**WITNESS**

**HOST A TALK BY A RETURNED EA**

Be a witness to the need for change. Go to an EA speaking engagement to hear about their experiences in Palestine and Israel and then host an EA talk at your meeting, local church, school, group or community centre. Contact the EAPPI UK & Ireland office for information on how to do this – email: [eappi@quaker.org.uk](mailto:eappi@quaker.org.uk).

**VISIT ISRAEL AND OCCUPIED PALESTINE**

Explore the situation first-hand by meeting people affected by the conflict and looking at aspects of life in Israel and occupied Palestine. Tours groups include ICAHD ([www.icahd.org](http://www.icahd.org)), Zaytoun ([www.zaytoun.org/visit\_palestine.html](http://www.zaytoun.org/visit_palestine.html)) and Amos Trust ([www.amostrust.org/amos-travel](http://www.amostrust.org/amos-travel)). Follow the Code of Conduct for Tourism in the Holy Land via the Alternative Tourism Group ([www.patg.org](http://www.patg.org)). If you want to visit an EAPPI placement in the West Bank visit the ‘Join/Visit’ section at: [www.eappi.org](http://www.eappi.org).

**BECOME AN ECUMENICAL ACCOMPANIER**

If you or someone you know is interested in becoming an Ecumenical Accompanier, please keep checking our website for details: [www.quaker.org.uk/applyeappi](http://www.quaker.org.uk/applyeappi). We recruit on an annual basis. Contact the EAPPI UK & Ireland office for more information on: 020-7663-1144 or email: [eappi@quaker.org.uk](mailto:eappi@quaker.org.uk).

**ENGAGE**

**STAY INFORMED**

The reality of daily life in Israel and occupied Palestine is not covered well enough in the daily press and media. Keep updated on a regular basis by following the stories written by EAs or by linking with us on social media and reading the following websites and publications:

***FOLLOW US ON SOCIAL MEDIA***

* Read the latest eyewitness stories written by EAs on the EAPPI UK & Ireland blog, join in with our latest urgent actions and subscribe to our monthly email update at: *www.eyewitnessblogs.com*
* Find us on Facebook at: *EAPPI UK & Ireland*, follow EAPPI UK & Ireland on Twitter: [*@eappi\_uki*](http://www.twitter.com/eappi_uki) and on Instagram: *eappi\_uk\_ireland*

***USEFUL WEBSITES***

* [www.ochaopt.org](http://www.ochaopt.org) – the United Nations Office for the Co-ordination of Humanitarian Affairs (OCHA) provides regular updates and other authoritative information about the current humanitarian situation in occupied Palestine.
* [www.kibush.co.il](http://www.kibush.co.il) – an Israeli group writing a regular selection of articles and information resources on current issues concerning the conflict.
* [www.maannews.com](http://www.maannews.com) - Palestine’s largest news organisation.
* [www.kairosbritain.org.uk](http://www.kairosbritain.org.uk/) – the UK network set up in response to the ‘Kairos Palestine’ document.

***USEFUL BOOKS***

* **Occupied with non-violence: A Palestinian woman speaks** by Jean Zaru. A Quaker writes about war, peace and justice (Fortress Press, 2008).
* **An Israeli in Palestine: Resisting Dispossession, Redeeming Israel** by Jeff Halper. A Jewish Israeli peace activist details life under Israeli occupation (Pluto Press, 2010).
* **The Palestine-Israeli Conflict** by Rabbi Prof Dan Cohn-Sherbok and Dr Dawoud El-Alami. Attempting to lay out both sides of the story (Oneworld Publications, 2011).

**SUPPORT AND DEVELOP LINKS WITH ISRAELI PEACE GROUPS**

Discover ways you can support Israeli peace activists and groups by visiting the websites of Rabbis for Human Rights (<http://rhr.org.il/eng/>), New Profile (<http://newprofile.org/english>), the Coalition of Women for Peace ([www.coalitionofwomen.org](http://www.coalitionofwomen.org/?lang=en)), Combatants for Peace (<http://cfpeace.org/>) or Yesh Din (<https://www.yesh-din.org/en/>)

**TWINNING AND FRIENDSHIP LINKS**

Establish a twinning or friendship link between your town, school, college, union or religious community and one in occupied Palestine. This is an effective way of drawing the human rights situation there to the attention of people in your locality. For some practical advice about setting up a friendship link or twinning association visit: [www.twinningwithPalestine.net](http://www.twinningwithPalestine.net).

**PRAY**

Many Christians, Muslims and Jews in Israel and occupied Palestine have told us that they appreciate prayers for peace. If you feel able, consider putting aside time as an individual, family or religious community to pray regularly. You can also support the annual *World Week for Peace in Palestine and Israel* (http://paxchristi.org.uk/campaigns/israel-and-palestine/world-week-for-peace-in-pi/)

**GIVE**

EAPPI UK & Ireland relies upon donations in order to select, train and send Ecumenical Accompaniers. If you would like to, please donate online at: [www.quaker.org.uk/eappi](http://www.quaker.org.uk/eappi) - go to ‘Get involved’ then *Donate to EAPPI* button. Alternatively you can send a cheque (payable to “Britain Yearly Meeting” please. Write EAPPI on the back, with a note saying GiftAid and your address if you pay tax) and post it to EAPPI, Freepost, Friends House, 173 Euston Road, London NW1 2YS.

**CHANGE**

**CONTACT YOUR ELECTED REPRESENTATIVE**

Find out who your elected representatives are, and how to contact them. For MPs, MSPs, MEPs, Welsh and Northern Irish AMs, Isle of Man and Channel islands representatives use: [www.writetothem.com](http://www.writetothem.com). You could raise your concerns about some of the campaign issues below. Keep your email short, state your interest (and your address), make asmall number of specific points and always ask for a response.

**CAMPAIGN**

* To help end detention without charge or trial, visit: <http://www.addameer.org/>
* To help end trade with illegal settlements, search for the “Trading Away Peace” report online and visit: [www.whoprofits.org](http://www.whoprofits.org)
* For information on other issues, including home demolitions, forced displacement, land confiscation, settler violence, arrests and detentions, and the impact of the occupation on children, visit:
* B’Tselem, an Israeli human rights organisation: <http://www.btselem.org/>
* Rabbis for Human Rights: <http://rhr.org.il/eng/>
* Peace Now, an Israeli peace organisation working on settlement issues: <http://peacenow.org.il/eng/>
* Military Court Watch: [www.militarycourtwatch.org](http://www.militarycourtwatch.org)
* Defence for Children International: [www.dci-palestine.org](http://www.dci-palestine.org)

**MONITOR AND USE THE MEDIA**

Email your concerns about the situation in Israel and occupied Palestine to a newspaper or magazine editor using what you’ve learned from EAPPI as a resource. Write also to comment on an article or current news item via their website. Look out for unfair reporting or the wrong use of terminology - eg. “disputed territories” that are more accurately described as “occupied territories”. Contact local, national or other media to point it out. If you’re part of a faith group, union or other body, you could write an article for their newsletter.