing influx of jobseekers into cities.

Robin Richa
General Manager
arcenciel



arcenciel.org
participer au développement



ARCENCIEL'S SOCIAL BOUTIQUE

To reduce the social impact of economic difficulties, arcenciel, launched in 1995, the unit "La Boutique" and has been up-cycling old clothes and reselling them since.



Through these social stores, arcenciel provides in-kind donations (clothes, accessories, sundries ...) to people in difficulty and thus access to the items of their choice. at low costs.

This entity, is established in 3 different locations: Taanayel in the Bekaa, Halba in North Lebanon, and Sad el Baouchriyé in North Beirut, it has 2 main purposes:

- To provide affordable clothing to all people regardless of their socio-economic status.
- To reduce waste by giving new value to old pieces of clothes.

With that, La Boutique consists of various activities that include:

- A network of collection whereby bins are distributed as drop off points in various areas.
- A sorting unit whereby the clothes are sorted into various categories.
- A distribution network through which the clothes are made available to people who are in need.
- A sewing workshop that upcycles items that are either in bad shape or unwanted.

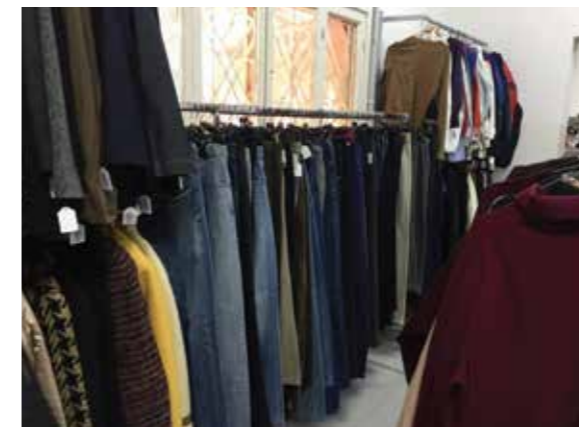
Customers come into La Boutique and have a wide variety of items to choose from. While each item has a specific tag and price, customers can pay as much as they can afford.

Old clothes that are donated to arcenciel are either transformed into new trendy items or, if in good condition, they are cleaned, to be resold as they are.

Moreover, arcenciel employs people from all walks of life to run La Boutique and thus provides employment opportunities to people with difficulties (socio-economic problems, physical or mental disabilities).

For any donation or inquiries you can contact us on 01 – 889 517.

■ Sara Habbouche



THE RESPONSIBLE HUNTER

The age old question beckons: is hunting ethical, moral or even acceptable?

Hunting began as a means of survival, men and women would tap into their most primal instincts and become merciless hunters. It may seem like a savage and primitive act, but in fact even before researchers, hunters used to have rules, one can even call it a code. By carefully observing the animals' life cycles, hunters knew, even thousands of years ago: what, when and where to hunt. Hunters were aware that if they would hunt a specie excessively in one place at the wrong time they would no longer be able to hunt it the next year.

Now fast forward a couple thousand years, add anarchic urbanization and ruthless deforestation; our current ecosystem is left with: few predators, multiple endangered species, overpopulated species, invasive plants and animals, and various pests and diseases. A hunter's job is now redefined; it is no longer a means of survival but a means of regulation.

Moreover, and in some cases, hunting could be considered important, here's an example that was observed in west Bekaa, Aana:

In a field with almost 3000 rabbits, hunters used to hunt an average of 50 rabbits a week. One year, the rabbit population dropped to 600 rabbits due to a harsh winter. The owner of the reserve banned hunting for two years and the population rose to around 5000 rabbits, with hunting still banned and no predators in the perimeter; rabbits being rabbits and all, devoured all the grass, wheat, weeds basically everything they could chew on. Once they were done there was nothing left, they then died. The population not only laid waste to the vegetation but also died due to overpopulation.

So how do we know if we are harming the environment or benefiting it, and having a thrilling hunting experience at the same time?

What we recommend

Save up some time by staying in arcenciel's Ecolodge the night before hunting, just in the heart of the Bekaa! It would be good to get a good night's sleep and to avoid long early morning drives!

