

*Individual Case Study: Niveen Abu-Rmeileh*



Niveen has been involved in BTCV Scotland's Environments for All programme on numerous projects.

"I am a postgraduate student from Palestine doing a PhD in Public Health at Glasgow University. I was introduced to BTCV during the CLAN Gathering in Glasgow and decided to join the Environments for All project. Volunteer work with BTCV helps me develop skills and experience in environmental work, fulfils my personal interest and importantly is something useful to do in my free time.

I've been working with BTCV since last February. I've gained lots of knowledge and developed skills either by being involved in activities or by attending the courses which BTCV provides. Recently, I've attended courses in environmental games and willow basketry, leadership and first aid courses. These types of courses will enable me to lead activities in the future.

The activities provided by Environments for All range from one day events to 2-4 day residential Action Breaks. At the end of one day activities participants will enjoy their time, learn something about the environment and meet other people. However, Action Breaks are more intensive and comprehensive courses. I've been to Arran for four days during which I learned about willow weaving, the animal and plant life, did some conservation work, went on walks, visited castles and caves, and met people from different communities and backgrounds.

What I would say is that it is vital to get the right message across about volunteering. You need to make community groups realise that it is not about getting people to do work for free but there are so many other benefits to it which often people don't realise about. I have increased my knowledge about the Scottish environment, met new people and learnt new skills and done something for myself and conservation. With the help of BTCV staff, will increase peoples' awareness and in conserving and protecting their environment."