



As a community development project, EZBET seeks to improve the quality of the individual's life together with the surrounding environment. With a firm belief that only healthy and well-educated communities can participate actively and contribute positively to the developmental process, EZBET is focused on implementing both the social and the physical aspects of its research programme in accordance with the three **sustainable pillars of development: Health, Education & Profession.**

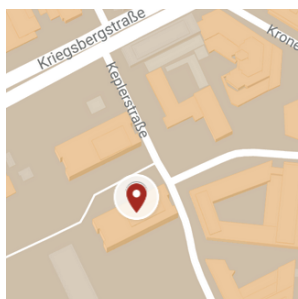
In its current phase, EZBET is working extensively on the understanding of communities and on the "participatory development-bottom up" approach. This approach is based on research as well as scientific tools and methods, and is aimed towards achieving sustainable community development in the informal settlements in Egypt. A detailed study was made to link EZBET's research programs to the pillars of sustainable development with a global level understanding of these topics.

The United Nations' 2030 Agenda¹ for Sustainable Development includes 17 Sustainable Development Goals (SDGs²), which call for integrated approaches. Some of the SDGs are not final goals but are a means to attain other SDGs. According to M, ELDER; M, BENGTSOON; L, AKENJI (2017), water and energy SDGs, for example, are not final goals but are a means to achieve another SDG, which is "ensure healthy lives and promote wellbeing for all at all ages". EZBET project follows the same approach to attain its development goals. In order to develop better cities and communities, EZBET project integrates goals together such as; energy, environment, social and economic goals, which are the same goals adopted by the UN-Habitat to achieve the 11th SDG: "Make cities and human settlements inclusive, safe, resilient and sustainable".

According to the International Institute for Sustainable Development's article "Making SDG Implementation Easier", education and health are 2 of the central goals in achieving all the other SDGs. Furthermore, SDGs – Goal 8 highlighted the importance of creating job opportunities and decent working conditions for the entire working age population which can lead to stable growth that consequently improves people's livelihoods. Among other targets and indicators within this section is promoting skillful and productive adults and youths.

Based on the above background regarding SDGs on the global level, EZBET has set a number of goals for each of the pillars of sustainable development that is being implemented in its model for integrated participatory development approaches.

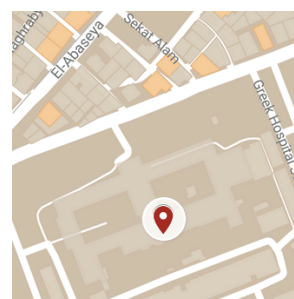
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PARTNERS



University of Stuttgart
Städtelbau Institut



FACULTY OF ENGINEERING
URBAN PLANNING DEPARTMENT

Both universities from Germany and Egypt coordinate and set the strategic plans of the project in order to ensure and enrich the results.

DAAD

"The German Academic Exchange Service" has been supporting international students as well as academic projects. The main role of the DAAD for the past three years was the financial support of the project.

EZBET PROJECT



HEALTH



HEALTH

PILLAR OF
DEVELOPMENT



Health Sustainable Development Pillar

Only healthy individuals can be productive individuals. Unfortunately effective, affordable and sustainable healthcare is not within easy reach to many. EZBET's aim is not only to help ensure accessibility to affordable and sustainable medical care to all, but also to empower individuals in the community by educating them on how to take care of their health. The projects goals are based accordingly.

1 ACCESS TO HEALTH CARE FOR ALL

Ensuring accessibility to affordable and sustainable medical care units and raising awareness for the dangers of using medication without first consulting of a member of the medical profession.

2 FIRST AID TRAINING

Providing training for basic first aid techniques including illustrating the proper method of administering IM and SC injections to better enable primary care givers at home.

3 HEALTH-ARCHITECTURE INTERDEPENDENCE RESEARCH

Conducting house visits in order to study the relationship between health and living conditions, in addition to the health risks associated with living with unvaccinated animals.

4 INTEGRATION OF THE DISABLED

Studying and assessing the accessibility of streets and public areas to those with special abilities in order to facilitate integrating them into the community.

5 IMPROVE CHILDREN'S ORAL HYGIENE

Teaching children the basics of dental care and oral hygiene and training them to "brush properly" through X concepts that are simple and appealing to their age.

6 SANITATION AWARENESS

Holding information sessions about the importance of safe garbage disposal as well as the dangers of handling untreated sewage, emphasizing how these are a source of numerous infectious diseases.

7 BETTER PERSONAL HYGIENE

Holding interactive information sessions to emphasize the importance of general and personal hygiene and their importance to good health.

8 PROMOTING GREENARY

Encouraging planting trees and other plants especially in open spaces to improve air quality and hence improve general health.

9 PROPER NUTRITION

Holding interactive activities and workshops to explain and promote the importance of a balanced diet to health and it's relation to several non communicable diseases like diabetes and heart disease.

10 PROMOTING EXERCISE

Promoting the benefits of regular daily exercise and its correlation with mental health and productivity.

11 ACCESS TO CLEAN WATER

Introducing simple methods to filter water from impurities using everyday materials as well as holding information sessions to explain/promote the importance of using clean water for everyday activities and potable water for drinking with special emphasis on "staying hydrated" and its importance to health.