For reservation call: 08.544 881 / 03 .124 279

Open Hunting Season

15 September
31 January

Open Hunting Season

Only the following species are allowed for hunting: - Quail, Turtle Dove, Woodcock, Chukar Partridge, Song Thrush, Redwing, Mistle Thrush, Field Fare, Mallard Duck, Teal, Gargancy, Rock Dove, Stock Dove, Wood pigeon, Calandra Lark, Eurasian Skylark, Crested Lark, Chaffinch

Open Hunting Season

There is a one-bag limit for each specie/hunter/trip The rest of the 400 bird species in Lebanon are protected all year long. List of game species and bag limit/specie can be modified annually based on revision of the status of the species.



ARCENCIEL'S ARAK FESTIVAL

Arcenciel's tourism program hosted Lebanon's first full-blown Arak festival in late September 2016 at the Khan El Maksoud in Taanayel.

The one-day festival ticket cost was \$25 and included open food, drink and an entertainment program for the day. The Arak festival hosted nine Arak production houses who each decorated their stands in ways which reflected their identities and production methods, and were giving out goodie bags, Arak cocktails and drinks, and small scale bottles to all attendees of the festival.

The entertainment program included "Zaffet arous el bekaa", a "Dabke" troupe that truly reflected the traditional Lebanese dance and spirit, which merged beautifully with the Bekaa setting, the local Arak producers' brews, and the organic and fresh foods served by the Khan.

"It was an amazing experience, one of the few times Lebanese tradition was celebrated and represented in such a heartwarming way, it reminded us all of the fun spirit we are proud to have as a Lebanese population" – Nathalie Germanos, a guest at the Arak Festival.

Overall, the festival brought in 350 guests of all age groups, whose feedback and excitement got the tourism program to decide to organize the Arak festival annually. Guests started to arrive at the Khan at around 11AM, and the Khan only emptied out at around 10PM after all the festivities.

We would like to mention that the Arak festival could not have taken place without the enormous support of our sponsors: Clos Saint Thomas, Domaine des Tourelles, Allianz SNA, Spice Photography...

■ Thea Khoury



© Spice photography

The food was prepared by arcenciel's "Khan El Maksoud" and included a variety of choices in a buffet style, the food that was served ranged from raw meats prepared using traditional Lebanese methods, juicy roasted Lamb, grilled meat and Kafta Skewers amongst other meaty dishes; the food court also included a vegetarian section of old-fashioned cold foods such as stuffed zucchini, stuffed grape leaves, stuffed eggplant – just to name a few; for desert, a traditional ice cream stand was available along with a fruits cart that held various freshly picked delicacies from the region.



© Spice photography

KHAN AL MAKSSOUD'S WINTER SET-UP

An hour away from Beirut, Khan al Makssoud, arcenciel's very own typical Lebanese restaurant sets up to welcome the coming winter season. Nestled in the heart of the Tannayel village, the restaurant has been fashioned to warmly greet the coldest times of the year. The authentic fireplace creates a perfect atmosphere for friends and family to gather around traditional breakfasts, lunches and dinners.

Thanks to the Agnes Varis' Trust Fund donation to arcenciel, Khan al Makssoud's kitchen has been recently renewed. The 220m² kitchen thus houses the newest technology in terms of kitchen equipment, so as to deliver the customers with the highest quality of Lebanese dishes.

The kitchen also serves as a training center for vulnerable women from the Bekaa, where vocational trainings in the hospitality and restauration fields, both theoretical and operational, have been tailor-made to give these women an opportunity to empower themselves socially and financially. Every month, the women in training handle the production of a variety of food, such as the traditional Mouneh, the Lebanese Mezze and even traditional Bekaa dishes.

Additionally, the Ecolodge, which is a traditional village made up of authentic Lebanese houses, built using clay bricks and located right next to the Khan al Makssoud, is ready to welcome people in search of a winter get-away. The cozy rooms, warmed using the traditional soubia, are the ideal place for group of friends or families to spend relaxing and convivial winter nights.

The rooms and restaurant are also available on New Year's Eve, offering people the chance to share a festive dinner and a stay-in night, all in one place.

Your choice of stay at the Ecolodge and Khan el Makssoud would be contributing to supporting arcenciel's social activities.

From a warm and cozy set-up, to perfectly cooked Lebanese dishes and a hint of social responsibility, ultimately, Khan al Makssoud offers an overall setting a perfect winter experience.

For any reservation or information please call:
Ecolodge de Taanayel – Al Khan al Makssoud
traditional Lebanese restaurant – Damascus
Road, Taanayel, Bekaa. Reservation 08 544
881 / 03 124 279. Open everyday all day long



© Spice photography

■ Anne-Marie Kattar

POST-HARVEST PROJECT

Climate change, political instability, globalization all of these modern threats are wreaking havoc on the local agriculture sector. With most small farmers still using century old techniques, they are slowly losing their relevance. These uncertainties cause farmers to migrate, sell their lands or bury themselves in debt.

The country has recently been victim of multiple crises, such as the apple crisis of mid 2016: Apple crate prices were below half of what they were the previous year, the foreign markets closed their doors on the Lebanese apples, most farmers ended up not even harvesting the fruit. However, all is not grim: With modern threats come modern solutions. In 2014, arcenciel's agriculture program after long hours of research and data analysis, wrote a proposal entitled "Improving infrastructure and supporting the agri-food sector in the Bekaa for a better access to basic resources for host and refugee communities".



After the proposal went through evaluation by the European Union it got approved and funded.

Spanning over 30 months, its goal is to improve basic infrastructure and support the economic recovery in Lebanon. More specifically, regarding the agriculture sector:

Strengthening the agri-food sector and supporting the region's farmers, through the establishment and management of a post-harvest center in the "Domaine de Taanayel".

Now what that actually means is, the new post harvest facility will be offering services to the farmers like:

- Storing their produce in refrigerated rooms
- Grading their produce by size
- Cleaning and sorting
- Packaging

What these services materialize into:

- Lower waste
- Higher quality produce
- Access to foreign markets (health standards + packaging)
- Availability of product sales in off seasons
- Seasonal jobs (in the post-harvest facility)
- Increase in revenue and local economy

The post harvest facility has a total capacity of 1600 tons. It is built mainly to fit apples, pears, potatoes and grapes, with a precooling room to ensure that the cooling process preserves quality rather than damage it. There are a total of 7 cooling rooms of around 100m2 each, and a 50m2 room for grading and packaging.

■ Alexis Nassif



BEIT AL MOUZEREH MARKET

Would you rather stroll amidst outdoor stalls of fresh products on a sunny day or roll your cart around a grocery store with artificial lights? At a farmer's market, shopping becomes a pleasure instead of chore. At Beit el Mouzereh: your local farmers invite you into their home/element/world to discover the freshest products and the hand that raised them.



Fruits are allowed to ripen fully in the field and are then brought directly to you: no long-distance shipping, and more importantly, no sitting for weeks in storage. Located in the "Domaine de Taanayel" and under the management of arcenciel's agriculture program, the farmers see most of the profits and therefore sell only their best produce.

The farmer's home or "Beit el Mouzereh" was funded through the Pro-Resilience Action (PRO-ACT) project. The project's aim: building resilience through crisis prevention and post crisis response strategy. The project is funded by the EU in partnership with ACF (Action Contre Faim) with the intent of creating a "home" for the Lebanese farmers to help them boost their revenue and sales, to preserve food traditions and the culture of small farming in Lebanon, and to help them competing with industrial and globalized food trade.

A visit to Taanayel resembles a journey, which helps you connect with farmers and cooperatives and learn more about agriculture and environment. With almost 230 hectares of agricultural land, research projects, forests, lakes and animals, the domain offers the complete set for all nature lovers. It is a communal experience that everyone can share with their loved ones, neighbors and farmers.

"Beit el Mouzereh's mission is to strengthen and promote Lebanese Farmers Markets, create environments that bring people of different regions and beliefs together, celebrate the land we love, lead research and educational campaigns about agriculture, promote a healthy lifestyle, and encourage eco-friendly practices.

Farmers from all over the Bekaa meet in Taanayel, to share not only their local delights but also their know-how; learn how to plant, cook and process your own fresh foods.

Beit el Mouzereh is more than a market, it is a community who share, enjoy and experience all of nature's treasures.

Our weekly farmers market was held every Saturday in the month of October from 10 am till 6 pm.

It will be re-launched during the peak harvest season in Spring 2017. We are waiting for you!

■ Aline Bou Naoum



REDUCING FOOD WASTE

Each year, nearly 1 billion hungry people in the world can be fed from the amount of food waste produced globally.

Food waste is becoming a worldwide issue. Over production, over consumption and over wasting have become concerns that people have and should start acting over.

In actuality, limiting food waste starts in the heart of every home; and here's how you can do it:

- When buying, always try to plan your grocery shopping, and buy exactly what you need. Doing so helps limiting buying unnecessary food that might end up in the garbage.
- Try to buy ugly food or fruits and vegetables that are funny looking. These kinds of food actually constitute a big part of thrown-out production every year.
- At home, the first thing you can do is eating leftover meals instead of tossing them away.
- Try to cook meals from products that have been sitting in the cupboards for a while is also something to do. Also, try to use every piece of whatever you're cooking with.
- Storing is a main part of reducing food waste. Knowing how to store opened packages in the right containers or leftover meals in the fridge or the freezers helps food stay consumable longer. For more info
- During mealtime, try to serve yourself the amount of food you are sure to finish- or simply serve yourself less at first. Sharing and splitting dishes with other people can help, especially in restaurants where portions are known for being super-sized.

But what to do with inedible parts of consumed products such as potato peels or food that have been wasted despite all efforts?

The solution is of course composting. Composting is the transformation of organic material into a stable end-product by microbial organisms. It is an environmentally friendly and economically viable technique for treating municipal solid wastes and food waste. [For more info](#)

Reducing food waste is a global issue, but it's the individual efforts that make the difference. Like all ecological issues, small initiatives may seem meaningless at the moment, but will sure impact our lifestyles on the long term. Let's act!

■ Anne-Marie Kattar

Did you know?

We've all heard about the apple crisis in Lebanon, and the big threat the apple farmers' families are facing. So why not do something about it? No matter how small it is, every act counts. In addition to the multi benefits of apples, this usage of apples would be helping limiting food waste, and encouraging local farmers.

As a matter of fact, one of the best ways to use apples in desserts is the apple sauce. Did you know that you can replace butter and oil in some cakes recipes with a healthier option?

Cut off a huge amount of calories by replacing butter and/or oil with the same weight of apple sauce!

i.e. for 100g of butter/oil, use 100g of apple sauce.

Here's the recipe :

For every 1 kg of apples (peeled and cut in small pieces),

Add 1 cup of water,

1 Cinnamon stick,

1 star Anis ,

4 or 5 Cloves

and top it with some Lemon Zest,

and a pinch of Nutmeg.

Let it cook slowly and when the apples are tender, remove the spices, mix the sauce, let it cool and store in small boxes in the freezer.

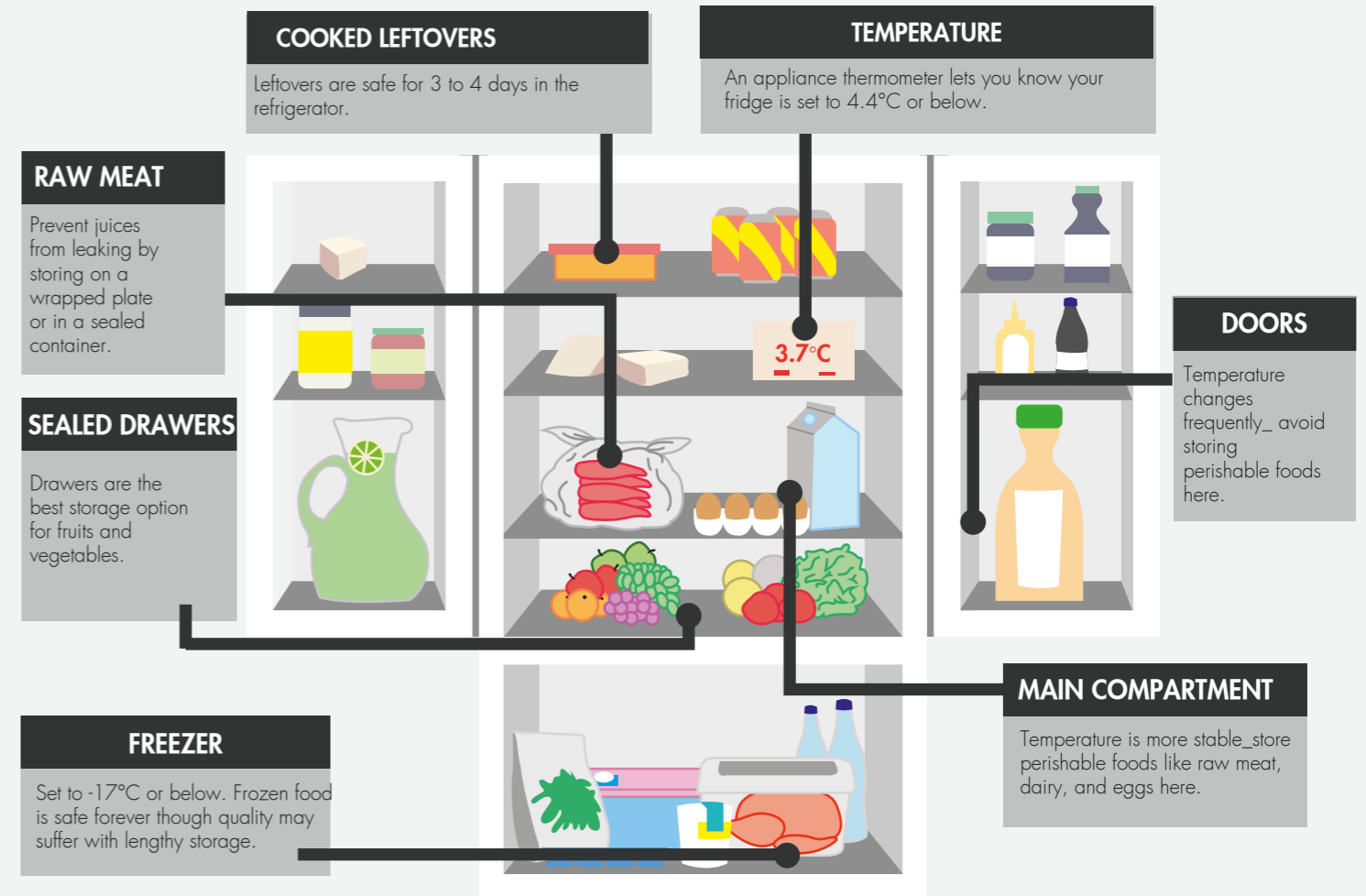
You can defrost and use it as butter or oil in your cakes.

PS: If you don't like spices, you can do it plain.

-by Joelle Masnour Kamari, food blogger

FOOD SAFETY

Keeping your refrigerator clean and organized helps to minimize food spoilage and reduces your risk of foodborne illness.



4 EASY STEPS TO GREAT COMPOST

1 CHOOSE THE SITE

Look for a site with good drainage and summer shade.



2 COMPOST INGREDIENTS

You will need:

- nitrogen rich kitchen scraps such as fruit and vegetable peelings and green garden vegetation such as fresh grass clippings, green leaves, weeds and manure
- carbon-rich brown garden vegetation such as dry leaves, woody twigs, paper and straw
- some water
- some soil or completed compost to introduce composting micro-organisms.



Hints

- ✓ Use the lawn mower to chop up coarse garden prunings.
- ✓ keep a bucket with a well-sealed lid in the kitchen to collect food scraps.

3 LAYERING

To build compost, start with a thick layer (15cm) of twigs or coarse mulch at the base for drainage. Then follow the A,B,C steps and repeat to build a heap layer upon layer.

A. Thin layer of kitchen scraps and green garden vegetation

B. Cover with a layer of brown garden vegetation covering all kitchen scraps

C. Moisten well

Repeat A,B,C.



4 MAINTAINING YOUR COMPOST

Add air to the compost so it doesn't smell by turning it with a garden fork weekly or by placing garden stakes or pipes through the heap to allow air in.

Hint Cover your heap so that it is just moist, not wet. if it is wet or saturated mix more dry brown material through it and turn.

CORPORATE SOCIAL RESPONSIBILITY

Corporations around Lebanon have been shaping the future of their country by donating time or money to participate in development, in collaborating with arcenciel. Through these experiences, we have come to witness first hand, how corporations can fuel positive change in our communities.



grounds. Regardless of one's sex, race, ethnicity, religion, nationality or background, arcenciel provides services and aid equally, and with no discrimination to all people in need.

By virtue of various corporations' time, efforts, and material donations, arcenciel has been able to provide various aid and services, to people who otherwise would not have access to it.

Last season's corporate initiatives were taken by L'oreal and Bank Audi, they reflected determinism and integrity – arcenciel would like to thank the contributing members and hope that more corporations take on this responsibility towards their communities, each little step makes a big difference to those in need.

■ Hisham Beydoun



Last year, corporations volunteered to participate in social activities which included planting trees, running marathons, teaching children with disabilities, and painting schools; corporations have also donated cash and materials to various causes they believe in. Today, arcenciel funds around 72% of all its' operations independently through its business practices, whether it be revenue incurred or time spent by volunteers, all revenue is filtered into social or environmental initiatives on Lebanese

CPUCE ET ARATRO

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Tout Juste Avant Noël

Marché de Noël - 2016 -

← DÉCEMBRE →

10 11 12

DOMAINE DE TAANAYEL
DE 11H A 20H30

"PETITS PRODUCTEURS, ARTISANS, CAVES A VIN;
SPECTACLES, CIRQUE, CHORALE, ATELIERS POUR ENFANTS.

SPONSORISÉ PAR

الخان المقصود
al khan al maksoud

Allianz SNA

Domaine des Tourelles
depuis 1868

wilbi

BLOM BANK

events

3

BROCANTE ARCENCIEL
3 - 4 December
Damour

10

MARCHE DE NOËL
TOUT JUSTE AVANT NOËL
10 - 11 - 12 December
Domaine de Taanayel

3

MARCHE DE NOËL
DE ZAHLÉ
From 3rd December
to 5th January
Berdawni

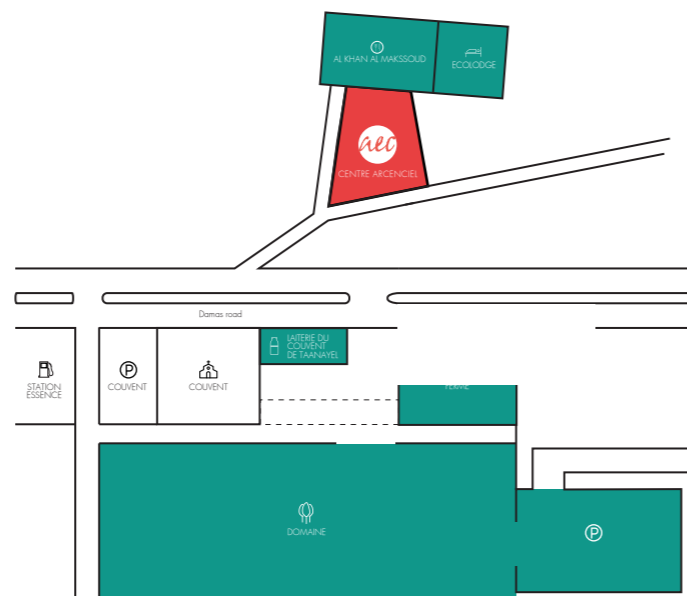
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ROUTE DES VINS DE LA BEKAA
BEKAA WINERIES WITH TOURLEB
18 December

Ecolodge de Taanayel & Al Khan al Makssoud
Damascus street, Taanayel
08.544881
03.124279
ecolodge@arcenciel.org
www.arcenciel.org



Domaine de Taanayel
Damascus street, Taanayel
08.540066
www.arcenciel.org



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